



Commodore Club West Condominium

Volume 10 Issue 3

A Monthly Newsletter for the Residents of Commodore Club West Condominium

October 2023

COMMODORE CLUB WEST CONDOMINIUM ASSOCIATION, INC

155 Ocean Lane Drive
Key Biscayne, Florida 33149

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IMPORTANT NUMBERS

Main305-361-7316
Front Desk.....305-361-7468
Gate House305-361-7212
Fax305-361-9033

OFFICE HOURS

Monday - Friday..8am - 4pm



DON'T FORGET...

Spring forward...Fall back...

Daylight Saving Time begins for most of the United States at 2 a.m. on the **Second Sunday in March** and lasts until 2 a.m. on the **First Sunday of November**. **Be sure to set your clocks back one hour at 2 AM on Sunday, November 5, 2023.**

This is also a great time to change the batteries in your smoke and carbon monoxide detectors. Many fire departments encourage people to change their batteries in these detectors when they change their clocks, because it can be so easy to forget otherwise. "A working smoke detector more than doubles a person's chances of surviving a home fire," says William McNabb of the Troy Fire Department in Michigan. More than 90 percent of homes in the United States have smoke detectors, but one-third are estimated to have worn-out or missing batteries.

Change your clock,



CHANGE your batteries



ATTENTION RESIDENTS

Please do not leave boxes inside the recycle bin, unfold them and leave them underneath the laundry room table. Be kind to your neighbors. No furniture, clothing, toys or appliances.

Thank you

ATENCIÓN RESIDENTES

Por favor no deje cajas dentro del contenedor de reciclaje, despléguelas y déjelas debajo de la mesa el cuarto de lavandería. Sea amable con sus vecinos. No se permite dejar muebles, ropa, juguetes o aparatos eléctricos.

Gracias

LAUNDRY ROOM RULES

- Each person/apartment using the laundry room may only use one washer or dryer at a time.
- After each use, the lint filter must be cleaned. Lint is a fire hazard.
- You are responsible to ensure washers are not overloaded with detergent in order to prevent flooding.
- Be courteous. Please remove clothes promptly. If you do not remove your clothes in the appropriate time, administration will remove the items, and they will be placed inside a plastic bag. Washer time: approx 35 min; dryer time: approx 45 min

REGLAS DE LAVANDERIA

- Solo una lavadora o secadora a la vez puede ser utilizada por cada persona/apartamento.
- El filtro de la secadora debe de limpiarse luego de usarla. La pelusa puede causar un incendio.
- Usted es responsable de no sobrecargar el detergente en la lavadora para evitar inundaciones. • sea cortés. Por favor sacar su ropa al tiempo indicado.
- Si usted no saca su ropa en el tiempo adecuado, ésta será removida y colocada en bolsas plásticas. Tiempo para lavar: aprox 35 minutos tiempo para secar: aprox 45 minutos

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OCTOBER IS



"A man who stops advertising to save money is like a man who stops a clock to save time." — Henry Ford

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HOW CAN I FIND BREAST CANCER EARLY?

The best way to find breast lumps that may be cancer is to do 3 things:

- Have regular mammograms.
- Have your doctor check your breasts.
- Check your breasts yourself every month.
- Doing all of these things gives you the best chance to find cancer as early as you can. Finding breast cancer early makes treatment much easier and more effective. More than 90 out of 100 women whose breast cancer is found early will be cured.

CHANGES TO LOOK FOR IN YOUR BREASTS

- Any new lump (which may not be painful or tender)
- Unusual thickening of your breasts
- Sticky or bloody discharge from your nipples
- Any changes in the skin of your nipples or breasts, such as puckering or dimpling
- An unusual increase in the size of one breast
- One breast unusually lower than the other

For more information you can visit the American Cancer Society's breast cancer Web site at www.cancer.org/ or call 800-ACS-2345. You can also visit the Breast Cancer Network's Web site at www.breastcancer.net.



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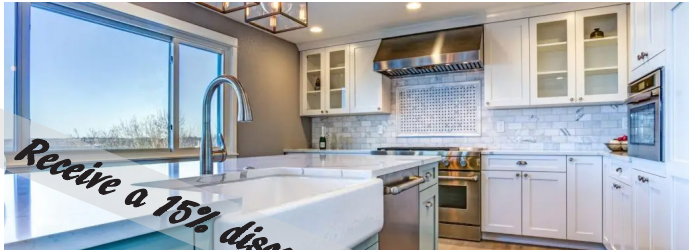
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