

Northgate News

Volume 38 Issue 29

June 2009

Table of Contents

Community Van Schedule

Management News

Community Builder News

PetWise

Word Search

Summer BBQ

More info on Community Calendar

Local Resources and Events

LOTS AND LOTS OF HELPFUL INFORMATION

AND MORE!

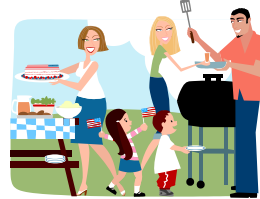


Northgate's Annual Dumpster Day Monday, June 8th from 7:00 AM to 7:00 PM.

This event is for Northgate residents only! Dumpsters will be placed throughout the site.

Residents are asked to place items **INSIDE** the dumpsters, not outside. There is a strict "no climbing" rule for the dumpsters and parents please be sure your children are not in or near the dumpsters.

Any questions please call the office 658-2722



Summer BBQ

Thursday, June 25th

6:00 PM in the Community Hall

We'll have a pie eating and balloon tossing contest for the kids and we'll be raffling off prizes for the adults! Please let Meagan know if you are able to make it, 658-2722 X 16

Northgate has a new website!



www.northgateapartments.org

Community Van Schedule June 2009

<u>Date</u>	<u>Time</u>	<u>Destination</u>
Mon. June 1	12:00 PM	Commodities
Tues. June 9	10:00 AM	Hannaford, Banks
Thurs. June 11	10:00 AM	Costco
Thurs. June 18	10:00 AM	Price Chopper, Banks, Kmart
Fri. June 19	10:00 AM 2:30 PM	Food shelf Imani Food Drive
Tues. June 23	10:00 AM	Hannaford, Banks
Mon. June 29	8:30 AM	Community Action – Farmer Market Coupons
Tues. June 30	10:00 AM	Price Chopper, Banks, Kmart



Call Meagan Ryan at 658-2722 x 16 to arrange to be picked up for a trip. Be sure to leave a message if no one answers. If you have a special need or request for a ride, you **MUST** call Meagan Ryan, at 658-2722, ext. 16, beforehand to get approval. No special trips or stops will be made without her approval.



It is Vermont State Law that all passengers in a vehicle must wear a seat belt. This includes the Northgate Van. If any passenger refuses to wear a seat belt they will be asked to exit the van. More than one incident may lead to a passenger no longer being able to use the van, per the NGRA Van Policy.

MANAGEMENT & MAINTENANCE NEWS



June 2009



MANAGEMENT OFFICE HOURS OF OPERATION

Monday	8:30 a.m. – 4:30 p.m.
Tuesday	8:30 a.m. – 4:30 p.m.
Wednesday	12:00 p.m. – 4:30 p.m.
Thursday	8:30 a.m. – 4:30 p.m.
Friday	8:30 a.m. – 4:30 p.m.

Please note that the management office no longer provides extended business hours into Wednesday evenings. We will continue to schedule appointments after hours as appropriate.

MANAGEMENT OFFICE PHONE # 658-2722

MANAGEMENT OFFICE EXTENSION NUMBERS

Work Order & Emergency Line - 11

Donna Deal – 14

Sara Noth – 15

Work orders – 11

Meagan Ryan – 16

Abbey Russell – 19



THANK YOU!

A special “thank you” to Pat Annable for her assistance with a child who was injured on site. Pat rode in the ambulance to the hospital with a young boy who had gotten hurt while playing. This was a wonderful example of neighbors helping neighbors.

The comfort extended to this child was a selfless act of caring and kindness and was greatly appreciated. Residents like Pat Annable make Northgate the great community that it is!

DUMPSTER DAY!



Northgate’s annual dumpster day will take place on Monday, June 8th, from 7:00 AM to 7:00 PM. This is a great opportunity for residents to clean out all the stuff they would like to get rid of, but can’t put out in the Friday trash.

