

Volume 23 Issue 1

Monthly Newsletter

# **PARKVIEW POINT**

7441 Wayne Avenue Miami Beach, FL 33141

## **OFFICE HOURS**

Mon Thur.	.9:00 AM-5:00 PM
Friday	.8:00 AM-4:00 PM
Lunch	1:30-2:30 PM
Sat Sun	Closed

## **IMPORTANT #'S:**

#### **BOARD MEMBERS**

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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**

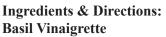
Home repairs after a disaster may be the most stressful time for a consumer. The following tips will assist you in identifying unlicensed contractors and con artists:

- 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.
- Don't be pressured into making a quick decision.
- Insist on start and completion dates in the contract, and do not pay the final balance until the work is completed to your satisfaction.

# **CHEF'S CORNER**

#### SUMMER SALAD

This colorful Tomato, Peach, Cherry, and Burrata salad is delicious with a tangy basil vinaigrette, topped with creamy burrata cheese and toasted pumpkin seeds. Perfect for a Summer Picnic with the abundance of fresh sweet peaches and cherries available right now!



- $\frac{1}{2}$  cup extra virgin olive oil
- <sup>1</sup>/<sub>4</sub> balsamic or champagne vinegar
- 1 tablespoon honey
- <sup>1</sup>/<sub>2</sub> shallot, finely chopped
- 1 clove garlic, grated
- 1 teaspoon lemon zest
- <sup>1</sup>/<sub>4</sub> cup chopped fresh basil
- 1 tablespoon each chopped fresh oregano, dill, and thyme

#### Salad

- 1 <sup>1</sup>/<sub>2</sub> cups cherry tomatoes, halved
- 2-3 peaches, sliced into wedges
- 1 cup fresh black cherries, pitted (watermelon balls may be substituted)
- 8 ounces burrata cheese, at room temperature (feta cheese may be substituted)
- <sup>1</sup>/<sub>4</sub> cup toasted pumpkin or sunflower seeds
- Fresh basil leaves for garnish

Make vinaigrette first by combining all ingredients in a glass jar and whisking until smooth. Salt and pepper to taste. In a large bowl toss tomatoes, peaches, and cherries with 1/3 of the dressing. Let sit at room temperature for 15 minutes or up to 4 hours in the fridge. Break balls of burrata around the salad. Drizzle with the remaining vinaigrette and top with pumpkin seeds and additional fresh herbs. Serve with grilled or toasted French baguettes sliced thin.



## **CHILLED CONCOCTION!**

*Cool off with an icy cold pineapple sangria! Prepare the day before serving* 

#### **Ingredients & Directions:**

- <sup>1</sup>/<sub>2</sub> pineapple cut into slices
- 4 large springs of fresh basil
- 3 cups of 100% pineapple juice
- <sup>1</sup>/<sub>2</sub> 1 cup rum
- 1 bottle of white wine (use a Riesling for a sweeter sangria)
- 1 bottle of sparkling water or ginger
- <sup>1</sup>/<sub>4</sub> cup fresh lemon juice

Cut half the pineapple slices into cubes and place in the freezer. Place the remaining slices with the basil in the bottom of a large pitcher. Pour the rest of the liquid ingredients in the pitcher and stir. Refrigerate overnight to let the flavors meld. When ready to serve, pour over frozen



pineapple cubes and crushed ice in glasses and garnish with fresh basil. Enjoy!



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# **RINCÓN DEL CHEF**

#### ENSALADA DE VERANO

Esta colorida ensalada de tomate, melocotón, cereza y burrata es deliciosa con una vinagreta picante de albahaca, cubierta con cremoso queso burrata y semillas de calabaza tostadas. ¡Perfecto para un picnic de verano con la abundancia de duraznos y cerezas dulces y frescas disponibles ahora mismo!

#### Ingredientes e indicaciones: Vinagreta de Albahaca

- 1/2 taza de aceite de oliva extra virgen
- <sup>1</sup>/<sub>4</sub> de vinagre balsámico o vinagre champagne
- *1 cucharada de miel*
- $\frac{1}{2}$  chalote, finamente picado
- *1 diente de ajo rallado*
- 1 cucharadita de ralladura de limón
- 1/4 de taza de albahaca fresca picada
- 1 cucharada de orégano fresco picado, eneldo y tomillo Ensalada
- 1 <sup>1</sup>/<sub>2</sub> tazas de tomates cherry, cortados por la mitad
- 2-3 melocotones, cortados en gajos
- l taza de cerezas negras frescas, sin hueso (se pueden sustituir por bolitas de sandía)
- 8 onzas de queso burrata, a temperatura ambiente (se puede sustituir por queso feta)
- 1/4 de taza de semillas de calabaza o girasol tostadas
- Hojas de albahaca fresca para decorar

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Primero haga una vinagreta combinando todos los ingredientes en un frasco de vidrio y batiendo hasta que quede suave. Sal y pimienta al gusto. En un tazón grande, mezcle los tomates, los duraznos y las cerezas con 1/3 del aderezo. Déjalo reposar a temperatura ambiente durante 15 minutos o hasta 4 horas en el refrigerador. Rompa bolas de burrata alrededor de la ensalada. Rocíe con la vinagreta restante y cubra con semillas de calabaza y hierbas frescas adicionales. Sirva con baguettes francesas asadas o tostadas en rodajas finas

#### *¡UNA MEZCLA HELADA!*

¡Refréscate con una sangría de piña helada! Prepara el día antes de servir

#### Ingredientes e instrucciones:

- 1/2 piña cortada en rodajas
- 4 ramitas grandes de albahaca fresca
- 3 tazas de jugo de piña 100 % natural
- $\frac{1}{2}$  a 1 taza de ron
- 1 botella de vino blanco (usa un Riesling para una sangría más dulce)
- *1 botella de agua con gas o jengibre*
- <sup>1</sup>/<sub>4</sub> de taza de jugo de limón fresco

Corta la mitad de las rodajas de piña en cubos y colócalas en el congelador. Coloca las rodajas restantes con la albahaca en el fondo de una jarra grande. Vierte el resto de los ingredientes líquidos en la jarra y revuelve. Refrigera durante la noche para que los sabores se mezclen. Cuando esté listo para servir, vierte sobre los cubos de piña congelados y el hielo picado en vasos y decora con albahaca fresca. ¡Disfruta!



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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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