

Donna Chagnon  
Leean Sack

Editor: Carol Jaramillo  
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**ARE YOU AN ARTIST OR CRAFTER?**

**DON'T MISS THE OPPORTUNITY TO RESERVE A TABLE AT NROC'S CRAFT FAIR ON NOVEMBER 9<sup>TH</sup>.**

**LAST YEAR WAS A DECENT TURN OUT—WE EXPECT MORE THIS YEAR!**

**DO YOU BAKE? BRING YOUR BAKED ITEMS TO THE CRAFT FAIR!**

**DO YOU KNIT, SEW, CROCHET, MAKE JEWELRY?**

**BRING YOUR ITEMS TO THE CRAFT FAIR!**

**DO YOU PAINT, DO PHOTOGRAPHY?**

**SHOW THEM AT THE FAIR!**

**PLEASE LET CAROL KNOW THAT YOU WILL BE PARTICIPATING NO LATER THAN SEPTEMBER 16<sup>TH</sup> TO RESERVE A TABLE. 802-658-2722, Ext. 19.**

**Management Office Closings**

September 2 - Labor Day  
(office closes at 12:00 on 8/30)

October 14 - Columbus Day

November 11 – Veteran's Day

November 28 - Thanksgiving Day

December 25 - Christmas Day

**UPCOMING EVENTS IN**  
**2019**

(Dates and times are subject to change, so please be sure to check your newsletter on a monthly basis)

**Every Fourth Tuesday: Board of Directors Meeting at 6:00. All are welcome! **Next Meeting: September 24.****

**September 19: 5-7 Wood Fired Pizza to kick off our Adult Gathering Space. Head toward the office and then go right—you'll find it in the green space there.**

**October 12: 11-2 Harvest Party--Thorn Apple Horses will be here as well as Face Mania, Portraits by Corrine and Joey the Clown!!! Sandwiches will be served by Rick's catering and of course cider donuts and cider!**

**October 26: 5-7 Halloween party-- Children 12 and under...come in costume or just come as yourself—the only thing required is that you **HAVE FUN!** Pizza will be served, and everyone gets a goody bag as they leave. And if you leave early? Sorry, no re-entry (no exceptions).**

**November 9: 9-1 NROC Craft Fair Don't forget to let Carol know if you want a table at the event. We hope to sell soup and bread during the fair and we want to have a baked goods table this year too; if you'd like to donate, please contact Carol. 802-658-2722 Ext. 19 or [cjaramillo@maloneyproperties.com](mailto:cjaramillo@maloneyproperties.com)**



# MOMMY'S MOMENT

By Leean Sack

## Reaching Out

Motherhood is tough, real tough with moments of pure joy and unbelievable happiness. Those moments of pure joy and unbelievable happiness somehow outweigh the tough moments though it doesn't seem like it at the time.

Those tough moments though...when you are so exhausted that you can't move off the couch and that mom guilt kicks in... and you feel like closing out the world, but you can't. **Those** moments are the worst. We ALL have those moments and it's OK to have them, you are entitled; you work hard; actually, you have the hardest job in the world. It's OK to reach out. Reach out to community providers, reach out to your medical provider, reach out to friends, reach out to neighbors.

Luckily, we live in a very generous community and it's OK to ask for help; to ask for support. We all need a little help occasionally. It can be just enough so that you can catch your breath and breathe. *Those tough moments are Mommy Moments too.*

Here are just a few great community resources that I have utilized.

- Chittenden Food Shelf: This agency not only helps with food, but they also now have a diaper bank! 658-7939
- WIC: I can't say enough about this program, it has been a life saver! 863-7333
- Your Pediatrician: Check with your pediatrician; they have several resources, donations available and possibly a social worker that can help you navigate community resources.
- Northgate's Food Pantry: The pantry is available to residents once a month (usually the 3<sup>rd</sup> Wednesday, Thursday and Friday of the month—if you can't make those day, call the office!)
- POP-UP Pantry—every 1<sup>st</sup> Friday of the month, 2-6 (dependent upon the VT Food Bank)
- The Good Food Truck: This amazing service comes to Northgate on a weekly basis on Tuesdays, starting in the Spring and goes well into the fall months. (It's nice to have one night a week where you don't have to cook, and you can spend more quality time with the kiddos)
- Northgate's Play Date Group: Tuesdays and Fridays from 10:00 am-11:00 am; the kids get to play, and you get to connect with other adults!
- Northgate has SEVEN family friendly events right here on site throughout the year! (See page 11...you can always get the newsletter online at [www.northgateapartmentsvt.org](http://www.northgateapartmentsvt.org). Just click on Community and Newsletters).

