

COASTAL NEWS



A Newsletter for the Residents of The Coastal Towers Condominium

Volume 11 Issue 6

March 2024

BOARD OF DIRECTORS

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Secretary.....Jonathan Knowles
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Director Brando Grillet
Director Norha Garcia
DirectorMauro Sangio

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Security Gate.....305-944-5778
Email ..coastaltowersops@gmail.com

OFFICE HOURS (Unit Owners Only)

Mon. - Fri......8:30 AM-4:30 PM
Closed 12:00 PM-1:00 PM
Realtor Hours M-F 10-10:30 AM
3:30-4:30 PM



COASTAL TOWERS
Condominium Association, Inc.
400 Kings Point Dr,
Sunny Isles Beach, FL 33160



MESSAGE FROM THE PRESIDENT

Dear Unit Owners and Residents,

Thank you for putting your trust in me as your President for 2024. I'm sure that interested members of the Board want to work together in order to make our community a better place to live in every way. Our goal should be to maintain and IMPROVE the property.

As those of you that attend our meetings know, I like getting things done. With those members of the Board that aspire for our condominium to be a better place to live, we will accomplish major goals this year.

Here are some items for your review:

1. The day after I was elected President I signed the paperwork to retain the services of National Concrete for the 50 year recertification project. With the help of Board member Norah Garcia, we were able to expedite things and the company is working on the south side of the building. We've scheduled bi-weekly meetings that I will attend, with those Board members that are interested, with the construction manager from National Concrete and the project manager from our engineering team. We are setting timelines that all are required to meet, discussing any issues we may come across, and discussing progress. The goal is to finish this project before the holidays in December. With the 50 year project completed we will save a substantial sum of money on insurance.
2. We will be completing the Florida Statutory requirements for a structural integrity report and a reserve item report. The State is requiring us to have full

Continued on page 2

Message from the President *(cont. from page 1)*

reserves for the year 2025. With the insurance savings the goal is for us not to have to reach into our pockets for funding the new required reserves.

3. We saved over \$400,000 this year in insurance with an excellent agent that provided us with better coverages than we had last year. For those of you that have seen my argumentative side in Board Zoom meetings last year, you'll know what a relief this is financially for us. We can all breathe a sigh of relief that our premiums didn't increase again if we had retained other agents that could not provide us with these savings. I can tell you that most associations' insurance premiums will increase substantially this year in South Florida.
4. Hallways: we will start with the 16th floor and refurbish our hallways to reflect a building on the bay with class. This will be comprehensive, from putting in the missing ceiling air conditioning ducts (imagine our electricity costs over the years with just blowing cold air all the time through the ceiling), LED lighting (save us more money on electricity), and paint perhaps with a texture, sand down the doors, replace the carpet with tile carpet (large squares that can be easily replaced if damaged) and refurbish the flooring in the service areas (service elevator, laundry, trash chute, etc.). That project starts very soon.
5. Clean Water: at the Informational meeting we had a presentation from a company called "Clear " that offers a clean water drinkable solution to the association. We will schedule a Board meeting to discuss and possibly vote on this due to the positive reaction of those that attended the presentation and were in the audience.
6. Internet options- for sure we need WiFi in our common areas. We can also explore, without committing to a bulk agreement, bringing in another provider like Comcast to deliver services along with Breezeline. The most important thing we want is options. You shouldn't feel that you're stuck with just one company as in the past. We will again schedule this presentation at the Board meeting to discuss and possibly vote on this due to the positive reaction of those that attended the presentation and were in the audience.
7. Community Impact Windows: the presentation for a community window project was excellent and many residents were interested in finding out more. We will give the company the measurements of each unit in the building and they can present to unit owners bulk pricing on those that decided to do this. This is not a Board

decision. You own the windows. We're just giving you options that can save you money.

8. The restaurant: we had hoped that the restaurant would be ready to open in mid-April. I will report at the next Board meeting where we are with this. Interested members of the Board will meet with the restaurateur to get an update and firm up an opening date.
9. Yoga, Water Aerobics, Personal Training: There are flyers around the building, including the elevators about our Yoga classes. Please contact Yaritza (her number is on the flyers) and let's start organizing fun fitness events. She is a great person that is dedicated to helping you all achieve your fitness and relaxation potential. She can help with soundness of the body and soul.
10. Fun: we have a social room. Let's start using it. Any residents that can offer ideas for things such as a Pot-Luck party (everyone brings down food to share), maybe wine and cheese tastings, even an arts and craft show, etc. Let's have fun. We're neighbors! Let's get this community together to start taking advantage of the common areas we have, making new friends, and enjoying where we live each and every day!
11. Suggestions: you are always welcome to write down suggestions on how you think Coastal Towers can be improved. I promise that I will read each and every one of your suggestions. If they make sense, and if the financial considerations are not prohibitive, why not do it?

