



# The Grapevine Spring 2026 Edition 366

## Greetings from the President

To Our Neighbors,

We really did get a taste of winter this year. While our friends and family in the north and west were dealing with snow, ice, and single digit temperatures, we experienced a few overnight freezes ourselves. This will go down in history as the year it was cold for a few days!

I'd like to take this opportunity to welcome our new neighbors and hope to see you at an HOA meeting soon.

As most of you know by now, Linda Downs and Pat Slesinsky were returned to their board positions in the December election. We also welcome Tom Dempsey and Lisa Weingarten as new board members.

Our assessment payments to the Recreation Association began in January, and the Association has already collected about one-third of the total renovation costs. We look forward to receiving progress reports from our Recreation Association representative, Howard Appel, along with new representatives Andy Presser and Ed Clemon. Thank you for stepping up and volunteering.

We have several upcoming projects in the community and are currently obtaining bids for new north and south entry signs. These will provide a fresh new look to welcome residents and visitors alike. We will keep you posted on additional projects as plans move forward.

As spring approaches, I would like to wish everyone happy spring holidays to those who celebrate. And for all of us, spring brings a season of renewal for plants, birds, wildlife, and ourselves as well!

**Ben D'Errico, President**

**Next Pool Party Saturday, April 18th**



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## The Write Stuff

by  
Frank A. Lingua



# SPRING

Language is something we take for granted, yet it is one of the fundamental factors that defines us as humans. Every community of humans on earth has a language that allows its people to communicate with one another. No language is inherently better than any other, but the English language is particularly rich, because it draws from an ancestry both wide and long.

Most linguists agree that English can be traced back to around 4500 years ago as “Indo-European,” a language spoken (not written) by nomadic tribes in Central Europe and Western Asia. As they spread west into the heart of Europe and south toward the Mediterranean, their language added new words from each of these regions. As travelers and traders came into contact with Greeks, Romans, Phoenicians, Hittites, Goths, Celts, etc., English added new words, pronunciations changed, and new forms of grammar developed.

Once called “Lent,” “Spring takes its name from the new life that “springs” up all around.

You are reading the Spring edition of The Grapevine, so let’s look at how the name of that season evolved. Before our modern usage, a number of languages expressed the idea of plants and flowers springing or bursting forth from the earth. The Vikings spoke Old Norse, and they would have used the word “springa,” meaning “to burst.” In Middle Dutch (around the year 1200), the word was “springhen.” In Old English, spoken before the Norman Conquest in 1066, the word was “Lencten” (Lent). Later, in the 14th century, “Springing Time” became a popular phrase to describe the season, from which we now get the simple term “Spring.”

In future columns, we will discuss more etymology...the study of where words come from; usage...which words to choose to communicate effectively; and grammar...the dreaded subject in high school which tells us where to place that comma.

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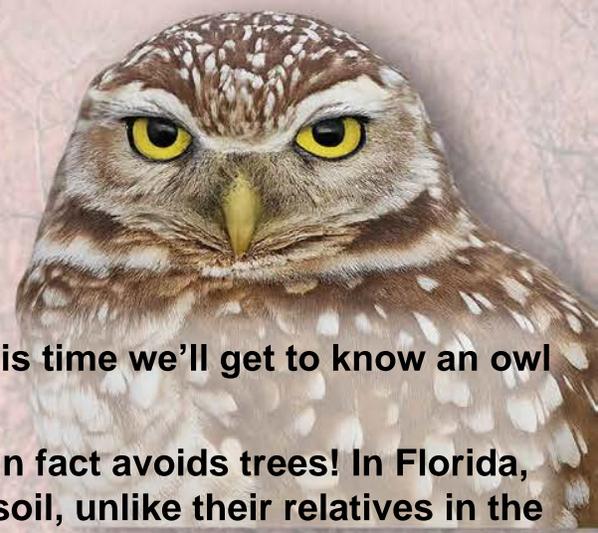
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# BURROWING OWLS

by Holly Krahe



My last column was about birds that depend on trees - this time we'll get to know an owl species in our area that thrives without trees.

