

# NORTHGATE COMMUNITY NEWS, Winter 2021

Volume 32, Winter

Hello Northgate Neighbors. Happy New Year. We are still in a place where we must adhere to what the new normal was in 2020, but perhaps there is light at the end of the tunnel and we're pleased to offer a "meatier" newsletter for the Winter of 2021.

As in our last newsletter it is still important to adhere to CDC, state, and city guidelines, it is very important that everyone over the age of two (2) wear a face covering when in public. Also, be sure to physically distanced, avoid large crowds and wash your hands frequently.

**Please remember that management staff is still working remotely. There is no one in the office or community building.** Our answering service acts as a virtual front desk for us, **delivering messages to staff starting at 8:30 and every 2 hours after.** When you call, please state your request and the answering service will relay the message; you'll get a call back. All calls must be made to 802-658-2722. **No other lines are answered.**

**Phone Blasts:** 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. Why can't we just use Facebook? Because not every resident has access to a computer or has a Facebook account. Fair housing rules state that all housing that receive federal funds must apply rules for all residents equally. Call 802-658- 2722 or email Carol at [cjaramillo@maloneyproperties.com](mailto:cjaramillo@maloneyproperties.com) to help us resolve your phone issues if you believe you are not receiving phone blasts.

**Facebook:** While we're on the subject of Facebook... A note was received at the office stating that if we have a Northgate Facebook page, it would help if people can post to the page...and suggested that we post important things like trash/recycling changes. It also states that not all our phone blasts reach every resident. A **response** was posted on Facebook, but here it is as well:

1. The Facebook page was once available to all residents in the very early days of Facebook. Unfortunately, posts appeared from some residents that were sarcastic, divisive, and outright mean on the open forum. For that reason, the decision was made to only allow comments to posts, to create a safe space for everyone. Even then, sometimes the comments, can be sarcastic and divisive, but they've been few, thankfully.
2. The office tells residents about trash and recycling updates **as a courtesy only**, when the office is alerted by the City of Burlington and Casella trash removal. If you want up-to-date information about trash pick-up, log onto to Casella's website at [www.casella.com](http://www.casella.com) or call 651-0584; they will have the most up to date information for you. For recycling, please check the Burlington Public Works website at [www.burlingtonvt.gov/DPW](http://www.burlingtonvt.gov/DPW) or call 863-9094; they will have their most up-to-date information regarding recycling for you there.
3. If any resident does not receive the phone blasts... (see above for the most updated information)

4. It's a nice thought to have a Facebook page for everything and all updates...but fair housing rules state that communication must be such that it can reach everyone, not just those with a computer and the internet; thus the phone blasts and memos (which are either hand-delivered or mailed). Again, if you are not receiving phone blasts, staff does not have your most current or correct information!

If you'd like to reach out for suggestions, don't hesitate to email me at [cjaramillo@maloneyproperties.com](mailto:cjaramillo@maloneyproperties.com).

And please remember that Management staff is ALWAYS available Monday through Friday during regular business hours by calling 802-658-2722, leaving your name, apartment number and a call back number. Staff receives messages from the answering service starting at 8:30 am and every two hours thereafter.

**Thank you for reaching out with these questions in the note...it helps to remind our residents of how decisions are or were made.**

**The LAUNDRY FACILITIES are open.** Two appointments will be 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. Your appointment will be scheduled when you speak with a management staff person (NOT the answering service). The facilities will be sterilized between **appointments**. **A MASK MUST BE WORN AT ALL TIMES WHEN YOU ARE IN THE LAUNDRY ROOM/COMMUNITY BUILDING.**

**Preventative Maintenance Inspections** will begin in March. You will be called between 3:30 p.m. and 7:30 p.m. 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.

**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's on or tune in on a session from Facebook!

### **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 age 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.

**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.

**COMPOSTING:** Thank you to all who are composting! If you are a recent composter and want to compost weekly rather than biweekly, please call the office at 802-658-2722 or email Carol at [cjaramillo@maloneyproperties.com](mailto:cjaramillo@maloneyproperties.com). Because their service has expanded in the New North End, No Waste Composting now comes to Northgate **very early** on Thursday morning. At times, it may be before 8:00 am. **Therefore, please consider placing your bucket(s) outside your gate on Wednesday evening.** If you are composting more organic material than one bucket can handle, and need a second bucket, please call the office at 802-658-2722 or email Carol at [cjaramillo@maloneyproperties.com](mailto:cjaramillo@maloneyproperties.com). If you DO store your bucket(s) outside, PLEASE **keep your bucket inside your gate** unless it is out for pick-up AND ensure that your bucket covers are **tight on the bucket; actually, keep the lid on tight regardless of where you store your bucket(s)!!!** Our composting contractor has found that many buckets do not have the lids on tight; this causes flies, maggots and will bring animals to your gate. Questions? Call 802-658-2722 or email Carol at [cjaramillo@maloneyproperties.com](mailto:cjaramillo@maloneyproperties.com). Thank you!

