

Paradise Gardens Section II

P.G. II is designed for residents 55 years & older and meets the exemption under the federal fair housing act.

PAR-TWO News

January, 2017

The President

*and Corporate Board sends you and
your loved ones blessings of good health,
happiness and prosperity in 2017*



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Newsletter Contributions

If you would like to submit a suggestions or news item to our newsletter, please email me at lizzy0630@gmail.com

**Come meet your neighbors
and participate in your
community at your HOA
Meetings. Next Meetings:
January 18, 7:30 PM
February 15, 7:30 PM**

Paradise Gardens II
1650 NW 68 Avenue
Margate, FL 33063
954 -979-6755
paradiseg2@bellsouth.net

Important Numbers

Emergency—911

Poison Control
1-800-222-1222

VIP Management
954-748-6182

Condo Accounting
954-340-0033

Lawn Service (Tommy)
954-937-4414

City of Margate
www.margatefl.com

Police & Fire
Non-Emergency
954-764-4357

City Hall
954-972-6454

Code Compliance
954-972-1232

Water Department
954-972-6454

Senior Center
954-973-0300

Library
954-357-7500

Northwest Medical Center
954-974-0400
FPL—954-797-5000

Corporate Board

President	Sharon Hevia	954-979-6755	sharhev@bellsouth.net
Vice President	Paul D'Andrea	954-605-7920	paulfda1@att.net
Treasurer	Carol McCabe	954-974-6248	realady1959@yahoo.com
Secretary	Mary Callahan	954-422-2236	marycallfl@aol.com
Director	Carol Smith	954-971-3637	smith5425@bellsouth.net
Director	Al Soler	954-960-2435	alsoler@gmail.com
Director	JoAnn Zangle		jaz149@att.net

District Directors

#1	Elsa Braren	954-960-2313	
#2	Lee Puccio	954-973-9269	
#3	Anita Mael	954-975-3949	
#4	Carol Smith	954-971-3637	smith5425@bellsouth.net
#5	Linda D'Andrea	954-520-1437	
#6	Carol McCabe	954-974-6248	Realady1954@yahoo.com
#7	Andrew Jones	954-266-4244	
#8	Marilyn Guido	954-974-8481	
#9	Marcia Mauer	954-249-5420	
#10	Madelyn Bartelme	954-917-3089	
#11	Theresa McLellan	954-972-2120	
#12	Bob McLellan	954-972-2120	TMAC6795@aol.com

Committees

Architectural	Paul D'Andrea	954-605-7920	paulfda1@att.net
Clubhouse Rental	Margo Logatto	954-774-1246	
Entertainment	Theresa McLellan Cindy Udemans	954-972-2120 954-801-9260	
House Manager	Al Soler	954-960-2435	alsoler@gmail.com
Newsletter	Liz Levine	954-260-1916	lizzy0630@gmail.com
Screening	Gilda Pagano Armando Perez Gili	954-970-5253	PGTWOHOI@att.net pgili58@hotmail.com
Social Club	Bob McLellan	954-972-2120	TMAC6795@aol.com

Important Reminders

You have made a personal decision to live in a community that is a registered association. Associations are governed by a set of rules. The rules are for all, no exceptions.

Parking

There are no defined parking spaces on community streets. Spaces cannot be saved. Our streets are maintained by the City of Margate and you can park anywhere as long as you:

- **Park on the correct side of the street, which is the side opposite of the No Parking signs and in the direction of the traffic flow.**
- Do not block anyone's driveway

Pool Rules

Our facilities are for everyone's enjoyment. Please be considerate as to the number of guests you entertain in the pool.

- All homeowners and their guests must have tags when using the pool. Tags may be purchased at every homeowner's meeting. Anyone not having tags will be asked to leave the pool
- **Homeowners must accompany guests in the pool area**, particularly residents with children

Attention Dog Owners

- All dogs must be leashed and restrained at all times
- Do not walk your dog on anyone else's property
- **You must clean up after your dog**

Don't Feed the Mucovy Ducks

Feeding the ducks will solidify your friendship with the blunt-billed birds for life. So will leaving household trash outside in plastic bags instead of in garbage cans.

Feeding ducks in Margate is against the law and can result in fines.

Feeding the ducks prevents Muscovies from getting the nutrients they need from a natural diet of bugs and pond algae. "They are perfectly capable of feeding themselves," said Stephanie Boyles, a PETA wildlife biologist. "If anything, they're doing us a favor by keeping the mosquito, algae and the invertebrate population under control."

Personal Yard/Garage Sales

Our by-laws prohibit all yard and/or garage sales.

