



Bayview Towers

News and Views

A Newsletter for the Residents of Bayview Towers

Volume 6 Issue 3

May 2020

BAYVIEW TOWERS Dome Condominium Association, Inc.

2100/2150 Sans Souci Blvd.
North Miami, Florida 33181
www.DomeCondominium.com
office@domecondominium.com



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OFFICE HOURS

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

EDITOR'S NOTES

This being our final newsletter, we wish to thank Coastal Group Publications for being our partner in disseminating vital information to our community. We wish their management and staff all the best for the future.

At this time of uncertainty, as we navigate in uncharted territory, let us remember those medical professionals who sacrifice every day for us...

“If they had paid to train and gain the knowledge,
It would have been enough.

If they had recognized a calling instead of choosing a profession,
It would have been enough.

If they had taken an oath and asked to find joy in healing those who sought their help,

It would have been enough.
If they had worked long shifts,
It would have been enough.

If they had made themselves available all hours,
It would have been enough.

If they had stepped up in the face of adversity
Putting themselves on the front lines
Putting themselves in harm’s way

Donning layer after layer of protective gear—while it lasted
Making do with what was left, after it was gone
It would have been enough.

If they had left their families so we could be with ours
Worked long shifts on little to no rest to combat a disease they had never seen
Joining in the fight with no end in sight

To stop a modern-day plague
It would have been more than enough.

To the medical professionals,
The doctors, nurses, first responders, caregivers, administrators,
And everybody else working to keep us safe,

We thank you.
For being on the frontlines,
For fighting for us,
For all of the sacrifices
We Thank You.”

Joseph D. Robbins

RULES AND REGULATIONS

This month our topic is being a good neighbor, whether it's in the rules... or not...

Condo living is a blend of living in your own private world while coexisting with neighbors who share the comfort, convenience, and perks that the condo community provides. In order to show respect and consideration for your neighbors and keep the community energy flowing harmoniously, observing some neighborly etiquette can make life easier for everyone. We've put together a list to help you be a better neighbor.

1. Say Hello

It takes only a second to say hello when you run into your neighbors in the lobby or elevator. Don't earn yourself a reputation as being a stick-in-the-mud. Be nice. It costs nothing and goes a long way toward friendly community living.

2. Keep the Noise Down

Noise is a primary complaint among neighbors living in close quarters. Observe the rules in your building regarding noise levels after certain hours, and always show consideration for your neighbors who may maintain unusual work schedules. Don't stomp your feet, hammer nails, or drag heavy furniture around late at night. If you like to play your music full-blast, use headphones.

3. Be Considerate if You Smoke

Refrain from smoking in all common areas except those specifically designated as smoking areas. Do not litter the property with cigarette butts. Smoking is also an issue inside actual condo units, as smoke may seep through A/C vents from one unit to another, from the balcony to inside neighboring units, or from inside your unit to the hallway. Ask your neighbors if your smoking bothers them, and adjust accordingly.

4. Contain Your Pets

There are a variety of rules governing pets in condo buildings, but the most important thing to note is that pets must not make excessive noise nor should they be allowed to run free in common areas. Some of your neighbors might seem to like your cute little off-leash pet but frankly they might just be faking it to be nice, and others certainly will not appreciate it. And of course, pet poop must be dutifully disposed of so it does not become a nuisance for your pet-free neighbors.

5. Respect Garbage and Recycling Rules

Another point of contention in many condo buildings is the proper disposal of garbage. Condo associations usually have very clear rules regarding which items should go in the garbage and which qualify for recycling, as well as the use of garbage chutes, and the disposal of items such as furniture and oversized cardboard boxes. Observing these rules will keep the peace among neighbors while also keeping odors and bugs under control.

6. Be Respectful when Parking

In buildings that have assigned parking, the rules are very straightforward: park in your own space. In buildings with non-assigned parking spaces, sometimes neighbors work out an agreement as to who uses which spaces. As far as guest parking, every building has its set of rules around that, and these should be observed. Taking up more than one space in the parking lot, using someone else's space, or parking in restricted No Parking areas should be avoided out of common courtesy and respect for your condo community.

