



**MYSTIC POINTE  
Master Association**

3595 Mystic Pointe Drive  
Aventura, FL 33180

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- Fax** ..... 305-931-4297
- Email** ..... master3595@aol.com

**OFFICE HOURS**

**Monday - Friday**..... 9 AM - 4:30 PM



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**MESSAGE FROM THE MANAGER**

Last year we did a survey asking our residents about what improvements they would like to see for the community. Overwhelmingly, the answer was the Tot Lot and the electric car charging stations. The charging stations have already been installed in the Towne Center and we are getting ready to move forward with the Tot Lot. Our architect was here and we had originally picked an area across from the Master Association office along the walkway. This area turned out to be too small and we have changed the location. We are actively working to get the drawings for the new area and the bids for the installation so that we can get approval for the project in June at our annual meeting. Things should hopefully progress quickly after approval.

**LANDSCAPING:**

Our annual flowers are currently being changed out with beautiful pink begonias, and pink and purple pinta for the pool decks. There is always a lot of new landscaping projects going on around the island to keep everything fresh and new. We have

re-landscaped the water fall areas at the lake and we are checking the fronts of all the towers to make sure everything is as it should be, "perfect" The bougainvillea along the main road and the trellis are blooming again and are just magnificent. The tree trimmers were on site in February for two weeks, trimming all the trees along the promenade and the back of the buildings pool decks and garages. They will be back later this year when we are preparing for the Hurricane Season.

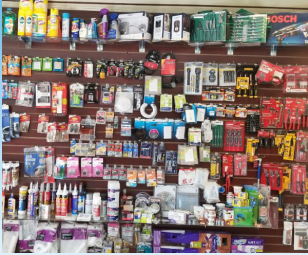
**SWANS:**

Our swans are acting like they are expecting, and the daddy seems to be quite annoyed at anyone walking too close to the waterline. Please be careful with your pets when strolling around the lake, as the male swan is being very protective of his nesting lady who is sitting on their eggs. We know everyone loves the swans, but by disturbing them on the nest, it causes them to be stressed and this causes them not to fertilize their eggs

*Continued on page 2*

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**Manager (cont. from page 1)**

and the eggs rot. **Please do not approach the female at the lake or you might be surprised with the big guy coming at you! They are wild swans, not pets. This is their natural behavior and we need to respect their boundaries. We hope these eggs will result in baby signets within the next 16 weeks.**

**TENNIS:**

The tennis tournament held last month was enjoyed by all. There was great participation by all the residents' and their guests.



We plan to have another event in April prior to the Holidays. Look for the event posted on the tennis web site.

Please make sure that you have proper Tennis ID. ID'S can be purchased in the Master Office for \$10.00 each. You can go online to make a reservation to play on one of the courts 48 hours in advance. There are no walk "on's", and all owners must pay for guests in advance prior to play. The new LED lights for Courts 1-4 should

be arriving any day and we are looking forward to the installation. There will be no charge for the use of these lights, however, reservations must be placed in order to use a court for the evening hours as well. Guest fees still apply to the night time play.

**GARAGE PROJECTS:**

We recently started pressure cleaning the 100 garage floors and walls so we can get ahead of the work for this summer. Unfortunately, we had to stop the work on the third level because of the cold weather. We hope to be able to continue and complete the pressure cleaning of the 100 garage this month. We will then sched-

*Continued on page 3*

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**Manager** (cont. from page 2)

ule the pressure cleaning of the 500 and 400 garages, which we hope to do by the end of the summer, weather permitting. We are currently painting the yellow corner guards throughout all the garages and replacing broken parking bumpers. Our security checks for broken bumpers daily in the morning and evening hours, as we cannot see them when the cars are parked in the space. If you have a damaged, broken or misaligned bumper, please call us and we will take care of it immediately. Call 305-932-9600 X 1.

**GUESTS/VENDORS/DELIVERIES:**

In order to expedite the screening of your guests at the front gate, please make sure they have the following information: The correct spelling of your last name and your tower and apartment number. Please make use of the call-in system by calling 305-932-8345 from your apartment. **This will greatly expedite your guests access to the community, especially if you are unable to answer or use your phone for the upcoming holidays. You may also call the master office and we will gladly list your guests for you on your apartment.**

**ATTENTION ALL DOG OWNERS:**

WE ARE PLANNING A DOGGIE EVENT FOR THE ISLAND SUNDAY APRIL 14<sup>TH</sup> FROM 5-7. IT WILL BE A FUNDRAISER TO HELP ANIMALS IN NEED. LOOK FOR FLYERS AND NOTICES WITH MORE INFORMATION TO COME ABOUT THIS SPECIAL EVENT.

We will be selling raffle tickets in advance at the master association for \$5.00 each or five (5) for \$20.00 to win great prizes and treats. Tickets will also be available for purchase the day of the event. There will also be cash prize raffle for "half the cash" prize.

