

# PARKVIEW POINT

## CONDOMINIUM

Volume 20 Issue 6

Monthly Newsletter

December 2021

### PARKVIEW POINT

7441 Wayne Avenue  
Miami Beach, FL 33141

#### OFFICE HOURS

**Mon. - Thus.** 9:00 AM-5:00 PM  
**Friday** ..... 8:00 AM-4:00 PM  
**Lunch** ..... 1:30-2:30 PM  
**Sat.- Sun.** ..... Closed

#### IMPORTANT #'S:

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**Director** ..... Maria Iglesias  
**Director** ..... Vuk Dinic  
**Director** ..... Jacobo Pares  
**Director** ..... Daniel F. Blanco

**Manager** ..... Bryan Hoyos  
**Admin. Asst.** .. Maria T. Combellas



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### REMINDERS

#### WASHERS AND DRYERS

We keep on reminding residents that our laundry machines are **not pet-friendly**, this means that no items that belong to your pet, be it a dog a cat or any other animal, can be washed and dried in our machines.



Rash caused by pet hair  
*Alergia a pelo de mascota*

Residents keep using it to wash their pet's items with no respect for other residents. At least, if you use it, make sure you **clean it thoroughly after use**. Also keep in mind, many persons, especially children, are allergic to dog or cat's hair and when the washer has been used previously for pet's items, these persons are affected.

#### LAVADORAS Y SECADORAS

*Seguimos recordando a los residentes que nuestras máquinas no deben usarse para artículos de mascotas, esto significa que ningún artículo que pertenezca a su mascota, ya sea un perro, un gato o cualquier otro animal, se puede lavar y secar en nuestras máquinas.*

*Los residentes continúan usándolo para lavar los artículos de sus mascotas sin respetar a los demás residentes. Al menos, si las usa, asegúrese de limpiarlas a fondo después de su uso. También tenga en cuenta que muchas personas, especialmente los niños, son alérgicas al pelo de perro o gato y cuando la lavadora se ha utilizado anteriormente para artículos de mascotas, estas personas se ven afectadas.*

#### DISPOSAL OF CHRISTMAS TREES

Remember Christmas trees cannot be disposed of in our garbage bins. After the holidays are over you will need to wait for bulk trash weekend (first weekend of the month) to take your Christmas tree and drop it off at 75 St and Dickens Ave. Otherwise, you will have to take it to some other place. Please place your tree inside a bag when bringing it down.



#### ELIMINACIÓN DE ÁRBOLES DE NAVIDAD

*Recuerde que los árboles de Navidad no se pueden tirar en nuestros contenedores de basura. Una vez pasadas las fiestas, tendrá que esperar el fin de semana de recolección de basura grande (primer fin de semana del mes) para llevar su árbol de Navidad y dejarlo en 75 St. y Dickens Ave. De lo contrario, tendrá que llevarlo a otro lugar. Coloque su árbol dentro de una bolsa cuando lo baje.*

## Read About The Health Benefits Of Coloring For Adults

Think spending hours coloring is only a childhood pastime? Think again!

The adult coloring book trend has spread nationwide, with some even popping up on bestseller lists. With the countless health benefits of coloring for adults, it might be time to pull out the crayons, colored pencils and markers!

**REDUCE STRESS AND ANXIETY.** Coloring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long day at work.

**IMPROVE MOTOR SKILLS AND VISION.** Coloring goes beyond being a fun activity for relaxation. It requires the two hemispheres of the brain to communicate. While logic helps us stay inside the lines, choosing colors generates a creative thought process.

**IMPROVE SLEEP.** We know we get a better night's sleep when avoiding engaging with electronics at night, because exposure to the emitted light reduces your levels of the sleep hormone, melatonin. Coloring is a relaxing and electronic-free bedtime ritual that won't disturb your level of melatonin.

**IMPROVE FOCUS.** Coloring requires you to focus, but not so much that it's stressful. It opens up your frontal lobe, which controls organizing and problem solving, and allows you to put everything else aside and live in the

moment, generating focus.

