

# 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

November, 2017

### Why Gratitude is Good

Thanksgiving's approaching and soon we'll be taking time to acknowledge what we're grateful for. Robert Emmons is the world's leading scientific expert on gratitude. In his article "Why Gratitude is Good", he reveals why gratitude is good for our bodies, our minds, and our relationships.

Gratitude has two components. First, it's an affirmation of goodness. We affirm that there are good things in the world, gifts and benefits we've received. This doesn't mean that life is perfect; it doesn't ignore complaints, burdens, and hassles. But when we look at life as a whole, gratitude encourages us to identify some amount of goodness in our life.

The second part of gratitude is figuring out where that goodness comes from. We recognize the sources of this goodness as being outside of ourselves. It didn't stem from anything we necessarily did ourselves in which we might take pride. We can appreciate positive traits in ourselves, but true gratitude involves a humble dependence on others: We acknowledge that other people—or even higher powers, if you're of a spiritual mindset—gave us many gifts, big and small, to help us achieve the goodness in our lives.

Gratitude allows us to celebrate the present. It magnifies positive emotions.

(continued on Page 9)

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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](mailto:lizzy0630@gmail.com)

**Come meet your neighbors and participate in your community at your HOA Meetings. Next Meeting: November 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**

**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	Realady1959@yahoo.com
#7	Andrew Jones	954-266-4244	
#8	Marilyn Guido	954-974-8481	
#9	Marcia Mauer	954-249-5420	
#10	Armando Gili	305-613-9190	
#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
Entertainment	Theresa McLellan	954-972-2120	
	Cindy Udemans	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	954-970-5253	PGTWOHOI@att.net
	Armando Perez Gili	305-613-9190.	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

- The pool is open from dawn to dusk. No swimming after dark
- 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
- No food or beverages, including alcohol is allowed in the pool area.

## 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 Muscovy 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. It's against the law to feed the ducks in Margate and can result in fines. Muscovies get their nutrients from a natural diet of bugs and pond algae.

## Personal Yard/Garage Sales

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

# Paying Your HOA Dues

Pay Online at [tinyurl.com/pg2pay](http://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

Your Name: \_\_\_\_\_

Property Street Address: \_\_\_\_\_

Signature: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Mail, or email it to us at:

Email: [PG2@HomeOwnerUSA.com](mailto:PG2@HomeOwnerUSA.com)

Paradise Gardens Section Two  
c/o Condo Accounting

## 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

Liz Levine that does our beautiful newsletters is leaving us for Tennessee. I wish her and her Mother the best of luck and happiness in their new adventure. You will be missed. Thank you for our beautiful newsletter.

**Remember all storm shutters and awnings are to be opened 10 days after a storm has past. The City of Margate can cite you for this code violation.**

We are going to have our **Clubhouse Sale Nov 10<sup>th</sup> & 11<sup>th</sup>**. It will be from 8:00 till 1:00 on both days. The rental for the tables will be \$10.00. If anyone is interested in renting a table, please call me 954-979-6755 or Linda D'Andrea at 954-520-1437 Tables need to be reserved no later than Nov. 1<sup>st</sup>. We will set up on the Thursday at 3:00 pm until 6:00pm. I will collect the money for the tables then.

We have **3 openings for officers on the board**. If you are interested in joining the corporate board, please fill out the application that is in the newsletter and return it by November 30, 2017.

We have a new web page. The web address is: **paradisegardenstwo.com** Our email address is: [paradiseg2@bellsouth.net](mailto:paradiseg2@bellsouth.net)

The **Men's Club** has been canceled do to the lack of participation.

The **Arts & Crafts Club** has been canceled do to lack of participation.

**POOL RULES:** No food or beverages, including alcohol, are allowed in the pool area. Please abide by the rules. **NO SWIMMING AFTER DARK.**

Thank you,  
Sharon Hevia  
President  
[Paradiseg2@bellsouth.net](mailto:paradiseg2@bellsouth.net)



# Neighborhood News

## Welcome to our New Neighbors:

- ♦ Amaury Perez and Margarita Rivera
- ♦ 6825 Margate Blvd.



## Condolences to our Neighbors:

- ♦ John Dauenauer, 6720 NW 17 St.
- ♦ Edward Forbes, 1480 NW 67 Ave.
- ♦ Julius Girocco, 6795 NW 17 St.

## Veterans Day Ceremony

Join the City of Margate as we honor the men and women who have served in the Armed Forces.

**Saturday, November 11th at 10:30 AM**  
Veterans Memorial Park, 7044 NW 1st Street



## Margate Under the Moon

The 3rd Annual Margate Under the Moon event series will come to a close on **Saturday, November 11<sup>th</sup> at 5 p.m.** with local businesses, unique arts and crafts, FREE craft beer (for the first 100 attendees), DIY kid's activities, over 15 food trucks and fantastic indie rock and roll. The event takes place at the northwest corner of Margate Boulevard at US 441.

Admission and parking are free!



