



LAS VERDES NEWS

The Official Publication of the Las Verdes POA

April 2024

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LAS VERDES NEWS

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FROM THE PRESIDENT

As we approach the end of the season, I wanted to take a moment to extend my gratitude to all our members, volunteers, and staff for their dedication and contributions throughout the year. Your efforts have truly made a difference in shaping our community and ensuring its continued success.

This newsletter marks the last edition of the season, but rest assured, we will continue to stay connected and informed through various channels. I encourage owners to stay involved, participate in community events, and share your ideas for making our Association even stronger.

Thank you once again for your support and commitment to Las Verdes Property Owners Association. Wishing you all wonderful summer!

Tom Massey
President, Las Verdes POA



LVPOA RESIDENTS ENJOYING THE DUELING PIANO EVENT



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LAS VERDES PROPERTY OWNERS ASSOCIATION

BOARD MEETING MINUTES

MARCH 26, 2024

The meeting was called to order by President Tom Massey at 7:04PM. we opened with the Pledge of Allegiance.

Roll Call: There were 12 associations present: Banyan, Bottlebrush, Copperleaf, Cypress, Dogwood, Evergreen, Oleander, Oliveleaf, Palmetto, Philodendron, Seagrape, and Viburnum.
There was a quorum.

Approval of Minutes: There was a motion by Nat DeVardo to waive the reading of the last minutes, seconded by Stan Posner, motion passed.

Treasurer's Report: Diane Andruski read the report as of 03/26/2024.

Total Operating Cash: \$427,277.37

Total Reserves: \$1,137,227.67

Total Operating and Reserve Funds: \$2,564,505.04

There were no questions. A motion was made by Jack Walsh to accept the Treasurer's Report as read, seconded by Nat DeVardo , motion passed.

President's Report:

Monies:

Last year we had a \$700,000.00 CD prior to that we were getting about ½ % in a money market. I spoke with Karen from Summit to inquire why we were doing that, so we put \$700,000.00 in a CD and got approximately \$32,000.00 in interest. Last week Joe and I went and added another \$400,000.00 that was just sitting in the money market we were able to get another 5 .25% on that. We were not able to get a quote for a 2 year or 5 year that was for a 9-month CD because they are waiting to see what happens with the presidential election we were able to lock in the 5.25%. Right now, we are getting 5.25 % on 1.1 million dollars for the next year. Hopefully we won't have to raise the rates for another 4 years with the added monies from the CDs.

Hot Tubs:

We are going to resurface the 2 hot tubs they will be drained and resurfaced after the season maybe starting in June. As far as the pools we have no intention of doing anything with the pools right now. We will be looking to replace them in the future we have been putting band aids on them they are still in good shape. We did resurface the pool at Laurel Oak last Fall we put in new drains and tile when we do have to replace them it will be over \$250,000.00 each it will require all the tiles and drains the pump house that is per pool. Everything must be new to get permits we will plan ahead and budget a pool at a time without having to have an assessment.

Front Entrance:

President Massey said this summer they are going to be repaving the front entrance we didn't do it when we did the circle because we only sealed the circle.

They will be grinding out the Old asphalt putting in new asphalt new paving markers new loops to open and close the gates. The project will take about two weeks we will close the front gate maybe three days at a time. When we close the front gate and use the Linton entrance, we will have to leave the gates up because that entrance is smaller, we have to many residents coming and going including

visitors. The front entrance is looking good all the flowers bloom at different times of years once the asphalt is done it will make the front more presentable. The fountain that was there was full of leaks we were putting over 1,000 gallons of water a week we had to shut it down we will possibly look at adding something else there.

The was a motion to accept the President's Report by Jack Walsh, seconded by Stan Posner, motion passed. The

Old Business:

Clusia bushes:

- President Massey said the reason we replaced the Ficus bushes was because M & P told us they were not viable anymore. We were wasting a lot of money maintaining them and spraying trimming them, M&P gave us a price to replace them with the Clusia bush which we did discuss it at one of our last meetings. We were told to do it now because there are so many associations in Palm Beach County with the same problem. The Clusia bush is so much cheaper it does not need to be fertilized we just have to make sure it gets plenty of water in the next 6 months after that its on it own. We had residents ask why we didn't do it in phases the reason was we were told by the contractor M&P that the Clusia's might not be available. The reason being everyone is replacing their Ficus bushes with them even though M&P does have their own nursery they could not guarantee that they would be available to us if we waited. We decided to bite the bullet and do it it will take about 2 years to grow so we thought it was easier after many discussions to do it all at once. We did the project using the money from the maintenance budget, so we didn't need to have vote on it.