The Burrowing Owl (*Athene cunicularia*) in fact avoids trees! In Florida, they dig their own burrows in our sandy soil, unlike their relatives in the west that commonly use pre-dug prairie dog burrows. The burrows are 4-8 feet in length and usually have a visible top skirting of sand. Burrows provide shelter from heat and a safe place to nest and raise their broods. The owls are found here on airport and golf course lawns, where there are few trees that hold birds of prey. Wooden or PVC perches are often installed at known burrows, which are usually roped off to discourage interference. They are a state-designated threatened species protected by law, which makes it illegal to harass, disturb, or destroy their burrows, eggs, or nests.



These tiny owls (only 5 ounces) are very tolerant of humans, even living in school playgrounds and sports arenas. Florida Atlantic University in Boca Raton has always housed them and even designated them the school mascot. Unfortunately, development of the campus has destroyed much of their historical habitat.

During my graduate work at FAU, I monitored and documented the owl population and quickly learned how they relate to human spies. When feeling threatened, they raise the feathers on their faces to create a white mask and make sounds like a rattlesnake. They also frantically jerk their bodies up and down, making a clear signal to back off!

Although these owls normally have bright yellow eyes, there is a recessive gene that can produce brown, dark or even sparkly eyes! Populations on the west coast and Marco Island have these different eyes more frequently, but it is seen here in Boca, too.



Burrowing owls can be found in parks (Vista View and Brian Piccolo in Broward) and in active agricultural fields locally. Farmers usually welcome them, as they regulate rodent activity.

Natural burrows are vulnerable to collapse, flooding, and human vandalism. To aid in maintaining a healthy population, Project Perch was created to provide man-made burrows that are less likely to be destroyed.

Burrowing owls have been spotted in residential areas of Boynton Beach too! They are active during the day and spend a lot of time standing outside or above their burrow – so you may be lucky enough to spot one guarding its home or perched on a fence.



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# THE ARB NEWS FROM LINDA DOWNS

**Welcome New Neighbors...Jacob Pecarsky & Carla Parks,  
and Mitchell Berman & Maria Bagi**

Congratulations to our neighbors! All of our homes now have new mailboxes. Thank you for your cooperation in completing this community update. Just a reminder that any work done to the exterior of your home requires prior approval from our Architectural Review Board (ARB). This includes roof replacements, exterior house paint, and driveway paint choices. ARB applications are available in the Pool House and on our website. Thank you for helping keep our community looking its best!

## Sink Hole Update from Howard Appel

An investigation determined that Palm Beach County Public Works is responsible for the repair and maintenance of the stormwater drainage system involved in the sinkhole on Via Vesta. After contacting the County, crews responded by wrapping and sealing the section of pipe beneath the sinkhole, replacing the soil, and regrading the lawn. These actions resolved the immediate concern; however, longer-term repairs to the deteriorating pipe will need to be evaluated and addressed within the next few months.

## POOL UPDATES BY BEN D'ERRICO

We had a wonderful turnout at our holiday party, complete with great tunes by Slappy and plenty of holiday cheer from everyone who attended. Thank you to our volunteers who shopped, set up, cooked, and cleaned up. You truly make these events special. We're already looking ahead to our next gathering on April 18th. Our pool is in excellent running order, and we're very pleased with our new pool maintenance company, Living Water. Special thanks to Bill Margillo, who is always willing to step in to care for our lawns and sprinklers and keep the pool area looking pristine.



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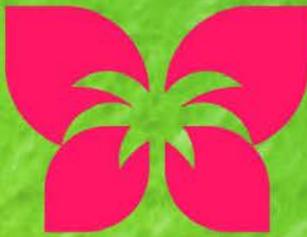
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# The Local Scene

with Ed Wetschler



**Mounts  
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of Palm Beach County

## The Ed Sullivan Show of Gardens

More info: <https://www.mounts.org/>

**“Why’d they put Mounts Botanical Garden so close to the West Palm Beach Airport?” I asked. An employee’s answer: “They didn’t! The garden was here first.”**

Starting in the mid-1920s Martin Mounts, PBC’s Cooperative Extension Director, used this land to test and demonstrate fruit trees that would work for local farmers. In 1954 the county turned the plot into a public garden that was then divided into 24 sections, each with a distinct focus—e.g. begonias, butterflies, native plants, edibles, shade loving plants, etc. Consequently, there’s something for everyone. This is the Ed Sullivan Show of gardens.

Today Mounts’ 20 acres include a parking lot and buildings, so the entirety is small enough to be explored without much walking. The paths, mostly paved and accessible, meander amid various settings, plant groupings, a lake with koi, and even statuary like a silently roaring hippo.



