



Volume 17 Issue 1

A Newsletter for the Residents of The Mar Del Plata Condominium

April 2026

Mar Del Plata
Condominium Assoc., Inc.
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MESSAGE FROM BOARD PRESIDENT

Hello everyone,

I want to provide you with a progress report on our ongoing projects. We are nearing the completion of the window installations on the south side of the building. Installation on the north side is set to commence at the end of April, starting with lines 6 and 7. If you have not yet purchased your windows, I encourage you to do so as soon as possible. It is essential that we complete this project before the year-end to maintain our recertification status. The City of Miami Beach has made it clear that it will not entertain any excuses regarding delays.

On a positive note, we have successfully renewed our building’s insurance at approximately \$40,000 less than last year. However, for the upcoming year, we will need to provide an updated property appraisal, which will most likely reflect an increase in value and could lead to higher premiums. A potential strategy to mitigate this would be to ensure 100% installation of the windows across all units. Doing so could help reduce premiums in the future.

If you have received a notice from the electrical inspector, please address it promptly to keep our building compliant and certified. There is no need to delay; action is required now.

Regarding safety measures, our recent meeting with the Fire Marshal’s office emphasized the mandatory installation of sprinklers, which must commence without delay. We plan to convene a Board Meeting in the coming weeks to discuss these requirements, outline the associated costs, and present the plans prepared by the vetted engineering company.

Lastly, it is with a heavy heart that I share the news of the passing of our long-time colleague, Gonzalo Alvarez. He was a valued member of our team known for his good nature and unique spirit. We extend our condolences and best wishes for his journey ahead.

Thank you for your attention to these matters.

Ernesto Marcos
 President, Board of Directors

Stress Awareness Month -- Are your symptoms stress-related?

Stress isn't just about your emotions -- it affects your physical wellbeing, too, with physical symptoms and potential health consequences that can manifest before you're even ready to acknowledge how stressed-out you really are.

Our body's natural stress response -- the fight-or-flight instinct -- helps us manage stressful situations. But according to the Cleveland Clinic, our stress response can wreak havoc on our bodies if we're struggling with chronic long-term stress, such as high-pressure jobs, long-term illness or financial hardship.

Some of the symptoms of chronic stress include:

- Body aches and pains
- Problems with sleep, such as extreme fatigue or insomnia
- Chest pain or a racing pulse
- Elevated blood pressure
- Headaches, dizziness, shaking
- More frequent illness from a weakened immune system
- Hives
- Psychological symptoms like anxiety, depression, or

- panic attacks
- Substance abuse
- Excessive gambling, shopping, or other compulsive behaviors



Chronic stress can also contribute to long-term problems with your immune, digestive, cardiovascular, and reproductive systems.

There are things you can do to manage stress and protect your health. Daily physical activity, positive thinking, and taking the time to set achievable goals can all help you manage day-to-day stress. Your doctor or a therapist can also evaluate your symptoms and determine whether medication or talk therapy might be appropriate for you.

Remember that stress happens in life. While you can't always control the sources of your stress, you can control how you respond to it.

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April Showers

International Beaver Day, April 7



Today, manmade (mitigation) wetlands cost from \$10,000 to 100,000 per acre to build, while each beaver family creates and maintains several acres of wetlands — for free.

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EARTH DAY 2026: The forest is fighting back

If you’ve ever doubted whether big environmental goals can actually be achieved, Pakistan has a story for you.

In 2014, the Pakistani province of Khyber Pakhtunkhwa launched an audacious goal: plant one billion trees. Skeptics were plentiful. But by 2018, a WWF audit confirmed the province had not only hit its target but surpassed it — planting 872 million seedlings with an average survival rate of nearly 89 percent, ahead of schedule, expanding the region’s forests by 350,000 hectares. The International Union for Conservation of Nature called it “a true conservation success story,” and the province became the first entity in the world to complete the Bonn Challenge, a global pledge to restore degraded land.



Energized by that success, Pakistan launched the Ten Billion Tree Tsunami in 2019 — a nationwide, government-backed effort to keep going. More than 500,000 green jobs were created in the process, many of them going to daily workers in rural communities who needed them most. Forest cover has measurably increased around every major planting site.

No project this large is without bumps. Independent researchers note that survival rates at some sites run lower than official estimates, and that species selection and long-term care matter as much as raw planting numbers. But even the skeptics agree: this is one of the most ambitious reforestation efforts ever attempted, and it is working.



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