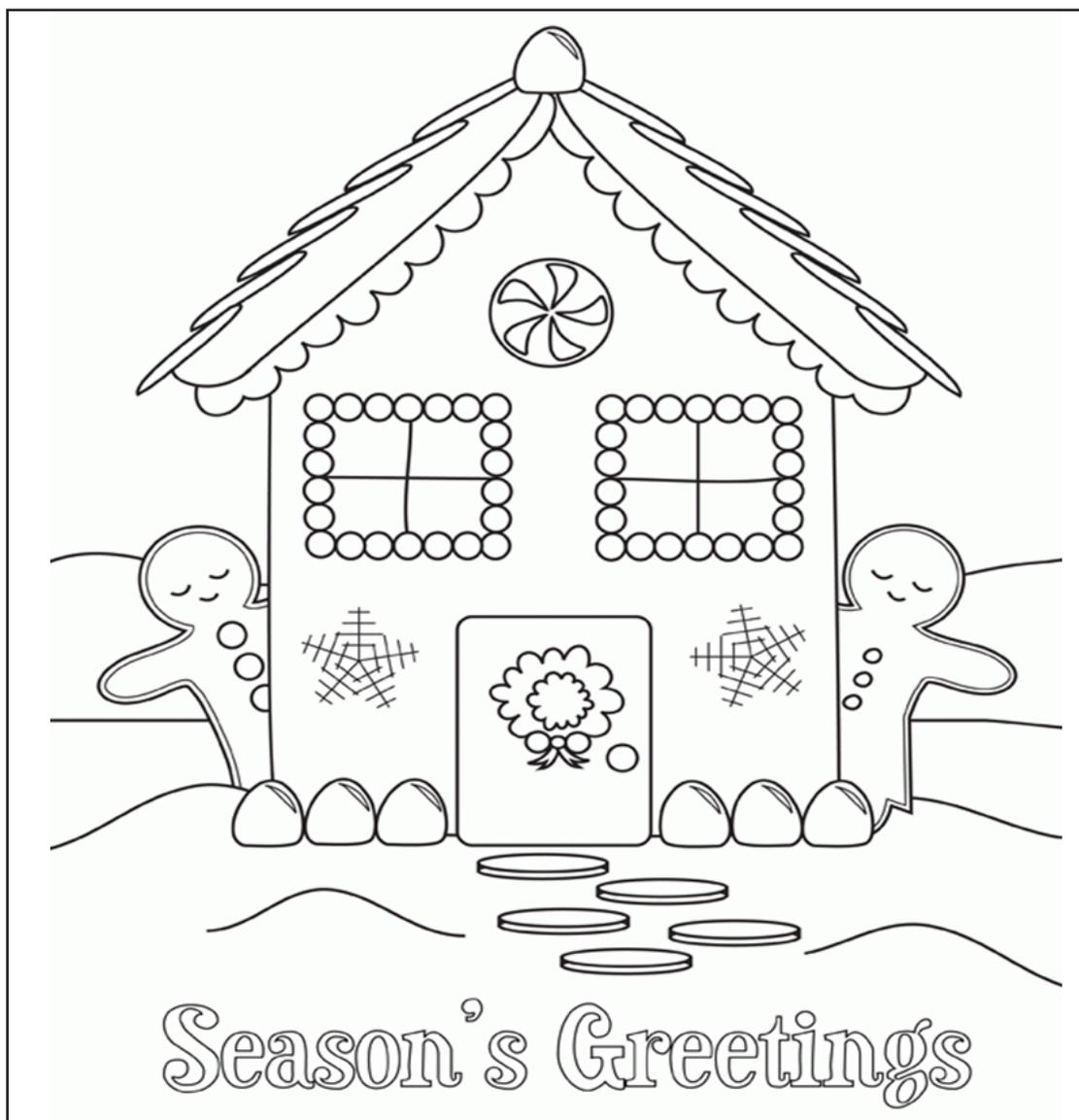
You don't have to be an expert artist to color! If you're looking for an uplifting way to unwind after a stressful day at work, coloring will surely do the trick. Pick something that you like and color it however you like!

