
Important Dates

*Sept. 1, 10, 15, & 28th -
Heineberg Senior Center*

*Sept. 2 & 16th - Teen
Drop-In*

*Sept. 7th – Northgate
Office closed for Labor
Day*

*Sept. 8 & 22nd – Tuesday
Tea Time at Two*

*Sept. 9th & 23rd - Youth
Drop-In*

Sept. 14th - Youth Movie

*Sept. 15th – NROC Board
Meeting*

Sept. 19th – Leaf Peeping

*Sept. 21st - *Old Time
Radio Show, with special
guests Heineberg Seniors*

*Sept. 23rd - Instrument
Making with
Sambatucada*

Sept. 24th - Candy Bingo

*Sept. 26th – Buy-out
Celebration*

NORTHGATE NEWS

Volume 40 Issue 32

September 2009
northgateapartments.org

Northgate Residents Ownership Corporation Community Celebration for Recent Buyout

Sept. 26th, 2009
11am - 4pm

Here at 275 Northgate Road, Burlington, VT

Please join us in celebrating: 20 years of resident leadership, NROC's recent buyout making Northgate 100% resident owned, and Preservation of affordable housing in our community!

Enjoy FREE food, activities and performances!

SPECIAL GUESTS invited to join us for speeches and awards, including:

Senator Bernie Sanders, Senator Patrick Leahy,

Former Governor Madeleine Kunin

Mayor Bob Kiss, Former Mayor Peter Clavelle

RSVP: by Sept. 18th, 2009 to Abby. Call 658-2722 ext. 19, stop by the NROC office or e-mail

rsvp@northgateapartments.org

*Residents who RSVP will be entered to win a Hannaford's gift card!

Northgate Van Schedule for September 2009

<u>Date</u>	<u>Time</u>	<u>Destination</u>
Tues. Sept. 1 st	12 p.m.	Commodities
Wed. Sept. 2 nd	9 a.m.	Hannafords/ Banks
Thurs. Sept. 3 rd	10 a.m.	Heineberg Center
Fri. Sept. 4 th	9 a.m.	Williston Stores
Tues. Sept. 8 th	9 a.m.	Hannafords/ Banks
Wed. Sept. 9 th	9:30 a.m.	Costco
Mon Sept. 14 th	9 a.m.	Hannafords/ Banks
Tues. Sept. 15 th	10 a.m.	Heineberg Center
Wed Sept. 16 th	9 a.m.	Williston Stores
Fri. Sept. 18 th	12 p.m.	Food Shelf
Fri. Sept. 18 th	2:30 p.m.	Imani Food Drive
Tues. Sept 22 nd	9 a.m.	Price Chopper/Banks/ TJ Maxx
Thurs. Sept. 24 th	9:30 a.m.	Costco
Mon. Sept. 28 th	10 a.m.	Heineberg Center
Tues. Sept. 29 th	9 a.m.	Hannafords/ Banks
Wed. Sept. 30 th	9 a.m.	Williston Stores

If you need to be picked up please call Kevin Bean or Kristen at ext 16

Northgate Residents Activity Calendar, September 2009

Sept. 1st at 10 a.m. **Heineberg Center**: Northgate Residents will be heading over to the Heineberg Center for activities and lunch. Please bring \$3 for lunch.

Sept. 2nd at 5 p.m. **Teen Drop – In**: in the Community Hall for ages 14 to 18.

Sept. 8th at 2 p.m. **Tuesday Tea Time at Two**: in the Community Hall. We will be having different teas from all over the world. Please bring a tea cup. Snacks will be provided.

Sept. 9th at 5 p.m. **Youth Drop – In**: in the Community Hall. The ages are 6 to 13 years old.

Sept. 10th at 10 a.m. **Heineberg Center**: Northgate Residents will be heading over to the Heineberg Center for fun activities and lunch. Please bring \$3 for lunch.

Sept. 14th at 3:00 p.m. **Youth Movie**: in the Community Hall for ages 6 to 18. We will be watching “The Sandlot.”

Sept. 15th at 10 a.m. **Heineberg Center**: Northgate Residents will be heading over to the Heineberg Center for fun activities and lunch. Please bring \$3 for lunch.

Sept. 16th at 5 p.m. **Teen Drop – In**: in the Community Hall for ages 14 to 18

Sept. 19th at 9 a.m. **Leaf Peeping:** We are going down to southern Vermont to see the changing of the leaves. I can only take 11 people in the van, so this trip is a first come, first served. Lunch will be provided.

Sept. 21st at 11:30 a.m. Old Time Radio Show: Come to the Community Hall to have wonderful food and desserts while listening to great old time radio shows. We will have a few friends from the Heineberg center attending this event also. Lunch will be provided.

