

Northgate News

In this issue:

Management Office
Closings 2

Saving on
Heating/Gas Bills 3

Management and
Maintenance News 4

Snow Removal Policy
5

January Recipes 6,7

NROC News

A Resident
Remembered 8

NROC Board Room 8

Youth Calendar 9

Resident Events 10

Word
Scramble...**chance to
win \$20.00** 11

Name the TV
Shows...**Chance to
win \$50.00** 12

Water Conservation
13



YOUR NORTHGATE NEWS NOW COMES TO YOU IN “LIVING COLOR”

MANAGEMENT HOURS OF OPERATION

| | |
|------------------|----------------------------|
| Monday | 8:30 AM – 4:30 PM |
| Tuesday | 8:30 AM – 4:30 PM |
| Wednesday | By Appointment Only |
| Thursday | 8:30 AM – 4:30 PM |
| Friday | 8:30 AM – 4:30 PM |

MANAGEMENT OFFICE PHONE

(802) 658-2722

MANAGEMENT OFFICE EXTENSION NUMBERS

| | |
|---|-----------------|
| Laura Barnett, Receptionist | Ext. #11 |
| Work Orders & Emergency Line | Ext. #11 |
| Donna Chagnon, Property Manager | Ext. #14 |
| Sara Noth, Property Manager | Ext. #15 |
| Jeff Winkler, Outreach coordinator | Ext. #16 |
| Leean Lund, Services Coordinator | Ext. #36 |
| Carol Jaramillo, Community Builder | Ext. #19 |

Presented to you by:



NROC
Northgate Residents'
Ownership Corporation



Maloney Properties Inc.

Management Office Closings

2017

Note: When a holiday is on a Monday, the Management Office closes at 12:00 the Friday before.

| | | |
|----------------|---------------------|---------------------------------|
| January 2 | Monday | New Year's Day (observed) |
| January 16 | Monday | Martin Luther King Jr. Birthday |
| February 15 | Monday | President's Day |
| May 29 | Monday | Memorial Day |
| July 4 | Tuesday | Independence Day |
| August 16 | Wednesday | Battle of Bennington |
| September 4 | Monday | Labor Day |
| October 9 | Monday | Columbus Day |
| November 13 | Monday | Veteran's Day (observed) |
| November 23,24 | Thursday, Friday | Thanksgiving Holiday |
| December 25 | Monday | Christmas Day |

Remember, if you call the office number outside of regular office hours, only emergencies will be responded to such as floods, no heat, no electricity and lock outs. Also, if an unknown car is parked in your space and you aren't comfortable asking your neighbors if they know the owner of the car, you may call the office number and ask for help. The on-call staff will try to identify the car; **if they are unable to do so, the NROC parking policy states that the car will be towed—so if you don't have a Northgate sticker on your car, it's a great idea to get one!!** All non-emergency calls will be returned during regular business hours.

Natural Gas Conservation and You

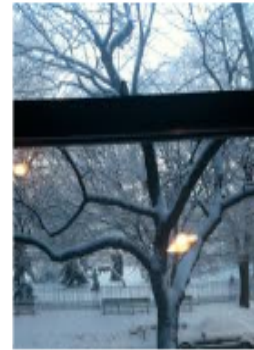
It is estimated that by 2032, 80 billion cubic feet of natural gas will be needed per day to power more than 400 million homes.



Remove window air conditioners at the end of summer.



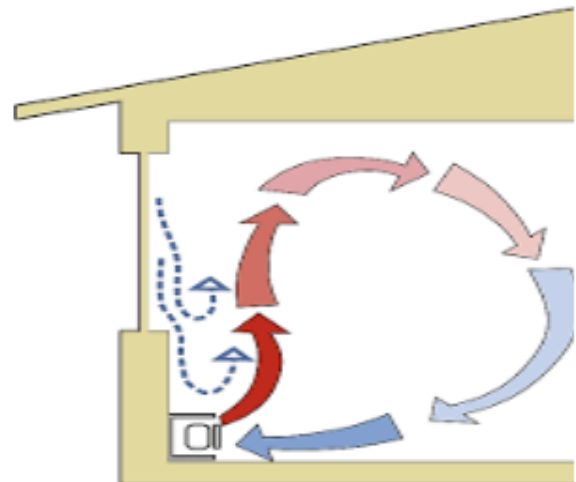
Keep windows closed in the winter. Keep the outside air from coming inside. If the apartment is too hot, please contact Management.



