

WAVE NEWS

A Newsletter for the Residents of the Reef Club Condominium Association

Volume 4 Issue 11

March 2025

REEF CLUB

Condominium Association, Inc.



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OFFICE HOURS

Mon - Fri 9:00AM - 5:00PM



HAPPY SAINT PATRICK'S DAY!

Saint Patrick's day is held in honor of Saint Patrick, the Patron Saint of Ireland who brought Christianity to the Emerald Isles, as Ireland is known. It is truly a day of celebrating Irish history, ancestry, traditions and customs. Are you Irish perchance? Well, the saying goes everyone is a little Irish on Saint Patrick's Day. Here are a few more classic Irish sayings & blessings":

- Top of the mornin' to you...(and the rest of the day to 'me self!)
- "Erin Go Braugh" is perhaps the most common Irish term you will hear. It means "Ireland Forever"
- May God grant you many years to live,
For sure he must be knowing
The earth has angels all too few
And heaven is overflowing.
- May you be in heaven half an hour
Before the devil knows you're dead!
- May the road rise to meet you,
May the wind be always at your back
May the sun shine upon your face
The rains fall soft upon your fields
And, until we meet again,
May God hold you in the palm of his hand.
- May your blessings outnumber the shamrocks that grow
And may trouble avoid you wherever you go.



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GUINNESS BEER CHEESE DIP

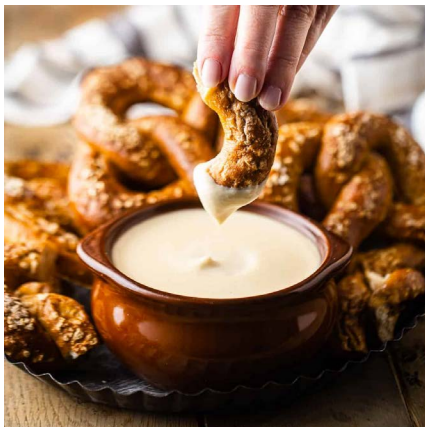
Ingredients

- 32 oz Velveeta, cut into 1/2-inch cubes
- 1 cup Irish stout beer (such as Guinness)
- ½ cup salsa
- 2 Tbs Worcestershire sauce
- 1 tspn chili powder
- ½ tspn onion powder
- ¼ tspn cayenne pepper (Optional)

Directions

1. Heat cheese in slow cooker on high until melted, about 20 minutes.
2. Stir beer, salsa, Worcestershire sauce, chili powder, onion powder, and cayenne pepper into cheese until smooth and heated through, stirring frequently, about 10 minutes.

Serve with tortilla chips, raw veggies, crusty bread or baked pretzels for dipping.





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Contact Marc *(the newsletter guy)*
cgpimarc@earthlink.net | 786-223-9417

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Luck of The Ear-ish

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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.



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