

The Grapevine Autumn 2026 Edition 368

Greetings from the President

Welcome back to all of our neighbors who spent the summer away. While the Florida temperatures have certainly been toasty, we've been fortunate to enjoy our beautiful pool, which has remained in excellent condition throughout the season.

I would like to share some of the projects we've completed these last few months. We repaired and replaced the jockey pump and trunk piping for our sprinkler system. A beautiful new water cooler with a convenient bottle-filling station has been installed near the barbecue area on the pool deck. The pool's chemical pump has been replaced. The aerator in Lake 2 has been replaced to improve water quality and create a healthier environment for our fish and wildlife. It was a pleasure working with a dedicated team of volunteers from within our own community. Our time, talents, and hard work have saved Plat 2 homeowners a tremendous amount of money. To everyone who volunteered, thank you for your commitment to making our community an even better place to live.

Our new entryway signs have been installed and offer a clear and attractive welcome to Plat 2.

As many of you know, we have partnered with TenantEvaluation to process all buyer and renter applications. The application portal can be found on our website at www.delrayvillasplat2.com. If you have an adult child, family member, or caregiver who will be staying with you for an extended period, please complete and submit the Add an Occupant form. Keeping this information current helps us maintain accurate community records and compliance with our 55+ status.

Serving as your Plat 2 President is both an honor and a privilege. I sincerely appreciate the confidence and trust you have placed in me, and I remain committed to working alongside our Board and volunteers to keep Plat 2 a community we are all proud to call home.



Warm regards,
Ben D'Errico, President

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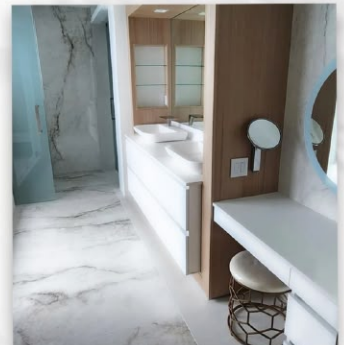
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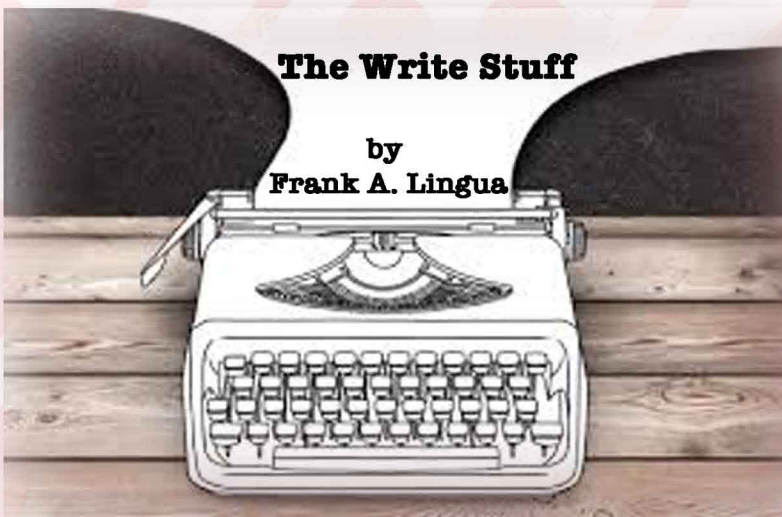


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APOSTROPHES OR APOSTROPHES' ?

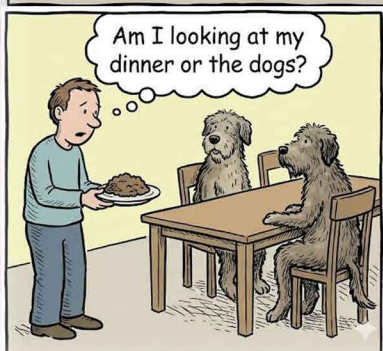


It's time to talk about the apostrophe, which was my teachers favorite subject, so lets get started. Did you notice anything odd about the previous sentence?

In spoken English, there's nothing wrong at all, but in written English, you immediately see that there are three missing apostrophes (at least I hope you do).