Keep shades and drapes open during the day to let warm sunlight in, and close them at night.



Make sure all baseboard heaters are clear of furniture and curtains so that air can circulate freely. Keep baseboard heaters vacuumed to promote air flow.



MANAGEMENT NEWS

HAPPY NEW YEAR!! We wish all residents a happy, healthy and prosperous 2017!

LANDLORD CERTIFICATION FOR 2016 TAX RETURNS

The Landlord Certifications will be mailed **no later than January 31, 2017**. Calculation and completing the 336+ landlord certification forms is a very time consuming process. Please be sure to put this in a safe place until you are ready to file your tax return. The Vermont Tax Department requires that this be the ORIGINAL FORM, not a copy.

LOCKS ON DOORS

A reminder to all residents: **locks on the outside of basement, bedroom and closet doors** are not allowed at Northgate. While we understand that residents occasionally install them for safety purposes, locks installed in these areas are a violation of state, local and federal housing regulations. Please **do not install locks on the exterior** of any doors.

SNOW REMOVAL

It's that time again! We are getting snow...we have included a copy of the Northgate Snow Removal policy as a reminder to everyone how the snow removal process works. Please remember if you are going to be away, **you will need to make arrangements** to either park your vehicles off site or have it moved in the event of a snow storm. **Any vehicles not moved for snow removal will be towed at the owner's expense.**

BASEMENT WINDOWS

As cold weather arrives, please be certain that **all basement windows are securely closed**. **Leaving these windows open may cause pipes to freeze and burst.**

AUTO CALLS

The management office is using an automatic calling system to inform residents of upcoming events, snow removal and other important messages. **Please be sure to listen to your messages when you receive an auto call.**

NROC Policy Spotlight

Northgate Residents Ownership Corporation Resident Policies: Snow Removal*

Staff will begin plowing roads, main walks, and a path down the center of each parking lot when approximately two (2) inches of snow has accumulated. Main walks consist of the roadside, walkways, and sidewalks around each parking lot. Sand/salt mix will be applied as needed.

Sidewalks and Walkways

Between 6:00 a.m. and 8:00 a.m., or as deemed necessary, staff will start to clear the doorways and sidewalks leading to the cars of residents who are on Management's disabled/elderly list. Staff will also clear around all mailboxes and fire hydrants.

Clearing of all other walkways will begin after all main walks, paths down the centers of parking lots, and doorways/sidewalks serving residents on Management's disabled/elderly list have been cleared and as time allows. "Other walkways" includes those in courtyards and common areas.

Parking Lots

Blinking yellow lights are in various locations on site. These lights are turned on in the early morning when staff are ready to begin plowing individual parking spaces, after the main roads have been cleared. Vehicles must be removed from the parking lots by 8:00 a.m. when lights are blinking, or they will be towed at the owner's expense. Parking lots are cleared on a "first emptied" basis.

Vehicles should be moved back into parking spaces as soon as parking lots have been plowed and the sidewalks have been cleared. Residents will be informed parking lots and surrounding sidewalks have been cleared by the yellow light being turned off or by a call from Management.

Snow banks at the end of parking lots will be moved to other locations on site as soon as possible, with priority given to snow banks that block a driver's vision and ability to safely access any roadway.

During snowfalls, it is prohibited to park a vehicle:

- In areas marked with orange traffic cones; these areas are "no parking" zones during snow storms.
- On the roadway overnight, as it interferes with plowing.
- With front or rear bumpers extending over the sidewalk because it prevents staff from clearing walkways completely.
- Directly opposite to parking lot entrances because it hinders plow trucks.

Vehicles parked in violation of the above are subject to towing at the owner's expense.