Due to an increase in off site individuals using the dumpsters, it was necessary to change the date to a weekday. This event is for Northgate residents only! Dumpsters will be placed throughout the site.

Residents are asked to place items **INSIDE** the dumpsters, not outside. There is a strict “no climbing” rule for the dumpsters and parents please be sure your children are not in or near the dumpsters.



GROUNDS

Staff has been very busy with spring clean-up, mowing, weeding, pruning and mulching. It takes a lot of hard work to get the property looking its very best after a long winter.

Staff has noticed an abundance of cigarette butts strewn throughout the site. If you have this litter outside your fenced in yard or your front steps, please clean it up. We encourage anyone who smokes to use a can (preferably with sand in it) to put their cigarette butts in.

Also, another word regarding litter. Please do not litter on the grounds at Northgate. The management office has received calls from residents who are finding “items” on their porches and in the common areas that are not just unsightly, but unhealthy and unsanitary. Northgate is a beautiful property and **everyone** should be doing their part to help keep it that way.



CURB REPLACEMENT

In the near future, we will have a contractor on site who will be replacing curbs from the top of Northgate Road to the rotary. There will be flagmen at the construction area to direct traffic; however, we ask that you use caution when driving in this area. Also, parents please be sure that your children are not near this area while work is in process.



SERVICE DOG OWNERS

The Northgate Pet Policy states that all animal droppings are to be cleaned up **immediately**. This also pertains to your backyard. Do not allow animal waste to accumulate—this is a health risk and very unsightly (and smelly!) to your neighbors.



CABLE INSTALLATION

Prior permission must be obtained from the management office before having a second cable outlet or a satellite dish installed. **If you wish to have this service, you must pick up a Home Improvement request form at the office and fill it out for approval.** You will also be given written installation guidelines for the installer to follow.

We have been informed by Comcast that they will not install a second cable outlet in the upstairs bedroom. For anyone who would like this service, the installation will need to be done by a licensed electrician at the resident’s expense.

If this process is not followed and there is damage to the vinyl siding or trim, the resident will be charged for repair.

PetWise

by

Donna B. Russell

Time for Fun in the Sun--and FLEAS!

Once again, flea season is upon us, so it's time to think about how to treat and/or prevent this problem. Adult fleas spend most of their time on the host -- namely, your pet!

An adult flea lives approximately six weeks (but can live as long as a year or two under special conditions). A female can lay as many as 28 eggs per day. The eggs do NOT stay on the pet. They fall off wherever the pet goes and may develop in cracks and crevices in the floor, in bedding, or upholstered furniture. Fleas thrive in temperatures of 65 to 80 degrees, and humidity of 78 to 80 percent. Combine that with sandy soil (such as we have at Northgate) and you have ideal breeding conditions.

Because the eggs develop wherever they fall off the pet, both the pet and the home must be treated to get rid of the problem. To prevent reinfestation, a treatment program must be used that will kill both adult and pre-adult fleas.

In recent years, several products have been developed to make flea control easier.

Program, a pill which can be administered to your pet once a month and remains active in the pet's system, interferes with the life cycle of the flea and prevents females from laying viable offspring. It is both safe and effective. However, because the pill has no effect on adult fleas, you must begin giving it to your pet BEFORE flea season begins (in this area, that's usually May or June), or treat for adult fleas if you already have a problem.

Two other products, Advantage and Frontline, kill adult fleas on contact, before they can reproduce. Apply these to the pet's skin once a month. Frontline also kills ticks.

Another product, Revolution, is also applied topically once a month. It not only kills fleas and ticks, but prevents heartworms, treats and controls ear mites (in both dogs and cats), treats hookworms and roundworms (in cats only) and sarcoptic mange (in dogs only).

You may also get rid of adult fleas on your pets by using a flea shampoo*, powder, spray, or mousse; or take the animal to the vet for a flea dip or bath. Flea collars only keep fleas away from the areas nearest the collar, so it is better to use a product that treats the whole pet. Be sure to treat ALL pets in the household to prevent reinfestation. Ask your vet which treatment is best for your pet.

