

BONAVIDA Monthly Newsletter

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A Monthly Newsletter for the Residents of Bonavida Condominium

November 2021

Bonavida Condominium Association, Inc
20100 W Country Club Drive
Aventura, Florida 33180

ASSOCIATION OFFICERS

President..... Roger Manterola
Vice PresidentJuan Porras
Secretary.....Jason Freitas
Director Israel Kohn
Director Carlos Rodriguez
DirectorAndres Serra
Director Maria Schmalbach

PROPERTY STAFF

SUNRISE MANAGEMENT

Manager Daniel Sharón
(305) 935-1319
manager@bonavidacondominium.com
Asst Manager..... Felicia Bitonti
(305) 935-1319
assistant@bonavidacondominium.com
Maintenance Sup. .. Brian Boone
Housekeeping .. Auristela Gonzalez

IMPORTANT NUMBERS

Main305-935-1319
Fax305-933-3365
Security786-288-6570



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The Bonavida board and management would like to offer our best wishes for a juicy turkey, a splendid gathering of friends and family, and triumphant victories for your favorite football teams this Thanksgiving Day. We hope you have the happiest of Thanksgivings.

Did You Know?: Pomegranate Trivia

November is National Pomegranate Month.

- Pomegranates are grown in California and throughout Asia and the Mediterranean countries.
- Pomegranates can be refrigerated for up to two months or stored in a cool, dark place for up to a month.
- Pomegranates grow on a small tree that reaches five to eight meters tall.
- Pomegranate juice is popular in the Middle East and is used in Iranian and Indian cuisine. It was introduced to the American market in 2004.
- One pomegranate contains 40 percent of an adult's daily vitamin C requirement. It is also rich in folic acid and antioxidants.
- In ancient Babylonian mythology, the pomegranate was considered a "resurrection fruit," due to its restorative powers.
- The word grenade comes from the French word for pomegranate, as early grenades looked like pomegranates.



What is Chanukah?



In 2nd century BCE, in an effort to pull Jews away from Judaism and adopt the Greek culture – Hellenism, the Syrian-Greek regime of Antiochus outlawed aspects of Jewish observance, including the study of Torah, which began to decay the foundation of Jewish life and practice. In response, a band of Jewish settlers took to the hills of Judea in a revolt against this threat to Jewish life. Led by Matitiyahu, and later his son Judah the Maccabee, this small band of devout Jews led guerrilla warfare against the Syrian army. Antiochus sent thousands of well-armed troops to crush the rebellion, but the Maccabees succeeded in driving the foreigners from their land.

Jewish fighters entered Jerusalem in December, 164 BCE. The Holy Temple was in shambles, defiled and desecrated by foreign soldiers. They cleansed the Temple and re-dedicated it on the 25th day of the Jewish month of Kislev. When it came time to re-light the Menorah, they searched the entire Temple, but only one small jar of oil bearing the pure seal of the High Priest could be found. Miraculously, the small jar of oil burned for eight days, until a new supply of oil could be brought. From then on, Jews have observed a holiday for eight days in honor of this historic victory and the miracle of the oil. Today, the observance of Chanukah, meaning “dedication” features the lighting of a special Chanukah menorah with eight branches (plus a helper candle), adding one new candle each night. Other customs include spinning the dreidel (a top with Hebrew letters on the sides), eating “oily” foods like potato latkes (pancakes) and sufganiyot (jelly donuts), and giving Chanukah gelt (coins) to children.



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Sweet Potato Casserole

Ingredients

- 5 sweet potatoes
- 1/4 teaspoon salt
- 1/4 cup butter
- 2 eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/2 cup white sugar
- 2 tablespoons heavy cream
- 1/4 cup butter, softened
- 3 tablespoons all-purpose flour
- 3/4 cup packed light brown sugar
- 1/2 cup chopped pecans

Directions

1. Preheat oven to 350 degrees F. Lightly grease a 9x13" baking dish.
2. Bake sweet potatoes 35 minutes in oven, or until they begin to soften. Cool slightly, peel, and mash.
3. In a large bowl, mix potatoes, salt, 1/4 cup butter, eggs, vanilla extract, cinnamon, sugar, and heavy cream. Transfer to the baking dish.
4. In a medium bowl, combine 1/4 cup butter, flour, brown sugar, and chopped pecans. Mix with a pastry blender or your fingers to the consistency of coarse meal. Sprinkle over the sweet potato mixture.
5. Bake 30 minutes, until topping is crisp and lightly browned.







PATRICKJAIMEZ PA

Mobile (786)-277-7355
Direct (305)-459-5019
patrickjaimez@gmail.com
www.patrickjaimez.com

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CINNAMON TOAST COCONUT CRUNCH

This simple crowd-pleaser is great for your holiday's signature cocktail, and all are available for delivery at LiquorSplit.

INGREDIENTS:

- 1½ oz. Hard Truth Cinnamon Vodka
 - 1½ oz. Hard Truth Toasted Coconut Rum
 - 1½ oz. Hard Truth Toasted Coconut Rum Cream
- Cinnamon & sugar, for rim



CRAFT:

1. Rim coupe or martini glass with cinnamon sugar, and set aside.
2. Add all Hard Truths to ice-filled bar shaker. Cover, and shake to chill.
3. Strain into prepared glass. Enjoy!

Single servings, add equal parts (one to two ounces each) of Hard Truth Cinnamon Vodka, Hard Truth Toasted Coconut Rum, and Hard Truth Toasted Coconut Rum Cream to an ice-filled bar shaker, cover and shake to chill, then strain into your favorite martini glass. If desired, garnish with a sprinkle of cinnamon. For a party pour, mix one bottle of each Hard Truth into to a serving vessel, and mix well. Serve chilled.

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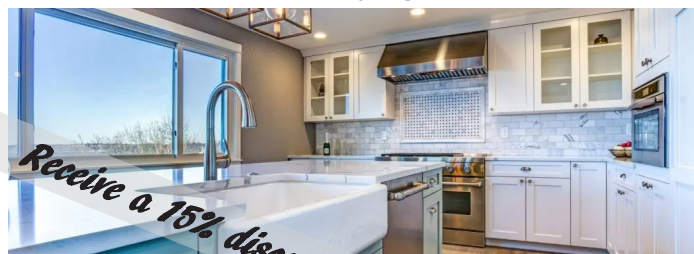
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