Resident Services

Residents in need of snow removal assistance can be added to the disabled/elderly list upon request and approval by Management. Blue barrels with sand/salt mix are placed at six locations on site for residents' use.

*Approved by the Northgate Residents Ownership Corporation Board of Directors on June 24, 2014.

Adapted from Policy approved at the Residents' Meeting held December 20, 2001.

JANUARY RECIPES

Braised Beef with Mushrooms

Ingredients

| | |
|--|------------------------------|
| 2 tablesppons of olive oil | 4 pouns beef chuck roast, |
| 1 tablespoon butter | trimmed and cubed |
| 4 cups finely diced onion | 1 teaspoon salt, divided |
| 2 large cloves of garlic, peeled and crushed | 2 pounds fresh mushrooms (or |
| 2 tablespoons tomato paste | 4-5 small cans) |
| 2 tablespoons paprika | 1 cup beef broth |
| 1 teaspoon dried majoram | 2-3 teaspoons tarragon as |
| | garnish |

Directions

1. Preheat oven to 350 degrees
2. Heat oil and butter in large heavy pot over medium heat (you'll need a pot that you can transfer to the oven). Add onions and garlic, stirring until the onions are soft and beginning to brown; about 8-10 minutes. Stir in tomato paste, paprika and majoram.
3. Season beef with salt and pepper. Add beef and mushrooms to the pot stirring gently to combine. Add broth and cover with a tight-fitting lid.
4. Transfer the pot to the oven and bake until the beef is tender; 1.75 to 2.5 hours. Stir.
5. Skim or blot any visible fat from the stew. Trasfer the beef and mushrooms to a bowl with a slotted spoon. Return the pot to the stove and bring the mixture to a gentle simmer. Cook until sause just coats a spoon. Stir in the bef and mushrooms and the remaining ½ teaspoon of salt and heat through for about 1 minute. Serve garnished with tarragon if you wish.
6. Serve with egg noodles if desired.

You can make this ahead of time! Prepare through Step 4, cool and cover. Refrigerate for up to 3 days for freeze. Finish with Step 5 before serving.

Homemade "Aussie Bites"

You may have seen these in the store...they are little bites packed with nutrition and this recipe is **gluten free**! Makes 26 servings

Ingredients

¼ cup maple syrup (you may use 1 cup of maple syrup and omit the agave)

¼ cup agave syrup (you may use 1 cup of agave syrup and omit the maple)

1.5 cups gluten free whole grain oat flour

1.5 cups hazelnut flour

.5 cups hulled sunflower seeds

7 tablespoons flaxseed meal

.5 cups dried cranberries

9 dried apricot halves, diced small

8 tablespoons organic virgin coconut oil

8 tablespoons unsweetened shredded coconut

Instructions

Preheat the oven to 350 degrees. Grease a mini (24 count) muffin tin. Place dry ingredients in a food processor* and pulse until mixed. Heat the coconut oil and syrups in a pan until mixed. Cut the apricots into quarters and add along with cranberries to the dry ingredients. Pulse until mixed. Add the heated oil and syrups to the dry mixture and pulse until the dough is mixed. Pack into the greased muffin tin. Bake for 12 minutes and cool for 10 minutes. (the cooler the muffins the less chance they will crumble). Remove by lifting each muffin gently with a butter knife. Store in a closed container.

* (if you don't have a food processor, make sure the dried fruit is cut very small and the mixture is well mixed into a dense dough)

Each muffin is 158 calories; 11 g fat; 5 g saturated fat; 14 g carbohydrate; 3 grams fiber; 7 grams sugar; 3 grams protein; 3 mg sodium; potassium 61 mg; iron 5%; vitamin A 1%; calcium 1%.

Anne Adamson Remembered

The Northgate Community notes, with great sadness, the passing of Anne Adamson on Sunday, December 11th, 2016. Born in 1940, Anne resided at Northgate, with her daughter Chris, for more than 20 years. Anne was a kind hearted, plain speaking woman who could put a smile on your face. It was always a pleasure to visit with Anne or meet up with her during one of her walks on the Northgate grounds. One of Anne's favorite enjoyments was to have tea with her Northgate friends. Anne will be missed and her loss will be felt by her friends and neighbors at Northgate.