*-Leean*

(editors note: for more agency information and handy numbers, check out the handy numbers in the back of this newsletter).

## YOUTH CALENDAR

# September 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Last Day Champlain Valley Fair	2	3 Play Date 10-11	4 Magnificent Monarch at the ECHO 11-11:30	5	6 Play Date 10-11	7
8	9	10 Play Date 10-11	11 The Apple Story at the ECHO 11-11:30	12	13 Play Date 10-11	14
15	16	17 Play Date 10-11	18 Sound Detectives at the ECHO 11- 11:30	19	20 Play Date 10-11	21
22	23	24 Play Date 10-11	25 Harvest Time at the ECHO 11- 11:30	26	27 Play Date 10-11	28 Thomas Edison's Secret Lab at the ECHO 10-5
29 Thomas Edison's Secret Lab at the ECHO 10-5	30 Thomas Edison's Secret Lab at the ECHO 10-5	1 Thomas Edison's Secret Lab at the ECHO 10-5	2 Thomas Edison's Secret Lab at the ECHO 10-5	3 Thomas Edison's Secret Lab at the ECHO 10-5	4 Thomas Edison's Secret Lab at the ECHO 10-5	5 Thomas Edison's Secret Lab at the ECHO 10-5
6	7	Notes Reduced ECHO passes are available at the Management Office				

**Parents!!! Are there any daycare or after school care programs on site? Is anyone thinking of forming one? There's at least one resident interested in hearing about what you might offer! Please call Carol at 802-658-2722, Ext. 19 so I can connect you! -Carol**

## RESIDENT CALENDAR

# September 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Van Trip 12-4 Yoga 6:00	4 Heineberg Luncheon 11:45 ** Guided Meditation 6:00	5 Van Trip 12-4	6	7
8	9	10 Van Trip 12-4 Yoga 6:00	11 Heineberg Luncheon 11:45 ** Guided Meditation 6:00	12 Van Mtg 10 Van Trip 12-4 ONO* 5-7-ish	13	14
15	16	17 Van Trip 12-4 Yoga 6:00	18 Heineberg Luncheon 11:45 ** Guided Meditation 6:00	19 Van Trip 12-4 Pizza Oven (see page 1)	20	21
22	23	24 Van Trip 12-4 Yoga 6:00	25 Heineberg Luncheon 11:45 ** Guided Meditation 6:00	26 Van Trip 12-4	27	28
29	30	1	2	3	4	5

\* Our Night Out (ONO)—Please call 658-2722 Ext 19 to let us know you are coming  
 \*\*Heineberg Luncheon: Reservations are required. Please call 863-3982 the Thursday before by 1:00.  
 VAN TRIPS: PLEASE CALL TO RESERVE A SPOT ON THE VAN OR TO BE PICKED UP AS A REASONABLE  
 ACCOMODATION FOR MOBILITY ISSUES.

**VAN MEETING: SEPTEMBER 12 AT 10:00, IN THE NROC BOARDROOM. REFRESHMENTS WILL BE SERVED**

## Resident Events and Information

### Van Rides

(Kevin is unavailable for the next two months to drive the van. We thank you for your flexibility regarding the van hours of 12-4 as Steve will be the only driver for September and October)

**Thursday September 5<sup>th</sup>: South Burlington #1 run:** Banks, South End City Market, Price Chopper, Dollar Tree, Home Goods, Good Will, Harbor Freight **12:00 – 4:00** Steve will be your driver.

