

BONAVIDA Monthly Newsletter

Volume 10 Issue 8

A Monthly Newsletter for the Residents of Bonavida Condominium

July 2024

Bonavida Condominium Association, Inc

20100 W Country Club Drive
Aventura, Florida 33180

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MESSAGE FROM THE EDITOR

Dear Gentle Readers (Owners/Renters),

It is already July. A lot has been happening in the Bonavida Community:

- New changes within the Board
- Resignation of the Manager
- Brian Boone is out due to illness and there is a temp working in his place until he comes back.
- The painter is moving along.

Here's an interesting event that will be happening in Miami Dade that welcomes owners at the **Condo Connect Summit 2024 on Wednesday, August 28 from 12:00pm - 4:30pm at the Hilton - Aventura**. Discussions and insight into the latest legislative and industry developments impacting transparency, accountability, and building safety in condo communities. Don't forget to register.

This information was shared by one of our owners. Thank you.
Your neighbor/owner

“Great things are done by a series of small things brought together” by Vincent Van Gogh



Congratulations to Mia and Emma Perez, recognized by Miami Dade Superintendent of all Miami Dade for their efforts in the World Cup competition representing Aventura Waterways and Aventura as a city for Inspiring Robotics to the Future.

Did You Know?: Blueberry Trivia

- Early American colonists tinted their paint grey by boiling blueberries in milk to extract the pigment.
- Blueberries have been commercially cultivated only since the early 20th century, when the USDA helped develop new improved varieties.
- After the strawberry, the blueberry is the second most popular berry in the U.S.
- Over 200 million pounds of blueberries are grown commercially each year.
- The blueberry is the official berry of Nova Scotia.
- North America produces about 90 percent of the world's blueberries.
- About 25 percent of all the blueberries produced in North America are grown in Maine. Maine is also the largest producer of wild blueberries in the world.
- Ninety-nine percent of Maine's wild blueberry crop is frozen.
- The pigment in blueberries produces antioxidants that neutralize free radicals.
- Blueberries, concord grapes, and cranberries are the three native North American berries.



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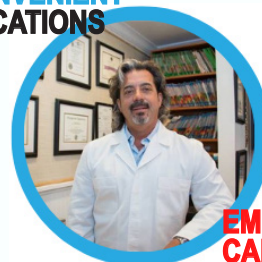
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Cowboy Coleslaw

- 1 (16-oz) package shredded coleslaw mix
- 1 (15- oz) can black beans, drained and rinsed
- 1 1/2 cups frozen corn, thawed and drained
- 1 cup diced red bell pepper
- 1/2 cup chopped fresh cilantro
- 1/4 cup finely diced & seeded jalapeno
- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1/4 cup fresh lime juice
- 3 tablespoons canned adobo sauce
- 1 tablespoon taco seasoning mix
- 2 teaspoons kosher salt
- 1 teaspoon ground cumin
- 1/4 cup thinly sliced scallions
- lime wedges, for serving

In a large bowl, toss coleslaw mix, black beans, corn, red bell pepper, cilantro, and jalapeno until well combined. Whisk together mayonnaise, sour cream, lime juice, adobo sauce, taco seasoning mix, salt, cumin, and paprika until smooth and evenly combined. Pour dressing over prepared coleslaw mixture. Toss until well combined. Garnish with scallions and serve with lime wedges. Serve immediately or cover and refrigerate for up to 12 hours.





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THUNDERSTORM SAFETY

Along with summer’s warm days come thunderstorms. Lightning is one of nature’s most powerful and unpredictable killers. Golfing, swimming, boating, biking riding, mowing the lawn – almost any outdoor activity – can be dangerous if there’s lightning around. So when you hear that rumble in the sky, heed these tips from the National Weather Service:



- If you can hear thunder, you’re close enough to the storm to be struck by lightning.
- Listen to weather reports before you go outside for extended periods. Cancel picnics and such if thunderstorms are likely, or move the picnic indoors.
- If you’re caught unexpectedly, move to a sturdy building or car (keep the windows up). Avoid small sheds, isolated trees, or convertible automobiles.
- If there’s no shelter nearby, find a low spot away from trees, fences, and poles. In the woods, stay by the shorter trees.
- If you feel your skin tingle or your hair stand up, squat low to the ground on the balls of your feet. Put your hands on your knees and your head between them. Do not lie flat on the ground. Make yourself the smallest target possible.
- Move to higher ground if a flash flood or any flood seems likely. Abandon cars once a flood begins. Do not attempt to drive to safety. Most flashflood deaths happen in cars.

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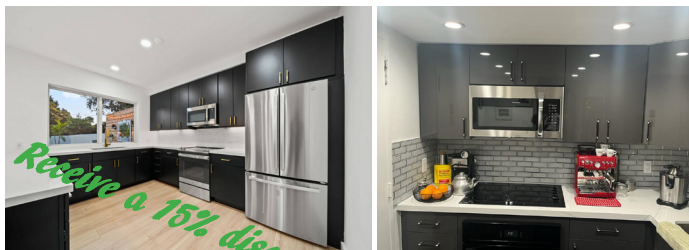
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