Vacuuming can get rid of about 50% of flea eggs and larvae in carpets. Be sure to vacuum upholstered furniture, drapes, floors, and your pet's sleeping area, or any area where it "hangs out." However, vacuuming alone is not enough.

To rid your home of fleas, use a product (such as a spray or fogger) which contains ingredients which will kill both pre-adult and adult fleas. Some products that kill pre-adult fleas have a residual effect for three or four months. However, to kill adult fleas, you must treat the home every two or three weeks until all the fleas are gone. If using foggers, be sure you use one in each room, and buy those that will take care of the square footage you are trying to treat. Remove your pets from the home while it is being treated for fleas, as these products may be harmful if inhaled in a closed environment.

Unless both the pets and the home are treated, fleas can become a perpetual problem. And, by keeping pets indoors, you may be able to maintain a flea-free environment.

If you have any questions about flea control, please contact your veterinarian.

[This information is based on the following sources: an article by Michael Richards, DVM; The Veterinary Information Network/Pet Care Forum Database 1995, AOL; an article by Theresa A. Fuess, Ph.D., Information Specialist, University of Illinois College of Veterinary Medicine posted on their website - <http://www.cvm.uiuc.edu/petcolumns/showarticle.cfm?id=127>; and information from Brown Animal Hospital in South Burlington, VT.]

***NOTE: Do NOT use human shampoo on pets. Humans shed toxins through the skin, so our cleansers/shampoos are stronger than those made for pets. Animals don't sweat through their skin. Please only use products that are specifically made for your type of pet.**

June Website of the Month

Itching for more information on fleas and flea control? Check out the following websites:

<http://www.vetmed.iastate.edu/services/vth/clinical/derm/flea/main.html>

<http://www.fleasmart.com/fleasrx.htm>

<http://www.ohioline.osu.edu/hyg-fact/2000/2081.html>

<http://www.ivillage.com> - type "fleas" in the "find" window at the top of the screen.

When that screen loads, scroll to article #7 "Five Flea-Fleeing Habits."

Homemade Flea Treatment for Pets and Yards

Fill a pump spray bottle with a mixture of 2 parts water to 1 part Ivory dish liquid and spray the entire yard. The soap is supposed to kill both the adult fleas and flea larva. Spray the boundaries of your yard every month or two to keep fleas at bay. The source article stated you could also use this same solution to wash your pet. However, it is best to use only products specifically designed for use on animals, so if you wish to try this on your pet, check with your veterinarian first. If they okay it, you can use the Ivory liquid/water mixture for the first lather, and then use your favorite pet soap for the second lather. Be sure to rinse well.

WARNING: Do not use other brands of dish liquid, as they may be too harsh for your pet's skin or cause an allergic or toxic reaction.

Don't forget to treat the inside of your home, as well, including upholstered furniture, draperies, bedding, floors, and any areas where your pet sleeps.

[Source: The Dollar Stretcher online newsletter, March 16, 2007.]

Committee Members Available to Residents

The following officers/members of the Northgate Pet Committee may be contacted as noted below:

Chairman: David Russell 862-1172 (after 1 p.m.)

Secretary/Co-chair: Donna B. Russell 862-1172 (after 1 p.m.)

The next Pet Committee meeting is to be arranged. If you are interested in becoming a member of the committee, please call Donna Russell at the number listed above.



June News from Community Builder, Abby Russell

Upcoming dates

- **Next Board Meeting and Quarterly Resident Meeting- June 16th at 6:00, FREE Community Dinner at 5:30.**
- *New* Environmental and Energy Awareness Committee- call Abby for meeting times.

NROC Residents Meeting

The next NROC Residents Meeting will be held on June 16th at 6:00. Come at 5:30 for **FREE Community Dinner** and then reports from the board, management, maintenance and the newly formed Environmental and Energy Awareness Committee.

Check out our new website!

www.northgateapartments.org.