# Neighborhood News

## Movies in the Park

The 2017-2018 Movies in the Park Series continues on Saturday, November 18th at 6 p.m. featuring the 2016 animated musical comedy, "Sing," rated PG. In this family-friendly movie, a koala impresario stages a gala singing competition in order to save his theater, and the contest attracts the attention of such musically inclined animals as a harried pig mom, a teenage gorilla, a shy elephant and a punk porcupine.



## Learn How to Create a Butterfly Garden

The City of Margate will host a Neighbors Meeting Neighbors program to teach residents how to create a butterfly garden. On Thursday, November 2nd, two informational sessions will be held to share the best plants to use, the most successful planting processes, and more with attendees. The sessions will take place from 10 a.m. to 11:30 a.m., then again from 12 p.m. to 1:30 p.m. Margate residents are encouraged to attend this FREE session.

Then, on Saturday, November 4th from 10 a.m. to 12 p.m., participants of the informational session will be invited back for a hands-on planting session. Attendance at the informational session is not required to attend the planting session.

All sessions will take place at the Leonard Weisinger Community Center, located at 6199 NW 10th Street in Margate. Planting supplies will be provided.

This is a free program with limited space. Please RSVP no later than Wednesday, November 1st by calling Gabriel Colon with the Parks and Recreation Department (954) 972-6458 or by email: [gcolon@margatefl.com](mailto:gcolon@margatefl.com).

## Register for Code Red

The City of Margate's CodeRED high-speed notification system provides Margate officials the ability to quickly deliver messages to targeted areas or the entire city. If your phone number is not in the database, you will not be called.

Register online at <https://public.coderedweb.com/cne/en-US/6D74CFCD7B8E>

If you don't have a computer, call the city and ask them to help you register 954-972-6454.

## PG-II Events



### Water Aerobics

Monday, Wednesday & Friday 9:30 -10:30 AM

Bring your noodle

### Line Dancing



Tuesday afternoon 1:00 -2:00 PM at the clubhouse.  
Come join our very own "Paradise Gardinettes" and  
have some good ole' country fun.  
Bring bottled water.

### Lightning Bingo

We have 3 bingo dates in November. Attendance is starting to pick up and we thank those that are playing. It is a nice night out. We had 19 people for Oct 5th and 25 people for Oct 19th. Let's hope that continues for November dates.



The SUPER BINGO winners for Oct 5th were ROSIE SMITH and ALVIN SMITH. ALVIN SMITH, TONI FARMER and THERESA McLELLAN were the Oct 19th winners.  
Nice going all!

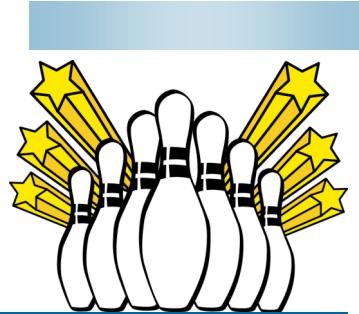
The entry fee is \$2. Bingo includes soda, ice tea, water, snacks and SUPER BINGO. Cake or cookies, coffee and tea are served at the end of the games.

- ♦Please bring enough nickels to play the full 90 minutes. I will have rolls of nickels 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**

# Funster's Bowling

Because of Hurricane Irma we had to cancel the NO BOWLING date of Nov 22nd so we will be bowling every WEDNESDAY during the month of November, hope this does not inconvenience anyone. Now for the SHOTS and SCORES



## Super Shots

## Sizzling Scores

### Week 2—Sept. 27

Cindy Udemans	5-7	Bobbie Summaria	157-450
		Theresa McLellan	150-416
		Bob McLellan	216-555
		Bob Wing	163-463

### Week 3—October 4

Edna Lawson	5-7 and 9-10	Dorothy Thomas	152-442
Theresa McLellan	3-6-7-8	Nina Cavello	154-400
		Bob McLellan	170-482
		Jim Greco	160-452

### Week 4—October 11

Mary Argenti	5-10	Dorothy Thomas	170-446
Dan Wilder	3-6-7-10	Bobbie Summaria	141-422
		Bob McLellan	192-480
		Jim Greco	160-470

### Week 5—October 18

	Dorothy Thomas	169-496
	Cindy Udemans	163-464
	Gus Smolich	171-485
	Bob McLellan	175-460

Cost of bowling remains the same \$11 for bowlers and \$5 if absent for any reason. The last week of bowling being MAY 9th, a luncheon will follow at a date to be determined. There will be no bowling December 27th. If you know of anyone interested in joining our league, please give them my name and phone number. We always need bowlers! **Bob McLellen 954-972-2120, TMAC6795@aol.com**

## Clubhouse Sale



Nov 10<sup>th</sup> & 11<sup>th</sup> from 8:00 till 1:00 on both days.

The rental for the tables will be \$10.00.

If anyone is interested in renting a table, please call Sharon Hevia at 954-979-6755 or Linda D'Andrea at 954-520-1437..

Tables have to be reserved no later than Nov. 1<sup>st</sup>.

We will set up on Thursday at 3 PM until 6 PM.

