



LE TRIANON TRIBUNE

A Monthly Newsletter for the Residents of Le Trianon Condominium

Volume 20 Issue 1

July 2024

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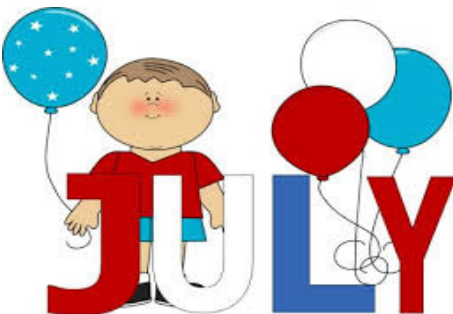
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OFFICE HOURS

Monday - Friday 9:00 AM - 4:30 PM

Le Trianon Condominium

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Hurricane Season is here. Are you prepared? AFTER THE STORM

In General

- Stay tuned to local radio for info.
- Return only after authorities advise it's safe.
- Avoid dangling power lines & report them immediately to FP&L, police, or fire dept.
- Beware of snakes, insects, & animals driven to higher ground by floodwater.
- Take pictures of the damage, both to the house and its contents for insurance claims.
- Drive only if absolutely necessary and avoid flooded roads.
- Use phone only for emergency calls.

Insurance & Claims

Report property damage to your insurance agent immediately. Your agent should provide you with claim forms and arrange for an insurance adjuster to visit your property and assess the damage. Make emergency repairs and document them. Keep all receipts and take photographs of the damages, before and after emergency repairs, to submit with your claim. Take precautions if the damages require you to leave your home. Secure your property. Remove valuable items. Contact your insurance agent and leave a number where you can be reached.

No Water

The following are three purification methods, all of which kill microbes:

- **BOILING** is the safest way to purify

water. Boil for 10 minutes.

- **CHLORINATION** uses pure, unscented, liquid chlorine bleach to kill microorganisms in water. Add 2 drops of bleach per quart of water (4 drops if the water is cloudy) stir and let stand for 30 minutes.
- **PURIFICATION TABLETS** release chlorine and iodine into the water. They are inexpensive and are available at most sporting goods stores and some drug stores. Follow the package directions.

Consumer Protection Tips

Home repairs after a disaster may be the most stressful time for a consumer. The following tips will assist you in identifying unlicensed contractors and con artists:

- Be extremely cautious of anyone coming to your home uninvited and offering to do home repairs.
- Be alert to individuals canvassing your neighborhood in an unmarked van or truck.
- Insist on obtaining a written estimate or contract.
- Be sure the contract or business card has an address, telephone number and license numbers.
- Ask for references & check them out.
- Insist on start and completion dates in the contract, and do not pay the final balance until the work is completed to your satisfaction.

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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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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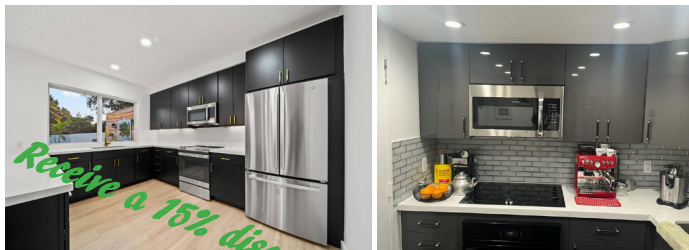
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