**Tuesday September 10<sup>th</sup>: Costco run 12:00 – 4:00** Steve will be your driver.

**Thursday September 12<sup>th</sup>: Williston run #1:** Walmart, Home Depot, Christmas Tree Shop, Best Buy **12:00 – 4:00** Steve will be your driver.

**Tuesday September 17<sup>th</sup>: South Burlington run #2:** Michaels, U-Mall, Trader Joes, Healthy Living, Blue Mall, DMV (if needed) **12:00-4:00** Steve will be your driver

**Thursday, September 19<sup>th</sup>: Williston run #2:** Hannaford, AC Moore, Pet Smart, Resource, Good Will, Food Shelf **12:00 – 4:00** Steve will be your driver.

**Tuesday, September 24<sup>th</sup>: Essex/Colchester run:** Lowes, Dollar Tree, Big Lots, Costco, Dollar General, Price Chopper **12:00 – 4:00** Steve will be your driver

**Thursday, September 26<sup>th</sup>: Local run:** Banks, Ethan Allen Shopping Center (i.e. If you have bottles and cans to return, the van will drop you at the drop off center and then park for shopping at Hannaford, Ace Hardware, Post Office, etc.) Food Shelf, Dollar General and stops that are local, if time permits. **12:00 - 4:00** Steve will be your driver.

### Commodities Delivery for Senior Citizens

**Monday August 26<sup>th</sup> (Rather than September 2<sup>nd</sup>)** Your commodities will be delivered between 12:00 pm and 2:00 pm. (the first Monday of each month unless notified otherwise—our volunteers will leave your box(es) by your back door if you're not home). If for some reason, our volunteer(s) can't pick up your commodity box, you can pick them up at the Elks Club (in the back) at 925 North Avenue at 11:30 am. Thanks to Brian Walker, Brien Hart, Steve Jaramillo and Steven Jaramillo (as back up) for pickup and delivery!!

**POP UP PANTRY: September 6<sup>th</sup>, 2-6 IN THE INTERNET CAFÉ FOR FRESH VEGETABLES AND POSSIBLY MORE! TAKE SOME AND SHARE WITH YOUR NEIGHBORS! (Delivery is dependent upon the VT Food Bank)**

### REGULAR Food Pantry Days/Hours

**Wednesday September 18<sup>th</sup> 6pm-7pm**

**Thursday September 19<sup>th</sup> 3:30-5:30**

**Friday September 20<sup>th</sup> 9am-10am**

### OUR NIGHT OUT (50 and older)

**September 12<sup>th</sup>**

**In the Community Hall, 5-7"ish" ...please call Carol to let her know you're coming. 802-658-2722 Ext. 19 or [cjaramillo@maloneyproperties.com](mailto:cjaramillo@maloneyproperties.com)**

**YOGA: SEPTEMBER 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>  
AT 6:00**

**GUIDED MEDITATION:**

**SEPTEMBER 4<sup>th</sup>, 18<sup>th</sup> at 6:00**

**IN THE COMMUNITY HALL**

**Heineburg Senior Center Luncheon -- every Wednesday at 11:45. \$5 per person. NROC can help with the cost, should you need it. Lovely people, a lot of laughter—great to get out (and the food's good and in healthy portions)! Reservations are required so, please call the center at 863-3982 ext. 1 by 1:00 p.m. the Thursday before the next Wednesday (meals are catered) or, after the luncheon, put your name in for the next week. The NROC van is available for a ride to the center.**

## What's Northgate Anyway?

Back in 1989, this whole Northgate community was under the threat of no longer being. The landlords were going to sell the property—they'd gotten their tax breaks through the years and were ready to sell. This would have displaced over 1,000 people who called this home at the time—just like Indian Brook in Essex (where I lived when it happened and yes—I WAS displaced).

Northgate was given a grant of \$20,000,000 (yep—you read that right—20 MILLION). Northgate also had a very complicated funding structure from other sources. At the time, the top question on everyone's mind was whether residents could be trusted to own and direct a property like Northgate. Well, not only could the resident membership of Northgate be trusted, Northgate has thrived under its leadership.

