

# Northgate Community News

A Tradition Since 1989

**Volume 32, Summer** This newsletter can be translated upon request. Ovaj newsletter se može prevesti na zahtjev. Ce bulletin peut être traduit sur demande.

**Hello Northgate Neighbors.** As the virus totals steadily decline, things are opening, and the weather is beautiful! 80% of Vermont residents are vaccinated and protected against the COVID-19 virus! Our new reception area is due to open in July and there will be a drop-in when it opens. We'll have simple refreshments, and we hope to see you there—stay tuned!

The board of directors continues to meet via Zoom, every fourth Tuesday of the month at 6:00. If you would like to attend a board meeting and would like the link, please email Carol at [cjaramillo@maloneyproperties.com](mailto:cjaramillo@maloneyproperties.com). The Zoom links can and do change so please contact Carol if you'd like the link for the meeting. The board tries to keep their meetings to one hour, from 6pm – 7pm.

**Please remember that if you pay subsidized rent (Sec. 8),** you must report **ANY** changes in employment, income, and household size. Enterprise Verification System (EIV) changes **MUST** be reported within 10 days of any of the above changes or you will be asked to **pay retroactive rent increases beginning the month after the change as per HUD guidelines.**

**Phone Blasts:** Just another reminder that the Management office uses phone blasts to get important information out to all residents. If you believe you are not receiving the phone blasts, one of two things are happening: either your phone number is incorrect in our phone blast database, or you are on a National Do Not Call list. These reasons could prohibit you from getting the phone blasts. Please call the office at 802-658-2722 and ask for a call back to see if your phone number is correct within our databases.

**1-800-GOT-JUNK:** This service continues. Watch for the notice in your mailbox to discover when the truck is coming to your area. You will also get a phone blast prior to the truck coming...it is OK to place your items out the night before...this is **ONLY** for 1800GOTJUNK and pre-arranged items. Trash and recycling go out Friday morning **ONLY**. No other items should ever be put out curbside without prior permission from the management office. **AND PLEASE, DO NOT PLACE ANYTHING ("FREE ITEMS" CLOTHING, FOOD FOR EXAMPLE) BY THE MAILBOXES. IF YOU HAVE SOMETHING TO GIVE AWAY, CONTACT THE OFFICE TO HAVE AN AD PLACED IN THE NEWSLETTER, BRING IT TO GOOD WILL OR DONATE FOOD TO THE NEW NORTH END FOOD PANTRY.** So far this year, the community has not done a very good job at keeping "junk" and "free stuff" off its sidewalks and greenbelts—folks dump it, even after their "Got Junk" and garbage day!!! Maintenance staff still must spend a lot of time collecting the unwanted items and Northgate spends a lot of money dumping them.

**Preventative Maintenance Inspections** are on-going. You will be called between 3:30 p.m. and 7:30 p.m. the Tuesday or Wednesday prior to your appointment and will be asked a series of health questions pertaining to the appointment. Please try to be available for these calls or let us know the best time to call.

**Yoga and Guided Meditation** continue to be available on Facebook AND on Town Meeting TV (formerly channel 17) (**Burlington Telecom 17 / 217 / 317 and Comcast 1087**). **MONDAY AT 1:00 PM IS DEDICATED TO NORTHGATE ON CHANNEL 17.** Tune in to see what is on or tune in on a session from Facebook!

**Board of Directors Elections:** Thank you to all who participated in this year's election of your resident directors: Almir Salkic, Brian Walker, Donald Curtis, Linda Romeo and Lois Griffin all received sufficient votes for another 2-year term. The cash prizes were awarded to the winning households.

# MIKE AND JEFF GO COAST TO COAST

## The East and West of Summer Fishing

By Mike Elwood and Jeff Winkler

**My name is Mike Elwood** from Burlington, Vermont and a member of the Northgate community along with my wife **Monica**. While living at Northgate I met my neighbor, good friend and fishing buddy, Jeff Winkler. Once we started talking about fishing one day, that was it. We fished weekends together for years and even started the Northgate Kids' Fishing Derby. Jeff has moved to Oregon and has found a lot of places to fish. Jeff has suggested that we do a Northgate News fishing article four times a year and compare each season in both states, Vermont, and Oregon.

This is my summer story from Vermont. In Vermont, my best place to fish is at the Winooski River in Colchester from June through September. This river produces a lot of big fish. I have set two Vermont state records with the **Redhorse Sucker** species, both in back-to-back years. I have also caught several **Sturgeon** with the largest being 62 inches. Other species **Sheephead, Bullpout, Yellow and White Perch, Walleye** and Jeff's favorite, the **Rock Bass**. On the shores of Lake Champlain, up to the north we fish at Campbell's Bay in west Swanton each year at the end of May. Here we catch **Northern Pike, White and Yellow Perch**, but at night we rig our poles for a fish called the **Bowfin**. These fish are usually around 5 to 12 pounds, and they really fight hard.