7. Treat Common Areas with Care

Shared amenities such as pools, saunas, hot tubs, gym equipment, washing machines, and other resources that the building provides for the community should be respected as common areas. Don't leave stuff lying around in these areas, don't leave your laundry in the dryer for hours, wipe your sweat off the treadmill handles, and don't take up excessive space when using the sauna or whirlpool. Be respectful of noise levels as well as the hours of use that are allowed for each amenity.

8. Observe Security Measures

Safety and building security should be a priority for all residents in a condo community. Make sure that all doors, including parking lot entrances and areas such as the pool and deck, remain properly closed and/or locked at all times. Don't let strangers enter the building without verifying their reason for being there. Never tamper with security cameras or motion sensors located in any common areas of the property. If you witness any suspicious activity, report it immediately to the police as well as to the condo association.

One of the highlights of condo living is the chance to live in a great location, typically close to the best urban amenities your city has to offer, while having an opportunity live amongst many interesting and diverse people. It's when everybody shows genuine respect, courtesy, and consideration -- aka condo living etiquette -- that we end up getting the best out of each other and, in turn, giving each other a much better quality of life.

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

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BEACH PARTY

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PARKS

HURRICANES
TRAVEL

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BARBEQUES



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ERIC BROAD
BROKER ASSOCIATE

305.318.2385

EJBROAD@GMAIL.COM

305.866.2423

305.866.2410

ERIC BROAD - REALTOR

@BESTOFMIAMIBEACH

M. KOTLER REALTY, INC.

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HEALTH MATTERS

27 Health and Nutrition Tips That Are Actually Evidence based

1. Don't drink sugar calories
2. Eat Nuts
3. Avoid processed junk food (eat real food instead)
4. Don't fear coffee
5. Eat fatty fish
6. Get enough sleep
7. Take care of your gut health with probiotics and fiber
8. Drink some water, especially before meals
9. Don't overcook or burn your meat
10. Avoid bright lights before sleep
11. Take vitamin D3 if you don't get much sun exposure
12. Eat vegetables and fruits
13. Make sure to eat enough protein
14. Do some cardio
15. Don't smoke or do drugs, and drink in moderation
16. Use extra virgin olive oil
17. Minimize your sugar intake
18. Don't eat a lot of refined carbs
19. Don't fear saturated fat
20. Lift heavy things
21. Avoid artificial trans fats
22. Use plenty of herbs and spices
23. Take care of your relationships
24. Track your food intake every now and then
25. If you have excess belly fat, get rid of it
26. Don't go on a diet
27. Eat eggs, yolk and all



WELCOME

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VOLUNTEER CORNER

Here are some websites where they are accepting donations during the Covid 19 Crisis. You may just find the right fit for you...

- www.unicefusa.org
- www.worldvision.org
- www.stjude.org
- www.feedingamerica.org
- www.charitynavigator.org
- www.rescue.org
- www.fidelitycharitable.org
- www.salvationarmyusa.org
- www.redcross.org

PEST CONTROL

Our pest control company usually attends to our buildings during the 3rd week of each month (May 21/23 and Jun 18/19). The 2100 building is scheduled from 9 a.m. to 2 p.m. on Thursday and the 2150 building is scheduled from 9 a.m. to 2 p.m. on Friday. Please look for notices posted at the elevator lobbies for any possible schedule changes.



Memorial Day May 25



Memorial Day is officially celebrated on the last Monday during the month of May. Memorial Day is dedicated to service men and women who gave their lives for freedom and country. It is also a time to remember loved ones who have passed away. The roots of Memorial Day observance, goes back to 1865 and the end of the Civil War.

Memorial Day was traditionally held on the 30th of May. In 1971, Congress changed it to the last Monday, in order to afford a three day holiday weekend. Regardless of the date, we encourage you follow Memorial Day tradition. Take time to remember lost loved ones in whatever way you feel appropriate.

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