

October 2019
Volume 30, Issue 10
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Publisher: Leean Sack



ONLY 4 MORE TABLES LEFT!!!!

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

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 16TH TO RESERVE A TABLE. 802-658-2722, Ext. 19.



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: October 22nd.**

October 12: 11-2 Harvest Party for ALL NORTHGATE RESIDENTS--Thorn Apple horses and wagon 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 this year...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

Management Office Closings

October 14 – Indigenous People's Day

(Columbus Day) Office closes at 12:00 on Oct. 11

November 11 – Veteran's Day

November 28 - Thanksgiving Day

December 25 - Christmas Day

VOLUNTEER HELP WANTED TO HELP A RESIDENT COVER THEIR BACK-YARD GAZEBO.

IF YOU CAN HELP, PLEASE CALL

802-859-9248

MOMMY'S MOMENT

By Leean Sack

Self Care

Self-Care... we all say it and have heard it a million times “you can’t pour for an empty cup” “take time for yourself.” I would love to say that I adopted this into my hectic schedule raising twins, but I really didn’t. It seemed like an impossible feat especially the during the newborn months when every minute in your life is consumed. I admit it...I completely neglected myself, put it on the back burner. I was running on survival mode and that is it.

It was only until recently (when the twins were on somewhat of a schedule) that I was able to really start to think about self-care. I can start to see the light at the end of the tunnel. Some days it’s really dim but it’s there, you just got to look for it (squint if you must); it’s there and ready for you to move towards it.

Self-care is many things to many people. Not all of us can have spa days--so make your own! Not all of us can take vacations, so make a staycation. Not all of us can get out to see a movie, so have a movie night at home (blankets, pillows, pajamas and popcorn). Not all of us can go out for dinner, so order out and make your own little private restaurant in your home.

Treat yourself and make yourself a priority even if its once a month, be creative and make a moment...a Mommy Moment.

- Leean



YOUTH CALENDAR

October 2019



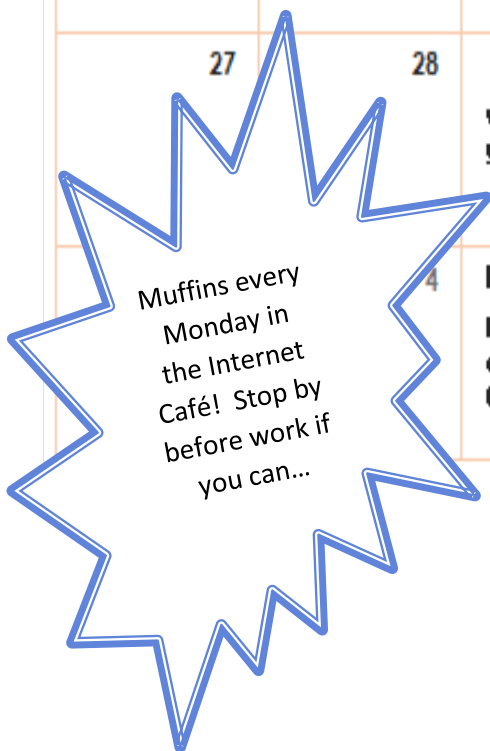
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Play Date 10-11	2	3	4 Play Date 10-11 with Fletcher Free Library	5
6	7	8 Play Date 10-11	9	10	11 No Play Date office closes at 12:00	12 Harvest Party for all residents 11:00 - 2:30
13	14 Office Closed	15 Play Date 10-11	16	17	18 No Play Date	19
20	21	22 Play Date 10-11	23	24	25 No Play Date	26 Halloween party--Kids 12 and under 5:00- 7:00
27	28	29 Play Date 10-11	30	31	1	2
3	4	Thomas Edison's Secret Lab is every Day at the ECHO Center! Come in for reduced price tickets! Please note that the Halloween party is for kids 12 and under this year.				