A motion was made by Nat Devardo to accept the Old Business Report, seconded by Stan Posner Passed.

New Business:

Speed Bumps: We had a request to discuss the removal of the speed bumps there was a complaint from one of the medical vehicles that was here to transport a patient. The one over by Copperleaf needs a sign they are very small there is no warning about the speed bump. President Massey feels we should not remove the speed bumps the speed limit is 20 MPH and people at times people do 40 MPH we can certainly redo the signage for the bumps but for now we will keep the speed bumps. We are installing a flashing stop sign at the front entrance and we have a new reader installed at the visitor's entrance.

We took a vote it was 11 to 1 to kethe speed bumps.

There was a motion to accept the New Business Report by Nat DeVardo, seconded by Jack Walsh Passed.

Good and Welfare:

The Summit rep Karen is here every Tuesday she is here from 10:00-to 2:00 for the next few weeks if you need to discuss your payments on your account.

Jack Walsh moved to adjourn the meeting; seconded by Nat DeVardo, motion passed.

The meeting adjourned at 7:31 p.m.

Respectfully submitted,
Peggy Walsh, Secretary Las Verdes POA



BINGO NIGHT

WE WILL BE PLAYING BINGO ON THURSDAY EVENINGS
AT 7:00 PM SHARP ON THE FOLLOWING DATES:

APRIL 4 & 11

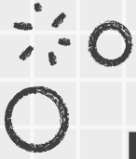
PLEASE remember to bring your own refreshments.
We look forward to seeing everyone there for a fun night!

**Bingo will end for the season on April 11th. Thank you for
your participation. Hope to see everyone back here in
October!**



SNOWBIRD DAY CRUISE



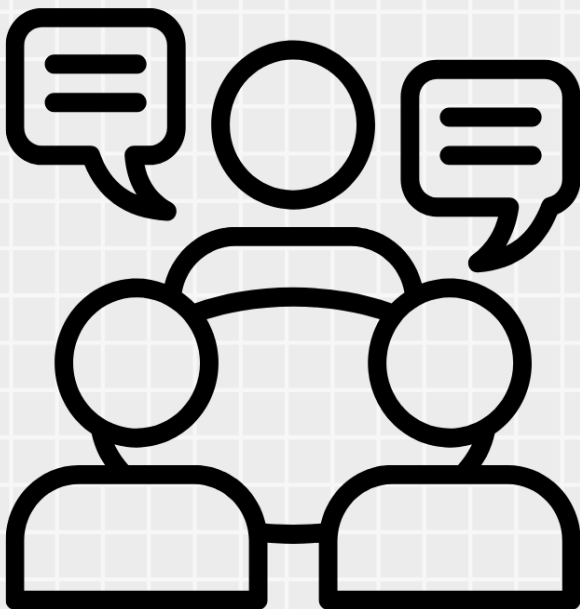


MEET & GREET

KAREN BOIKE



**EVERY TUESDAY FOR THE
MONTH OF APRIL
10AM-12PM
IN THE LVPOA CLUBHOUSE**



**GET YOUR
QUESTIONS
ANSWERED ABOUT
PAYMENTS, YOUR
ACCOUNT, &
OWNER PORTAL**

LAS VERDES ITALIAN AMERICAN CLUB

CALENDAR 2023-2024

We wish to welcome you back and share with you our upcoming events. for the new season. We appreciate your continuing support.

Our first meeting will be on **November 12, 2023 at 7:00 pm** which will be the announcement of the board.