Environmental and Energy Awareness Committee (EEAC)

EEAC is a new committee that was created by the NROC Board to promote policy and activities that lower energy costs and reduce environmental impact at Northgate. This committee will meet as needed and will be responsible for "Green" policy creation, review of "Green" improvements and outreach/education to residents. There is currently interest in creating a "Waste Reduction" policy and organizing a light bulb exchange. Interested in attending the meetings or joining the committee?? Call Abby for more information.

Playground Rehabilitation Project The Playground project construction plan is being reviewed by the contractor. The pea stone on the large playground will be removed and the play equipment will be updated. Youth Build and other volunteer groups are on board to assist with the project.



Our Community News

Meagan Ryan, Community Services Coordinator

Happy Father's Day!!!!

Sunday, June 21st

The Things You Taught Me I Will Always Know

*The things you taught me I will always know.
How could I not?*

*The roots have sunk so deep:
All lessons of the heart that I will keep
No matter who I am or where I go.*

*Kids learn from what their parents are, and so
You are my book of life, the thoughts I reap;
Only in your arms I quiet sleep;*

*Under my words your voice sings soft and slow.
From you I learned the rules of right and wrong*

*Against which I at times had to rebel,
Though with regret I carry with me still.*

*How lucky I am to have been loved so well,
Even as I pushed against your will,
Relying on a father fair and strong.*

(<http://www.poemsforfree.com/thethi.html>)



Summer is meant for going to the beach!

If you are a low-income Burlington Resident, there is a way for you to get a free season's pass to any of the City's Beaches. Go to the Burlington Parks & Recreation Office on 645 Pine Street with proof of income, Identification and your car registration. If you are eligible you will be mailed a pass to your house.

Also, remember the Parks & Recreation Department has scholarships for many of their Summer Recreation Programs. You could get up to 50% off certain programs!

UPCOMING EVENTS

- ❖ Youth Drop-in time
- ❖ Summer BBQ
- ❖ Father's Day Craft Project
- ❖ Fletcher Free Library Trips!

- Teen Movie & Snacks
- Lunch & Radio Shows
- End of School Ice Cream Party!
- Candy Bingo

NORTHGATE COMMUNITY EVENTS -- June

Monday, June 1

3:30 PM Candy Bingo in the Community Hall. Free!

Wednesday, June 3

5:00 PM Drop-in time at the Community Hall. Games, food & TV for Northgate youth only.

Thursday, June 4

5:00 PM Teen Drop-in! This is for Northgate Teens only who are 13 and older

Wednesday, June 10

3:30 PM Candy Bingo in the Community Hall. Free!

Friday, June 12

1:00 PM Last Day of School Ice Cream Party & movie. This is FREE and in the Community Hall.

Monday, June 15

5:00 PM Teen movie night in the Community Hall

Wednesday, June 17

5:00 PM Drop-in time at the Community Hall. Games, food & TV for Northgate youth only.

Friday, June 19

1:00-2:00 PM Father's Day craft project in the Community Hall.

Monday, June 22

11:30 PM Lunch & Old Time Radio shows. Come and enjoy good food, company and classic Old Time Radio!

Wednesday, June 24

1:30 PM Field Trip to Pizza Putt. We'll play a round of miniature golf and then play in the arcade. This trip is limited to 8 Northgate youth and permission slips are required! Slots will be filled as permission slips are turned in, first come, first serve.

Thursday, June 25

6:00 PM Summer BBQ! We'll have a pie eating contest and balloon toss for the kids and we'll be raffling off prizes for the adults! Please let Meagan know if you'll be attending so food can be planned accordingly

Friday, June 26

2:00 PM Candy Bingo in the Community Hall. Free!

Monday, June 29

2:00 PM Youth Movie in the Community Hall!

**Meagan Ryan
Community Services Coordinator
658-2722 X 16**

**Knock Knock!
Who's there?
Foster
Foster who?
Foster than a speeding bullet!**