Our Management Company is Here to Help Us

If you see something, say something to our management company:

VIP Property Management Specialist, Inc.

P.O. Box 9325, Coral Springs, FL 33075-9325

ATTN: Tracey S. Schnaitman, President/L.C.A.M.

(954) 748-6182 Office, (954) 748-6546 FAX

vip_mgmt@bellsouth.net

Paying Your HOA Dues

Pay Online at tinyurl.com/pg2pay

You can control when you pay and set reminders to pay. You can set text or set email reminders. You can pay using credit cards, debit cards or your checking account. Checking account payments are free of service fees. Credit and Debit cards will have a fee of about \$4.95. Fees vary by payment amount.

Use Direct Debit Authorization

Have your quarterly (January 1, April 1, July 1, October 1,) assessments automatically paid from your bank account. Just complete this Direct Debit Authorization Form, and enclose a voided check. Beginning with the next quarterly assessment, your payment will be automatically deducted from your Checking or Savings account on your regular payment due date.

Your Name: _____

Property Street Address: _____

Signature: _____ Phone: _____

Email: _____

Mail, or email it to us at:

Email: PG2@HomeOwnerUSA.com

Paradise Gardens Section Two
c/o Condo Accounting
12363 Clearfalls Dr.

Use Your Bank's Bill Pay

If you use your bank's bill pay, send your maintenance payments to:

Condo Accounting, Inc.

c/o CenterState Bank

P.O. Box 667944, Miami, FL 33166-9408

A Letter from the President and the Corporate Board

Happy New Year!

I would like to take this opportunity to thank each and every one who came to the Holiday Dinner and dance. We had a great time. We enjoyed conversation with our new neighbors and old friends and enjoyed great food. Thank you, Theresa and Cindy for putting it together. The decorations were beautiful.

We are having a **Pot Luck New Year Eve Party**. Everyone is welcome to come. Bring something like finger foods. It is a BYOB and we will have the set ups for everyone. It will start at 9:00 pm till midnight. Hope to see new and old neighbors there to bring in the New Year.



Fraud Alerts:

- There's a flyer circulating the neighborhood asking you to contact Mrs. Brown about a water problem. This is a fraud statement. Please don't call her. They are trying to sell you a water softener.
- The Sun Sentinel published an article on December 11, 2016 about a bank card scam. Authorities say the scammers gain the victim's trust by posing as bank fraud investigators. First they make a phone call and alert seniors their debit cards have been compromised. The fraudsters trick the seniors into giving up account information, including their PIN code. Then, they tell the victim a bank employee will come to their home to swap out the compromised debit card for a new one. Please don't fall victim to this scam.

Our next Homeowners Meeting will be January 18 at 7:30 pm. I hope to see everyone there. We have had a great turn out the last several meetings.

Pool Closing for 2 weeks: January 13, 2017 through January 28, 2017

Thank you all,
Sharon Hevia, President

The Health Benefits of Decluttering

Everyone has stuff that's just laying around, shoved in the back of the closet, stuck in the "junk drawer" or pushed under the bed. But clutter can have a detrimental effect on your mental and physical health. In fact, some psychologists are starting to recognize that having a clean, organized home is an essential part of the wellness equation. If you're not convinced, here are some ways cleaning out your clutter can help you live a healthier life.

REDUCE ANXIETY

Cluttered spaces are chaos for the mind, overwhelming already-taxed brains with too much sensory information, according to Psychology Today. With the excess stimuli created by a disorganized home, your brain becomes easily overwhelmed, which can make you increasingly irritable. Even worse, clutter can become a vicious shame spiral: It increases stress, making you more ashamed or embarrassed about your home, which invites even more stress. To get on the right track, start small. Separate your decluttering into manageable daily steps. So, toss junk mail one day, then hang up your clothes the next day, and so on. As you work, consider what you want to get rid of. Make sure you're not hanging on to something you don't really want or need, or because you think you might use it some day.



CLUTTER
IN YOUR
PHYSICAL
SURROUNDINGS
WILL CLUTTER
YOUR MIND
AND SPIRIT.

- KANEISHA.COM

IMPROVE YOUR SLEEP

Your mind doesn't shut off just because you close your eyes. Deep, restful REM sleep helps your brain perform complicated decision-making and memory processing and clear itself of toxins, among other things. As a report by the Association for the Scientific Study of Consciousness points out, while mental processing is greatly reduced while you sleep, parts of our brains are still interpreting external stimuli — scanning for dangers that might have existed in prehistoric times. If your cluttered home is stressing you out before bed, it can make it harder to wind down and even prevent you from getting the deep sleep your body and mind requires. To clear your bedroom, move out any working projects (laundry that needs to be folded; "trigger" items like your computer). This behavioral trick will signal to your brain that once you lie down, it's time for nothing else but rest.

