



Mar Del Plata
Condominium Assoc., Inc.
6423 Collins Avenue
Miami Beach, Florida 33141
<http://mardelplatamiamibeach.com>

ASSOCIATION OFFICERS

President..... Leslie Cortina
Vice Pres.Ernesto Marcos
TreasurerErnesto Marcos
Secretary.....Kathleen E. Celano
Director Joseph Gahigan
Director Guillermo Rodriguez

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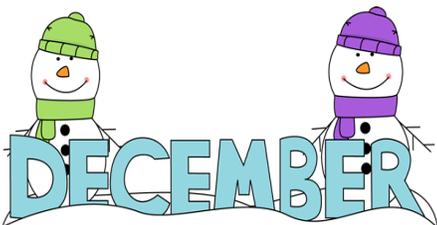
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Monday-Friday ... 7:30 AM - 4:30 PM



Published monthly at no cost for the Mar Del Plata Condominium by Coastal Group Publications, Inc. Contact CGP at (305) 981-3503 or www.cgpnewsletters.com to advertise in one of our newsletters or to get a free newsletter for your property.

LETTER FROM THE PRESIDENT

December 2020



Dear Neighbors:

The last time I sent you a communication was June. These last six months have been difficult and uncomfortable for all of us. We have been in an uncontrollable roller-coaster. We released some restrictions only to impose them back again a short time later. Most of you have complied, but it is also understandable why it is difficult for many of us to live with such restraints. My husband and I stay in our home most of the time.



We are pleased to inform you that because of all the measures we took, we have had only one case of Covid19 in our building.

Building improvements and maintenance.

Even though the Board of Directors have not formally met because of the virus, we have been in contact regularly via emails to make sure that the management and control of the building is properly maintained, as follows:

- The Atlantic cable installation was completed successfully.
- The improvement of the building landscaping is in progress. The planters have been prepared including electrical and sprinklers updates and the installation of the plants will commence by the end of this month.
- We have updated the BBQ tables in the patio area.
- The lobby marble floor was recently polished.
- The 2021 budget was prepared, and the proposed increase in the maintenance fee is a result of the cable service which is now being paid by the association. Based on the comments from many of you, this is in effect a net decrease since you were paying more in cable and internet services before the association negotiated the contract with Atlantic Cable.

Entertainment and Welcoming Committee

Because of Covid19, all our entertainment activities have been placed on hold. I am

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President (cont. from page 1)

hoping that by October we will be in a better place so we can enjoy our Western Party that everyone likes so much.

Fortunately, though there were an unprecedented number of named storms this year, we were fortunate that none paid us a visit, which was very welcomed. Please stay safe and let us hope and pray that this upcoming Hurricane season is a mild one.

Special Thanks

I would like to extend our appreciation to Carmen who again did a wonderful job in the decoration of our Christmas tree. It is beautiful and elegant. Thank you Carmen!

On behalf of myself and the Board of Directors, I would like to wish all of you a very Happy Holidays and may 2021 bring you much Health and Prosperity. I think that the following letter to Santa is in line with our wishes...



Leslie Cortina



Commissioner
Eileen Higgins
District 5



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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
- ¼ cup apricot jam
- ½ cup slivered almonds, toasted
- 1 large egg, lightly beaten
- Assorted crackers of your choice



- 1) Pre-heat oven to 400 degrees. Cut Brie horizontally in half. Sprinkle bottom half with blue cheese; replace top.
- 2) 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.
- 4) Transfer to an ungreased baking sheet, seam side down. Brush pastry with beaten egg. Bake until golden brown, 20-25 minutes.
- 5) Immediately remove from pan to a serving plate; let stand 45 minutes before serving. Serve with crackers.

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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!

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