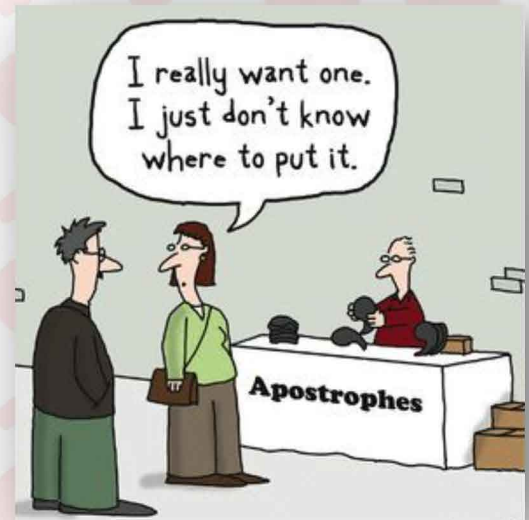
Apostrophes, which entered English in the 16th century, play two important roles in written English. First, they replace omitted letters when we form contractions. The first phrase of this column should have read "It's (it is) time to talk about the apostrophe." The last phrase in that sentence should have read "so let's (let us) get started." Another important role of the apostrophe is to indicate possession. The second phrase at the top of this column should have read "my teacher's favorite subject," because the favorite subject belongs to my teacher.

It all seems so easy until you see the common errors people make when using the mighty apostrophe. Consider the sentence "The judges decision is final." With no apostrophe, we wonder how many judges were in the courtroom. Drive down Military Trail and look for the signs reading "Delicious Pizza's" or "Tatoo's Done While You Wait." Who is Tatoo, and



what are they doing to him?. What about the national Victoria's Secret campaign that read "You've never seen body's like this." Go to the produce section of your supermarket and look for the sign "Banana's \$1.00." And then there's the sign company whose sign reads "Professional Sign's & Lettering." A local restaurant has a sign indicating the "Ladie's Room." Who is this woman named "Ladie" who owns this room? Right next door is the "Mens Room." The word "mens" doesn't even exist because the plural of man is men, so a room belonging solely to men is the "Men's Room."

In future columns, we'll go over the rules for using apostrophes, but for now, when writing a word you think requires an apostrophe ask yourself, "What role does this word play in the sentence?" Your writing will be clearer, and it might save you some embarrassment.



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Welcome New Neighbors!

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Stephen Goggin.....Kenneth Gomberg.....Daniel & Juddy Henry

arb news

By Linda Downs

Our community looks good despite the intense heat. Plants and bushes (and weeds) are growing quickly!

General inspections will begin mid September, so take a look around and trim those bushes. Clean up anything that has piled up outside, power wash driveways and/or outside walls that have gotten dirty. As we get into the fall season it will be good to get outside again to spruce up our homes.

pool news

By Ben d'Errico

Our pool has been an oasis from the summer heat. Plat 2 neighbors enjoyed a refreshing dip and made good use of the long days by taking an early evening swim. We now have a really *cool* new amenity. A water-cooler that dispenses chilled filtered water from either a drinking fountain or bottle filler. Thank you to Bill Margillo, who is always willing to lend a hand and helped install the fountain with me.

What a team!

For our health and safety, a new chemical pump has been installed. Our lighting has been repaired and updated... just to see things in a better light!



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Emergency Contact Information

Your HOA Board is collecting emergency contact information for residents. Any information you choose to provide will remain completely confidential, accessible only to Board members, and securely stored in a locked section of our website. Providing this information is entirely optional, but it can offer added safety and peace of mind should an emergency arise.

Please return the attached form as soon as possible.

Delray Villas Plat 2 Residents Emergency Contact Information

Email completed form to: dvplat2@gmail.com

Return by mail: Delray Villas Plat 2 HOA, 13290 Via Vulcanus, Delray Beach, FL 33484

Resident Name: _____

Address: _____

Phone Number: _____

Email Address: _____

Emergency Contact #1

Name: _____

Relationship: _____

Address: _____

Phone Number: _____

Email Address: _____

Emergency Contact #2

Name: _____

Relationship: _____

Address: _____

Phone Number: _____

Email Address: _____

You may provide a third contact on the back of this form if you wish.