Sept. 22nd at 2 p.m. **Tuesday Tea Time at Two:** This will be held in the Community Hall. We will be having different teas from all over the world. Please bring a tea cup. Snacks will be provided.

Sept. 23rd at 5 p.m. Youth Drop – In and Instrument making with Sambatucada: in the Community Hall. The ages are 6 to 13 years old. Food and fun with Kristen at 5:00, and instrument making and shaking demo with Sambatucada. The youth will then be invited to join Sambatucada on Sat. 26th for their performance at the Community Celebration.

Sept. 24th at 3:00 p.m. **Candy Bingo:** in the Community Hall for ages 5 to 18.

Sept. 28th at 10 a.m. **Heineberg Center:** Northgate Residents will be heading over to the Heineberg Center for fun activities and lunch. Please bring \$3 for lunch.

PetWise

by
Donna B. Russell

Time for a Change

Autumn is known as a season of change. The leaves on trees change from green to red, gold, yellow, and orange; we change from shorts and tank tops to long-sleeved shirts, slacks and sweaters; and our pets shed their summer coats as the thicker, winter coats replace them.

Shedding is a normal process for animals, but sometimes they need a little help from their human companions to prevent problems from developing. Long-haired cats and rabbits are especially susceptible to fur balls forming during shedding season. As they groom themselves, the hair is ingested but not digested. It forms masses in the stomach that are eventually coughed up on the floor, the rug, or even in your favorite slippers.

Fur balls can become a problem for pets, causing partial or complete obstruction of the stomach and upper intestine. A cat may vomit up recently eaten food, a liquidy substance, or a fur mass about the size of a cigar. There are commercial lubricating preparations to help cats pass fur balls, and special high fiber diets to aid regularity. If your pet seems lethargic and constipated, or is vomiting several times a day, have him checked by a vet to make sure he is not becoming dehydrated or suffering from a blockage.

Frequent combing or brushing helps to remove loose hair to minimize the amount of fur ingested. This is especially important for angora rabbits since they cannot vomit up the fur balls, and this can lead to fatal blockages. Brushing will also minimize the formation of unsightly mats in the fur. If there are a lot of mats, or if they are close to the skin, it is best to have the vet or a professional groomer remove them. The time you spend holding and brushing your pet can increase the bond between you, relaxing both the animal and the owner. There are different kinds of brushes, combs, and grooming mitts available to choose from. Your vet or the staff at a local pet store can advise you as to what might work best for your particular pet's needs.

Shedding season doesn't last forever (though with some pets it may seem that way), and these few simple steps can make the transition more pleasant for both you and your pet. And be sure to keep those brushes, combs, etc., where you can find them again in the spring when, like their human counterparts, our pets shed their winter coats.

September Tidbit - What's the Matter with Mats?

When pets begin to shed their undercoats, sometimes the fur mats up creating lumps that are uncomfortable, itchy, and can harbor odor and bacteria. To minimize the formation of knots and mats, pets should be combed or brushed every few days (daily if long-haired). If caught when small, you may be able to remove mats with a detangling comb, a special comb with rounded bristles that rotate so as not to pull on the pet's skin; or clip them out with a pair of round tipped scissors. For more serious mats, or those close to the skin, take your pet to the vet or a professional groomer.

Remove mats before bathing your pet, as wet mats are nearly impossible to remove. Do NOT shave your pet. An animal's coat not only insulates it against the cold in winter, it also helps insulate it against the heat of summer and protects against sunburn. With the mats removed, your pet will both look and feel better -- and that's what matters most.

Farewell to our "Gentle Giant"

Animals have a way of crawling into our hearts and never leaving, even when they are no longer physically present. Our "gentle giant," Dickens, died on August 4 after a brief battle with an intestinal tumor. He had lost nearly half of his body weight, and was no longer able to eat. Dickens had a long, healthy, happy life, and brought us much joy with his loveable purrsonality and goofy ways. He was truly the gentlest of all God's creatures, literally not hurting a fly. From the day we brought him home from the Humane Society at age 6 months, right to the end, he

took life in stride with a slow pace and a love of eating, napping, and his catnip toys. I hope Mitzi, who crossed the Rainbow Bridge nine years ago, was there to meet him to show him around; and he can give her all the news from home. They are both greatly missed. -- Donna B. Russell

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 pet issues, or

In becoming a member of the committee, please call the Pet Committee Secretary.

NOTE: If you would like to contribute articles, poems, stories, tips, or helpful hints about

Your pet, pets in general, or pet issues, or have pet-related questions, please send them to

PetWise at PetWiseDBR@aol.com and put "Question," "Article," "Tip," etc., in the

"Subject" line. These should be no more than 3-4 short paragraphs, or 20 lines of poetry.

