

# PARKVIEW POINT

## CONDOMINIUM

Volume 19 Issue 5

Monthly Newsletter

November 2020

### PARKVIEW POINT

7441 Wayne Avenue  
Miami Beach, FL 33141

#### OFFICE HOURS

**Mon. - Thurs.** 9:00 AM-5:00 PM  
**Friday** ..... 8:00 AM-4:00 PM  
**Lunch** ..... 1:30-2:30 PM  
**Sat.- Sun.** ..... Closed

#### IMPORTANT #'S:

**Security** ..... 305-865-1616  
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**Valet**..... 305-865-3317  
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**E-mail**... info@parkviewpoint.com

#### BOARD MEMBERS

**President**..... Hugh Moore  
**Vice Pres.** ..... Stephen Biondi  
**Secretary**..... Maria Iglesias  
**Treasurer** ..... Cesar Dalmau  
**Director** ..... Vuk Dinic  
**Director** ..... Carmen Santana  
**Director** ..... Miguel Portu  
**Director** ..... John C. Fields  
**Director** ..... Daniel F. Blanco

**Manager** .....Bryan Hoyos  
**Admin. Asst.** ..Maria T. Combellas



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### REMINDER

Christmas is coming shortly so we will be soon placing the box in front desk for your contributions! Remember our loyal employees have been working all year round to make our community a better place. Let's show them our gratitude and appreciation! Their effort and accomplishment contribute to the overall success of our community!

Your contribution will be the only gift our employees will receive from Parkview Point.



*¡La Navidad se acerca en breve, así que pronto colocaremos la caja para sus contribuciones en la recepción! Recuerde que nuestros leales empleados han trabajado todo el año para lograr que nuestra comunidad sea un mejor lugar. ¡Vamos a mostrarles nuestra gratitud y aprecio! Su esfuerzo y logros contribuyen al éxito general de nuestra comunidad!*

*Su aporte será el único regalo que nuestros empleados recibirán de Parkview Point.*

### Tips to Help You Relax

Do you need a break? Use these tips to press pause on the news cycle, the work from home grind, and the never ending to-do list.

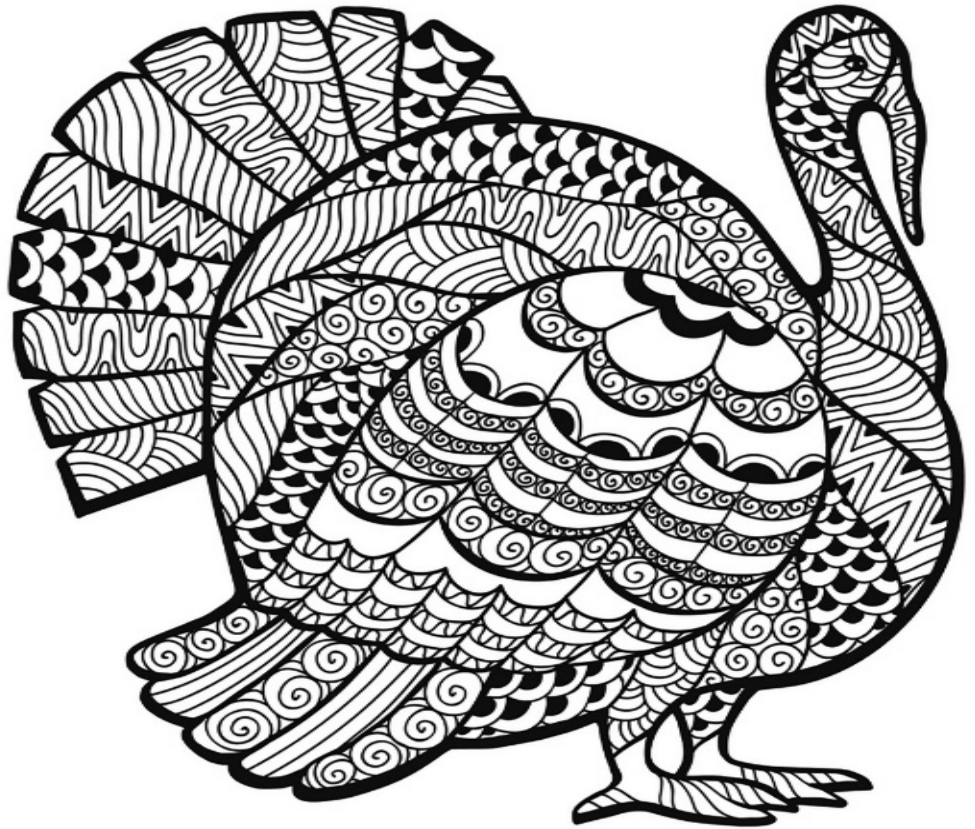
- 1) Focus on your breathing. Take a deep breath through your nose while you count to 5, hold your breath for 5, and then exhale for 5, repeat this for 3 minutes.
- 2) Take a break from your phone.
- 3) Use an app to help you learn how to meditate, Headspace or Insight Timer have hundreds of guided meditation options.
- 4) Listen to a relaxing song, music therapy can be a great way to relax wherever you are.
- 5) Have a relaxing cup of tea.
- 6) Go outside for a few minutes. A quick walk or just getting outside for fresh air is a great way to help you feel less restless.