We can do this all together!

2024 should be a very cool and fun year!

Rich Parker

Coastal Towers Board President

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Floors 11 thru 8

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I KID YOU NOT

March is National Kidney Month. And although we don't often give much thought to these hard-working organs of ours, it is a good time to learn more about our kidneys and how they relate to our general health. Your kidneys filter through approximately 200 quarts of blood a day, resulting in about two quarts of waste and excess fluids. They also produce hormones and vitamins that keep your body functioning properly. A person can have kidney disease for years and not know it. The early warning signs of kidney disease are:

- Burning during urination.
- Excessive need to urinate, especially at night.
- Blood in the urine.
- Puffiness or swelling of the hands or feet.
- Pain in the back or side below the ribs.
- High blood pressure.

If you have any of these symptoms, call your doctor. You should also get a simple urine and blood test each year to help detect early kidney disease. Ask your doctor for more information.

DID YOU KNOW?

- To tell if an egg is hard-boiled or fresh, give it a spin. If it spins easily, it's hard-boiled. If it wobbles, it's raw.
- A fresh egg will sink in water, a stale one will float.
- A hen requires 24 to 26 hours to produce an egg. Thirty minutes later, she starts all over again.
- The largest single chicken egg ever laid weighed a pound with a double yolk and double shell.
- As a hen grows older she produces larger eggs.
- There are now 200 breeds of chickens.
- White shelled eggs are produced by hens with white feathers and white ear lobes. Brown shelled eggs are produced by hens with red feathers and red ear lobes. There is no difference in taste or nutrition between white and brown eggs.



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ATTENTION RESIDENTS

Be advised of the following rules and regulations of our condo association.

BICYCLES: Bicycles may be stored in the bicycle storage room. Each unit may gain access only by requesting the key from the lobby concierge. Bicycles must be transported through the service entrance and corridor and on the service elevator. They are not permitted in the lobby and may not be stored on the common elements or limited common elements. All bicycles must display an identification label attached to the crossbar.

PACKAGES: All packages must be addressed to registered owners and residents. The maximum dimensions of any package(s) **cannot exceed 36"x 36" and the weight cannot exceed 30 pounds.** Both first name and last name and unit / apartment number must match the name of the registered Resident. Please note that packages not addressed to registered Res-

idents will be returned to sender. Packages that exceed the minimum required dimensions or weight will not be accepted by the concierge staff / security. The package will be denied. Packages may only be picked up by the registered owner / resident or pre-approved designee.

GARBAGE DISPOSAL: All garbage must be placed in a plastic bag and secured before being thrown down the trash chute or into the dumpster. Garbage must not be left on the trash room floors. Any spilled liquids or garbage must be cleaned up. Cardboard boxes and/or large pieces of cardboard should be broken down and flattened placed in the trash room or placed in the **yellow lid recycle container** located in the loading dock area. Coastal Towers Condo Association is in compliance with Miami Dade county recycling regulations. Newspapers, glass, metal cans and plastics must be disposed of separately. You may place items in a

garbage bag or in the 6 yarder container that is located in the loading dock area.

BULK GARBAGE: Bulk items are not to be left in loading dock area or in the maintenance corridors of the building. Do not place discarded items in loading dock area such as **old water heaters, old dishwashers, old mattresses, old dressers, old furniture.** It is against Miami Dade County regulations to discard construction material into the garbage containers. Be advised there are cameras located in the loading dock area. Any resident or construction worker caught throwing any material that is banned or left in loading dock area will be fined accordingly.

STORAGE AREAS: All storage areas will be cleaned on a monthly basis. Any items that are not properly secured within the storage areas will be discarded. All storage areas must keep the walk areas free and clear of any debris and items.

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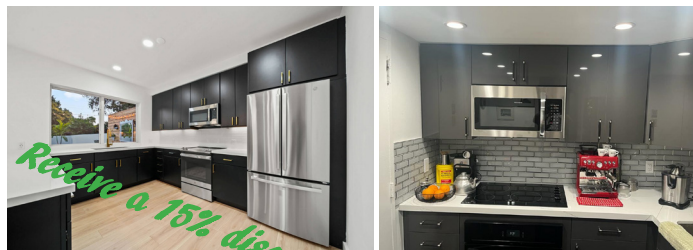
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