Longer submissions may be edited for space.

MANAGEMENT & MAINTENANCE NEWS

All Northgate offices will be closed on Monday, September 7, 2009 in observance of Labor Day!

NORTHGATE COMMUNITY CELEBRATION!!

On Saturday, September 26th from 11:00 A.M. to 4:00 P.M., there will be a site wide celebration of Northgate's 20 years of resident owned housing! There will be lots of fun activities for the kids, food for everyone and visits from many of the wonderful people that worked so hard many years ago to help make Northgate the great community it is today.

We are very excited about this event and hope that all Northgate families will join us for a fun filled day!

BASEMENTS

Please remember that Northgate does not guarantee dry basements! All belongings stored in your basement should be placed on pallets to avoid damage in the event of water entering your basement.

HOUSEHOLD RECERTIFICATION

All Section 8 households at Northgate must recertify their household income annually. The paperwork for this process is sent out 90 days in advance of each household's move in date. It is imperative that this paperwork be completed and returned to the office within the time frame stated in the notice. Failure to complete this paperwork could result in the loss of your Section 8 subsidy and

thereby making the household responsible for paying the full market rent. **To avoid this happening, please complete and return all paperwork in a timely manner!**

PETS

It is a requirement of the Pet Policy and your lease that all pets must be registered with the Management Office. The policy also states that the office must have verification from your veterinarian of spaying/neutering and current vaccinations. The registration forms are sent out each year to all households and they need to be returned promptly with copies of the required verifications.

PREVENTIVE MAINTENANCE INSPECTIONS

During the month of September, we will be completing preventive maintenance inspections on units #56 through #120. Please be certain that all rooms in your apartment are accessible and there is a clear path to your boiler enclosure and your outside dryer vent.

SERVICE DOG OWNERS

The Northgate Pet Policy states that all animal droppings are to be cleaned up **immediately**. This is a health and safety issue for the entire property. 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.



September News from Community Builder, Abby Russell

Upcoming dates-

- **Next Board Meeting-** Sept. 15th at 6:00p.m. in the Board Room and dinner will be served at 5:30p.m.
- **Buyout Celebration-** Sept. 26th, 2009 from 11:00 a.m. – 4:00 p.m.
- **Budget Committee Meetings-** Aug. 31st and Sept. 8th, The Budget Committee meets to review Northgate's budget for 2010. If you are interested in learning more about this process please contact Abby.

Playground Rehabilitation Project- The Playground Project will be started in small steps. In the next few weeks you should see new swings and mulch being put in the play areas. We are working with contractors to make improvements to our 1st plan.

Common Area Policy- The new Common Area Policy was approved at the Aug. Board meeting. A follow-up will be sent out.

Buyout Celebration- NOW scheduled for **Sept. 26th, 2009 from 11:00 a.m. – 4:00 p.m.** This event will celebrate the most recent Buyout of Northgate and marks *20 Years* of resident leadership. Special guests and local politicians will join us for speeches and awards. We will have a bounce castle, face painting, magicians and The Play Mobile. We will have foods from Kountry Kart Deli, Samosa Man and kabobs. There will be performances by Sambatucada and The Bosnian Lilies and music will be provided by DJ Luis. You will receive a personal invitation in the mail in the next few weeks.

NORTHGATE 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. – 2:30 p.m.*

*special summer hours through 9/4

Northgate Apartments Office # 658-2722

OFFICE EXTENSION NUMBERS

Work Order & Emergency Line - 11

Donna Deal – 14

Sara Noth – 15

Wendy Thibault – 11

Kristen Robinson – 16

Abby Russell - 19

If you need this translated, please contact the office.

(French)

il vous plaît 'Si vous avez besoin de cette traduction s
.le bureau contacter

(Albanian)

.Nëse keni nevojë për këtë përkthyer ju lutemi kontaktoni zyrën

(Croatian)

.Ako trebate ove prevedene kontaktirajte ured

(Vietnamese)

Nếu quý vị cần phiên dịch này xin vui lòng liên lạc với văn
.phòng

(Slovak)

.přeložený kontaktujte kanceláriu Ak potrebujete tento

(Russian)

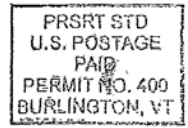
.обращайтесь в офис ,пожалуйста ,Если вам нужен этот перевод



275 Northgate Rd.

Burlington, VT 05408

ECRWSH**61



WANTED:

*Volunteers to help
fold and label
Northgate News.*

*Contact Abby at 658-
2722 x. 19*