Is there a pet in the house?

☐ Yes ☐ No

Authorization: I understand that this information will be used solely for emergency purposes by the Delray Villas Plat 2 HOA Board.

Resident Signature: _____

Date: _____

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Howard Appel

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



To EV or not to EV that is the question

Let's consider how to charge your vehicle when you are on the road. This is not as convenient as pulling into a gas station. While most hotels and some public places now offer Level 2 chargers, they are not faster than those at home. Therefore, these are best for overnight stays or topping off while stopping.



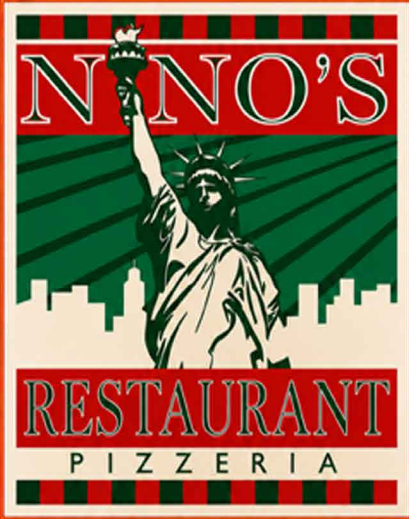
DC fast chargers (commonly known as Level 3 chargers) can typically add up to 7 miles of range per minute and provide a full charge in under an hour. Therefore long-distance drivers will definitely choose this option. These chargers are commonly available in some areas but not others, so trips must be carefully planned.

Let's consider the configuration of the charging plug. There are four configurations. The Tesla connector is currently the most prevalent at charging stations. There is a program to move toward the NACS (Tesla) configuration, and most EVs sold today will be able to use this type. There are adapters available for other vehicle models using different configurations. Make sure you use a factory-authorized adapter or you may void your vehicle warranty.

On a long drive, the car's software calculates where you should charge, and whether you'll make it comfortably to the next stop. It predicts battery use based on speed, outside temperature, wind, rain, traffic, using AC or heat, and vehicle weight. Routing chooses fast chargers strategically and prefers more frequent short charges to one giant charge to 100%. The car will precondition the battery to an ideal temperature so charging will be much faster. The route planner can see if chargers are occupied, broken, slow, busy or offline. There are also phone apps available help you extend your planning.

One funny thing about long EV trips: after people get used to them, many say the built-in charging breaks make road trips less exhausting because the software naturally forces short rest stops every couple of hours instead of one marathon drive!

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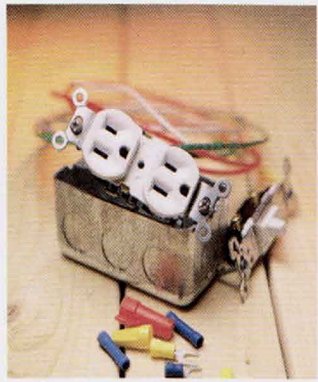
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MAGNESIUM:

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Magnesium is one of the most important minerals for healthy aging, yet many older adults do not consume enough through diet alone. As we age, magnesium absorption may decline, while certain medications—such as diuretics, proton pump inhibitors (acid-reducing medications), and some diabetes medications—can further reduce magnesium levels. Low magnesium has been associated with **muscle cramps, fatigue, poor sleep, constipation, irregular heart rhythms, and reduced bone health.**

DIFFERENT FORMS OF MAGNESIUM, DIFFERENT BENEFITS



Magnesium glycinate is well absorbed and is an excellent choice for promoting relaxation, sleep, and muscle health, while being gentle on the stomach.



Magnesium citrate is also well absorbed and may help relieve occasional constipation.



Magnesium malate may support energy production and muscle function, making it a good option for individuals with fatigue.



Magnesium L-threonate has been studied for its ability to enter the brain and may support memory and cognitive function.



Before starting a magnesium supplement, older adults should **discuss it with their healthcare provider**, especially if they have kidney disease or take prescription medications. Choosing the right form of magnesium can provide important support for healthy aging and overall well-being.

