

WAVE NEWS

A Newsletter for the Residents of the Reef Club Condominium Association

Volume 5 Issue 11

March 2026

REEF CLUB

Condominium Association, Inc.



16558 NE 26TH Avenue
North Miami Beach, FL 33160

PROPERTY STAFF

ManagerLori Javorske
manager@reefclub.us
Admin. Asst. Winston Alves
office@reefclub.us
Maint. Tech...... Heriberto Landa
Edson Justi

ASSOCIATION OFFICERS

President.....Roshni Bajnath
Vice President Cheri Hutson
Treasurer Annett Mena
Secretary.....Jeffrey Weloff
West Director.. Andrey Parsegov
East Director.....Claudia Gallegos
South DirectorMaria Tomeu
North Director.. Francisco Amador

IMPORTANT NUMBERS

Office..... 305-944-1673
Security 305-945-8171

OFFICE HOURS

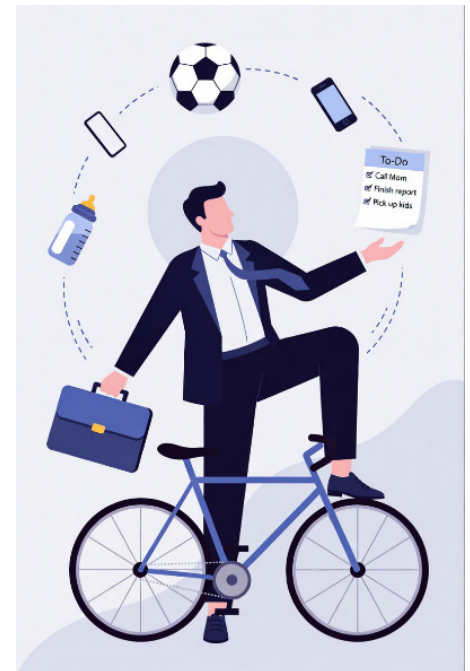
Mon - Fri..... 9:00AM - 5:00PM

Published monthly at no cost for Reef Club Condominium by Coastal Group Publications, Inc. Contact CGP at (305) 981-3503 or www.cgpnewsletters.com to advertise in one of our newsletters or to get a free newsletter for your property.

Beat The ‘Captivity of Activity’ with Rest

There’s a difference between accomplishing something and doing something. Our fast-track world honors constant activity, but those who aren’t selective about what they do can wind up with a lot of stress and feel like a mouse on a treadmill. They’re running fast, working hard, and not getting anywhere. Experts call it the “captivity of activity.” Here are some of the symptoms:

- You’re in a constant rush.
- You think that no matter how much you work, you’ll never have enough time to do it all.
- You are chronically tired and emotionally exhausted.
- You believe that if you stop, everything will fall apart.

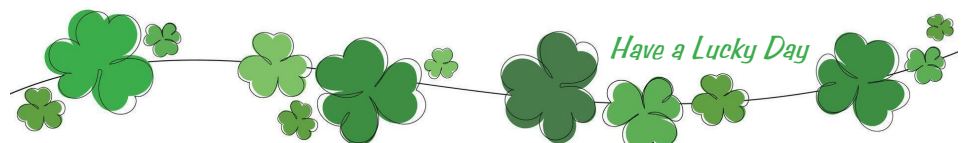


It won’t. Here’s a radical notion that will help: Get some rest. That doesn’t mean rushing off for a vacation, because that could raise your stress level even higher. It doesn’t mean taking a less-stressful job, because every job includes stress. And it doesn’t mean putting your kids up for adoption, because you’ll continue to run anyway.

The key to resting is to actively do nothing for a while, and then do it some more.

Will the world fall apart if you say “no” more often? Will anyone care 10 years from now if your home isn’t very neat today? Will your kids be harmed if you tell them not to interrupt your down time? Will you lose your reputation by not volunteering for the next big project? If your stress level is pushing you toward burnout, you have to give careful thought to these questions.

Life isn’t going to slow down, but you can purposely find ways to do it when you need to and to get some rest. The trap of activity will always be there, waiting to pull you in.



FINDING PEACE OF MIND IN TROUBLED TIMES

Anger, grief, and troubles are all around, but they don't have to control your life.

Here's some advice from people and philosophies with ideas that have notably common threads: acceptance, inner strength, and viewing troubles as transformative.



The Dalai Lama (Buddhism) views suffering as an inherent part of life that can lead to strength. He advises, "If there is a way to overcome the suffering, then there is no need to worry; if there is no way to overcome the suffering, then there is no use in worrying."

Christian leaders point out that scriptures repeatedly proclaim that God is with you, even in trouble. Isaiah 41:10: "Fear not, for I am with you."

Islamic Teachings (from the Quran and scholars) stress 'sabr' (patience) as a divine virtue. The Quran states, "Indeed, Allah is with the patient," and promises relief after hardship: "Verily, with hardship comes ease."

Hindu teachings (from the Bhagavad Gita) view difficulties as temporary illusions for the eternal soul. The Gita advises performing duties without attachment to outcomes: "We are eternal souls navigating temporary trials."

Self-help gurus often emphasize personal empowerment, mindset shifts, and resilience-building practices.

Noted speaker Tony Robbins says, "Every problem is a gift – without problems we would not grow." He promotes practices like maintaining discipline, learning from others, and not giving up, as "persistence overshadows even talent."

Eckhart Tolle, a spiritual teacher focused on presence, advises accepting the present moment without resistance. He says, "To offer no resistance to life is to be in a state of grace, ease, and lightness."