RESIDENT CALENDAR

October 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 yoga 6pm	2 Heineburg Luncheon 11:30	3 van ride	4	5
6	7 Guided Meditation 6pm	8 van ride yoga 6pm	9 Heineburg Luncheon 11:30	10 OND	11 Office closes at 12:00	12 Harvest Party for all residents 11:00 - 2:30
13	14 Office Closed	15 yoga 6pm	16 Dumpster Heineberg 11:30 Food Pantry	17 van ride Food Pantry	18 Food Pantry	19
20	21 Guided Meditation 6pm	22 van ride yoga 6pm	23 Heineburg Luncheon 11:30	24 van ride	25	26
27	28	29 van ride yoga 6pm	30 Heineburg Luncheon 11:30	31	1	2



Notes... Please take note that Guided Meditation is now on Mondays!
 Heineburg luncheon--meet at the office at 11:30 if you are not driving yourself. Please call Heineberg the Wednesday or Thursday before to make your reservation (required). Call 863-3982 ext. 1 to reserve.

FLU SHOTS AVAILABLE AT THE HEINEBERG SENIOR CENTER ON TUESDAY OCTOBER 8. PLEASE JUST BRING YOUR MEDICAL INSURANCE INFORMATION. PNEUMONIA SHOTS ARE ALSO AVAILABLE...PLEASE GET PERMISSION FROM YOUR DOCTOR TO RECEIVE THIS SHOT.

Resident Events and Information

Van Rides

These times are tentative due to unscheduled conflicts and health of our van drivers. If these dates and times change, we will call all regular van riders. **If you are going to take the van on any of these dates, PLEASE CALL TO RESERVE A SPOT; if the times or dates have changed, we will let you know at that time.**

Please note, **times and runs have changed due to feedback in van meetings.** No unscheduled stops will be allowed due to time and health constraints of van riders.

October 3: South Burlington Price Chopper, Dollar Tree, Home Goods, Good Will, Harbor Freight
12:00-4:00

October 8: EXPRESS (new): New North End Banks and Ethan Allen Shopping Center **12:00-1:30**

October 17: Williston Walmart, Home Depot, Christmas Tree Shop, Best Buy, Good Will
12:00 – 4:00

October 22: EXPRESS (new): South Burlington Trader Joes, Blue Mall **12:00 – 1:30**

October 24: Essex/Colchester Dollar Tree, Big Lots, Costco, Shaws **12:00 – 3:30**

October 29: Local Banks, Ethan Allen Shopping Center, Food Shelf. **12:00 – 3:00**

\$2.00 FLYNN THEATER VOUCHERS

A GREAT WAY to see a Flynn show with your family for a fraction of the regular price! Please inquire at the office for the shows being offered.

802-658-2722, Ext. 11

Commodities Delivery for Senior Citizens

Monday October 7th Your commodities will be delivered between 12:00 pm and 2:00 pm. As always, 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.

POP UP PANTRY: October 4th 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 October 16th 6pm-7pm
Thursday October 17th 3:30pm-5:30pm
Friday October 18th 10am-11am (note new time!)

The food pantry is available to ALL NORTHGATE RESIDENTS.

No income questions asked.

OUR NIGHT OUT (50 and older) **October 10th**

In the Community Hall, 5-7"ish" ...please call Carol to let her know you're coming; 802-658-2722 Ext. 19 or Northgate pays for the meat and you bring a dish.

YOGA: October 1st, 8th, 15th 22nd and 29th AT 6:00

GUIDED MEDITATION:

October 7th and 21st at 6:00 (please note day change to Mondays)

IN THE COMMUNITY HALL

Heineberg Senior Center Luncheon -- every Wednesday at 11:30. \$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.

This Month's Scramble

Congratulations to **Dawn Lawrence** who found the word **commissioned ON PAGE 7** in the Northgate Community News. There were **11 players total** last month! Congratulations and great job to all who found the word!

October's scrambled word:

luempnetalps

(it's in here twice!)

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 apartment number.

Please indicate on your submission if you do

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

October Dumpster

There will be **one dumpster** on site on Wednesday, October 16, near the office. Please do not overload the dumpsters—this is the last dumpster of the year.