WHY MAGNESIUM MATTERS

Magnesium supports over **300 enzyme systems** in the body and plays a key role in:



Muscle relaxation and function



Normal nerve function



Blood sugar regulation



Healthy blood pressure



Energy production



Strong bones and overall health



Magnesium may also **promote better sleep quality** and help reduce occasional muscle tension.

MAGNESIUM-RICH FOODS

While supplements can be helpful, obtaining magnesium from food should remain a daily goal.

Excellent dietary sources include:

- Dark leafy greens such as spinach and Swiss chard
- Pumpkin seeds, almonds, cashews, peanuts
- Black beans, lentils, edamame
- Avocado
- Whole grains
- Dark chocolate (70% cocoa or higher)
- Fatty fish, such as salmon and mackerel



Eating a variety of these nutrient-dense foods can help support healthy magnesium levels while also supplying fiber, antioxidants, healthy fats, and other vitamins and minerals that promote **heart, brain, muscle, and bone health.**

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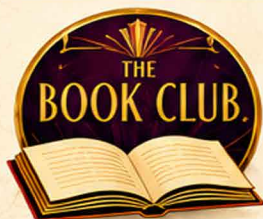
DELRAY VILLAS THIS FALL

At The
Rec Center

by Carol Loftus

HOW TO BE SOCIALLY BUFF

We read about the importance of social interaction on health and quality of life, but how do we get there? Just like everything else in life, start small. Say hi, smile, and meet your neighbors. Then you can raise the bar--- take an exercise class at the pool, Rec Center, or gym. Now you're ready to sit down with other people.



How about starting with the Book Club? They meet once a month, you can choose which book/month combination suits you. Some gentle reading alternating with discussion of the book. Who knows, you could have a good time!

1 PM, Ceramics Room. Call Elaine Guanci 770 630-7367

- ❖ On September 14, the Club will be discussing *The Book Club for Troublesome Women* by Marie Bostwick.
- ❖ October 5th's book will be *The Correspondent* by Virginia Evans.
- ❖ On November 2nd it's *The Bird Hotel* by Joyce Maynard.
- ❖ And the last book of the year, on December 7th, will be *The Martha's Vineyard Beach and Book Club* by Martha Hall Kelly.



You've heard of Chair Yoga and Chair Tai Chi? How about trying a little Musical Chairs?

You may not be able to stay in your seat for *Don't Stop the Music* with Jimmy 'n Pamela on September 7th.



This event is an advanced social exercise...*Family Feud* on September 19th. But if you grew up with a brother or sister, you should ace this one!

ON THE CALENDAR



AH, HALLOWEEN!

My dentist would love to come to this event with "Sweet Emotions." On Halloween, of course, haha!

If you can't decide which costume to wear, save one of them for...



MURDER MYSTERY SHOW FOR WHITE NIGHT

On November 14th.



QUICK, QUICK, BACK TO YOUR MUSICAL CHAIR

for Gary Wayne singing on November 21st,



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where did the year go?

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Moreover, I've only mentioned shows in October and November – and these aren't even half the offerings in those months. There are other reasons, too, to make the Playhouse your playhouse:

Quality: Although many of the performers in DBP's musicals aren't professionals, the casting director has such a good eye for talent that you would think they're all Broadway pros. The result? Knock-your-socks-off productions. As for the concert performances, the Carly Simon tribute features award-winning Marnie Klar, whom critics have praised for her "emotional depth, vocal power, and gift for...unforgettable theatrical experiences." And she's typical of the road-show performers there.

Scheduling: Most presentations start at 7:30 and 9:30 P.M., and some have 2 p.m. matinees, but here's a rarity: DBP also offers noon "Lunchbox" performances (\$59) that include lunch.

Parking: It's free, and there's plenty of it. Really.
My Tip: Come early, sit on one of the patio benches overlooking Lake Ida, and enjoy the view.

Visit <https://delraybeachplayhouse.com/> .



Happy Birthday!