Northgate is SO much more than just an "apartment complex". You live in one of the most unique communities across the whole United States. You should feel proud that Northgate is known nationally for being owned, operated and directed by its residents. That is, YOU! The direction comes from a Board of Directors whose majority of members are residents. ALL decisions regarding Northgate are made by the NROC Board of Directors. The structure is set up this way:

- The Board of Directors is responsible for all decisions here at Northgate. It consists of all residents except for our four Community Board members who lend amazing expertise in the fields of housing, government, advocacy, green initiatives, social justice and social work. The Management company, Maloney Properties, proudly manages the property per the direction of the board.
- The Community Builder reports directly to the Board which is the decision-making body of Northgate.
- Northgate's bylaws also state that NROC is to have a Residents' Advisory Committee, which consists SOLELY of residents. This committee recommends to the Board, programs, direction of the site and how to spend specific funds. They also brainstorm about what Northgate needs, or they bring issues they've heard from their neighbors to the table.
- Northgate's Policy Committee makes all resident policies here at Northgate. The policies are approved by the board and then put out to the full membership for a 30-day comment period.
- Northgate's Special Events Committee plans and implements all the special events that you enjoy throughout the year.
- Northgate's Budget Committee manages the operating budget each year.

Northgate will never again be just a place where you pay your rent and a disinterested landlord gets rich while doing nothing. Northgate is a community. Your participation can be 0% or it can be 100%...totally your choice which is fully respected. What do you like here? What do you dislike? Tell me! I might not be able to help fix what you don't like, but I will be able to give you the logic behind why things are the way they are.

Northgate is many different things to many different people. To some, it is a safe, decent stopping off place to wait until it's time to buy a first house. For others, it is a place that they never intended to stay but did because they fell in love with the community. For others, it's what they need because it's affordable and the Maintenance/Management team is fabulous. For others it's a mixture of all of it. Many have seen their lives play out, right here in this community. They've raised their families here. Some have 3 and 4 generations of their families right in the community. Some have lost their loved ones here. Some are aging in place. Northgate is, in many ways, even more affordable than it was back in 1969. Whatever Northgate is to you, one thing is the same to all: SAFE, DECENT, AFFORDABLE HOUSING; RESIDENT OWNED AND DIRECTED.

*-Carol*



# This Month's Scramble

Congratulations to **Erin Streeter** who found the word **UNSOLICITED ON PAGE 1** in the Northgate Community News. There were **12 players total** last month! Congratulations and great job to all who found the word!

## September's scrambled word:

**doimnscoeims**

Thanks for playing!

**Find the word in the newsletter articles and bring the following information to the office for your chance to win \$20.00!**

**Bring the following information to the office (or place in the Maintenance mail slot)**

**attention Carol Jaramillo:**

**the page number,**

**the name of the article**

**your name and**

**your apartment number.**

**Please indicate on your submission if you do**

**NOT wish to have your name published as the winner...**

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## September Dumpsters

There will be **three dumpsters** on site on **Saturday, September 21**, near apartments 1, 325 and 350. Please do not overload the dumpsters—We will have **one last dumpster in October** as well.

The Board of Directors will be reviewing how the TWELVE dumpsters worked in 2019. If you have feedback, please consider coming to a Board of Directors meeting (held the fourth Tuesday, each month in the NROC board room) or call Carol at 658-2722 Ext 19, or slip a note in the maintenance rent slot.

If you have any questions about September 21, please call the management office at 802-658-2722 Ext. 11.

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## ADULT GATHERING SPACE

**Back in 2019, the residents voted to install an adult gathering space and commissioned art on site. The adult gathering space should be completed in September and in it is the art that will reflect the pensive place for our adult residents to reflect and gather. We will have our grand opening on September 19 from 5-7, and we'll celebrate with an informal evening of pizza from a wood fire pizza oven.**

# UPDATES AND REMINDERS FROM OUR MANAGEMENT OFFICE

## POLICY REMINDERS

As per the Northgate Common Area Policy: “No pocket rockets, motorized scooters for recreational use, four wheelers or dirt bikes.”

**This includes motorized cars and motorized skateboards! This was put in the policy specifically to make certain that small children and our elderly will be safe walking on Northgate property. Please do not use these on the sidewalks within Northgate.**

## WORK ORDER MANAGEMENT

Here are some helpful reminders that could result in NOT having to call in a work order!

