



Bayview Towers

News and Views

A Newsletter for the Residents of Bayview Towers

Volume 5 Issue 4

June 2019

BAYVIEW TOWERS Dome Condominium Association, Inc.

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North Miami, Florida 33181
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IMPORTANT NUMBERS

General..... 305-893-2107
Fax 305-893-6261
After Hours Emergency.....
305-893-2107

OFFICE HOURS

Mon - Fri.. 9:00 am - 4:00 pm

Newsletter Editor..Ken Quiney

Quick Tips for Hurricane Preparedness

A “go bag” is a packed case that you grab on your way out the door, and that will help keep you safe and comfortable in the coming hours and days. Stopping to hunt for your medications or other important needs can cost you critical seconds in an evacuation. Pack a separate go bag for yourself and every member of your household, and keep them stored in the same location.

Here are some recommendations of what to pack:

Basic electronics: Pack an extra phone charger in case you’re fortunate enough to have electricity, and a portable battery pack in case you’re not. Also stash a long-lasting LED flashlight. Pack a small hand-cranked or battery-operated AM/FM radio (with extra batteries).

Personal needs: While getting ready for a typical day, list every toiletry you use, then buy a travel-size version of each. Pack backup eyeglasses, as well as a first-aid kit, baby wipes and a multipurpose tool with a knife and can opener.

Clothing: Pack a few days’ worth. Include layers you can add or remove, plus lightweight rain gear and waterproof boots.

Your meds: Pack about three days’ worth of each of your prescriptions,

which should last until you can get to a pharmacy that’s open. If you need larger items, such as an oxygen tank, make sure you have a portable version.

The perfect bag: Think small and portable. A backpack is ideal, but a lightweight suitcase with wheels will also do. Just remember, you may literally be running with it.

Paperwork: Fill a zip-top waterproof bag with photocopies of your birth certificate; driver’s license; Social Security and Medicare cards; power of attorney and will; any marriage, adoption or naturalization certificates; proof of address; insurance, medical and immunization records; and information about your credit and ATM cards.

Food and drink: Bottled water is essential. Granola or energy bars are great because they are small and filling, and they come in a variety of flavors.

Cash: In addition to enough money for a few days, include small bills and a roll of quarters. If you need to buy something out of a vending machine, you don’t want to start asking equally desperate strangers for change.

Please begin your hurricane preparedness NOW. Your Bayview Buddies are available should you need assistance. Call Carla Oxios at (305) 992-4055.

Consider Homeowner's Insurance

All unit owners should consider homeowners insurance (generally called a HO-6 policy) for their condominium. Per Florida Statutes Chapter 718.111(11)(f), in the event of a casualty to the condominium property, unit owners are responsible for repairing or replacing the following items:

- All personal property
- Floor, wall and ceiling coverings
- Electrical Fixtures
- Appliances
- Water heaters
- A/C units
- Built-in cabinets and countertops
- Window treatments including curtains, drapes, blinds, hardware

Treat Association Leaders Respectfully

Board members are homeowners—just like you—who have volunteered to give their time and energy freely to govern the community. While you should share your concerns about the community with them, do so in a way that's constructive, informative and helpful. Please refrain from calling Board members or knocking on their door. When they are home this is their opportunity to enjoy time with their families. All matters should be addressed to the office manager. If you wish to speak with a Board member, you may request a meeting or to be contacted by phone by leaving a message in the office or suggestion box.

Emergency Numbers

- For Fire or Medical Emergency: 911
- For Non-Emergency police matters: 305-891-8111
- Emergency number After Hours and weekends: 305-893-2107

Please follow the instructions and leave a message. Please refrain from calling Board

Members and Employees directly, use above number only. For after hours/weekends non-emergency questions or concerns, please e-mail the office at Domecondominium@comcast.net or call during business hours Monday – Friday 9:00 am – 4:00 pm.



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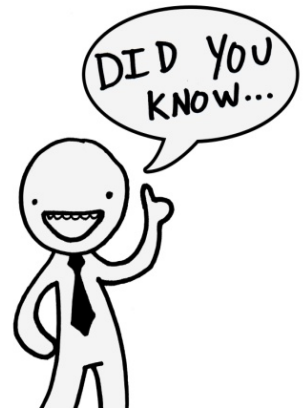
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About Lemons?

Ask most people how they feel about lemons and they will either pucker their lips or insist that the yellow fruit’s only place is in lemonade. Yet little do people know, lemons are some of the most nutrient-rich and healthy fruits out there that can be used to ease a wide variety of ailments. Here is a list of a few ways that lemon juice can transform your bodily health, for the short and the long term!



1. Boosts Your Immune System. Lemons are rich in vitamin C, B, calcium, iron, magnesium, potassium and fiber. Although vitamin C is the key to jump-starting our immune system, the rest of the nutritional benefits of the lemon can certainly do you no harm. It’s good to drink a glass or two of lemon water when you are feeling stressed, because that is when your immune system is most likely to fall prey to any surrounding bacteria or viruses.

2. A Surprising Source of Potassium. Potassium is good for the health of your heart as well as your brain and nerve function. It is usually found in vegetables like potatoes and spinach, but lemons are also an excellent source for a potassium boost.

3. Eases Your Digestion. Lemon water should be consumed at room temperature, as warm water helps stimulate smooth movement within the gastrointestinal tract. Lemons and other citrus fruits contribute to this effect because they are rich in vitamins and minerals that loosen up the toxins in the digestive tract, known as *ama*. Lemon is an excellent natural remedy for symptoms of indigestion like heartburn and bloating.