STOP SEARCHING FOR STUFF

If your house is a mess, you're probably familiar with searching frantically for your keys, wallet or purse on your way out the door in the morning. That annoyed feeling can completely change how you see your home. Instead of thinking of home as a place of rest and peace, it becomes a source of constant irritation. As you begin the decluttering process, free up some room to stash essential items (wallet, keys, phone) in a place you can find them easily. It's best to designate a closed space like a drawer for these essentials; setting them on top of a desk or counter will increase the sense of chaos.

RID YOUR HOME OF ALLERGENS

Dust, dander and pet hair can pile up in unexpected places. Those unused items sitting in the garage or spare room aren't just taking up space — they're also increasing the number of allergens in your home. Even if you don't go near those spaces, you could be suffering from the effects of dusty, disorganized surfaces, as air from HVAC systems can pick up dust and other allergens, redistributing them throughout your home. The first thing to do is change your air-conditioner's filters: A dirty, dusty filter can aggravate allergies.

REDUCE FINANCIAL PRESSURES

Late fees, bank fees, tax penalties, misplaced checks, lost cash, lost or expired gift cards, missed appointments and cancellation fees, and the cost of items you meant to return but never did are just some of the ways being disorganized erodes your budget, said New York-based professional organizer Angela Kantarellis. Plus, the cost of illness from the stress of being disorganized can compound any financial loss.

If you're so disorganized that you can't find your stuff, you'll end up buying duplicates and triplicates of the same item, whether it's kitchen tools, clothing, sports gear ... the list is endless. Anything you can't find, you'll pay to replace.

ADDRESS HIDDEN BEHAVIORAL ISSUES

While not always a sign of larger mental-health issues, chronic disorganization can be symptoms of bigger problems, such as depression, anxiety disorder or obsessive-compulsive disorders, says David F. Tolin, director of the Anxiety Disorders Center at the Institute of Living and adjunct associate professor of psychiatry at Yale. How we deal with our stuff has a lot to say about our emotional state, so take a thoughtful approach about how they affect you. Keep a journal as you clean, tracking your emotional responses: Are you overwhelmed and embarrassed by your messiness? Do certain items bring up painful feelings? If you think you may need help with a larger problem, find a professional psychologist or counselor who can help you figure out coping skills.

Sources:

Bryn Huntpalmer, *How Decluttering Can Actually Benefit Your Health*, May 16, 2016

<http://www.livestrong.com/slideshow/1011917-decluttering-can-actually-benefit-health/#slide=2>

Forbes

Vanessa McGrady, *Five Reasons Why Clutter Costs You Cash*

<http://www.forbes.com/sites/vanessamcgrady/2015/01/08/organized-1/2/#1cf76aea63a1>

WHAT IS YOUR STUFF SAYING TO YOU?

Different kinds of clutter signify different emotional messages. Here are a few of the most common.

Piles of Other People's Stuff

You may have trouble setting boundaries, saying no and protecting your own energy reserves. Set time limits for storing other people's belongings, if you're going to store them at all, and be firm.

Excessive Reminders of the Past

You might have a tendency to blame the past for your current situation, or to think your best days are behind you. Try letting go of any object — however lovely or sentimental — if looking at it disturbs you or brings you down.

Rarely Used or Never-Been-Used Items

Stacks of unopened or unused items can signal "just in case" thinking, and a lack of trust in the future. They can also signal an aspiration to do or be something you're not. Make a realistic assessment, then either use or dispense with whatever your "wish self" is hanging on to.

Unfinished Projects

Half-completed paintings and half-finished remodels can suggest an unsustainable perfectionism, and may provoke a sense of failure. Take stock of all the projects you currently have "in process." Then be willing to let go, clean up and move on.

Source: Jessie Sholl, *The Emotional Toll of Clutter*, Experience Life, April 2013
<http://experiencelife.com/article/the-emotional-toll-of-clutter/>

Neighborhood News

Welcome to our Community!

Janice Lawrence 1475 NW 67 Ave.

January 16, 2017 Day of Service



Join the City of Margate as we celebrate and remember the life and legacy of Dr. Martin Luther King, Jr. on Monday, January 16, 2017. Residents and businesses have two ways to participate:

- 1) **Volunteer for the City's service project at the Northwest Focal Point Senior Center** – VOLUNTEER REGISTRATION FORM online at <http://www.margatefl.com/digital-photography-contest/mlkvolunteer.html>
- 2) **Host your own community service project** – PROJECT REGISTRATION FORM online at <http://www.margatefl.com/digital-photography-contest/mlkproject.html>

This year's City service project will be at the Northwest Focal Point Senior Center on Monday, January 16, 2017 starting at 9:00 a.m. Volunteers will assist with gardening in the Senior Center's patio along with installation of patio furniture, and potentially other work at the Senior Center. We need your help! To volunteer, please complete the Volunteer Registration Form above.