1) Do not prop open your storm door. A sudden gust of wind can cause the door piston to pull out of the door jamb.

2) Be sure to keep your back gate latched to avoid damage due to wind.

3) Be mindful of what you are putting down your drain. Absolutely NO GREASE, bones or pasta!

4) Do not turn off the red switch to the boiler which is on the wall in your basement. In some units it is located near the washer/dryer; please be mindful of this when doing laundry.

## GREEN SPACE IN FRONT OF APARTMENTS

Please remember that you are responsible for keeping the area in front of your unit neat. This includes making certain the area is free of trash and that any outdoor toys or lawn furniture are not an eyesore...your neighbors would rather not look at a mess! Let's all do our part to keep the community looking it's best.

## ONGOING EXTERIOR WORK

If your building is one of the ones having exterior siding installed this year, please pay close attention to notices sent from the management office. These notices will tell you when the contractor will be working on your building and what you need to do to prepare. If you have any questions, please contact Titus Valoricristo at ext. 16.

Also, a safety reminder to parents to be sure you children are not playing in the areas of the work being done.

## PREVENTIVE MAINTENANCE INSPECTIONS

As staff continues to complete our annual preventive maintenance inspections in each apartment, a reminder to be certain that all rooms are accessible for this important inspection. Also, **if you have an assistance animal, please be certain that it is either out of the unit, crated or being held by a responsible party for the duration of the inspection.**

## RENT PAYMENTS

As residents at Northgate, it is a requirement of your lease that you pay your rent each month on the first of the month. Any rent payments received after the 5<sup>th</sup> of each month are considered late payments. It is important for the financial well-being of the property that every household pay their rent on time each month.

## ASSISTANCE DOG OWNERS!

**A reminder to all assistance dog owners: We can't say this enough—PLEASE CLEAN UP AFTER YOUR DOG'S WASTE! It's very annoying and unsanitary for other residents and their children to be stepping in dog waste as one of our residents did on kids' day—NOT A PLEASANT EXPERIENCE!! Additionally, your backyard area must be clean of dog waster AT ALL TIMES!**



# **SUMMER IS COMING TO AN END SOON, BUT THE EQUIPMENT LIBRARY IS STILL AVAILABLE!**

The NROC equipment library has tools for short term use. The library is available to residents on Monday, Tuesday, Thursday and Fridays 8:00 to 4:00. We also have a limited supply of donated tomato cages and fencing for the taking this year. Please inquire at the Management Office or call 802-658-2722, ext. 11.

The tools below are available for you to borrow (just come to the office to sign them out and back in):

**Push Broom**

**Dolly**

**Extension cord**

**Weed Whacker**

**Goggles**

**Rake**

**Garden Claws**

**Garden Hoe**

**Wheelbarrow**

**Hammer**

**Hand Clipper**

**Shovel**

**Bulb digger**

If you would like a garden box built for you in your courtyard side green area for your garden this year, please call the office at 802-658-2722, ext. 11.



# NROC MANAGEMENT DIRECTORY and OFFICE HOURS

Monday, Tuesday, Thursday, Friday 8:30 – 4:30

Wednesday: By Appointment Only

## OFFICE PHONE

(802) 658-2722

**\*\*Our answering service will answer calls outside of normal business hours listed above\*\***

## OFFICE STAFF & EXTENSION NUMBERS

Jillian Metzger: Ext 11

Office Manager - Work Orders, Lending Library, Hall Usage, Appointments Scheduled. **Please come in to say hello and welcome Jillian to Northgate!**

Donna Chagnon: Ext 14

Property Manager - Questions about the property or your unit, rent questions, site policy compliance, lease compliance.

Sara Noth: Ext. 15

Property Manager - Questions about the property or your unit, site policy compliance, subsidy and income re-certification questions.

Titus Valoricristo: Ext. 16

Systems and Operations Coordinator - Access coordinator for inspections and special projects, work order coordination and property management software specialist.