### *Lee Sobre Los Beneficios Para La Salud De Colorear Para Adultos*

*¿Crees que pasar horas coloreando es solo un pasatiempo de la infancia? ¡Piensa otra vez!*

*La tendencia de los libros para colorear para adultos se ha extendido por todo el país, y algunos incluso han aparecido*

*Pasa a la pagina 3*



en listas de bestsellers. Con los innumerables beneficios para la salud de colorear para adultos, ¿podría ser el momento de sacar los crayones, lápices de colores y marcadores!

**REDUCIR EL ESTRÉS Y LA ANSIEDAD.** Colorear tiene la capacidad de relajar el centro del miedo de su cerebro, la amígdala. Induce el mismo estado que la meditación al reducir los pensamientos de una mente inquieta. Esto genera atención y tranquilidad, lo que permite que su mente descanse un poco después de un largo día de trabajo.

**MEJORAR LA HABILIDAD MOTRIZ Y LA VISIÓN.** Colorear va más allá de ser una actividad divertida para la relajación. Requiere que los dos hemisferios del cerebro se comuniquen. Si bien la lógica nos ayuda a mantenernos dentro de las líneas, la elección de colores genera un proceso de pensamiento creativo.

**MEJORAR EL SUEÑO.** Sabemos que dormimos mejor cuando evitamos utilizar dispositivos electrónicos por la noche, porque la exposición a la luz emitida reduce los niveles de la hormona del sueño, la melatonina. Colorear es un ritual relajante y libre de electrónicos para la hora de dormir que no alterará su nivel de melatonina.

**MEJORAR EL ENFOQUE.** Colorear requiere que te concentres, pero no tanto que sea estresante. Abre tu lóbulo frontal, que controla la organización y la resolución de problemas, y te permite dejar todo lo demás a un lado y vivir el momento, generando enfoque.

¡No es necesario ser un artista experto para colorear! Si estás buscando una forma edificante de relajarse después de un día estresante en el trabajo, colorear seguramente será la solución. ¡Elige algo que te guste y coloréalo como quieras!

## DECORATING FOR THE HOLIDAYS

### How to Make an Evergreen Candle

Supplies Needed

- Barrel-shaped glass candle holder
- Evergreen pieces such as Arborvitae branches
- Spray adhesive
- Scissors or garden shears
- Pillar candles



### Step-by-Step Directions

With a few supplies and these how-to instructions, you can create your own handmade Christmas decoration. Customize your candle holder with your favorite seasonal greenery.

#### Step 1: Prepare Glass and Greenery

Prepare the glass surface by cleaning it with window cleaner and wiping dry. The glass should be completely dry so the greenery will stick. Then select any flat evergreen pieces you would like to use. The flatter the better so the greenery will stick. Evenly coat the greenery with spray adhesive (\$13, The Home Depot)—you'll want the greenery completely covered so it will stick to the glass.

#### Step 2: Attach to Container

Wait a few seconds for the adhesive to get tacky and then attach each piece to the container with the ends hanging from the bottom of the container. Press firmly to ensure the greenery has securely adhered to the glass.

#### Step 3: Trim Greenery

Allow the greenery to dry for a few minutes. Then trim the bottoms with sturdy scissors or garden shears (\$17, Lowe's). Place a pillar candle in the Christmas tree candle holder and your easy Christmas centerpiece is done! Try using this technique to decorate with other seasonal greenery like false cypress or fern leaves.



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## DECORACIÓN PARA LAS VACACIONES

### Cómo hacer una vela de hoja perenne

#### Material necesario

- Candelabro de cristal en forma de barril
- Hojas verdes como ramas de Arborvitae
- Pega en spray
- Tijeras o tijeras de podar
- Velas gruesas (veladoras)

#### Instrucciones paso a paso

Con algunos materiales y estas instrucciones prácticas, puede crear su propia decoración navideña hecha a mano. Personaliza tu candelabro con tu vegetación de temporada favorita.