Sunday, **December 10, 2023 at 7:00 pm** will be our holiday meeting. At this meeting we ask that you bring an item for an infant, or toddler, such as pampers, clothing, toys, for distribution to needy children in our area. Your generosity in the past has been amazing. If you plan to attend we would appreciate a response by December 1st (**call Chickie at 561-866-0575.**) **Appetizers, refreshments and dessert will be served.**

On **Sunday January 7, 2024 at 7:00 pm**, we will have our welcome back meeting and greeting any new members. The board will be introduced and dues will be collected (for this year the dues will be \$10). Following the club business **pizza and refreshments** will be served.

Our annual **Carnivale** will be held on **Friday, February 9, 2024**. Because of the early date we will be taking reservations in December. As soon as we have the details we will be informing our members. **Tony Ventura** will be providing the music for our dancing pleasure.

We have a wonderful cruise planned for March 16th to the 24th. Several of our members have booked it.

And to close our season on **April 14th 2024** we will have our Annual Picnic. **Park Avenue Grill** will be catering it and Vinnie will provide the entertainment.

Have a Happy Thanksgiving and a Merry Christmas. Stay well and I look forward to seeing you. Please call me with any concerns, questions, suggestions at 609-516-4241.

Carolyn Giovannini



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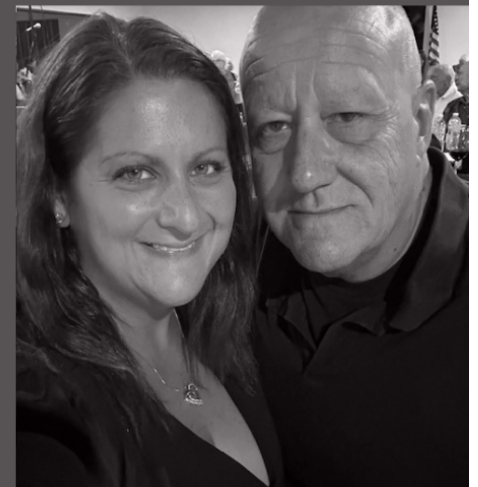
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Proverbs 22:1



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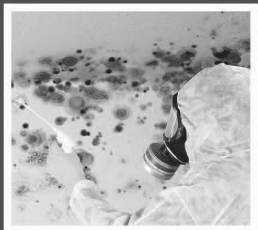
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SCAN ME



APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	<p>1 <i>April Fools' Day</i></p> <p>8:30 a.m. Tennis 9:00 a.m. Bocci Club 12:30 p.m. Craft Club 5:00 p.m. Zumba 6:00 p.m. Card Night</p>	<p>2</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 6:00 p.m. Card Night</p>	<p>3</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba 12:30 p.m. Mah 1:00 p.m. Chair 6:00 p.m. Card</p>
<p>7</p> <p>8:00 a.m. Pickleball</p>	<p>8</p> <p>8:30 a.m. Tennis 9:00 a.m. Bocci Club 12:30 p.m. Craft Club 5:00 p.m. Zumba 6:00 p.m. Card Night</p>	<p>9</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 6:00 p.m. Card Night</p>	<p>10</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba 12:30 p.m. Mah 1:00 p.m. Chair 6:00 p.m. Card</p>
<p>14</p> <p>8:00 a.m. Pickleball</p>	<p>15</p> <p>8:30 a.m. Tennis 9:00 a.m. Bocci Club 12:30 p.m. Craft Club 5:00 p.m. Zumba 6:00 p.m. Card Night 7:00 p.m. Copperleaf Meeting</p>	<p>16</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 6:00 p.m. Card Night</p>	<p>17</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba 12:30 p.m. Mah 1:00 p.m. Chair 6:00 p.m. Card</p>
<p>21</p> <p>8:00 a.m. Pickleball</p>	<p>22</p> <p>8:30 a.m. Tennis 9:00 a.m. Bocci Club 12:30 p.m. Craft Club 5:00 p.m. Zumba 6:00 p.m. Card Night</p>	<p>23</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 6:00 p.m. Card Night</p>	<p>24</p> <p>8:30 a.m. Tennis 9:30 a.m. Zumba 12:30 p.m. Mah 1:00 p.m. Chair 6:00 p.m. Card</p>
<p>28</p> <p>8:00 a.m. Pickleball</p>	<p>29</p> <p>8:30 a.m. Tennis 9:00 a.m. Bocci Club 12:30 p.m. Craft Club 5:00 p.m. Zumba 6:00 p.m. Card Night</p>	<p>30</p> <p>8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 6:00 p.m. Card Night</p>	