**Could it be better?**

**Yes!**

**Mounts needs a cafe,  
more guided tours, and  
labels on more plants.  
They’re all on the way,  
too, but that will take  
time. Meanwhile...**



- Use Chrome or Google Photos on your cellphone to identify plants.
- Visit on a cloudy day, because that’s when it’s easier to photograph flowers.
- Buy some plants at the nursery. They’ve been nurtured by pros, so they’re gorgeous and healthy.

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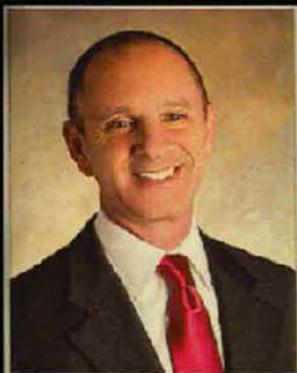
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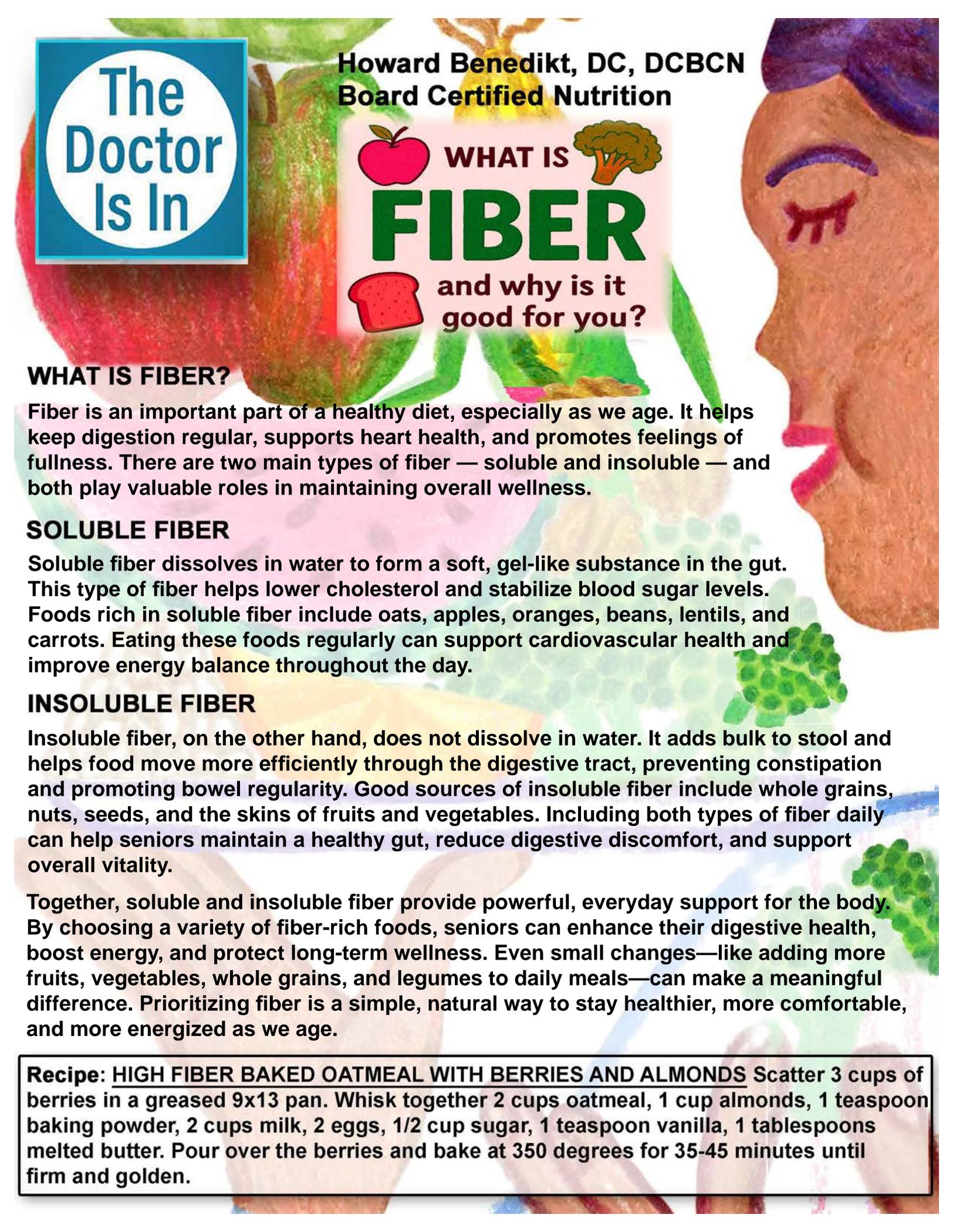