Outside of this project, the City is encouraging residents and businesses to coordinate their own service project and tell us about it on the City website so that the community will be aware of projects happening throughout Margate. Leaders of community service projects will be asked to post pictures of their projects throughout the day on the City's Facebook page (www.facebook.com/CityofMargateFL) and tag the City. Leaders and participants of community service projects will be recognized for their actions at a future City Commission meeting. To register your project, please complete the Project Registration Form above.

For more information about the Dr. Martin Luther King, Jr./Together We Make it Great Day of Service, please call the City Manager's Office at (954) 935-5300.

New Years Resolutions: A Brief History

A New Year's resolution is a tradition, most common in the Western Hemisphere but also found in the Eastern Hemisphere, in which a person makes a promise to do an act of self-improvement or something slightly nice, such as opening doors for people beginning from New Year's Day.

Babylonians made promises to their gods at the start of each year that they would return borrowed objects and pay their debts.

The Romans began each year by making promises to the god Janus, for whom the month of January is named.

In the Medieval era, the knights took the "peacock vow" at the end of the Christmas season each year to re-affirm their commitment to chivalry.

At watchnight services, many Christians prepare for the year ahead by praying and making these resolutions.

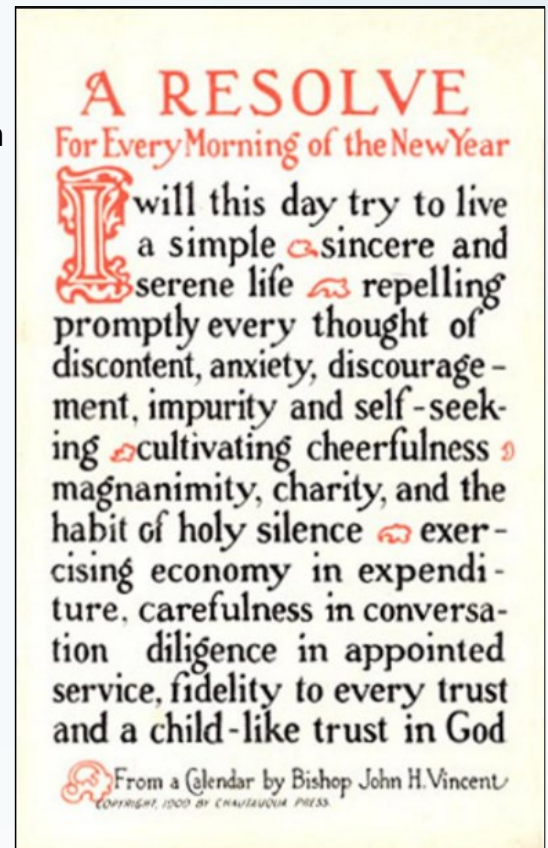
The concept, regardless of creed, is to reflect upon self-improvement annually.

At the end of the Great Depression, about a quarter of American adults formed New Year's resolutions. At the start of the 21st century, about 40% did. In fact, according to the American Medical Association, approximately 40% to 50% of Americans participate in the New Year's resolution tradition from the 1995 Epcot and 1985 Gallop Polls. It should also be noted that 46% of those who endeavor to make common resolutions (e.g. weight loss, exercise programs, quitting smoking) were over 10-times more likely to have a rate of success as compared to only 4% who chose not to make resolutions.

The most common reason for participants failing their New Years' Resolutions was setting themselves unrealistic goals (35%), while 33% didn't keep track of their progress and a further 23% forgot about it. About one in 10 respondents claimed they made too many resolutions.

A 2007 study by Richard Wiseman from the University of Bristol involving 3,000 people showed that 88% of those who set New Year resolutions fail, despite the fact that 52% of the study's participants were confident of success at the beginning. Men achieved their goal 22% more often when they engaged in goal setting, (a system where small measurable goals are being set; such as, a pound a week, instead of saying "lose weight"), while women succeeded 10% more when they made their goals public and got support from their friends.

Source: Wikipedia https://en.wikipedia.org/wiki/New_Year's_resolution



Upcoming PG-II Events Mark Your Calendars!

New Year's Eve Pot Luck

Saturday, December 31, 2016 at 9:00 PM

Bring some finger foods to enjoy and share. It is a BYOB and we will have the set ups for everyone. Hope to see new and old neighbors there to bring in the New Year!