2024

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>s a h Jongg Yoga Night</p>	<p>4 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 7:00 p.m. Bingo</p>	<p>5 8:30 a.m. Tennis 9:30 a.m. Zumba</p>	<p>6 8:00 a.m. Pickleball</p>
<p>s a h Jongg Yoga Night</p>	<p>11 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club 7:00 p.m. Bingo</p>	<p>12 8:30 a.m. Tennis 9:30 a.m. Zumba</p>	<p>13 8:00 a.m. Pickleball</p>
<p>s a h Jongg Yoga Night</p>	<p>18 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 10:00 a.m. COP Meeting 1:00 p.m. Bridge Club</p>	<p>19 8:30 a.m. Tennis 9:30 a.m. Zumba</p>	<p>20 8:00 a.m. Pickleball</p>
<p>s a h Jongg Yoga Night</p>	<p>25 8:00 a.m. Pickleball 9:00 a.m. Chair Yoga 1:00 p.m. Bridge Club</p>	<p>26 8:30 a.m. Tennis 9:30 a.m. Zumba</p>	<p>27 8:00 a.m. Pickleball</p>

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April Word Search

Find and circle all of the Meryl Streep movies that are hidden in the grid.
The remaining 40 letters spell an additional Meryl Streep movie.

L D E A T H B E C O M E S H E R E E
M A C R Y I N T H E D A R K T O N F
S P S R E T T A M K R A D R Y A J I
S B L A S T A I M A M M A M C U O L
K T M E N N N S H E D E V I L N B R
R S I A N H I U C K H E R I E E E U
A T I L L T G S H E A F A T F C V O
M S M L L R Y U H R A E R O I M O Y
E H A R K O O T L F E U R O I A L G
R E R D E W F F O T E E H S D N N N
V A V G A O O T S T A C D E O H I I
S R I N C P U O H N S G E E F A G D
K T N I P O T I D E O W N U H T N N
R B S N R N N A I O N I F I O T I E
A U R E I G F H T O U I L R C A L F
M R O V M T P T R I U B G N A N L E
E N O E E O T I E E O V T H E N A D
R T M R S N O I T I D N E R T S F D

A CRY IN THE DARK
ADAPTATION
BEFORE AND AFTER
DANCING AT LUGHNASA
DARK MATTER
DEATH BECOMES HER
DEFENDING YOUR LIFE
DOUBT
EVENING
FALLING IN LOVE

HEARTBURN
IRONWEED
JULIA
KRAMER VS. KRAMER
LIONS FOR LAMBS
MAMMA MIA
MANHATTAN
MARVIN'S ROOM
MUSIC OF THE HEART
ONE TRUE THING