## Howard Appel

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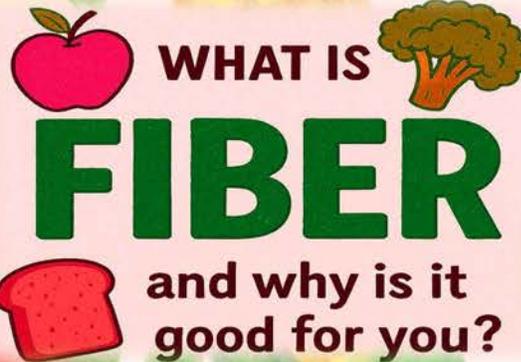
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# The Doctor Is In

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## WHAT IS **FIBER** and why is it good for you?

### WHAT IS FIBER?

Fiber is an important part of a healthy diet, especially as we age. It helps keep digestion regular, supports heart health, and promotes feelings of fullness. There are two main types of fiber — soluble and insoluble — and both play valuable roles in maintaining overall wellness.

### SOLUBLE FIBER

Soluble fiber dissolves in water to form a soft, gel-like substance in the gut. This type of fiber helps lower cholesterol and stabilize blood sugar levels. Foods rich in soluble fiber include oats, apples, oranges, beans, lentils, and carrots. Eating these foods regularly can support cardiovascular health and improve energy balance throughout the day.

### INSOLUBLE FIBER

Insoluble fiber, on the other hand, does not dissolve in water. It adds bulk to stool and helps food move more efficiently through the digestive tract, preventing constipation and promoting bowel regularity. Good sources of insoluble fiber include whole grains, nuts, seeds, and the skins of fruits and vegetables. Including both types of fiber daily can help seniors maintain a healthy gut, reduce digestive discomfort, and support overall vitality.

Together, soluble and insoluble fiber provide powerful, everyday support for the body. By choosing a variety of fiber-rich foods, seniors can enhance their digestive health, boost energy, and protect long-term wellness. Even small changes—like adding more fruits, vegetables, whole grains, and legumes to daily meals—can make a meaningful difference. Prioritizing fiber is a simple, natural way to stay healthier, more comfortable, and more energized as we age.

**Recipe:** HIGH FIBER BAKED OATMEAL WITH BERRIES AND ALMONDS Scatter 3 cups of berries in a greased 9x13 pan. Whisk together 2 cups oatmeal, 1 cup almonds, 1 teaspoon baking powder, 2 cups milk, 2 eggs, 1/2 cup sugar, 1 teaspoon vanilla, 1 tablespoons melted butter. Pour over the berries and bake at 350 degrees for 35-45 minutes until firm and golden.

# Howard Appel

*Howard Appel's professional career was as a Residential-Commercial NJ Licensed Electrician*



## the tankless hot water heater



The last issue of The Grapevine discussed the standard storage tank type water heater. The tankless water heater, also known as on-demand or instantaneous water heater doesn't store hot water, but creates hot water as the water flows through the unit. The water is heated by high capacity electric elements, but may be heated by fossil fuel heating assemblies.

The storage type hot water heater used in typical residences has a storage capacity of 30 to 50 gallons. In times of large hot water demand these hot water tanks can run out of hot water as the water in the tank is replaced by incoming cold water.

Properly sized tankless water heaters can produce a continuous supply of hot water. The second major advantage of tankless water heaters is size. The storage type water heater requires a lot of space. A tankless water heater is mounted on the wall and uses much less space. The third major advantage of tankless water heaters is energy usage. The tankless water heater avoids standby heat loss since hot water is only generated when the faucet is turned on. The storage type water heater tanks are always being heated on standby. The energy savings depend on water usage. If your home uses less than 40 gallons of hot water daily, the tankless water heater can be 25% to 35% more efficient. The efficiency drops significantly to 8%-15% as the daily water usage approaches 85 gallon per day (GPD).