Contact: Sharon Hevia 954-979-6755 or Gilda Pagano 954-970-5253

Come on out and have an enjoyable evening with your friends and neighbors!

PG-II Events

Lightning Bingo

Thursday, January 12 and 26th 7:15 - 9 PM at the clubhouse

Bingo only costs \$1 to enter and includes soda, ice tea, water, and snacks and SUPER BINGO.

Cake or cookies, coffee and tea are served at the end of the games.

12/1-----20 people : SUPER BINGO winners where Rosie Smith and Theresa McLellan

12/15----25 people : SUPER BINGO winner was Peggy Reed

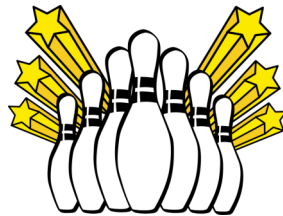
Please bring nickle's if you have them, if not I will have rolls of nickle's available for purchase.

The games start at 7:30 PM sharp ,please be at the clubhouse by 7 :15PM.

Bob McLellen , 954-972-2120, TMAC6795@aol.com



Funsters Bowling



Hope everyone had a wonderful holiday season and as we embark on a New Year let's all enjoy good health and make a few more strikes and spares.

Here's hoping that Rose Sommella and Marion Overington both have speedy recoveries from their injuries and are back bowling with us in the very near future.

Until next month....

Bob McLellen , 954-972-2120,
TMAC6795@aol.com

	Super Shots	Sizzling Scores
Week 11 11/30	Cindy Udemans 5-6 Toni Farmer 5-6	Rosanda Smolich 181-472 Dorothy Thomas 173-467 Bob McLellan 221-539 John Schipani 168-485
Week 12 12/7	Norman Tetrault 2-5-7 Dorothy Thomas 3-7-10	Bobbie Summaria 167-481 Mary Argenti 177-462 Bob McLellan 202-549 Jack Lawson 171-476
Week 13 12/14	Theresa Mclellan 3-6-7-10 Ira Leeds 3-9-10 Dorothy Thomas 4-5	Dorothy Thomas 190-444 Bobbie Summaria 161-436 Gus Smolich 168-459 Ira Leeds 151-442

Water Aerobics

Monday, Wednesday & Friday

9:30 AM—10:30 AM

Bring your noodle



Line Dancing

Tuesday afternoon

1:00 PM—2:00 PM at the clubhouse



Join our very own "Paradise Gardinettes" for intermediate level line dancing classes and have some good ole' country fun. Bring bottled water.

Advertising



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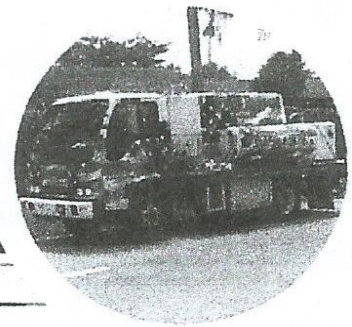
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Paul Pacitti

Wondering How Much Your Home is Worth?

How has the price of your home changed in today's market? How much are other homes in Paradise Gardens selling for?

If you're wondering what's happening to prices in your area, or you're thinking about selling your home, I'm able to help.

Just give me a call for a no-fuss, professional evaluation. I won't push you into listing with me or waste your time. I'll just give you the honest facts about your home and its value. I look forward to hearing from you. My direct line is 954-775-7542



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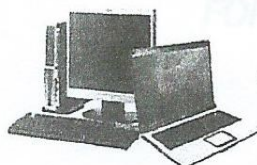
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Business Card \$50 (3 ½" X 2")

1/4 Page \$75 (3" X 4 ¼")

1/2 Page \$100 (6 ½" X 4")

Full Page \$200 (8" X 6 ¼")

January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Years Day	2	3	4 Bowling Noon	5	6	7 Bulk Trash Pickup
8	9 Water Aerobics 9:30 AM	10 Line Dancing 1 PM	11 Water Aerobics 9:30 AM Bowling Noon	12 Full Moon Lightning Bingo 7:15 PM	Pool Closed	
15	16 Martin Luther King Jr. Day	17 Full Moon Line Dancing 1 PM	18 Bowling Noon HOA Meeting 7:30 PM	19	20	21
Pool Closed						
22	23	24 Line Dancing 1 PM	25 Bowling Noon	26 Lightning Bingo 7:15 PM	27 New Moon	28
Pool Closed						
29	30 Water Aerobics 9:30 AM	31 Line Dancing 1 PM	January's flower is carnation, birthstone is Garnet and zodiac sign is Capricorn			