NROC Boardroom

October 2017

The Budget Committee presented the proposed 2017 budget to the Board of Directors. Each line item in the budget was discussed. Some costs are up, some are down. For example, due to LED lights being installed by the Northgate Maintenance team around the site, Northgate's electric bill has realized substantial savings. The Board of Directors **approved Northgate's \$4,268,964.00 proposed operating budget.**

The Board of Directors also approved an amendment to the NROC Board Per Diem policy for conference expenses.

Security: The Budget Committee asked that the Residents Advisory Committee create a security proposal. That report will be forthcoming. The meeting adjourned at 7:55.

November 2017

The NROC Board of Directors discussed 3 updated or new Board policies:

NROC Childcare Payment Policy (for when a resident attends a Board of Directors or Committee meeting; childcare payments, paid directly to the childcare provider, are available; rates are based on national childcare rates).

NROC Confidentiality Policy and Agreement (confidentiality guidelines and agreement for board meetings).

NROC consultant Hiring Policy (when the board of directors has need of hiring a consultant for certain projects).

The meeting was adjourned at 7:15. The Board of Directors meet the fourth Tuesday of every month; supper is served at 5:30 and the meeting starts at 6:00. All residents are most welcome!

Youth Calendar

January 2017

| SUN | MON | TUE | WED | THU | FRI | SAT | |
|-----|------------------------|-----|-------------------------------------|------------------------------------|---------------------------|-----|--|
| 1 | 2 | 3 | 4 Play Date Group 10a-11a | 5 Youth Night 4pm-5:30pm | 6 Teen Night 7p-9p | 7 | <p>** If weather cancels an event, see Leean for indoor activities.</p> <p>Permission Slips Needed for Trips</p> |
| 8 | 9 | 10 | 11 Play Date Group 10a-11a | 12 CHILL Program 2:30p-9:30p | 13 | 14 | |
| 15 | 16 Office Closed | 17 | 18 Play Date Group 10a-11a | 19 CHILL Program 2:30p-9:30p | 20 Teen Night 7p-9p | 21 | |
| 22 | 23 | 24 | 25 | 26 CHILL Program 2:30p-9:30p | 27 Teen Night 7p-9p | 28 | |
| 29 | 30 | 31 | | | | | |

Resident Events

Food Pantry Hours

Wednesday January 18th 2pm-4pm

Thursday January 19th 12:30pm-2:30pm

Friday January 20th 6pm-7pm

Monday January 23rd 2pm-4pm

Van Rides

Tuesday January 3rd 9am-1pm: Bank/Price Chopper/Home Goods/Goodwill

Monday January 9th 12pm-2pm (Commodities)

Tuesday January 24th 9am-1pm: Bank/Petfood Warehouse/Christmas Tree Shop/Fitzgerald's Vet/Mr. G's

Monday January 30th 9am-1pm: Bank/Hannaford/Food Shelf/Dollar General/Big Lots

Zumba

Every Tuesday and Wednesday 6pm-7pm

Community Dinner

Thursday January 19th 6pm-7:30pm

Art Classes *(new!)*

Classes start 1/9/17 : EVERY Monday 6pm-8pm

This Month's Scramble

It's Back!!!!

Congratulations to November's Winner: Congratulations to **Betty Stebbins**, who found the word "surrounding" on page 5 in the "Water, Sewer and Trash" article and won **\$20.00**. Betty was one of six participants.

This month's scrambled word: latsabnuits

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 workshop mail slot):

- the page number
- the name of the article
- your name
- your apartment number

Studies have shown that if you do word puzzles and word scrambles you will protect your short-term memory as you age! So, you don't have to get the word, or submit it, but just trying to unscramble the word will help protect your memory while having fun!

GOOD LUCK!!!

NEW!!!!

Name All Seven TV Series and Get a Chance to Win \$50.00

(Answers due by January 30, 2017...this is a quarterly contest...if there are no winners drawn in January, the prize will be rolled over for April) GOOD LUCK!