Leean Sack; [llund@maloneyproperties.com](mailto:llund@maloneyproperties.com)

Food Pantry Coordinator/Office Assistant – Staffing, ordering and stocking the NROC Food Pantry and office administration, newsletter publisher and newsletter author, “Mommy’s Moment”.

Carol Jaramillo: Ext. 19; [cjaramillo@maloneyproperties.com](mailto:cjaramillo@maloneyproperties.com)

Community Builder – Support for the NROC Board of Directors; represents resident thoughts and concerns to the Board of Directors and Property Management.

NROC Fax Number: 802-864-4005 (Need the office equipment to copy or fax? Fax: Locally or Toll-Free, it’s 10 cents per page and long distance, 25 cents per page; the copier is 5 cents per page).

TTY: 711

NROC Monthly Info Line for Van Rides: 802-862-4815

Website: [www.northgateapartmentsvt.org](http://www.northgateapartmentsvt.org) – newsletters, Board of Director meeting agendas and minutes, helpful links, make online rental payments, NROC blog.

## SERVICES, PROGRAMS AND EVENTS AT NORTHGATE—“AT A GLANCE” (ALL TIMES ARE SUBJECT TO CHANGE)

NAME	DAY OF WEEK/MONTH	TIME	NOTES
BOARD OF DIRECTOR MEETINGS	4 <sup>TH</sup> TUESDAY	6-7	SUPPER AT 5:30
PLAYDATE	EVERY TUESDAY/FRIDAY	10-11	HALL/FRIDAYS FLETCHER FREE LIBRARY STORYTIME
OUR NIGHT OUT (ONO)	2 <sup>ND</sup> THURSDAY	5-7	HALL EVERY OTHER MONTH/OUT ALTERNATE MONTHS
FOOD TRUCK	EVERY TUESDAY	5:00	STAYS UNTIL 6-ISH
POP UP PANTRY	1 <sup>ST</sup> FRIDAY (dependent upon the VT Food Bank)	2-6 IN CAFÉ	ITEMS PICKED UP AT U-MALL 11 AM
COMMODITIES	Typically 1 <sup>ST</sup> MONDAY	11:00 -1:00	DELIVERED
VAN RIDES	TUESDAYS AND THURSDAYS	10-2 AND 12-4	VAN
YOGA	EVERY TUESDAY	6-7	HALL
GUIDED MEDITATION	1 <sup>ST</sup> AND 3 <sup>RD</sup> WEDNESDAYS	6-7	HALL (OR BOARD ROOM)
FOOD PANTRY	TYPICALLY, 3 <sup>RD</sup> WEDNESDAY, THURSDAY AND FRIDAY	TIMES VARY EARLY AFTERNOON, EVENING AND MORNING	PANTRY/CAFÉ
SENIOR LUNCHEON AT HEINEBERG SONIOR COMMUNITY CENTER	EVERY WEDNESDAY- RESERVATIONS ARE A MUST (THE THURDAY BEFORE). CALL 863-3982 TO RESERVE A SPOT, OR RESERVE AFTER THE LUNCHEON	11:45	VAN AVAILABLE TO TAKE NROC RESIDENTS. \$5 PER PERSON; NROC CAN HELP WITH COST.
NEWSLETTER	EVERY MONTH	N/A	TYPICALLY PUBLISHED AND MAILED A WEEK BEFORE THE NEXT MONTH
ANNUAL GATHERING	BEFORE SEPT 1	VARIES	TIME FOR ELECTING NEW RESIDENT DIRECTORS, AWARDING OUTSTANDING YOUTH AND VOLUNTEERS
<b>EVENTS</b>	<b>THROUGHOUT YEAR</b>		
WINTERFEST	FEBRUARY		HALL
CHILI CONTEST	APRIL	11-1	HALL
GREEN UP	MAY	9:30 – 11:30	SITE/HALL
FISHING DERBY	JUNE	8-12	COLCHESTER BOAT LAUNCH
FISHING DERBY WINNERS FISHING TRIP	JULY	PER CAPTAIN MICK	LAKE CHAMPLAIN
KIDS DAY	AUGUST	11-2	SITE/HALL
ADULT BBQ	AUGUST	11-1	HALL
HARVEST PARTY	OCTOBER	11-2	SITE/HALL
HALLOWEEN PARTY	OCTOBER	6-9	SITE/HALL
CRAFT FAIR	NOVEMBER (EARLY)	9-1	HALL

