



Grandview PALACE *Newsletter*

Volume 7 Issue 12

A Newsletter for the Residents of Grandview Palace Condominium Association

January 2019

GRANDVIEW PALACE Condominium Association, Inc.

7601 E Treasure Drive #25
North Bay Village, Florida 33141

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manager@grandview-palace.org
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gvp3@grandview-palace.org
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gvp2@grandview-palace.org
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gvp1@grandview-palace.org
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CONTACT INFORMATION

Mgmt. Office 305-861-7512
Front Desk 305-865-8710
Website.. www.grandview-Palace.org

OFFICE HOURS

Monday - Friday..... 8 a.m. - 6 p.m.

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T'was the Month After Christmas

T'was the month after Christmas, and
all through the house,
nothing would fit me,
not even a blouse;
The cookies I'd nibbled,
the eggnog I had to taste,
at the holiday parties had
gone to my waist;

When I got on the scales
there arose such a number!
When I walked to the store
(less a walk than a lumber),
I'd remember the marvelous meals I'd
prepared,
The gravies and sauces and
beef nicely rared;

The wine and the rum balls;
the bread and the cheese,
and the way I'd never said,
"No thank you, please."
As I dressed myself in my husband's
old shirt,

and prepared once again to do
battle with dirt,
I said to myself, as only I can,
"You can't spend a winter
disguised as a man!"

So, away with the last of the
sour cream dip.

Get rid of the fruit cake,
every cracker and chip.
Every last bit of food that I like must
be banished,
'til all the additional ounces
have vanished.

I won't have a cookie--
not even a lick.
I'll want only to chew on
a long celery stick.
I won't have hot biscuits,
or corn bread, or pie,
I'll munch on a carrot
and quietly cry.

I'm hungry, I'm lonesome,
and life is a bore,
But isn't that what January is for?
Unable to giggle, no longer a riot.
Happy New Year to all
and to all a good diet!
Author Unknown



Chili for Cold Winter Days

Ingredients

- 2 pounds ground beef chuck
- 1 pound bulk Italian sausage
- 3 (15 oz) cans chili beans, drained
- 1 (15 oz) can chili beans in spicy sauce
- 2 (28 oz) cans diced tomatoes with juice
- 1 (6 oz) can tomato paste
- 1 large yellow onion, chopped
- 3 stalks celery, chopped
- 1 green bell pepper, seeded & chopped
- 1 red bell pepper, seeded & chopped
- 2 green chili peppers, seeded & chopped
- 1 tablespoon bacon bits
- 4 cubes beef bouillon
- 1/2 cup beer
- 1/4 cup chili powder
- 1 tablespoon Worcestershire sauce
- 1 tablespoon minced garlic
- 1 tablespoon dried oregano
- 2 teaspoons ground cumin
- 2 teaspoons hot pepper sauce
- 1 teaspoon dried basil
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon cayenne pepper
- 1 teaspoon paprika
- 1 teaspoon white sugar
- 1 (10.5 oz) bag corn chips
- 1 (8 oz) package shredded Cheddar



Directions

1. Heat a large stock pot over medium-high heat. Crumble the ground chuck and sausage into the hot pan, and cook until evenly browned. Drain off excess grease.
2. Pour in the chili beans, spicy chili beans, diced tomatoes and tomato paste. Add the onion, celery, green and red bell peppers, chili peppers, bacon bits, bouillon, and beer. Season with chili powder, Worcestershire sauce, garlic, oregano, cumin, hot pepper sauce, basil, salt, pepper, cayenne, paprika, and sugar. Stir to blend, then cover and simmer over low heat for at least 2 hours, stirring occasionally.
3. After 2 hours, taste, and adjust salt, pepper, and chili powder if necessary. The longer the chili simmers, the better it will taste. Remove from heat and serve, or refrigerate, and serve the next day.
4. To serve, ladle into bowls, and top with corn chips and shredded Cheddar cheese.



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Glaucoma Awareness Month

Did you know that you could be going blind and not even know it? January is Glaucoma Awareness Month, a time to remind the public about the dangers of this disease. Glaucoma is the leading cause of blindness in all adults over the age of 60. In the African-American population, people over 40 are up to five times more likely to get glaucoma.

Glaucoma can't be cured, but if caught early, treatment options can reduce the risk of blindness. If you are over 60, or if you are African-American and over the age of 40, or you have a family history of glaucoma, talk to your doctor. You should have an eye exam every two years. It is painless, easy, and it could save your sight.



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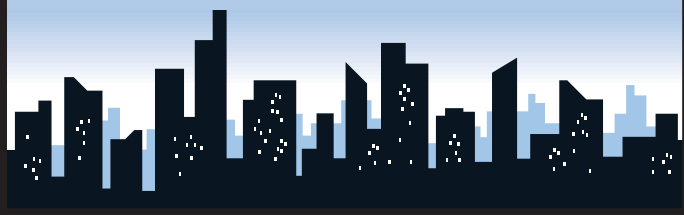
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