#### Paso 1: Preparar vidrio y vegetación

Prepare la superficie del vidrio limpiándola con limpiacristales y séquela con un paño. El vaso debe estar completamente seco para que la vegetación se pegue. Luego, seleccione las piezas planas de hoja perenne que le gustaría usar. Cuanto más plano, mejor para que la vegetación se pegue. Cubra uniformemente la vegetación con adhesivo en aerosol (\$13, The Home Depot); querrá que la vegetación esté completamente cubierta para que se adhiera al vidrio.

#### Paso 2: Adjuntar al contenedor

Espere unos segundos hasta que el adhesivo se vuelva pegajoso y luego adhiera cada pieza al recipiente con los extremos colgando del fondo del recipiente. Presione firmemente para asegurarse de que la vegetación se haya adherido firmemente al vidrio.

#### Paso 3: Recorta la vegetación

Deje que la vegetación se seque durante unos minutos. Luego, recorte la parte inferior con unas tijeras resistentes o unas tijeras de jardín (\$17, Lowe's). ¡Coloque una vela en el candelabro del árbol de Navidad y su centro de mesa navideño estará listo! Intente usar esta técnica para decorar con otras plantas de temporada como cipreses falsos u hojas de helecho.

## BOARD OF DIRECTORS MEETING MINUTES

Tuesday, October 19, 2021 - Via Zoom - 7:30 P.M.

**Board Members Present:** Stephen Biondi, Cesar Dalmau, Karmenchu Santana, Joanna Gonzalez, Maria Iglesias, Jacobo Pares and Fernando Blanco. **Castle Group:** Bryan Hoyos- LCAM-Property Manager  
**Established A Quorum Via Zoom Conferencing:** 7:35 pm.

**APPROVAL OF MINUTES:** Management presented meeting minutes from August 5<sup>th</sup> Finance Committee meeting. Vuk Dinic motioned to approve meeting minutes. Jacobo Pares seconded the motion. The motion was unanimously approved.

Management continued by presenting the Board with meeting minutes from September 9<sup>th</sup> Board of Directors meeting. Maria Iglesias made a motion to approve the meeting minutes. Jacobo Pares seconded the motion. The motion was unanimously approved.

#### COMMITTEE REPORT

Cesar Dalmau notified the membership of the Association being over \$64K under budget for the year. Cesar continued to inform the Board the Association remained under budget in monthly expenses in the amount of approximately \$11K for the month of September. Cesar notified the Board of the Finance Committee concerns in paying back the building reserves. The membership was notified of Castle Group Regional Director Carmen Cruz involvement to resolve the issue. Cesar notified the Board on the status of delinquent accounts making up about one percent of the membership. Cesar concluded the update by informing the Board of a mission statement produced for the Finance Committee.

Management proceeded to inform the Board of Directors of Green Coastal latest update on the seawall project. The membership was notified of Green Coastal continued negotiations with the City of Miami Beach mandating the Association remove all existing piles of the seawall. Green Coastal anticipates this will increase the cost for the project and is seeking an exemption from the city to assist in reducing the estimates. Management continued by informing the Board of Green Coastal providing the contractors with comments received by the city and anticipates receiving revised estimates by the end of the week.

#### VER PLOEG & MARINO

Management reminded the Board of Directors on Ver Ploeg & Marino analysis of the ongoing claim from damages caused by Hurricane Irma. Management requested direction from the Board to contact Perry & Neblett to establish how much time their firm spent on the Associations project, negotiate the final payment and terminate the agreement. The Board of Directors was informed Ver Ploeg & Marino will provide an estimate to proceed with the Associations claim for review.