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## Spring Recipes

Cooking seasonally is a great way to get quality produce at its very best and making dishes that truly complement those flavors. Springtime vegetables and fruits are featured in these great recipes.

### Asparagus Quiche

- 1 frozen 9-inch pie crust, unbaked
- 1/2 pound asparagus
- 1/2 cup shredded Swiss cheese
- 6 eggs
- 1/2 cup sour cream
- 1 cup milk
- 1 tablespoon dried onion flakes
- 1/2 teaspoon salt
- 1/2 teaspoon pepper



and arrange asparagus in bottom of baked pastry shell. Sprinkle with the shredded Swiss cheese. In a mixing bowl, beat the eggs and blend in sour cream, milk, onion, salt, and pepper. Pour into pastry shell. Bake in a 375 degree oven for

35 to 40 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before cutting.

- 1-1/2 tablespoons minced green onion
- 1/2 teaspoon paprika
- 1/2 cup olive oil
- 1/2 cup balsamic or cider vinegar
- 2 tablespoons sesame seeds

In a large bowl, place strawberries and spinach leaves. In a separate bowl, combine remaining ingredients and whisk until well blended. Pour dressing over spinach and strawberries and toss.



Bake pie crust in a 450 degree F oven for 10-12 minutes or until pastry is set and dry. Remove the woody ends of the asparagus and discard. Cut the remaining asparagus into 1-inch sections and cook in boiling water for about 5 minutes. Drain

### Strawberry and Spinach Salad

- 1 pint strawberries, with hulls removed and sliced
- 2 bunches fresh spinach leaves, washed and torn into small pieces
- 1/2 cup sugar

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## St. Patty's Day Recipes for Kids

This St. Patrick's Day celebrate with some of these fun, and very green, treats!

### Leprechaun Punch

- 1/2 gallon lime sherbet
- 2 liter bottle of lemon-lime soda

Let the sherbet soften somewhat. Scoop the sherbet into a large punch bowl and slowly add the soda. Serve immediately.

### St. Patrick's Day Green Punch

- 2 cups sugar
- 2 pkgs. Kool-Aid (any green flavor)
- 2 cups water
- 1 6-oz. can frozen orange juice
- 1 pt. pineapple juice
- 1 qt. pineapple sherbet
- 2 liter bottle of ginger ale

Mix sugar, Kool-Aid and water in a saucepan. Place over low heat and stir until the sugar is dissolved. Add the juices and additional water and ice to make one gallon. Scoop the sherbet into a large punch bowl. Add the juice mixture and the ginger ale.

### Irish Fluff

- 1 12-oz. container of cottage cheese
- 1 container of Cool Whip
- 1 large can crushed pineapple, drained
- 1 small box Lime Jell-O

Mix all ingredients together and chill well.

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## Myths and Facts About Colorectal Cancer

March is National Colorectal Cancer Awareness Month. For many people, the discussion of this type of cancer is shrouded in embarrassment and misunderstandings. This can lead to a reduction in testing and treatment. Here are some myths and realities about this cancer. Knowing them could save your life or the life of your loved ones.

**Myth: Colon and rectal cancers are rare.**

These types of cancer are actually quite common. In 2005, almost 150,000 Americans were diagnosed with colorectal cancer.

**Myth: Colorectal cancer is usually fatal.**

When detected early, colorectal cancer is usually curable. That is why routine screening is so important. If colon cancer is found early and treated, the 5-year survival rate is 90 percent. Starting at age 50, men and women of average risk should be screened regularly. High risk groups, including those with a personal or family history of the disease and African Americans, should begin screening at age 45 or sooner if their doctor suggests it.

**Myth: Most of those who get colorectal cancer are older, white men.**

In fact, an equal number of men and women get colorectal cancer. African Americans are more likely to be diagnosed with colorectal cancer at a later stage in the disease and are often younger when diagnosed.

**Myth: You only need screening once you see symptoms.**

As with many types of cancer, the disease may be more advanced once symptoms are presented. About 75 percent of all new cases of this type of cancer occur in individuals with no known risk factors and no presentation of symptoms.





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# PHILOSOPHICAL SAYING

By: *Richard A. Kline*

Too much tolerance is a symptom of weakness



International Women's Day, an international holiday, has been set aside to recognize the achievements and successes of women the world over. March 8<sup>th</sup> marks one of the first organized actions by working women anywhere in the world. On

this day in 1857, hundreds of women garment and textile workers went on strike in New York City protesting against low wages, long working hours, and inhumane working conditions. The event ended in violent struggles with police. "Our lives shall not be sweated from birth until life closes, For our hearts starve as well as bodies Give us bread, but give us roses." (The anthem of striking mill workers in Lawrence, Massachusetts, 1912.)

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