

Imperial House

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A Newsletter for the Residents of the Imperial House Condominium Association, Inc.

Volume 2 Issue 11

December 2020

IMPERIAL HOUSE

Condominium Association, Inc. 5255 Collins Avenue Miami Beach, Florida 33140

PROPERTY STAFF

ManagerLia Roch Admin. Asst.... Leidy Muguruza Front Desk Sup. ...Daniel Hyde Maintenance Sup... Lazaro Brito

ASSOCIATION OFFICERS

President.......Gustavo Verite **Vice Pres.** ...Marlene Schimmel **Treasurer** ... Jonathan Kolatch **Secretary**...... Alex Degasperi **Director** Michael Raynes

IMPORTANT NUMBERS

Main 305-866-7601

OFFICE HOURS

Mon - Fri.... 9:00am - 5:00pm



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Dear Residents of Imperial House,

In observation of the upcoming Holidays, the Management Office will be closed on Christmas, **December 25, 2020 and New Year's, January 1, 2021.** For immediate assistance, please contact our Front Desk at (305)866-7601. We would like to wish everyone a safe and Happy Holidays!

IMPERIAL HOUSE-EMPLOYEE HOLIDAY FUND 2020.

If you wish to contribute on this year holiday fund you may drop off or mail your check (payable to Imperial House Condominium with a subject line "2020 Holiday Fund") Please make sure your unit number is written on the check.



Thank you for your participation in extending our sincere thanks and gratitude on behalf of all the Imperial House staff.

REMINDER- 2021 BUDGET AND SPECIAL MEETING

The 2021 Budget and Special Meeting will be held on December 21, 2020 at 6:00pm by Virtual Meeting via Zoom.

COVID-19 TESTING

Drive-thru and walk-up COVID-19 testing continues on 17 Street and Convention Center Drive. We encourage you to pre-register for the walk-up site or make your appointment for the drive-thru site

MAINTENANCE TIP OF THE MONTH

The Holidays are here and so is the season for increased fires. Here are some tips to keep in mind when decorating your home this holiday season:

- Do not overload your electrical circuits.
- Use indoor lights inside and outdoor for outside.
- Make sure there are no loose connections or broken sockets.
- Keep trees away from fireplaces, and other heat sources.



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BRIE PUFF PASTRY

Enjoy a Brie Puff Pastry before your Holiday Dinner this year **Ingredients:**

- 1 round (13.2 oz) Brie Cheese
- ½ cup crumbled blue cheese
- 1 sheet frozen puff pastry, thawed
- 1/4 cup apricot jam
- ½ cup slivered almonds, toasted
- 1 large egg, lightly beaten
- Assorted crackers of your choice



- Pre-heat oven to 400 degrees. Cut Brie horizontally in half. Sprinkle bottom half with blue cheese; replace top. 1)
- On a lightly floured surface, roll pastry into a 14-in. square. Trim corners to make a circle. Spoon jam onto center of pastry; sprinkle with almonds. Top with Brie.
- 3) Lightly brush edges of pastry with beaten egg. Fold pastry over cheese, pinching edges to seal; trim excess pastry as desired.
- Transfer to an ungreased baking sheet, seam side down. Brush pastry with beaten egg. Bake until golden brown, 20-25
- 5) Immediately remove from pan to a serving plate; let stand 45 minutes before serving. Serve with crackers.



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Recipe for Latkes

- 4 medium potatoes
- 1 medium onion
- 2 eggs
- 3/4 cup matzah meal (flour or bread crumbs can be substituted)
- salt and black pepper to taste
- · vegetable oil

Shred the potatoes, onion and bell pepper into a large bowl. Press out all excess liquid. Add eggs and parsley and mix well. Add matzah meal gradually while mixing until the batter is doughy, not too dry. (you may not need the whole amount, depending on how well you drained the veggies). Add a few dashes of salt and black pepper (don't taste the batter - it's really gross!). Don't worry if the batter turns a little orange, that will go away when it fries.

Heat about ½ inch of oil to a medium heat. Form the batter into thin patties about the size of your palm. Fry batter in oil. Be patient: this takes time, and too much flipping will burn the outside without cooking the inside. Flip when the bottom is golden brown.

Place finished latkes on paper towels to drain. Eat hot with sour cream or applesauce. They reheat OK in a microwave, but not in an oven unless you cook them just right. If you'd like to try something a little different, add some bell peppers, parsley, carrots, celery, or other vegetables to the batter to make veggie latkes!





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HEALTHY HOLIDAYS

Do you find your belly wiggling like a bowl full of jelly every January? It can be hard to keep from overindulging when you are faced with a December full of buffets, cookies, and holiday dinners. But there are ways to battle the holiday bulge!

Exercise is an important part of anyone's healthy lifestyle. During the holidays it is even more important to include exercise in your busy day. There is a stronger tendency to skip your daily walk, aerobics workout, or swim during winter. There are fewer daylight hours and there are additional activities that demand your time. Taking time for yourself every day, however, will reduce stress and help you to stay fit and trim.

As for the eating, remember that the key to success is moderation. You don't have to deprive yourself of all those holiday goodies. Just keep portions reasonable and opt for some healthy substitutes. If you are invited to a holiday gathering, try to eat something healthy before you go. You won't be starving and tempted to eat everything available. Take small portions of everything you wish to taste and eat slowly.

Substitutions can help also. Instead of very high–fat eggnog, drink cranberry juice. Avoid fried foods and choose fresh fruits and vegetables instead. Munch on pretzels in place of chips, and choose a couple of cookies instead of the cheesecake.

If you find yourself at a dinner party with a host or hostess that insists on second helpings, make your first serving a small one. When you return for more, your second serving will bring your total intake up to one normal sized portion. Offer to bring a dish or two and make it healthy and low–fat.

As for your own holiday baking and food preparation, remember your limits and your weaknesses. If you have a tendency to eat handfuls of cookies, make batches to give away. Keep only a few for yourself. As your schedule gets more hectic, remember to take time to eat three meals a day, and allow for time to plan for healthy meals.

A little planning and extra attention to including exercise in your day will be all it takes to avoid gaining those extra pounds this holiday season. You will enjoy your happy and healthy holidays even more!



