

POINTE ON THE BAY

Mystic

The Master Association News

Volume 5 Issue 6 December 2020

MYSTIC POINTE Master Association

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Security.....305-932-8272
Fax305-931-4297
Email..... master3595@aol.com

OFFICE HOURS

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TIS' THE SEASON TO BE JOLLY

The Holiday spirit certainly has all of us here on the Mystic Master staff feeling pretty happy and jolly. Here's hoping the spirit has caught you as well. From all of us to all of you, have a very Happy Holiday season and a Happy New Year.



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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Water Conservation Tips for Residents

www.miamidade.gov/water




Water is a finite resource and a significant expense to a building's operation. You can conserve water by making simple changes to the way you use it!


Follow these tips to save water in your unit:


 **Clean dishes using the dishwasher vs. washing by hand.** Using the dishwasher is way more water-efficient than doing by hand. You can save approx. 5,000 gallons a year by doing this!




 **Run the dishwasher only when full.** This is the most water and energy efficient way to use your dishwasher.




 **Report all water leaks.** Sometimes we just live with leaks and drips, but it's important to always report these for repair.

 **Take shorter showers.** You use about five gallons of water per minute during a shower. Limit your shower time to 7 minutes to use less.





 **Don't run the water while shaving and brushing your teeth.** You'll conserve up to 10 gallons of water by doing this! Simply turn off the tap while you brush or fill the sink while you shave. When shaving in the shower, only use it to rinse.



 **Wash only full loads of clothes.** Adjust the water level in the washer to the size of the load and use the eco-friendly cycle if your washer has one.



 **Replace your showerheads and faucets.** Low flow fixtures use only 1.5 gallons per minute compared to older models that use 2.5 gallon per minute or more.

 **Replace your toilets.** Toilets are the largest user of water in a home. Low flow toilets use only 1.28 gallons per flush, 20% less than older models.



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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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 1/2 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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