**Resident Director Elections** Every member of Northgate 18 years of age and above will receive a postcard ballot for the resident directors who will be elected this year. **If you return your card with your vote, your name will be placed into a sweepstakes for \$100, \$50, and \$25 cash prizes.**

**Town Meeting Day:** Are you registered to vote in March? If you need a registration form, please call the office at 802-658-2722 or email Carol at [cjaramillo@maloneyproperties.com](mailto:cjaramillo@maloneyproperties.com).

**Baby it's cold outside!** **Please make sure your cats remain inside!** It's cold outside and cats truly DO suffer from **FROSTBITE and HYPOTHERMIA**. While cats are independent, they are truly social animals and love the attention and company of their human families. If you let them/keep them out, they don't understand and are at risk of diseases and predators (not to mention it's against Northgate rules). If you are unable to care for your cat or other animal(s) call the Human Society; they will gladly care for them in a safe and warm environment while finding their forever home. Please call them at (802) 862-0135. **For your assistance dogs: they should NEVER be left outdoors in your backyard (leashed or otherwise).** Your assistance animal agreement states that you will always have your dog on a leash when it is outside with a responsible person holding the leash.

**Trash and Recycling Barrels/Boxes:** Please keep these within your fences—it makes plowing very tricky and dangerous for our Maintenance staff when they're left out. Thank you!

# MOMMY'S MOMENT

By Leean Sack

Welcome 2021! I think most people would like to forget 2020 and move on from that whirlwind of a year. But.... We should remember. Remember all of it. No doubt 2020 has changed all of us in some way.

Yes 2020, was not a fantastic year but I bet if you think, you will find some fantastic things that HAVE happened. Whether it is being able to spend more of that time you been wanting with your loved ones(because as I'm learning, time does go by so quickly and life is so very precious)... or refocusing on yourself (health, career)...or finding/rediscovering new interests/hobbies. Or connecting with people, new friends, old friends, strengthening those relationships etc... Or discovering what really matters to you in your life. Or discovering that you can overcome challenges that we have all felt during this pandemic.

For me, 2020 was a year of putting everything into perspective, 2021 will be a year of putting those perspectives into motion and adapting those to my everyday life. I WILL NOT forget 2020, I will use it a steppingstone move ahead. I'm not sure about you but I'm ready to start checking items off my goals list and ever-growing bucket list.

**Use 2020 as a moment, a big A-HA moment, not just a Mommy Moment.**

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- What do you call an old snowman? – Water.
- Why don't mountains get cold in the winter? – They wear snow caps.
- What two letters of the alphabet do snowmen prefer? – I.C.
- Knock, knock! Who's there? Lettuce. Lettuce who? Lettuce in, it's cold outside!
- What do you get when you cross a snowman and a dog? – Frost bite.
- How do Eskimos make their beds? – With sheets of ice and blankets of snow.
- What do you call a penguin that steals baby octopuses? – A SQUIDnapper.
- Knock, knock! Who's there? Snow. Snow who? Snowbody!
- What does Jack Frost like best about school? – Snow and tell.
- Where do penguins go to the movies? – At the DIVE-in!
- What falls but never gets hurt? – Snow.
- Who are Frosty's parents? – Mom and Pop-Sicle.
- What do you call a slow skier? – A SLOPEpoke!
- Why do seals swim in saltwater? – Because pepper water makes them sneeze!
- What did the snowman say to the customer? – Have an ice day!
- How do you scare a snowman? – Get out a hairdryer.
- What did the snowman and his wife put over their baby's crib? -A snowmobile.
- How does an Eskimo stick his house together? – With igloo!
- What do snowmen call their offspring? – CHILLdren
- What food do you get when you cross Frosty with a polar bear? – A “brrr” – “grrr”

# Let it snow!

BLIZZARD  
COAT  
COLD  
DECEMBER  
EARMUFFS  
FEBRUARY  
FIREPLACE  
FLURRIES  
FROZEN  
GLOVES  
HOT CHOCOLATE  
ICE  
ICE SKATES  
ICICLE  
JANUARY  
MITTENS  
SCARF  
SHOVEL  
SLED  
SLUSH  
SNOWBALL  
SNOWFLAKE  
SNOWMAN  
SWEATER  
WINTER



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