



Commodore Club West Condominium

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A Monthly Newsletter for the Residents of Commodore Club West Condominium

June 2019

COMMODORE CLUB WEST CONDOMINIUM ASSOCIATION, INC

155 Ocean Lane Drive
Key Biscayne, Florida 33149

ASSOCIATION OFFICERS

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OFFICE HOURS

Monday - Friday..8am - 4pm



Hurricane Season is Here. Are you prepared?

Hurricane Watches and Warnings

Each year, from June 1 through Nov. 30, an average of six hurricanes form in the Atlantic Ocean, Gulf of Mexico and the Caribbean Sea combined. Hurricanes are one of nature's most powerful forces that turn warm ocean water into powerful winds capable of mass destruction. Heavy rain also accompanies hurricanes and is not only a threat to coastal areas, but to areas hundreds of miles inland as well. In some cases, flooding occurs days after the storm actually goes ashore. Hurricanes also bring winds in excess of 74 mph, storm surge and tornadoes. It's critical to be aware of the dangers associated with hurricanes and their somewhat weaker counterparts, tropical storms, and to learn how you can reduce the loss of life and property if you're prone to these powerful forces.

During A Hurricane Watch

- Listen to a battery-operated radio or TV for hurricane progress reports.
- Check emergency supplies.
- Fuel car.
- Bring in outdoor objects and anchor objects that cannot be brought inside.
- Secure buildings and windows.
- Turn refrigerator and freezer to coldest settings. Open only when absolutely necessary and close quickly.
- Store drinking water in clean bathtubs, jugs, and bottles.
- Review evacuation plan.
- Moor boat securely or move it to a designated safe place.

During A Hurricane Warning

- Listen constantly to a battery-operated radio or TV for official instructions.
- Store valuables and personal papers in a waterproof container on the highest level of your home.
- Avoid elevators.

If at home:

- Stay inside, away from windows, skylights, and glass doors.
- Keep a supply of flashlights and extra batteries handy. Avoid open flames as a source of light.
- If power is lost, turn off major appliances to reduce power "surge" when electricity is restored.

If officials indicate evacuation is necessary:

- Leave as soon as possible. Avoid flooded roads.
- Secure your home by unplugging appliances and turning off electricity and the main water valve.
- Tell someone outside of the storm area where you are going.
- If time permits, and you live in an identified surge zone, elevate furniture to protect it from flooding or better yet, move it to a higher floor.
- Bring emergency supplies and warm protective clothing.
- Take blankets and sleeping bags to shelter.
- Lock up home and leave.

Summer Milkshake Recipes

Red, White & Blue Milk Shakes

- 1 quart strawberry ice cream
- 1 cup milk
- 1/2 cup strawberry preserves
- 1/4 cup frozen whipped topping, thawed
- 1/4 cup fresh blueberries, washed

Combine the ice cream, milk, and strawberry preserves in a blender. Blend until well combined. Pour into glasses, top with whipped topping and blueberries.

Chocolate Peanut Butter Milkshake

- 1 cup cold milk
- 1/3 cup chocolate syrup
- 2 tablespoons creamy peanut butter
- 1-1/2 cups vanilla ice cream

Place ice cream, milk, chocolate syrup and peanut butter in blender. Blend until well combined.

Mocha Mudslide Milkshake

- 1 cup m
- 2/3 cup sliced ripe bananas
- 2 tbsp sugar
- 1 tsp instant coffee
- 1/4 cup vanilla low-fat yogurt



Place the milk, banana, sugar and coffee granules in a blender and blend until well combined. Freeze in a blender container for 1 hour or until slightly frozen. Loosen frozen mixture from the sides of blender container, add yogurt and blend until smooth. Garnish with banana slices.

Banana-Mango Milkshake

- 1 whole mango
- 1 whole banana
- 2 scoops vanilla ice cream
- 1 1/4 cup milk
- 1 tablespoon sugar

Peel and pit mango. Peel banana. Place all ingredients into blender and blend until well combined.

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Stars & Stripes

June 14th is Flag Day. How much do you know about our national symbol? Test yourself with this Flag Day trivia quiz.



1. We refer to the flag that flew over Fort McHenry during the War of 1812 as "The Star-Spangled Banner." That flag still exists. Where is it now?
2. If we were to have a new state added to the United States, we would add one star to the flag. On what day would it be added?
3. Someone who is an expert on flags is called what?
4. You will usually find the American flag flying over the White House. When is it not there?
5. What is required to display the American flag at night?
6. When the National Anthem is played, what should you remove?
7. What does it mean when a flag is flown upside-down?
8. The American flag first flew over a fort in which foreign country?
9. Who cut the American flag into pieces and was honored for doing it?
10. What is the one place where the American flag flies 24 hours a day, is never raised or lowered, and is never saluted?

Answers

1. The Smithsonian Institution's National Museum of American History in Washington, D.C.
2. It would be added on the following July 4th.
3. A vexillologist.
4. When the President is not in Washington, D.C.
5. It must be properly illuminated.
6. Your hat.
7. An upside-down flag means you are in dire distress.
8. Libya.
9. Robert Peary, who left pieces of the flag scattered at the North Pole.
10. The Moon.



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Important Reminders

STORAGE AREA: For your safety and the safety of your neighbors, PAINT and other FLAMMABLE CHEMICALS, are not to be stored in the storage rooms or in your A/C closet. Also, all personal belongings must be kept inside your storage bin. *All abandoned items, not identified, found inside outside of the Bins, will be trashed during the monthly inspections.* Please contact the Front Desk to sign out/ in the key to your Storage Room.

VISITORS: Please make sure that every visiting guest is registered at the Gate House. If you have guests staying with you or guests staying in your apartment during your absence, let the office and the Front Desk know in advance by a letter or e-mail including names and dates.

BALCONIES: Balconies may not be used as a clothes line to hang clothes or other objects, such as beach towels, rugs, etc. on the railing of the balcony. When cleaning your balcony, no dirt, trash or water may be swept off or dumped over the balcony sides. Please be considerate of your neighbors.

PARKING GUIDELINES: No parking or standing is permitted at any time in the main entrance driveway of the building. There will be no parking that obstruct the access to the building. Do not park in the "Fire Lane" as the KBPD has been patrolling and issuing citations. ATTENTION: Owners/Residents MUST park in their assigned parking space(s). Any Unauthorized Vehicle reported parked in another Resident/Owner's parking space will be automatically **TOWED**, at the Vehicle Owner's expense.



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