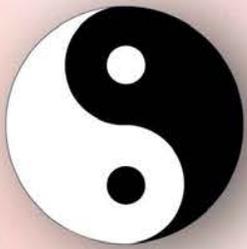
### **There are several other factors to be considered in choosing a tankless water heater.**

**Costs** - Tankless water heaters are pricier, up to twice the price of a storage tank water heater. They also require more expensive installation costs due to large capacity electrical service to meet heating demands. These costs may be offset by the increased efficiency and longer lifetime of the tankless water heater.

**Heating Capacity** - Heating is dependent on incoming water temperature. This is not a problem in Florida, but may require units 30% to 50% larger in cold weather climates. The colder the groundwater gets, the less hot water can be produced for a given GPM (gallons per minute) flow rate.

**Incidental Changes** - As noted, the slower the flow rate, the more the water can be heated. In order to minimize the size of the tankless water heater, the flow rate of water through the tankless heater must be reduced. Therefore it is recommended that flow restrictors of no more than 2.2 GPM be installed on all plumbing fixtures.

**Now you know the pros and cons of this type of hot water heater.  
The decision is up to you.**



# YIN & YANG

by Carol Loftus

## This month's classes are the original Odd Couple, or are they?

On the second and third Wednesday of every month, Palm Beach County and Delray Villas Recreation offer a FREE Zumba class at the Rec Center, led by Rosa at 9am.

Doing simple steps to music with an infectious beat, everything from girl groups to disco, and modern Latin—this is fun, not exercise!

So, c'mon join us! Palm Beach County funds programs like these based on community participation.

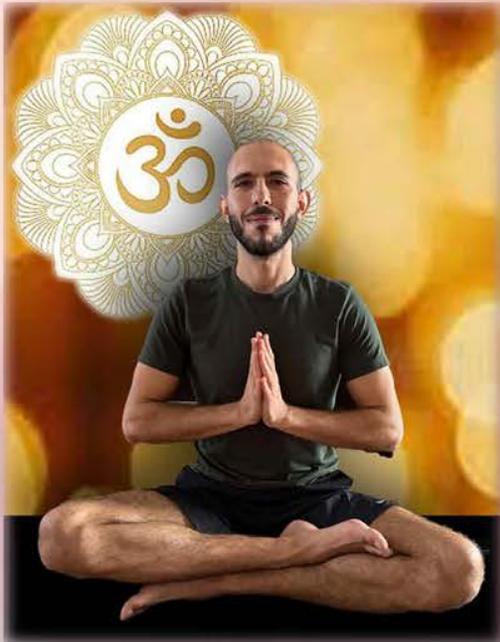
## Zumba with Rosa



## Yoga with Mo

On the flip side, we have Gentle Yoga at the same Rec Center at 10am on Saturday mornings for \$8. Led by Mo, we collect our thoughts and energy into stretching and balancing poses that flow from one to the next. If you've taken the yoga class at the art museum, Mo's class has a similar sensibility, but is more movement-oriented than meditative.

Don't forget your mat!



You don't have to pick and choose—you can have it all (exercise-wise)! Remember, variety is the spice of life... vary your diet, mix up your workouts!



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- Small unfinished 7"x5.5" wood tray (Dollar Store)
- Sandpaper
- 1 quart can of Kilz 2 primer (Walmart)
- Red, white, light green, bright green and black craft paints, plus a medium, a thin, and an ultra thin brush
- Mod Podge (Walmart or craft store)
- Green felt and craft glue



Start by sanding all rough edges on the tray and apply a coat of Kilz 2 primer.



Paint inside portion red, all rims white (for the melon "rind"), and the outer sides light green—at least 2 coats apiece—making sure each is dry before painting the next section so colors won't run together.



When the red dries, use ultra thin brush to lightly add an oval of black "seeds" towards the center.



When the light green background color dries, use the thin brush to paint darker green squiggles-free hand—for the melon "skin."

Coat all thoroughly dry painted surfaces with a Mod Podge finish.

As a final touch, cut green felt to size and glue to the bottom of your tray.

### Had fun? All done!

Note: The paints, brushes, Mod Podge, felt and glue are at any craft store or Walmart. Amazon carries similar items but may turn out to be more expensive.



