



DELVISTA VIEW

A Newsletter for the Residents of the Delvista Towers Condominium Assn.

Volume 22 Issue 8

April 2024

Delvista Towers Condominium Association

20225 NE 34th Court
Aventura, Florida 33180

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NEWSLETTER EDITOR

Liz Ayoub



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MESSAGE FROM THE BOARD

Dear Delvista Residents,

As we move into Spring, new flowers and foliage will be planted throughout the property to enhance our landscaping.

A few reminders:

- Please, pick up after your dog.
- No speeding throughout the property.
- Treat common areas as extensions of our own home - don't discard trash and clean up after yourself.
- Recycling Area: big items and boxes should be flattened by the trash dumpster area, not recycling bins.

Best Regards,
The Delvista Board



HAPPY PASSOVER

Passover is the 8-day observance commemorating the freedom and exodus of the Israelites (Jewish slaves) from Egypt during the reign of the Pharaoh Ramses II. A time of family gatherings and lavish meals called Seders, the story of Passover is retold through the reading of the Haggadah. With its special foods, songs, and customs, the Seder is the focal point of the Passover celebration.



Passover begins on the 15th day of the Jewish month of Nissan. As the Jewish day begins at sundown the night before, this year (2024) the first night of Passover is Saturday April 22nd and end on April 30th.

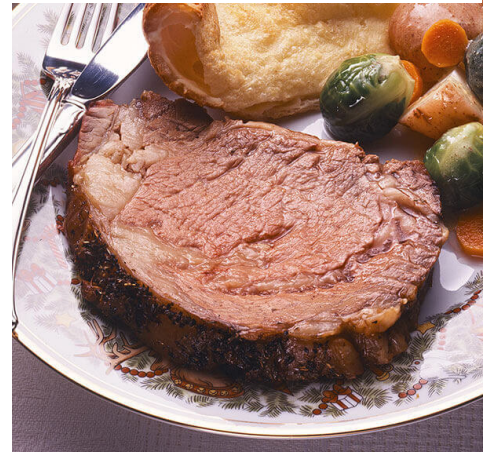
GARLIC PRIME RIB

Ingredients

- 1 (10 pound) prime rib roast
- 10 cloves garlic, minced
- 2 tablespoons olive oil
- 2 teaspoons salt
- 2 teaspoons ground black pepper
- 2 teaspoons dried thyme

Directions

1. Gather all ingredients for marinade.
2. Mix garlic, olive oil, salt, pepper, and thyme together in a small bowl.
3. Place roast in a roasting pan with the fatty side up. Spread mixture over the top of roast; let roast sit out until it is at room temperature, no longer than 1 hour.
4. Preheat the oven to 500 degrees F (260 degrees C).
5. Bake roast in the preheated oven for 30 minutes; reduce the temperature to 325 degrees F (165 degrees C), and continue roasting for an additional 60 to 75 minutes. The internal temperature of the roast should be at 135 degrees F (57 degrees C) for medium rare.
6. Allow roast to rest for 10 or 15 minutes before carving so the meat can retain its juices.



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Stress is present in everyone's life. Consider these tips for coping.

- Include exercise in your day, even if it is just a walk around the neighborhood.
- Make sure you get enough sleep, at least seven to eight hours a night.
- Eat a healthy diet, limit alcohol and caffeine, and drink enough water each day.
- Make sure that you take time for yourself each day.
- Remember that no one is perfect.
- Learn to set priorities in your life and focus on completing them as well as you can.
- When you are confronted with a stressful situation, change what you can, and don't waste energy on what you can't change.

If you feel that the stress in your life is more than you can handle, there is help available. Seek the advice of a medical professional, mental health therapist, or a clergy member to explore all of your options.



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DID YOU KNOW?: KITE TRIVIA

APRIL IS NATIONAL KITE MONTH.

- In ancient China, it was believed that kites could ward off evil spirits. Today, the kite is regarded as a symbol of good luck.
- The first recorded attempt to use kites to obtain scientific data occurred in 1749 when two Scottish scientists, Alexander Wilson and Thomas Melville, fastened thermometers to kites in order to record the temperature of the air at high altitudes.
- In 1847, chief engineer T.G. Hulett used a kite to string the first steel cable over the Niagara River in order to continue construction of a suspension bridge over the gorge.
- The first patent issued for a kite was granted in 1866 for a hexagon-shaped flat kite with two inwardly bent masts.
- In 1887, E. D. Archibald, an English meteorologist, took the first aerial photograph by attaching a camera to his kite.
- In 1898, a modified Hargraves Box Kite rose more than two miles over the Earth's surface to a height of 12,471 feet (3,801 meter) above Milton, Massachusetts. Today's kits are restricted by aviation rules to fly no more than 300 feet high or within three miles of an airport.
- Guglielmo Marconi, inventor of the wireless telegraph, used a hexagon kite in 1901 to lift an antenna four hundred feet in order to receive the first radio signal ever transmitted across the ocean.
- During World War II, kites bearing pictures of enemy aircraft were used by the United States Navy for target practice. Huge box kites were also flown above American war ships to ward off attacking enemy aircraft. Long steel wires were suspended from each kite, causing damage to any approaching planes.
- On April 4, 1975, a world record was set by Kazuhiko Asaba of Kamakura, Japan, for the most kites flown on a single line--1,050. Since then the record has been broken a number of times. The current record is 11,284 kites on one string.
- The largest kite in the world is flown each year in Hoshubana, Japan, a small village near Tokyo. The kite measures 36 feet wide and 48 feet long and weighs nearly a ton. It can take 50 or more men to send the kite aloft.



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