# HANDY “AT-A-GLANCE”

## INFORMATION

### Northgate Information

- **Northgate is owned and operated by its residents.** NROC has hired Maloney Properties, Inc. (MPI) *to manage* Northgate—**MPI does not own Northgate.** The decisions at Northgate are made by a Board of Directors; 9 residents and 4 community representatives. The **Board of Directors meetings** are always on the **fourth Tuesday of every month at 5:30 pm, unless indicated otherwise.**
- Northgate is in **Ward # 4. Northgate residents vote at St. Marks Youth center, 1271 North Avenue.**
- Northgate’s zip code is **05408**, for the New North End.
- Council meeting schedule: <https://www.burlingtonvt.gov/CityCouncil/City-Council-Meeting-Schedule> or call 802-658-7000
- City Hall phone number: 802-865-7000
  - Mayor: Miro Weinberger Web: <https://www.burlingtonvt.gov/>

### Emergency Information

- Police non-emergency: phone number: 802-658-2704
- Police EMERGENCY: phone number: 911

### Handy Numbers

- Age Well: 76 Pearl St #201, Essex Junction, VT 05452 802-865-0360
- Burlington Bagel Café and Deli: (802) 660-9693 1127 North Ave. Burlington VT 05408
- Burlington High School: (802) 864-8411 52 Institute Rd. Burlington VT 05408
- Burlington School District: (802) 865-5332 150 Colchester Ave. Burlington VT 05401 <https://www.bsdt.org/>
- Casella Trash Removal: 888-485-1469 <https://www.casella.com/>
- Car-Share Vermont: 802-861-2340
- Champlain Valley Office of Economic Opportunity (CVOEO): 802-862-2771 or online at <https://www.cvoeo.org/>
- Chittenden Emergency Food Shelf: 802-658-7939
- Chittenden Solid Waste District (CSWD): 802-872-8111 or online at: <https://cswd.net/>
- Commodity Supplemental Food Program (CSFP): 1-800-214-4548 The Vermont Foodbank Commodity Supplemental Food Program 33 Parker Rd. Barre, VT 05641
- Community and Economic Development Office (CEDO): 802-865-7144 or online at [cedofd@burlingtonvt.gov](mailto:cedofd@burlingtonvt.gov)
- C.P. Smith elementary School: (802) 864- 8479 332 Ethan Allen Pkwy. Burlington VT 05408
- Domino’s Pizza: (802) 658-6558 1548 North Ave. Burlington VT 05408
- Dr. Dynasaur (SCHIP—healthcare for kids): 1-800-250-8427 or online at <http://www.greenmountaincare.org/vermont-health-insurance-plans/dr-dynasaur>
- Department of Children and Families: (3 Squares, Fuel Assistance, Life Line, Reach Up, Reach Ahead, Housing Assistance, Emergency Assistance, childcare Subsidy, and more...): online at <http://dcf.vermont.gov/> or call: **Benefits Call Center**:1-800-479-6151 **Child Abuse Hotline**: 1-800-649-5285 **Child Care Helpline**: 1-800-649-2642 **Child Support Helpline**: 1-800-786-3214 **WIC**: 802-863-7333
- Fletcher Free Library: 235 College St, Burlington, VT 05401 802-863-3403
- Gadue’s Dry Cleaning at Ethan Allen shopping Center: (802) 863-6706 1127 North Ave #25, Burlington, VT 05408