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# Poet's Corner by Messina Mueller

## Eyes are Smiling

May you be more enlightened and aware than you were yesterday  
Yearn to discover and delight with renewed morning joy what today can bring  
May you feel and be love while designing your many tomorrows



## Grandma Lila's Bread Pudding

I enjoyed as a little girl growing up in North Dakota...*Messina Mueller*

Preheat oven to 350° and oil a baking dish

6 cups cubed bread  
2 eggs beaten  
2 cups milk  
1/4 c white sugar  
1/3 c brown sugar  
1 tsp cinnamon  
1/2 tsp ginger  
1 tsp orange extract  
1/2 stick melted butter  
3/4 c Craisins

Dump bread cubes in pan. Beat eggs, milk, sugar, spices, extract, melted butter, and Craisins. Pour over bread and toss to coat the bread cubes. Bake for 45-50 minutes and let cool.

Glaze: 1 stick butter, 3/4 cup brown sugar, 2 tbs caramel or vanilla non-dairy coffee creamer. Bring all ingredients to a boil, stirring frequently. Remove from heat and drizzle over cooled bread pudding.

This is even better the next day! Store in the refrigerator.

MARCH

Cindy Lou Butler  
Nancy Spano  
Keith Bally  
Elba Quinones  
Joan Bernard  
Messy Mueller  
David Heisler  
George Dinuzzo  
Irene Kronen  
Lloyd Pettis

Luz Gomez  
Mary Ellen Benedikt  
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Kathleen Monterose  
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Vice President	Linda Downs (2026)	516 312-1131	ldcrna51@gmail.com
Treasurer	Howard Appel (2027)	201 926-1060	howappe@aol.com
Communications	Pat Slesinski (2028)	845 551-4917	pslesin@gmail.com
Communications	Lisa Weingarten (2028)	516 889-1105	lisa.weingarten@gmail.com
Lakes	Tom Dempsey (2028)	847 338-5725	tomdemp@aol.com
Lawns & Landscaping	Bill Margillo (2026)	845 238-4317	conccettag51@yahoo.com
Volunteers:			
Interviews	Reynold Pratt	561 499-3954	rpratt@comcast.net
Representative to the Rec Association:	Andy Presser	917 374-6649	apresser61@gmail.com
	Ed Clemon	561 496-0861	eclomon755@aol.com
	Howard Appel	201 926-1060	howappe@aol.com
Webmaster/Grapevine Editor	Lisa Weingarten	516 889-1105	dvplat2@gmail.com

**PLEASE KEEP THIS PAGE HANDY IN THE EVENT THAT YOU NEED TO CALL A BOARD MEMBER (MONDAY-FRIDAY, 10 AM-5 PM)**

## Our Plat 2 Architectural Review Board (ARB)

Linda Downs 516 312-1131....Theodora Karvounis 203 559-0417....Gail Brown 369-5560  
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# HOA MEETINGS 2026

<b>January 8th</b>	<b>May 14th</b>	<b>September 10th</b>
<b>February 12th</b>	<b>June 11th</b>	<b>October 8th</b>
<b>March 12th</b>	<b>July 9th</b>	<b>November 12th</b>
<b>April 9th</b>	<b>August 13th</b>	<b>December 10th</b>

Meetings are in "B" Building at the Recreation Center at 7 PM  
A special meeting is held at the last meeting of the year to elect new Board members



# Welcome Spring

I would like to take this opportunity to thank our talented writers Howard Benedikt, Ed Wetschler, Carol Loftus, Howard Appel, Holly Krahe, Wendy Karger, Messy Mueller, and our newest contributor, Frank A. Lingua, who provide articles for each issue of The Grapevine. Coming up with fresh ideas and crafting engaging stories is no small task, and we should all appreciate the time, creativity, and effort they dedicate to making our newsletter such a pleasure to read. Of course, The Grapevine would not be possible without our wonderful advertisers, whose support allows the newsletter to be printed. And finally, it would go nowhere, quite literally, without our faithful delivery staff. Thank you all for helping keep our community informed and connected.

-Lisa Weingarten

## THE GRAPEVINE STAFF

*Lisa Weingarten, Editor & Webmaster*

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*Wendy Karger*

*Ben D'Errico*

*Dr. Howard Benedikt*

*Holly Krahe*

*Howard Appel*

*Messina Mueller*

*Ed Wetschler*

*Frank A. Lingua*

*Carol Loftus*

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*John Tanturri*

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