4. A Natural Diuretic. Lemons increase the rate of urination and therefore are able to quickly remove toxins in the digestive tract that can affect the health of the urinary tract.

5. Keeps Your Skin Clear. The potent vitamin C in lemons helps keep the skin blemish and wrinkle free. In addition, the antioxidants in lemon juice can be applied to scars and age spots in order to reduce their appearance without diminishing the skin’s radiance.

6. Reduces Inflammation. Drinking lemon water on a regular basis may decrease the levels of acidity within the body, which is where disease is most likely to occur. It works to remove uric acid in the joints which is the main source for joint pain and inflammation. It’s also good to drink the lemon water in the winter at a lukewarm temperature to fight off the effects of cold-weather stiffness.

7. A Caffeine Aid. Lemon juice is an excellent way to cut back on caffeine in coffee or soda because it has similar rejuvenating effects. Substituting your morning cup of joe for a cup of hot water and lemon may save you from an afternoon crash and quiet your caffeine cravings.

8. Keeps You Hydrated. Starting your day off with a cup of hot lemon water can not only prevent fatigue later on in the day, but also dehydration. Dehydration is one of the major causes of toxic buildup, stress and even susceptibility to viral infections. So if you are the kind that forgets to drink water, it is recommended that you drink lemon water in order to stay hydrated throughout the day.





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FEATURED PROPERTY

2150 Sans Souci Blvd B1006 2BD 2BA 1,188SF \$198,000

STATUS	ADDRESS	BD/BA	LA SF	LIST \$
Active	2150 Sans Souci Blvd B1411	2/2	1,188	\$285,000
Active	2150 Sans Souci Blvd B1401	2/2	1,188	\$259,000
Active	2150 Sans Souci Blvd C502	2/2	1,304	\$249,000
Active	2150 Sans Souci Blvd B1606	2/2	1,188	\$219,000
Active	2150 Sans Souci Blvd B811	2/2	1,188	\$175,000

Active & Sold Listing data was accessed through the MLS and information is deemed accurate, but not guaranteed.

Call me today for a FREE, no cost obligation, comprehensive market analysis of your property.

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 tbsps 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.

Cafe Latte Milkshake

- 1-1/2 cups cold coffee
- 2 scoops vanilla ice cream
- 2 tablespoons chocolate syrup.

Place all ingredients into blender and blend until well combined.

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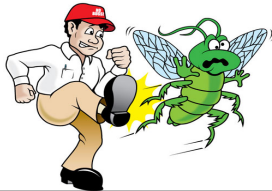
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Pest Control

The 2100 building will be from 9 a.m. to 2 p.m. on Thursday June 20th. The 2150 building will be from 9 a.m. to 2 p.m. on Friday June 21st. Please look for notices posted at the elevator for any possible schedule changes.



Word Search

N I M K C W S H Z B V A W P S
 E O Y A Z I E N D N P D G O T
 N H I A G A T E O D X N R T N
 I F Z T L N T E I M I Y A A A
 E V R T A A E G R T E E D S D
 F P H U R M E S A U N L I S I
 F Y E D I S M N I U I U A I X
 A E Y D T T E A M U Q D N U O
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 X U J W W S E V Y U H N S P Y

ANTIOXIDANTS	DIURETIC	INFLAMMATION	POTASSIUM
CAFFEINE	FRUIT	LEMONS	PUCKER
CALCIUM	HEALTHY	MAGNESIUM	RADIANCE
CITRUS	HYDRATED	NUTRIENT	REJUVENATING
DIGESTION	IMMUNE	NUTRITIONAL	VITAMINS



NEW RESIDENTS

2100 Sans Souci Blvd

906 - Justo Arce

1104 - Monique Dinis & Jean Jard

2150 Sans Souci Blvd

209 - Margarita Gonzalez & David Ruiz

701 - Guillermo Arial Lopez

911 - Amalia & Carlos Valle Rebazo

1504 - Jose & Yesenia Rosada



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Quotations for Father's Day

- It is a wise father that knows his own child.
- William Shakespeare
- When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years. - Mark Twain
- Fathers, like mothers, are not born. Men grow into fathers...and fathering is a very important stage in their development. - David M. Gottesman
- A man's children and his garden both reflect the amount of weeding done during the growing season. - Author Unknown
- It doesn't matter who my father was; it matters who I remember he was. - Anne Sexton
- For rarely are sons similar to their fathers: most are worse, and a few are better than their fathers. - Homer
- I talk and talk and talk, and I haven't taught people in 50 years what my father taught by example in one week. - Mario Cuomo
- It's only when you grow up, and step back from him, or leave him for your own career and your own home...it's only then that you can measure his greatness and fully appreciate it. Pride reinforces love. - Margaret Truman
- You don't have to deserve your mother's love. You have to deserve your father's. - Robert Frost
- Blessed indeed is the man who hears many gentle voices call him father! - Lydia Maria Child
- The most important thing a father can do for his children is to love their mother. - Theodore Hesburgh
- The father who does not teach his son his duties is equally guilty with the son who neglects them. - Confucius
- Be kind to thy father, for when thou were young, who loved thee so fondly as he? He caught the first accents that fell from thy tongue, and joined in thy innocent glee. - Margaret Courtney
- A father is a man who expects his son to be as good a man as he meant to be. - Frank A. Clark
- My father was frightened of his father, I was frightened of my father and I am damned well going to see to it that my children are frightened of me. - King George V
- Fatherhood is pretending the present you love most is soap-on-a-rope. - Bill Cosby



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