My favorite lures are the **Blue Fox inline spinners** for bass and perch. For the river I use 3/0 and 4/0 hooks with big **night crawlers** and spray them with **Bang (Bang is the product name) garlic formula**. For Bowfin at Campbell's Bay I use **huge minnows, dead or alive, frogs, shrimp, and anything stinky. Bowfin love rotten bait.**

All of you that do wish or might like to give it a try, enjoy the summer fishing in Vermont and catch something big. **This is Mike Elwood signing off for now and we'll be back with you for Fall fishing in Vermont.**

OK Mike, good tips on summer fishing in Vermont. **This is Jeff Winkler here in Oregon** and before I get into fishing in Oregon let me first say that Mike, I do miss those fishing trips with a good, loyal friend and neighbor. I also truly miss the Northgate Community and the many good folks that live there.

I agree with Mike about the Winooski River fishing. A great variety of fish can be caught and in good numbers. Fishing at the spot Mike mentioned on the river **I was able catch 3,000 fish over a period of five years**. I believe that those 3,000 fish were composed of 16 different species. Anybody that wants to fish in the Burlington area can't go wrong fishing the Winooski. My favorite spot was at the boat launch in Colchester off Windemere Way.

**Oregon is a trout and salmon-centric state** and the fishing for these species is quite good. Folks out here love their trout and salmon fishing. For myself, I am still a bass and crappie enthusiast. I live in southern Oregon, and I have found a number of good ponds and the Rogue River to fish in. The ponds do contain bass and crappie and so I am a happy camper. The Rogue River is a great place for trout fishing. **Steelhead** seem to be the preferred favorite for the local folks here. In my area of Oregon there are no Rock Bass which I do miss catching and **Northern Pike** are found much more in Northern Oregon. I miss the pike too.

When fishing for bass out here my favorite lures are **skirted spinner baits**, the same **Blue Fox inline** spinners that Mike mentioned, **lipless crankbaits and the old reliable Road Runner lure**, which our kids at Northgate are familiar with from our fishing derby days. When fishing in Vermont I used to use **nightcrawlers** a lot just as Mike does. The large numbers of fish and the greater variety of fish species in the Winooski River made nightcrawlers the bait of choice. Out in Oregon the fish are far more dispersed in these ponds and so I have gone to using lures (mentioned above) that allow me to cover a greater area of the water.

The summers in southern Oregon can be very hot and dry. This can lead to ponds getting very warm and since fish are cold-blooded, they are influenced greatly by water temperatures. Just as fish slow down their feeding

during the winter when the water gets cold, they too slow down when the water gets too warm. My advice when experiencing these conditions is to **reduce your line size and lure size and fish more slowly**. This tactic will work equally well in Vermont. Last summer was exceptionally dry and there were a number of prime fishing lakes that lost a great deal of their water and were basically unfishable from shore. As a matter of fact, you couldn't fish from a boat either as there was no way to launch a boat with the very low water levels. It is my understanding that Vermont too experienced low water levels last summer as well.

Oregon also provides a way to make a few dollars while fishing. In the Columbia and Snake Rivers there is a fish named the **Northern Pikeminnow** (no relation to the Northern Pike) which is basically a large minnow. This fish has a voracious appetite and **consumes millions of very young trout and salmon each year**. **In an attempt to drastically reduce this fish species, the state has a program that you can register to participate in that will pay an angler between five and eight dollars for each Pikeminnow caught**. In 2018 the five top money makers all earned more than \$30,000 with the top angler coming in \$71,049.00. In 2017 the top money maker came in at \$83,877.00 and in 2016 the highest total was \$119,341.00. Too bad I don't live close to either of those rivers.

Well, that's it for summer fishing in Oregon. See you all in the Fall, and **as Mike always says, "Fish on!"**.

### CONTINUED RESOURCES

- **3SquaresVT** – Has your household lost pay? Have your childcare expenses increased? 3SquaresVT is here for you and your family. You could be eligible to receive a 3SquaresVT benefit or increase the benefit you already receive. They can help you apply. Visit our 3SquaresVT page, email [3svt@vtfoodbank.org](mailto:3svt@vtfoodbank.org), call 1-855-855-6181 or text VFBSNAP to 85511.
- **CSFP** – The **Commodity Supplemental Food Program (CSFP)** is a federal nutrition program which offers free monthly nutrition information and nutritious foods to income-eligible older adults. Boxes are available for pick up if you are signed up to receive them every **FIRST MONDAY** at the Elks Club, 925 North Avenue at 11:15.
- **2-1-1** – The Vermont 2-1-1 database contains detailed descriptions of programs and services available to Vermonters that are provided by local community groups, social service and health-related agencies, government organizations, and others. **THIS IS ALSO A GREAT RESOURCE TO FIND OUT ABOUT THE COVID VACCINE.**
- **WIC:** Vermont WIC is open, and most services are being done by phone appointment to align with social distancing efforts. To connect with WIC in your area, visit [www.healthvermont.gov/local](http://www.healthvermont.gov/local). If you are pregnant, postpartum, breastfeeding, a caregiver or parent with a child under five you may be eligible for WIC.
- **Meal Programs for Older Vermonters:** People aged 60 and older are especially encouraged to stay at home to protect themselves from COVID-19 but staying well-nourished is also critical for your health. To help, you may be able to pick up meals to go or have meals delivered to your home. For more information about meals for older adults, please call the Helpline at 1-800-642-5119.
- **The Heineberg Community Senior Center** now has limited activities available. Call (802) 863-3982 for more information.