The trash cost to the Northgate site will end up being approximately \$111,688 in the year 2019. When residents dump their junk on the green belts either after the dumpster has left, or on other various days, it costs the site a lot of money in addition (\$3000 in 2019) to the \$11,760 for the 12 dumpsters (\$821 per dumpster and more costs for sorting). Please don't dump your junk! When your TV dies and you buy a new one, or you get a new bed, chair or couch or when you have tires you no longer want (and PLEASE don't place them outside with a "FREE" sign on them—we can place an ad in the newsletter or on Facebook for you)...wait for a dumpster day! Dumping your junk costs in staff time and landfill fees. **Please--wait for a dumpster day to purge your junk.** In 2020 we'll most likely have 12 dumpsters again throughout the year. They'll be on weekdays and weekends *just as you all requested*. Please help us curb the cost of this great benefit to you.

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

Thank you! -Carol



UPDATES AND REMINDERS FROM OUR MANAGEMENT OFFICE

Happy Autumn to all Northgate residents! Before you know it, the (much) colder weather will be here...please start to clean up your front yards of toys and other treasures now!



IF YOU SEE SOMETHING.....

SAY SOMETHING!

This is a common slogan and it absolutely applies to the Northgate community.

If you see unusual activity at an apartment, i.e., lots of people in and out all hours of the day and/or night, please notify Sara or Donna at the management office. We have a strong working relationship with all area law enforcement agencies and if you tell us what you are seeing, we will report it to the appropriate agency.

It's up to all of us to help keep Northgate a safe and healthy community.

DO NOT LEAVE WORK ORDERS ON VOICEMAIL

We have had several instances recently of residents leaving work orders on staff voicemail. [Please always call in work orders to extension 11; that is the work order line at the front desk!](#) If you leave a work order on Sara or Donna's voicemail and we are not in the office, your work order will not get addressed.

TRIM REPLACEMENT

Please be mindful to not kick the new trim around your backdoor. We have numerous units that we have had to replace the trim due to damage from kicking snow or mud off shoes.



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.

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 5th 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.

SEE A DOG OWNER NOT PICKING UP THEIR DOG'S WASTE?

It doesn't matter if it's an off-site person walking their dog, or a resident walking their assistance dog...if you see them not picking up dog waste, please direct them to the dog waste bags by the rotary. A gentle reminder that bags are supplied for their convenience is a great way to build bridges within our community as well as the rest of the New North End community!

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

Long tables (2)

NROC SCHOLARSHIP for 2020-2021 ACADEMIC YEAR

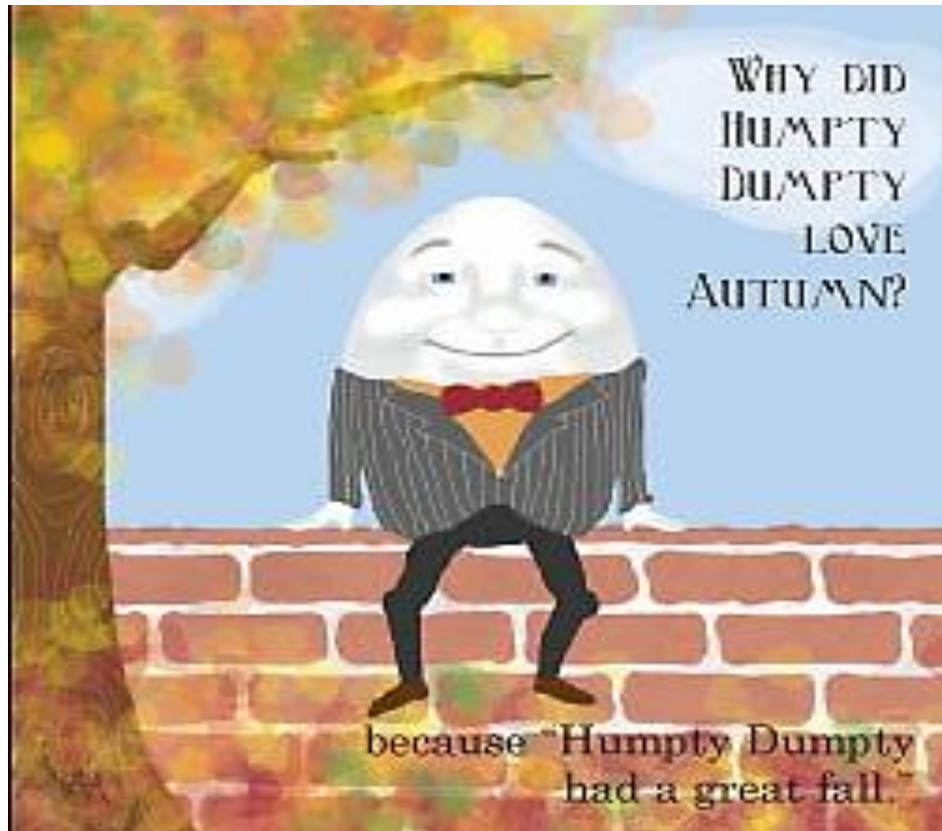
The NROC Board of Directors is pleased to announce that NROC has created 15 new scholarships for Post-Secondary education, Trade School and Career Development. **The scholarships are only available to NROC residents and should be applied for through Vermont Student Assistance Corporation (VSAC).** Certification forms, which are a necessary part of the scholarship application, must be requested from the NROC Management office. The certifications will be passed onto VSAC.