OUT OF AFRICA
PLENTY
PRIME
RENDITION
SHE-DEVIL
SILKWOOD
SOPHIE'S CHOICE
STILL OF THE NIGHT
THE DEER HUNTER

April Crossword Puzzle

ACROSS

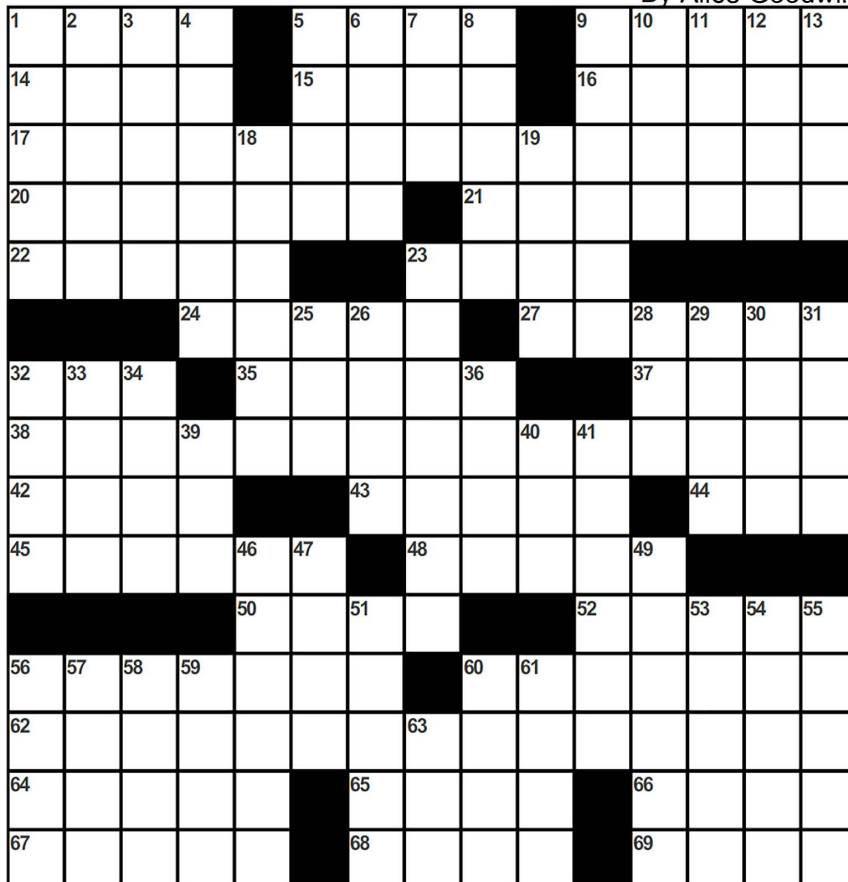
- | | |
|-----------------------------------|---------------------------------------|
| 1) Emulate a quarterback | 42) Edible Pacific tuber |
| 5) Leak through slowly | 43) Part of a drum kit |
| 9) Prepares for a boxing match | 44) Ribonucleic acid, familiarly |
| 14) With the bow, to a violinist | 45) Old sailor |
| 15) All done | 48) Rustic poems (var.) |
| 16) Hushed | 50) Christian Coalition, e.g. |
| 17) 1986 "fish out of water" film | 52) ___ Island (immigration landmark) |
| 20) Hot and sultry | 56) Partial paralysis |
| 21) Condiment in gourmet cooking | 60) Not at all harsh |
| 22) Perspiration | 62) Good thing to have in the jungle |
| 23) Nicholas I was one | 64) Farm mudholes |
| 24) Become embedded | 65) Big-mouthed pitcher |
| 27) Tire protector | 66) Noted canal |
| 32) Recede like a tide | 67) Is inclined |
| 35) One way to cook eggs | 68) "Friends" friend |
| 37) Common beverage | 69) Changes hair color |
| 38) Cause for ahem? | |