Stephen Biondi motioned to have the Associations attorney (Becker & Poliakoff) contact Perry & Neblett to inquire how much time was spent on the project, negotiate a final payment and terminate agreement with the Association. Karmenchu Santana seconded the motion. The motion was unanimously approved.

**Board Meeting (cont. from page 4)**

**REVIEW & APPROVAL OF PROPOSED PROJECT LIST**

Management informed the membership of a committee of the Board prioritizing a long list of building projects and narrowing the project list down based on the level of priority. Management continued by presenting the list of projects and budget to include contingencies as requested by Popular Association Bank. Management reminded the Board of the latest update provided by Green Coastal anticipating the estimates to come in under budget. The Board was notified of the potential contingency projects to be completed from any savings negotiated from the project budget.

Stephen Biondi notified the membership of safeguards in place to protect the Association and bank from any mishandling of the funds allocated for the building projects. The Board requested management to include landscaping, car charging stations and parking lot repairs as contingency projects in the event of a surplus. A discussion ensued on the Associations ability to collect funds from the membership. The Board continued to discuss options should a unit owner fail to pay their portion of the special assessment.

Joanna motioned to approve the proposed list of building projects (Seawall, Roof, Garage Asphalt, Windows, Cooling Tower Refurbishment, Professional Fees, Fire Alarm Panel, Elevator Cab Remodel, Pool Deck Renovations) to include contingency projects of parking lot repairs, car charging station and landscape repairs for approximately \$11.8 million. Jacobo Pares seconded the motion. The motion was unanimously approved.

**REVIEW & APPROVAL OF PROPOSED A/C MAINTENANCE AGREEMENT**

Management reminded the Board of S&K resigning from conducting maintenance to the Associations A/C equipment. Management continued by presenting a bid analysis of estimates received from Pyke Mechanical, Navas Multi Service and Thermal Concept to continue maintaining the Associations A/C equipment to include both cooling towers. Managements bid analysis includes monthly service and quarterly maintenance for the Boards consideration.

Management continued by reminding the Board of the Associations total annual budget for A/C maintenance in the amount of \$11,820. Management highlighted the estimates received for monthly maintenance came in over budget. Management proceeded to notify the Board of an attempt to provide the Association with savings by requesting a quarterly maintenance agreement and notified the Board of a team member in the maintenance department who is a certified A/C technician. Management continued by informing the Board of supplies ordered to have the coils cleaned and A/C filters replaced by the maintenance department.

VuK Dinic motioned to approve Navas Multiservice quarterly maintenance agreement of the Associations a/c equipment. Stephen Biondi seconded the motion. The motion was unanimously approved.

**OPEN FORUM:** Management informed the Board of Directors of resident requests to begin opening the gym at 6am. Vuk Dinic motioned to approve opening the gym at 6am. Cesar Dalmau seconded the motion. The motion was unanimously approved.

Management continued to inform the Board of a unit owners request to review Association records. Management reminded the Board of Florida Statute 718 highlighting procedures for review and schedule inspection of Association documents. Unit owner Hugh Moore reminded the membership of rules passed in a previous Board meeting allowing a member to review Association documents during a time block and with a member of the staff for supervision.

**ADJOURNMENT**

Vuk Dinic made a motion to adjourn meeting at 9:16 pm. Cesar Dalmau seconded the motion. The motion was unanimously approved.



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## SNOW RIDGE ICE WINE

Real icewine can only be made reliably every year in Canada and most years in Germany because it requires a very specific climate. The grapes have to stay on the vine until the winter, usually until Jan or Feb, where they freeze solid at -9 degrees Celsius (15 Fahrenheit). Until the grapes are harvested, they freeze and thaw repeatedly, and all of the flavors get concentrated, with a lot of the water lost. They are then pressed in a hydraulic press when they are still frozen solid. The water remains behind in the press as solid ice. What comes out is the essence, a thick syrup of the grape with tremendously concentrated flavors and sugars. When it's fermented, it makes this beautiful sweet dessert wine. When you smell and taste it, you're right away struck with its tremendously powerful aroma and flavor.



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