

Plaza de Flores Newsletter

May 2016

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CAM: Steve Wisniewski Hours: Mon-Thur 9AM-5PM Friday 8AM-4PM

Plaza Fitness Class

Sel Rom has volunteered his time and expertise to be the instructor in a one hour fitness class that runs from 2:00 to 3:00 pm on Mondays and Wednesdays in the Clubhouse. He has been doing this for several months. Below are some pictures taken in March. The class includes warm-up and stretching followed by some light weight training and also elements of Tai Chi. The class finishes with sitting on chairs (there are no floor exercises) to do leg exercises like the scissors and bicycling – these are tough. Sel (as in Selwyn) is a certified instructor and teaches several classes at the Potter Park Y. He is particularly knowledgeable on anatomy and stresses not to overdo any exercise that is too much for individuals. There is a good range of ages and all residents of Plaza are invited to join in. The Clubhouse may not be large enough if the class expands too much. A big thank you from the class and the Board to Sel. His wife Karen is recovering from some medical issues, and making good progress.



Sel Rom – from South Africa!



Stretching to start with

Plaza Fitness cont...



There are new Plaza weights



Building up those arms and shoulders



Alternating and Scissors leg exercises

Future Board Meetings

Board meetings are held in the clubhouse from 7-8pm. The future dates are as follows: May 17; June 21; September 20; October 18; November 15

International Evening



The Social Committee organized a very successful evening on the 12th March in the Clubhouse. The photos give you a good idea of the event – which was standing room only. Among the highlights were a Ukrainian dance in full authentic folk costume by Nadia, who used to be a Board member. Also a painting done by Terry was won by Angela in the raffle draw. The food was outstanding and had truly ethnic specialities from all over the world. Thank you to everyone who came, who cooked and special thanks to all the Organizing Committee.

Adriana, Phillith, Elise, Carmela are on the left.



Nadia Bruno, Carol and Zen

Zen and Nadia



International Evening cont...

Terry and her donated painting – Thank you.



Terry and Angela – the winner

Friday Social

The Social Committee has been very active and recently started a new Social Party from 4:00 pm to 6:00 pm on Fridays. The first one was held on 18th March and was well attended. Residents were asked to bring a glass, something to put in it and a snack! The snacks included crackers and cheese, turkey rolls and strawberries to mention a few. Some of the organizers are in the photo below.



Fire Sprinkler System

In case you did not know, all units at Plaza come with a complete fire sprinkler system in every room and also in the closet that houses the air conditioning equipment and the hot water tank. This system is there for your safety and knowing about it is important as it can reduce your own unit insurance costs. What most residents do not know that it is a very delicate system and can be triggered by anyone working close to the sprinkler heads on the ceiling.

The fire sprinkler head on the left has a vial of red fluid that will break at 155F degrees and water under full pressure will come pouring out.



This has happened a number of times including in March 2016, when a contractor was working inside the AC closet with a propane torch. In the recent case the sprinkler head was not hit – just the increased heat caused the vial to crack! Not only was the unit flooded in a matter of minutes, but the building alarm system was triggered, which relayed back to the Sarasota County Fire department, who dispatched two fire trucks. The manager was on the scene in two

minutes and the water sprinkler system for the building turned off. As a resident of Plaza de Flores you should be able to direct any contractor to the where the sprinkler water supply is located on the side of the building. When you have a chance see if you can locate this sprinkler supply, which has white pipes going up the outside of building at the side to the level of the 1st and 2nd floor ceilings. They have two red control box on the water pipes. If the contractor had been told immediately where the system shut off was located much less water and damage would have occurred in the unit.

To see the extent of 3 minutes of one sprinkler spewing water can do – look at the cleanup scene in the next photos. Most of this unit is tiled and the tiles had about an inch of water which seeped into the carpeted bedrooms. Once the water and fire alarms were shut off in about 5 minutes the cleanup started with industrial vacuums sucking up the water. This was done in less than an hour, but then getting the water soaked rugs in the bedrooms dried was the next challenge – which might take 24 hours.



Do you see the sprinkler head in the AC closet?

All this can be avoided if residents are a bit more knowledgeable on the fire sprinkler system and warn any contractor about generating any heat in a closet or other enclosed space. Steve, the manager (941-966-0889) is happy to inform any AC contractor on the best way to avoid this problem. Also this type of incident is a good case of why you should use a licenced plumbing or AC contractor (who carries liability insurance), and then only on week days, not on the weekend. In all cases your unit insurance agent should be contacted to register the incident – even if no claim is actually filed.