**Want to pay your rent online?** Call 802-658- 2722 or email Carol at [cjaramillo@maloneyproperties.com](mailto:cjaramillo@maloneyproperties.com). You will get a code and instructions by email.

**Garbage and Recycling:** Has your **garbage or recycling toter disappeared** or do you still have an **old blue recycling box and would like a toter??** Please call the office for one. Lastly, **please** keep these within your fences for 2- and 3-bedroom apartments. Thank you!

**The LAUNDRY FACILITIES continue to be open.** Two appointments are accepted per day: 10:00 am to 12:00 pm and 1:00 pm to 3:00 pm. Please call the answering service and leave a message for an appointment at 802-658-2722, or email Carol at [cjaramillo@maloneyproperties.com](mailto:cjaramillo@maloneyproperties.com). Your appointment will be confirmed and

scheduled when you speak with a management staff person (NOT the answering service) or hear back through email. The facilities will be sterilized between appointments.

**Gardens:** Are you planning to plant a vegetable or flower garden this summer? Please remember, **NO rototilling** is allowed at Northgate; the reason is that **ALL our electrical and gas lines are underground**, and it is **not safe to rototill**. If you need a policy reminder about where you can garden around your apartment, or would like our maintenance department to help you determine the safest place, please call the office (802-658-2722), and ask for the Green Space policy, a visit from Rick, or email Carol at [cjaramillo@maloneyproperties.com](mailto:cjaramillo@maloneyproperties.com). Thank you.

### **ATTENTION COLLEGE STUDENTS AND THOSE WISHING TO TAKE CLASSES FOR PERSONAL AND PROFESSIONAL GROWTH**

**NROC has scholarships available for the 2022-2023 academic year OR for those of you who would like to take a class and need some funds to pay for it. All you have to do is contact Vermont Student Assistance Corporation (VSAC) and ask for a Scholarship application.** All Scholarships are reviewed and awarded each April. One of the components for this scholarship is a certification of residence here at Northgate along with income eligibility, so you would also need to let the office know that you are applying and give proof of income. For more information on the income eligibility piece, call the office at 802-658-2722 or email Carol at [cjaramillo@maloneyproperties.com](mailto:cjaramillo@maloneyproperties.com). For more information on the scholarship application process, including descriptions of all 3 types (undergraduate/graduate and non-degree) of NROC scholarships, call VSAC at 802-654-3798 or email them at [scholarship@vsac.org](mailto:scholarship@vsac.org).

### **MOMMY'S MOMENT** By Leean Sack

“Things have changed” is the understatement of the decade. Things may have changed but things are also starting to “get back to normal.” And as things slowly start to get “back to normal” let us also recognize that “new normal” will be an adjustment period for many, but especially our children who have been impacted by this.

Be patient as we ALL try to renavigate life. Be patient as we ALL may need to relearn how to talk to people without technology, face to face interaction. Be patient as we ALL may need to reacclimate to how life is now and forever changing.

It's not an easy feat and for our children... we have spent over a year in a state of solitude, minimal interactions with those important social supports (friends, family, schools), being restricted from so many things that we loved to do, our lives were completely turned upside down. So naturally, it will take time to get back.

So, moving forward let us not take anything for granted, let us interact with our social supports, let us go and do the things we used to love to do. Let us turn our lives back around but also embrace this process with patience.

We have all been through a lot, let's be patient with each other, let's support each other. Let show our children especially that we can bounce back, and we will bounce back. Let us get back to making moments again and making those moments a matter of importance again. We need it, our children need it.

### **A THOUGHT ABOUT BOUNCING BACK...**

“It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.” – Charles Darwin

# Exercise Your Brain!!!

## Summer Word Search

S F L I P F L O P S I S L E P  
S U N S C R E E N A N U O S I  
A U N G U E S T H D O N V W C  
B N E G J O C E A N F S S I N  
A P O O L J U R Y S U H O M I  
R U G U S A T A E U N I H S C  
B M G C R E S A M A S N I U S  
E E N U F O N S U M M E R I P  
C M A A S T O H E T H I N T R  
U V A C A T I O N S R H L A I  
E R O B I L K R X J O I O U N  
I I N S E F I T S F U N P T K  
C A R E L A X S U L Y L O L L  
E J U N E A C F A M I L Y S E  
I C E P O P A H O T S R E L R



AUGUST  
BARBECUE  
BEACH  
FAMILY  
FLIP FLOPS  
FUN  
HOT  
ICE CREAM

ICE POP  
JULY  
JUNE  
OCEAN  
PICNIC  
POOL  
RELAX  
SHORTS

SPRINKLER  
SUMMER  
SUNGLASSES  
SUNSCREEN  
SUNSHINE  
SWIMSUIT  
VACATION