1



2



3



4



5



7



6



*Return your answers to
Carol Jaramillo at the
Northgate Management
Office.*

Water Conservation You Can Make a Difference

On average, a person uses 50 gallons of water each day. By becoming conscious of how water is wasted, you can reduce your usage. Conserving water saves money and helps protect our most precious resource.

A lack of water, even though it may not seem to be apparent here in Vermont, has begun to become a major concern in many parts of our country.

While Vermont may not be experiencing some of the water shortage problems that exist elsewhere, the delivering of clean water to one's home is not an inexpensive proposition and Northgate is no exception to that rule. **Northgate as a community pays nearly \$200,000.00 on average, each year, for water services.** While Northgate residents do not pay a monthly water bill directly, the cost of water is a part of Northgate's annual operating budget. Wasting water is nothing more than wasting dollars that can be better used toward improving our community. Please remember that savings do not go into the pocket of a property owner here at Northgate, but instead are used to better the community as a whole.

The following is a list of water saving tips that not only can help to keep Northgate's bills lower, but also help our environment:

- Take **short showers** instead of baths. A full bath requires approximately 36 gallons of water. A five minute shower using a low-flow restrictor will use only 15-25 gallons.
- **Don't leave the water running while brushing your teeth and/or shaving.** Put a stopper in the sink and dunk the razor instead of rinsing it under the faucet. Saves 4 -10 gallons per day.
- **Don't use the toilet as a trashcan.** Don't flush items like facial tissues or paper towels. Saves 2 gallons per flush.
- **Wait until you have a full load before washing clothes.** Washing machines use 22-25 gallons per load.
- Use the **water level appropriate for the load; consider washing with cold water.**
- **Store drinking water in the refrigerator** rather than allowing the tap to run in order to get a cold drink of water.
- Use the **correct amount of water for cooking.**
- **Reuse water from boiling or steaming pasta and vegetables to water plants once it cools.**
- **Rinse fruits and vegetables in a bowl of water** instead of under the faucet. Saves 2-4 gallons per day.
- When **washing your hands don't let the water run** while you are lathering.
- **Do not use running water to defrost meats of frozen foods.** Let the item thaw in the refrigerator or use the defrost setting on your microwave oven.
- **Report all plumbing leaks or running toilets immediately.** A running toilet left unrepaired can add hundreds of extra dollars to a monthly water bill. A faucet dripping at a rate of one drop per second can waste 2,700 gallons of water per year.
- When purchasing a new clothes washer consider **an ENERGY STAR certified washer.** These washers use 20% less energy and **35% less water, or only 15 gallons of water** per load as opposed to the 23 gallon average used by a standard washing machine. ENERGY STAR certified appliances may also earn you a rebate from your local power utility.

Please remember that the washing of vehicles is strictly prohibited at Northgate.



NROC
Northgate Residents'
Ownership Corporation

ECRWSH
PrstStd
US Postage Pd
Burlington VT
Permit 400

NEWSLETTER BULLETIN BOARD

**ALWAYS USE YOUR DEADBOLT (TOP LOCK)
TO ENSURE YOUR HOME IS SECURE!**

**MAKE SURE YOUR BASEMENT WINDOW IS
CLOSED SO YOUR PIPES DON'T FREEZE
(and you don't have the cost to replace
them)!**

**IF CARS NEED TO BE MOVED FOR SNOW,
LISTEN FOR AN AUTO-CALL AND LOOK FOR
THE YELLOW LIGHTS LOCATED AROUND
THE SITE...**

**DO NOT DUMP GREASE DOWN SINKS OR
TOILETS**

**NO LOCKS ALLOWED ON BASEMENT,
BEDROOM OR CLOSET DOORS!**

**LANDLORD CERTIFICATIONS WILL BE
MAILED NO LATER THAN 1/31/17.**

INSIDE THIS ISSUE:

Management Office Closings 2

Start of a New Year 3

Management and Maintenance News 4

Snow Removal Policy 5

January Recipes 6, 7

A Resident Remembered 8

NROC Board Room 8

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