### Consejos para ayudarlo a relajarse

*¿Necesitas un descanso? Utilice estos consejos para hacer una pausa en el ciclo de noticias, el trabajo desde casa y la interminable lista de tareas pendientes.*

- 1) *Concéntrate en su respiración. Respire profundamente por la nariz mientras cuenta hasta 5, contenga la respiración durante 5 y luego exhale durante 5, repita esto durante 3 minutos.*
- 2) *Tómate un descanso de tu teléfono.*
- 3) *Utilice una aplicación para aprender a meditar, Headspace o Insight Timer tienen cientos de opciones de meditación guiada.*
- 4) *Escuche una canción relajante, la musicoterapia puede ser una excelente manera de relajarse dondequiera que esté.*
- 5) *Tómate una relajante taza de té.*
- 6) *Sal a la calle por unos minutos. Una caminata rápida o simplemente salir a tomar aire fresco es una excelente manera de ayudarlo a sentirse menos inquieto.*

**Here for the kids to paint!**  
*Para que los niños pinten!*



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## Baked Butternut Squash with Parmesan Cheese

Add something new to your Thanksgiving Dinner with Baked Butternut Squash with Parmesan Cheese

**Ingredients:**

- 1 2lb Butternut Squash, peeled, seeded, and cut into 1-inch cubes
- 4 tsp. olive oil divided
- 1 onion, cut into 1-inch chunks
- ¼ tsp. pepper
- ½ cup fat-free reduced sodium chicken broth
- ¼ cup plus 1 tbs. grated parmesan cheese, divided

**Directions:**

- 1) Pre-heat oven to 425 degrees.
- 2) Toss squash with 2 tsp. oil on rimmed baking sheet; spread evenly across baking sheet. Bake 20 minutes.
- 3) Add onions, pepper, remaining oil; mix slightly. Spread across baking sheet. Bake 20 minutes or until vegetables are tender.
- 4) Drizzle broth; mix lightly, sprinkle ¼ cup parmesan cheese; toss to coat. Transfer to serving bowl; sprinkle with remaining parmesan cheese.

## Calabaza al Horno Con Queso Parmesano

Agregue algo nuevo a su cena de Acción de Gracias con calabaza al horno con queso parmesano

**Ingredientes:**

- 1 calabaza Butternut de 2 libras, pelada, sin semillas y cortada en cubos de 1 pulgada
- 4 cucharaditas. aceite de oliva dividido
- 1 cebolla, cortada en trozos de 1 pulgada
- ¼ de cucharadita. pimienta
- ½ taza de caldo de pollo sin grasa y reducido en sodio
- ¼ de taza más 1 cucharada. queso parmesano rallado, dividido

**Direcciones:**

- 1) Precaliente el horno a 425 grados.
- 2) Mezcle la calabaza con 2 cditas. de aceite en una bandeja para hornear con borde; untar uniformemente por la bandeja para hornear. Hornea 20 minutos.
- 3) Agregue la cebolla, el pimienta y el aceite restante; mezclar ligeramente. Extienda sobre una bandeja para hornear. Hornee por 20 minutos o hasta que las verduras estén tiernas.
- 4) Rocíe el caldo; mezcle ligeramente, espolvoree ¼ de taza de queso parmesano; revuelva para cubrir. Transfiera a un tazón para servir; espolvorear con el queso parmesano restante.

## Let's Do Some Mental Exercise Un Poco De Ejercicio Mental

**SUDOKU**

	3			1		6	
7	5			3		4	8
		6	9	8	4	3	
		3				8	
9	1	2				6	7
		4				5	
		1	6	7	5	2	
6	8			9			1
	9			4			3

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# BOARD OF DIRECTORS MEETING MINUTES

**Thursday, October 29, 2020**  
**Via Zoom - 7:30 P.M.**

**BOARD MEMBERS PRESENT:**  
Hugh Moore – President (arrived 8:11pm), JC Fields, Fernando Blanco, Miguel Portu, Stephen Biondi, Cesar Dalmau, Vuk Dinic, Karmenchu Santana and Maria Iglesias- Secretary

**The Castle Group:** Bryan Hoyos-LCAM-Property Manager and Carmen Cruz- Regional Director

**ESTABLISHED A QUORUM VIA ZOOM CONFERENCING:** at 7:34 pm.

## REVIEW AND DISCUSSION OF KILLINGSWORTH ENGINEERING ANALYSIS OF VENTILATION SYSTEM moved up from item #3).

Has been hired to evaluate the ventilation issues at Parkview Point. The problem originates back to when the halls were not air conditioned and converted. Five (5) Ton units were installed on each floor and ducts were run to deliver cold air in the halls, laundry rooms and trash rooms. Extreme negative pressure from this modification. The problem seems to be the drastically reduced exhausted air from bathrooms, kitchens and hallways and laundry rooms. His initial recommendation is to remove the big fans (from the roof) and replace with a new unit to cool incoming air and additional air conditioning will be supplied to the 5Ton units on each floor. He will continue to explore options and provide diagrams for the board to consider.

## OPEN FORUM

Bryan Hoyos reported that he is working with an electrical engineer to install a back-up switch, has diligently worked on lowering the delinquencies, getting quotes for holiday lighting, and has had the maintenance crew working on many jobs (including rusty fans & rails).

Stephan Biondi mentioned that there is very little response from residents regarding the recommended Halloween Activities. Three prizes (chocolate boxes) will be awarded to the carved pumpkin contest. Goody bags will be given out at the valet for resident Trick or Treaters.

Owners discussed the confusion on the ballot for the budget. Bob Kimche wrote an explanation that will be sent out in both languages for clarification.

JC Fields made a motion to approve the Arkin proposal to continue his service for \$3,000 until January 2021

and then renegotiate the contract. Karmenchu Santana seconded the motion, The Board voted and the motion passed unanimously.

## BOARD DISCUSSION ON THE ASSOCIATIONS PROPOSED ANNUAL BUDGET FOR 2021

JC Fields recommended tweaking the budget on specific line items (ie: Lawn Care). The budget is still being modified in anticipation of the meeting scheduled on November 19, 2020.

**MEETING ADJOURNED:** 9:33 pm

Respectfully submitted by:  
Maria Iglesias –Secretary



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