The scholarships are:

- 1) Four scholarships of \$3000 each for Graduate/Undergraduate studies.
- 2) One scholarship of \$3000 for Graduate/Undergraduate study, majoring in Art.
- 3) Ten scholarships of \$1000 each for non-degree study, trade school or career advancement (course work).

Please call VSAC at 802-655-9602 to inquire about the scholarship(s) or request a scholarship application or booklet.

The “Punnies”



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

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

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

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 – 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 TH TUESDAY	6-7	SUPPER AT 5:30
PLAYDATE	EVERY TUESDAY/FRIDAY	10-11	HALL/FRIDAYS FLETCHER FREE LIBRARY STORYTIME
OUR NIGHT OUT (ONO)	2 ND THURSDAY	5-7	HALL EVERY OTHER MONTH/OUT ALTERNATE MONTHS
FOOD TRUCK	EVERY TUESDAY	5:00	STAYS UNTIL 6-ISH
POP UP PANTRY	1 ST FRIDAY OF MONTH (dependent upon the VT Food Bank)	2-6 IN CAFÉ	ITEMS PICKED UP AT U-MALL 11 AM
COMMODITIES	Typically, 1 ST MONDAY OF MONTH	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 ST AND 3 RD WEDNESDAYS	6-7	HALL (OR BOARD ROOM)
FOOD PANTRY	TYPICALLY, 3 RD 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 THURSDAY 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	MARCH	VARIES	TIME FOR ELECTING NEW RESIDENT DIRECTORS, AWARDING OUTSTANDING YOUTH AND VOLUNTEERS
EVENTS	THROUGHOUT YEAR		
WINTERFEST	FEBRUARY		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
HARVEST PARTY	OCTOBER	11-2	SITE/HALL
HALLOWEEN PARTY	OCTOBER	6-9	SITE/HALL
CRAFT FAIR	NOVEMBER (EARLY)	9-1	HALL
2020	VARIOUS SOCIALS THROUGHOUT YEAR	TBD	TBD

HANDY “AT-A-GLANCE”

INFORMATION

Northgate/City of Burlington 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.
- Northgate Fax: 802-864-4005
- Northgate TYY: 711
- 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
- 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
- Heineberg 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
- No Waste Compost: 802-373-1707 (NROC's composting partner) 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 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
 - Appointments: 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

Do you see a number that is no longer valid? Please let Carol know and she'll update it. 802-658-2722, Ext. 19



NROC

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

ECRWSH
PrstStd
US Postage Pd
Burlington VT
Permit 400

NEWSLETTER BULLETIN BOARD

Friendly Reminder: All vegetable gardens must be pulled and cleaned of all vegetable matter, wire, stakes, cages and anything else by November 1.

New NROC Scholarships for Northgate residents pursuing Graduate/Undergraduate studies, Trade School, Career Development! See page 8.

Don't like the newsletter in paper format? You can get it online (as well as school closings, weather and other handy links) at <http://www.northgateapartmentsvt.org>

Check out Muffin Mondays (every Monday) in the Internet Café!

Getting dinner from Domino's and need their number? See Handy Information for their number and more...page 11.

Did you know????? Best Buy will take your old TV and recycle it if you buy one from them!

Do you make jewelry? Give Carol a call—we have the makings if you have the time!

Dumpster Day for OCTOBER-See page 6.

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 and benefits!