SEPTEMBER

Athena Psitos, Fredric Sternberg, Randi Elias,
Michael Kaufman, Monica Harder, Norman Meyer, Ben D'Errico,
Edward Lopez, Diana Lucenti, Catherine Patti, Donna Duffin

OCTOBER

Barbara Curewitz, Richard Gelin, John Tanturri, Robert Reed,
Steven Heisler, Arlene Nudelman, Gina Lopes, Dorothy Bodt,
Justin Hinson, Mitchell Green, Cheryl Gelin, Angelo Demino,
Jeffrey Ayum, Moshe Sinai, Sonnia Barona, Neil Quinter,
Tammy Braunstein, Donna Pettis, Mitzi Ellis, Ken Brown,
Elliot King

NOVEMBER

Elizabeth Rhyne, Ed Wetschler, Edgardo Ruiz,
Denise Henry, Fred Kelsey, Richard Newton, Ed Hogg,
Tashann Grant, Holly Krahe, Bella Dounias,
John Dempsey, Roger Ellis, Fran Appel

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(owner operator)

There's FUNGUS *among us!*

The colorful fruiting bodies we call mushrooms are only a small part of the amazing life cycle of fungi. We see them pop up a few days after rain, usually in our mulch or flowerpots (and sometimes doormats!). We are familiar with the mushrooms we get at the grocery store, but there's so much more to explore!

Fungi persist long after the mushroom is gone – in the mycelium, a network of invisible threads hidden from view. The largest fungus known (and largest organism in the world) is a honey mushroom covering 2400 acres in the Malheur National Forest of Oregon!

You might be surprised to know that fungi are more closely related to humans than plants! They do not use photosynthesis to make their own food, like plants. They break down organic compounds in their environment using potent enzymes, like animals. This is why we so often see them on rotting wood (like our mulch) and is how they create fertile soil from detritus.

The magic is in the mycelium!

Fungi are nature's digestive system – unlocking the nutrients in wood and garden waste to provide food for themselves and other organisms.

They are also effective recyclers and can degrade many pollutants in soil or water, including petroleum/diesel, pesticides, PCBs, heavy metals, and pharmaceuticals.

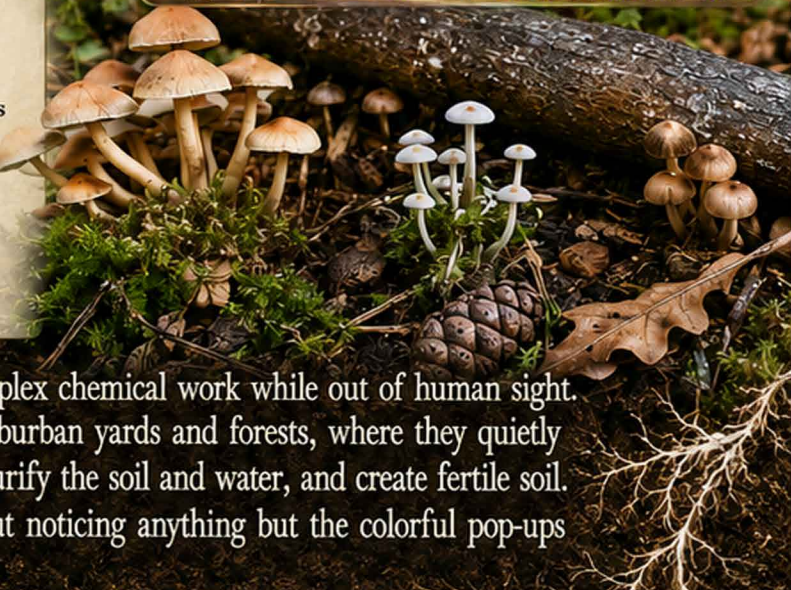
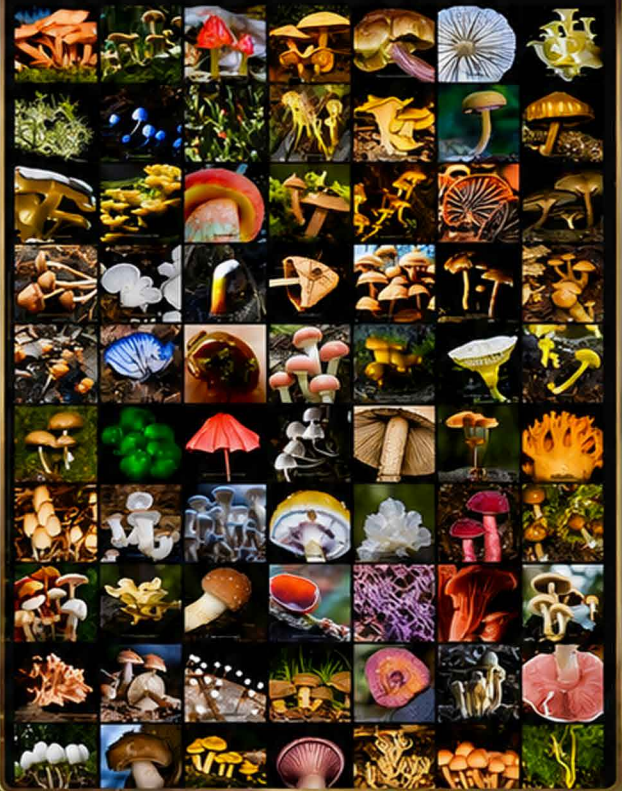
Current research indicates that some fungi can actually degrade plastics – something we haven't been able to accomplish!