- Good News Garage: 802-864-3667
- Good Will: 1080 Shelburne Road, South Burlington 802-658-5359 **or**  
64 Harvest Ln, Williston, VT 05495 (802) 879-0088
- Hannaford's Grocery Store at Ethan Allen Shopping Center: (802) 862-8040 1127 North Ave #11 Burlington VT 05408
- Home Instead Senior Care: 802-860-4663
- Heineburg Senior Center: 802-635-3343 and for Wednesday Luncheon: 802-863-3982 Ext. 1 (Reservations by Thursday 9:30 am for the following Wednesday because meals are catered, and a count is needed).
- Howard Center (mental health and developmental issues): 802-488-6000 (downtown) or 802-488-6100 (Pine Street)
- J.J. Flynn Elementary School: (802) 864-8478 1645 North Ave. Burlington VT 05408
- Leonardo's Pizza: (802) 862-7700: 83 Pearl St. Burlington VT 05401
- Lyman C. Hunt Middle School: (802) 864-8469 1364 North Ave. Burlington VT 05408
- Mailbox Keys: Keys available at the post office on Pine Street; 800-275-8777
- Meals on Wheels: 802-862-6253
- Mr. Delivery (local food delivery—must have a computer or smart phone/iPhone): [www.mrdelivery.com](http://www.mrdelivery.com)
- No Waste Compost: 802-373-1707 (NROC's composting partner) [www.nowastecompost.com](http://www.nowastecompost.com)
- Papa John's Pizza: (802) 652-5222 135 Pearl St. Burlington VT 05401
- Post Office for the New North End: 802-658-4503
- Re-Source: (a place for old furniture and household items) 329 Harvest Ln #200, Williston, VT 05495  
802-658-4143 <https://resourcevt.org>
- Sara M. Holbrook Center: 802-862-6342
- Social Security: 1-800-772-1213 TTY: 1-800-325-0778 128 Lakeside Ave, Suite 107, Burlington VT 05401
- Spectrum Youth and Family Services: 802-864-7423
- Support and Services at Home (SASH) (medical services in your home): 802-863-2224 or email: [SASH@cathedralsquare.org](mailto:SASH@cathedralsquare.org) and online at <https://sashvt.org/> (Must have Medicare)
- UVM Medical Center: 111 Colchester Ave, Burlington VT 05401 802-847-0000 or 800-358-1144 (toll free), [www.uvmhealth.org](http://www.uvmhealth.org)
  - Appointments: [uvmhealth.org](http://uvmhealth.org)
  - Billing: 802-847-8000
  - Emergency Department: 802-847-2434
  - Human Resources: 802-847-2825
  - Request Medical Records: 802-847-2846
  - Patient Information: 802-847-0000
  - Case Management and Social work: 802-847-3553
  - Patient Transport/Support: 802-847-2811
  - Registration Main Campus: 802-847-2830
  - Registration Fanny Allen Campus: 802-847-1121
  - Spiritual Care Department: 802-847-2775
  - Volunteer Services: 802-847-3536
  - Patient Relations (Patient and Family Advocacy): 802-847-3500
  - Health Assistance Program: 802-847-6984



# NROC

Northgate Residents' Ownership Corporation  
275 Northgate Rd • Burlington VT 05408

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Burlington VT  
Permit 400

## NEWSLETTER BULLETIN BOARD

For those who have received new doors and for everyone else who will receive them in the next year or so...first—they are beautiful! But, they are not metal and after 30 years of metal doors we all have a learning curve regarding hanging curtains. If you don't want to drill a hole for your window dressing for your door, try Command Strip hooks! They are easy to put up and no drilling required! A curtain rod fits in the hook nicely. Costco and any hardware stores sell them.



drill  
drilling  
you  
maybe  
pieces  
your

For blinds, there are no options, but for blinds, may be the best option. If had magnetic blinds, try attaching small metal to the door and stick up blinds!

**Dumpster Day for SEPTEMBER-See page 7!**

**Grand Opening of our Adult Gathering Space, see Page 7.**

**NEW Mommy's Moment! See Page 2.**

Do you want to pay your rent online? Call 658-2722 EXT. 11 to get your code mailed or emailed to you to sign up! It is easy and secure.



“Like Us on Facebook” and follow us for daily news, updates and events – just type in Northgate Apartments. NOTE: The newsletter is STILL the best way for you to find out about all NROC-sponsored events!

Check out the newsletter on the NROC website at: (click on Community, then newsletter or Blog)—you can also find handy links for school closings, the weather, the city of Burlington and the state of Vermont.

<http://www.northgateapartmentsvt.org>