## Holiday Party

Saturday, December 16, 2017 at 6:30 PM  
at the Clubhouse

Music will be provided by John Brown.

Dinner includes: Chicken, potatoes, vegetable, dessert and beverage. Bring your own beer or wine.

Tickets are \$18 and can be purchased at the clubhouse.

**Tickets will be sold from 6:30 PM—7:00 PM**

**Monday, November 6, 13 and 20**

**Monday, December 4 and 11**

Questions? Contact: Theresa McLellan 954-972-2120 or Cindy Udemans 954-801-9260

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



## Why Gratitude is Good (continued)

Gratitude makes us appreciate the value of something, and when we appreciate the value of something, we extract more benefits from it; we're less likely to take it for granted.

Gratitude allows us to participate more in life. We notice the positives more, and that magnifies the pleasures you get from life.

Gratitude blocks toxic, negative emotions, such as envy, resentment, regret—emotions that can destroy our happiness. There's even recent evidence, including a 2008 study by psychologist Alex Wood in the *Journal of Research in Personality*, showing that gratitude can reduce the frequency and duration of episodes of depression. This makes sense: You cannot feel envious and grateful at the same time. They're incompatible feelings. If you're grateful, you can't resent someone for having something that you don't. Those are very different ways of relating to the world, and sure enough, research I've done with colleagues Michael McCullough and Jo-Ann Tsang has suggested that people who have high levels of gratitude have low levels of resentment and envy.

Grateful people are more stress resistant. There's a number of studies showing that in the face of serious trauma, adversity, and suffering, if people have a grateful disposition, they'll recover more quickly. Gratitude gives people a perspective from which they can interpret negative life events and help them guard against post-traumatic stress and lasting anxiety.

Grateful people have a higher sense of self-worth. When you're grateful, you have the sense that someone else is looking out for you—someone else has provided for your well-being, or you notice a network of relationships, past and present, of people who are responsible for helping you get to where you are right now. Once you start to recognize the contributions that other people have made to your life—once you realize that other people have seen the value in you—you can transform the way you see yourself.

### **Tips on Establishing a Consciousness of Gratitude**

- ♦ One effective way of stimulating gratitude is to reflect on what your life would be like *without* certain blessings.
- ♦ Focusing on *people* to whom you are grateful has more of an impact than focusing on *things* for which you are grateful.
- ♦ Keep a Gratitude Journal. Establish a daily practice in which you remind yourself of the gifts, grace, benefits, and good things you enjoy.

Source: Why Gratitude is Good, by Robert Emmons, November 16, 2010,  
[http://greatergood.berkeley.edu/article/item/why\\_gratitude\\_is\\_good](http://greatergood.berkeley.edu/article/item/why_gratitude_is_good)

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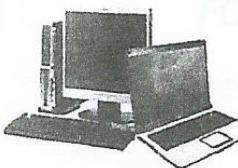
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**1/4 Page \$75 (3" X 4 ¼")**

**1/2 Page \$100 (6 ½" X 4")**

**Full Page \$200 (8" X 6 ¼")**

# NOVEMBER 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
November's zodiac signs: Scorpio 10/23-11/21 Sagittarius 11/22—12/21	November's flower is Chrysanthemum	November's birthstones are Topaz and Citrine	<b>1</b> Bowling Noon	<b>2</b> Full Moon Bingo 7:15 PM	<b>3</b>	<b>4</b> Bulk Trash Pickup
<b>5</b> Daylight Savings Time Ends	<b>6</b> Water Aerobics 9:30 AM Holiday Party Ticket Sales	<b>7</b> Line Dancing 1 PM	<b>8</b> Water Aerobics 9:30 AM Bowling Noon	<b>9</b>	<b>10</b> CLUBHOUSE SALE 8AM-1PM Water Aerobics 9:30 AM	<b>11</b> CLUBHOUSE SALE 8AM- 1 PM Veterans Day Margate Under the Moon
<b>12</b>	<b>13</b> Water Aerobics 9:30 AM Holiday Party Ticket Sales	<b>14</b> Line Dancing 1 PM	<b>15</b> Water Aerobics 9:30 AM Bowling—Noon HOA MEETING 7:30 pm	<b>16</b> New Moon Bingo 7:15 PM	<b>17</b> Water Aerobics 9:30 AM	<b>18</b> Movies in the Park @ 7PM
<b>19</b>	<b>20</b> Water Aerobics 9:30 AM Holiday Party Ticket Sales	<b>21</b> Line Dancing 1 PM	<b>22</b> Water Aerobics 9:30 AM Bowling Noon	<b>23</b> Thanksgiving	<b>24</b> Water Aerobics 9:30 AM	<b>25</b>
<b>26</b>	<b>27</b> Water Aerobics 9:30 AM	<b>28</b> Line Dancing 1 PM	<b>29</b> Water Aerobics 9:30 AM Bowling Noon	<b>30</b> Bingo 7:15 PM RETURN YOUR APPLICATION FOR THE PG-II BOARD		