DOWN

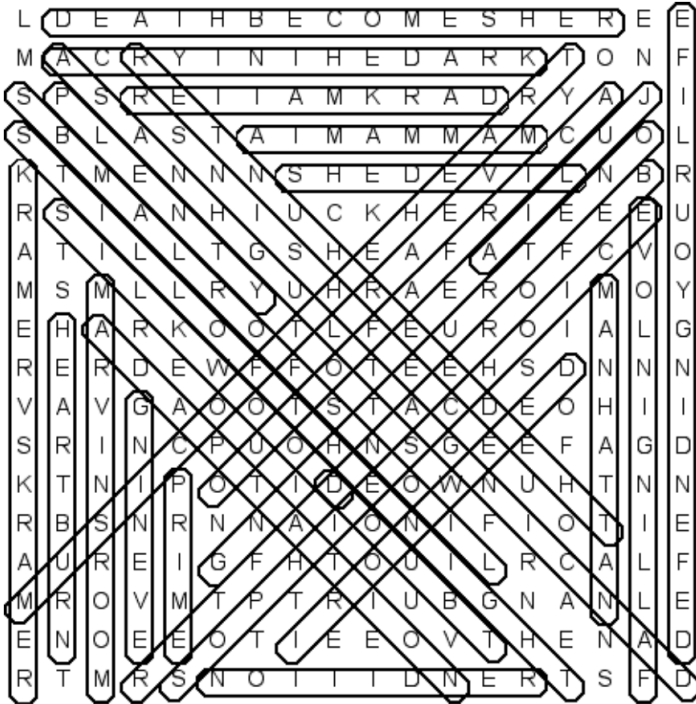
- 1) Formal accords
- 2) It points the way
- 3) Rifle attachment
- 4) Like a party animal
- 5) 37-Across, e.g.
- 6) Opposite of good
- 7) Anago, really
- 8) Fourth estate
- 9) Shape learned in preschool
- 10) Corny bits of wordplay
- 11) Verdi classic
- 12) Walk dizzily
- 13) Proofreader's direction
- 18) Multi-armed creatures
- 19) Unable to hear
- 23) "Poly" attachment, in school names
- 25) Have on
- 26) B-movie machine guns
- 28) Major ATM manufacturer
- 29) It can open for you
- 30) Impressive style
- 31) Pro ___ (in proportion)
- 32) Semiaquatic salamanders
- 33) Hillside, to the Scottish
- 34) When doubled, one of the Society Islands
- 36) Be in charge of
- 39) "In ___ We Trust"
- 40) Make an attempt
- 41) Cosmetics queen Curtis
- 46) Be preoccupied with
- 47) Flippant
- 49) Assaulted with goo
- 51) Purple willow, e.g.
- 53) Distrustful
- 54) Private film producer, informally
- 55) Eyelid lumps
- 56) Whispered attention-getter
- 57) Poker pay-in
- 58) Form of precipitation
- 59) Barely managed
- 60) Bottom of the barrel
- 61) Does the wrong thing
- 63) A couple

REPTILE HOUSE

By Alice Goodwin



Word Search Solution



The hidden message is: **LEMONY SNICKET'S A SERIES OF UNFORTUNATE EVENTS**

SUDOKU

How to play:

Each 3x3 square should contain numbers 1-9, when completed correctly all nine columns down and all nine columns across will contain numbers 1-9 with no repeats.

	2			9	3		4	
8							7	9
				8	2			
	5	7	9		6			
6				4				3
			1		2	6	9	
		9	2					
7	8							4
	4		3	1			8	

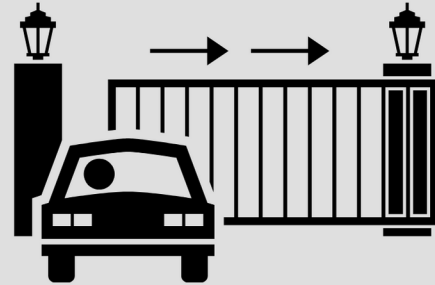
Message From LVPOA Manager:

Please let your guests know to:

1. Use the Military Entrance
2. They have to give your address to the officers at the gate.
3. They must present photo ID.

All residents must call the gate with guest name in advance.

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Sudoku Puzzle Solution

1	2	5	7	9	3	8	4	6
8	6	4	5	2	1	3	7	9
9	7	3	4	6	8	2	5	1
2	5	7	9	3	6	4	1	8
6	9	1	8	4	5	7	2	3
4	3	8	1	7	2	6	9	5
3	1	9	2	8	4	5	6	7
7	8	2	6	5	9	1	3	4
5	4	6	3	1	7	9	8	2

Crossword Puzzle Solution

REPTILE HOUSE

By Alice Goodwin

1	2	3	4	5	6	7	8	9	10	11	12	13			
P	A	S	S	S	E	E	P	S	P	A	R	S			
14	A	R	C	O	O	V	E	R	Q	U	I	E	T		
17	C	R	O	C	O	D	I	L	E	D	U	N	D	E	E
20	T	O	P	I	C	A	L	S	E	A	S	A	L	T	
22	S	W	E	A	T	T	S	A	R						
24	L	O	D	G	E	F	E	N	D	E	R				
32	E	B	B	P	O	A	C	H	C	O	L	A			
38	F	R	O	G	I	N	T	H	E	T	H	R	O	A	T
42	T	A	R	O	S	N	A	R	E	R	N	A			
45	S	E	A	D	O	G	I	D	Y	L	S				
50	B	L	O	C	E	L	L	I	S						
56	P	A	R	E	S	I	S	L	E	N	I	E	N	T	
62	S	N	A	K	E	B	I	T	E	R	E	M	E	D	Y
64	S	T	I	E	S	E	W	E	R	E	R	I	E		
67	T	E	N	D	S	R	O	S	S	D	Y	E	S		