Fungi also partner with plants to create vast biological networks sometimes called the "wood-wide web." They allow sharing of water, nutrients and possibly chemical messaging between all the organisms in the environment.

Fungi have provided us with valuable medicines such as penicillin/cephalosporin antibiotics, statins, immunosuppressive drugs, and anti-cancer compounds.

Fungi are magicians of nature, performing complex chemical work while out of human sight. Nature has hidden living networks under our suburban yards and forests, where they quietly and invisibly recycle waste, feed the landscape, purify the soil and water, and create fertile soil. Most of us walk right over this miracle, without noticing anything but the colorful pop-ups in our gardens.

Mushrooms of Florida



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In Memory

Ann Willig, a remarkable woman whose life was a testament to boundless curiosity and fearless exploration, passed away recently at the age of 92 in her home in Delray Beach. An adventurer, at 82 years old, she drove a camper solo to Alaska. She was a kayaker, and advocate for preserving the Everglades and its wildlife. She devoted her life to art, music, writing, and her skills extended themselves to home renovation. Ann continued her higher education into her 80's and during her life earned three master's degrees and a PhD. Using her skills in education and being bi-lingual, she developed and implemented a program for teaching ESL in Dallas, Texas. Ann Willig leaves behind a profound legacy. Her extraordinary journey, filled with adventure, advocacy, and dedication to her loved ones, will forever serve as an inspiration to us all.



Miriam Castro, *"A woman of fierce soul, unyielding faith, and enduring grace,"* recently passed away at age 74. Born in Cuba, Miriam was brought to the United States in 1962 as part of Operation Pedro Pan, an organization that she remained dedicated to.



Driven by a profound sense of purpose, and often plain old hard-headedness,

Miriam dedicated her professional career to serving as an Immigration Officer, protecting and guiding others with integrity, duty, and deep personal understanding. Above all, Miriam was a woman of devout, unwavering faith, and a desire to dance to great salsa. Her relationship with God and her Hispanic heritage was the anchor of her existence, providing the foundation for her fierce, protective love for her culture, faith, and family. Miriam's strength, warmth, and legacy live on through her surviving heirs, Ben Calero and Javier Armas, as well as the countless lives she touched through her faith and service.

Poet's Corner CP Connie

Birds Watch

Some may not find it much of a thrill,
To wake up in the morning to find a Rosy Spoonbill,
And then a flock of soaring woodstorks fanned out in the sky,
Let me tell you something, that really caught my eye.
And suddenly the canal bank was lined with
herons and egrets and cormorants,
And just my luck a mother duck, softly making her way,
on a sunny day, with young ones in tow.
Now to complete this wonder of nature sight,
I see this cute furry bunny, nibbling to his delight,
what a sight! This day is all right !!



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HOA MEETINGS 2026

January 8th

February 12th

March 12th

April 9th

May 14th

June 11th

July 9th

August 13th

September 10th

October 8th

November 12th

December 10th



MEETINGS ARE HELD IN BUILDING B AT THE RECREATION CENTER • 7:00 PM

— The December meeting includes the annual election of Board members. —



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