TWO CONVENIENT LOCATIONS



EMERGENCY CARE 24/7

DR. EDY A. GUERRA
New Patient Special \$79
 (D0210, D0150, D110)

**9456 HARDING AVE.
 SURFSIDE, FL 33154
 (305) 866-2626**

**4011 W. FLAGLER ST.
 CORAL GABLES, FL 33134
 (305) 643-1444**

dredyaguerradds@gmail.com
www.dentistsurfside.com



B&B CONCEPT DESIGNS
 CERTIFIED GENERAL CONTRACTOR
 CGC 1530584

Family owned & operated, providing clients with quality service and work, for over 20 years

WHEN OUR CLIENTS SPEAK, WE LISTEN. One of the biggest requests from our clients is communication and documentation about the progress of their project. B&B Concept Design Provides:

- Direct supervision at each jobsite
- The latest technology to ensure our crews are in constant contact
- Daily and weekly reports of schedules and construction meetings
- Before, during and after photos as record of what work has been completed
- Pre-existing surveys of work areas protecting our clients against any liability

CALL US TODAY for a *no obligation assessment and quote*, and be sure to mention this ad!

305-322-2652
www.bbconceptdesigns.com

To us, it's not just about the outcome, it's about the total experience

MARCH IN HISTORY



- Harvard University students in March 1939 thrilled the public with their new fad: Goldfish swallowing.
- On March 15, 1937, the first blood bank was established at Cook County Hospital, Chicago, Ill.
- On March 30, 1867, Alaska was purchased from Russia for 2 cents an acre.



Public Adjusting Services
Professional Insurance Claim Representation

CALL US BEFORE YOUR INSURANCE COMPANY!!

(305) 396-9110
STELLARADJUSTING.COM








RE-OPEN OLD & DENIED CLAIMS

WATER DAMAGE TO KITCHEN OR FLOORS?

LEAKS FROM UNITS ABOVE?

AIR CONDITIONER LEAK?

SHOWER PAN LEAK?



GOT PROPERTY DAMAGE?
GET HELP NOW!

THIS IS SOLICITATION FOR BUSINESS. IF YOU HAVE HAD A CLAIM FOR AN INSURED PROPERTY LOSS OR DAMAGE AND YOU ARE SATISFIED WITH THE PAYMENT BY YOUR INSURER, YOU MAY DISREGARD THIS ADVERTISEMENT.

Impossibly cute
(and endangered.)



National Panda Day
March 16.





PATRICKJAIMEZ PA

Mobile (786)-277-7355
patrickjaimez@gmail.com



GLOBAL LUXURY

Hablo Español / Falo Português
Selling Real Estate for over 20 years!

THINKING OF SELLING OR BUYING?

I CAN HELP. I AM AT YOUR SERVICE.

Get Honest Experienced Help Selling or Buying your Home.

TRUST the advice of a professional.

When it comes to **Selling** or **Buying** a home, it is important to **trust** in a **Real Estate Agent** who cares about your neighborhood as much as you do. When you are ready to buy or sell **give me a call**, your local real estate expert.

Call me today for a FREE, no cost obligation, comprehensive market analysis of your property.

What's My
HOME WORTH?



ROSA JACQUELIN | BROKER ASSOCIATE

786.239.1283



WANTED

PRINT JOBS *anything that puts ink on paper*

Condo/HOA Services | Residential or Commercial
Voting/Election Packages • Annual Notices (w/ affidavits) • Letterhead
Property Signage • Stickers/Decals • Window Lettering • Binding

Denizens | Businesses | Club Promoters | Restaurants | City
Celebrations • Obit Books • Biz Cards • Promo Materials • Brochures
Announcements • Posters-Banners • Vehicle Wraps

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

Celebrating the Women in Our Community

Happy International Women’s Day

This month we celebrate International Women’s Day, a special time to recognize and honor the incredible women who make a difference in our homes, our community, and around the world.

We would like to take a moment to appreciate the strength, kindness, leadership, and resilience that women bring to our daily lives. Whether as mothers, daughters, partners, friends, neighbors, or leaders, their contributions help shape a stronger and more caring community for all of us.



On behalf of the management team, we wish all the amazing women in our community a wonderful International Women’s Day filled with appreciation, joy, and recognition.

NO JOB TOO SMALL

PAINTING AND MINOR REPAIRS
SATISFACTION AND QUALITY GUARANTEED

REMODELING & INSTALLATIONS

- Kitchens | Bathrooms | Interiors | Cabinets
- Vanities (New & Resurfaced)
- Baseboards & Crown Molding
- Quartz, Marble & Granite Countertops
- Popcorn Ceiling Removal | Interior Doors & Frames
- Impact Windows & Doors
- Plumbing & Electrical Service
- Ceramic Tile & Marble Installed | Mirrors

Design & Management Services

Free Estimates

Service & Quality

Commercial & Residential

Specializing in condo & apartment interiors, we enhance your home’s value with expert remodeling—kitchens, bathrooms, full renovations & additions. Family Owned for 40 years.

DIAMOND REMODELERS

KITCHEN AND BATHROOM SPECIALISTS
GARAGE CONVERSIONS & ROOM ADDITIONS

JEFFREY DIAMOND

Lic# CC94BS00437

ANTHONY LASORSA

Lic# CGC031497

Licensed & Insured General Contractors

305-865-9005

www.diamondremodelers.com
jeff@diamondremodelers.com



 @diamondremodelers

 Diamond Remodelers

Special Discounts will be applied for mentioning this ad