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Harnessing the Healing Power: Exploring the Health Benefits of Saunas

Saunas, ancient wellness sanctuaries, have stood the test of time as a therapeutic haven for individuals seeking relaxation and health benefits. Originating in Finland centuries ago, saunas have evolved from traditional wood-fired structures to modern electrically heated chambers. Beyond the soothing warmth and calming ambiance, saunas offer a myriad of health benefits that contribute to overall well-being. Let's delve into the transformative advantages of regular sauna sessions.

1. Detoxification:

One of the primary benefits of saunas is the promotion of detoxification. As the body sweats, it eliminates toxins and impurities through the skin. This natural cleansing process helps rid the body of heavy metals, pollutants, and other harmful substances, leaving you feeling refreshed and revitalized.

2. Improved Circulation:

The heat generated in a sauna induces vasodilation, a process where blood vessels expand, promoting better blood circulation. Enhanced circulation ensures that oxygen and nutrients reach all parts of the body more efficiently. This, in turn, contributes to improved cardiovascular health and can be particularly beneficial for individuals with conditions such as hypertension.

3. Muscle Relaxation and Pain Relief:

The heat from a sauna helps relax muscles and alleviate tension, making it an effective remedy for muscle soreness and joint pain. Regular sauna use has been linked to the reduction of symptoms in conditions like arthritis, fibromyalgia, and other musculoskeletal disorders. The increased blood flow to the muscles also accelerates the recovery process after intense physical activity.

4. Stress Reduction and Mental Well-being:

Saunas provide a serene environment that facilitates relaxation and stress relief. The heat induces the release of endorphins, the body's natural feel-good chemicals, promoting a sense of

euphoria and tranquility. The meditative atmosphere within a sauna offers a much-needed break from the hustle and bustle of daily life, contributing to improved mental well-being.

5. Enhanced Skin Health:

Sweating in a sauna opens up pores, helping to cleanse the skin and promote a healthy complexion. The increased blood flow to the skin also contributes to a more youthful appearance. Regular sauna sessions have been associated with improvements in skin conditions such as acne, psoriasis, and eczema.

6. Boosted Immune System:

Frequent sauna use has been linked to an increase in white blood cell production, which plays a crucial role in strengthening the immune system. By creating an artificial fever-like environment, saunas stimulate the production of immune cells, helping the body ward off infections and illnesses more effectively.

7. Weight Management:

While not a substitute for a healthy diet and regular exercise, saunas can aid in weight management. The increased heart rate and metabolic rate during a sauna session can contribute to burning calories and promoting weight loss. However, it's essential to approach sauna use as a supplementary measure rather than a primary method for weight control.

Saunas offer a holistic approach to health and well-being, encompassing physical, mental, and even spiritual benefits. Whether in traditional wood-fired saunas, infrared saunas, or modern spa facilities, the transformative power of saunas remains a constant. Integrating regular sauna sessions into a wellness routine can unlock a multitude of advantages, providing a sanctuary for relaxation, detoxification, and rejuvenation. As with any health practice, it's crucial to consult with a healthcare professional, especially for individuals with pre-existing health conditions. Embrace the healing warmth of saunas, and embark on a journey towards a healthier, more balanced life.



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Gorgeous New Kitchen in this second floor 2/2 with all new cabinets, countertops and stainless appliances, bathrooms updated, new vinyl flooring in living areas and sold furnished Turn-Key, best value in all Las Verdes... Reduced \$194,000 (Palmetto)

Recent Sales **by Zack:** 307 Coconut Palm, 114 Banyan, 15707 Philodendron, 117 Olive Leaf, 16003 Laurel Oak, 306 Palmetto, 321 Coconut Palm, 15996 Laurel Oak, 103 Oleander, 307 Olive Leaf, 318 Aspen, 15509 Bottlebrush Cir, 224 Cypress, 207 Dogwood, 209 Evergreen, 5344 Viburnum Cir