

THE LARK

July 2019

Meadowhill.net



MEET MEADOW HILL'S MR. FIXIT



When there's somethin' broke in the neighborhood, who ya gonna call?

Probably *not* Ghostbusters, at least if your neighborhood happens to be Meadow Hill. More likely, you'll reach out to MH's affable Facilities Manager, Darien Covert, who's been providing his own brand of TLC to Meadow Hill's grounds and buildings for 20 years.

A native of Vernon, CT – and still a resident there – Darien attended Rockville High School where he played “every sport” including wrestling, football, basketball, and baseball. Somehow, he found the time and energy to participate in Boy Scouts too. That energy level helps explain how he manages the daunting workload of tending to Meadow Hill's 129 homes and expansive grounds.

Darien started his career as an auto body mechanic, which he left after 10 years to start a successful landscaping business, while concurrently operating a vending machine business with his brother. Eventually, with a wife and new baby on the way, he decided to seek an opportunity that would provide a bit more stability and benefits. He joined the maintenance staff at Meadow Hill, and after a couple of years, he was promoted to Superintendent, since re-titled as Facilities Manager. In this role, Darien has overall responsibility for the maintenance and upkeep of “everything you see from the outside of a unit at MH”, a jurisdiction that includes grounds and landscaping, roofs, siding, gutters, walkways, snow management, and a whole lot more.

Darien met his wife Annette when he was a senior at Rockville HS, where she was also a student. She is an orthodontist's assistant, and they have two daughters. Alana, 20, is a nursing student; and Jordyn, 16, is entering her junior year at Rockville High. Many of us will get to know Jordyn this summer as she will be working for her dad here at Meadow Hill. When he's not busy keeping MH in top condition, Darien spends lots of time at Jordyn's softball games. An avid Steelers fan, he attends at least one NFL game per season, and loves to go on cruise vacations.

The best part of Darien's position: “there's something different every day; no two days are the same.” Throughout his 20 years here, Darien has seen just about everything, including squabbles between neighbors who expect *him* to referee – which he tactfully declines to do. Darien offers two pieces of advice to MH residents: First, if you need to contact him about something that needs doing, please submit a work request through Imagineers. Second, read the MH by-laws and rules where you'll find the answer to almost any question you have. Good advice from a guy who knows the ropes better than just about anyone!

ANNUAL MEETING AND ELECTIONS

The Meadow Hill Annual meeting was held June 13th. Larry Abbott and Connie Liscomb were elected to a 3-year term and Tom Lombardo was elected to a 2-year term. Current board members are as follows:

PRESIDENT	VICE PRESIDENT	SECRETARY	TREASURER	DIRECTOR	DIRECTOR
Luther Weeks	Ed Litke	Connie Liscomb	Larry Abbott	Tom Lombardo	(not filled)

Congratulations and thank you to members past and present for their service to our community. We wish you well as you take on this new responsibility

Wildlife Watch: The Bobcat



Living on the banks of the Connecticut River provides an opportunity for some fascinating wildlife sightings. One of the most exciting, though somewhat rare encounters, is to catch a glimpse of a bobcat. I have had this experience twice since I've been at MH, and it has thrilled me both times! Once I even managed to snap a few photos before the cat went on its way. It is easy to identify a bobcat by its size, short bobbed tail, prominent cheek ruffs, and coloring (gray to tan back with faint black spots, black tufts on pointed ears, and white underparts).

According to information provided by DEEP (Dept. of Energy and Environmental Protection), the bobcat is the only wild cat and the top predator found in Connecticut. It is also the most common large cat in North America and has been found in all of the lower 48 states, though its numbers are decreasing in some areas with dense human populations. DEEP believes bobcats currently reside in all eight counties in CT. An individual cat will have a range of 8 to 20 square miles.

Though it is one of the smaller of the wild cats in North America, this handsome animal is still a formidable creature. Generally 2 to 3 times the size of a domestic housecat, adult males weigh between 18 and 35 pounds and average 32 to 37 inches in length. Armed with sharp teeth and claws as well as keen eyesight and hearing, they are patient hunters who have earned their place as our state's top predator. Their diet ranges from cottontail rabbits, woodchucks, squirrels, chipmunks, mice, voles, snowshoe hares, and white-tailed deer (deer taken by bobcats are usually sick or injured, very young or very old). They will also occasionally prey on smaller domestic animals.

Bobcats have more than one mate and do not form lasting pair bonds. They breed in February and March and the litter may have 1-4 kittens, with 2 being most common. Dens are located beneath windfall, or in caves, rock crevices or hollow trees. Kittens nurse for about 2 months, and juveniles may remain with the female until the following spring; males do not participate in raising the young.

Secretive and solitary, bobcats are most active just after dusk and before dawn, and with their preference for thick cover, they are not often observed by their human neighbors. For these reasons, bobcat attacks on people are very rare. When an attack does occur, it is usually because the animal is rabid, as was the case with a widely reported attack on a golfer in Baltic, CT in April.

If you do happen to see a bobcat, enjoy the sighting from a safe distance and do not approach it! Report the sighting to DEEP's Bobcat Project by sending an email to deep.ctwildlife@ct.gov. Include as much information as you can, such as date/time/location of sighting, any other observations, and photos if you take them. The information will help DEEP learn more about bobcat abundance and distribution in CT. For more information, click [here](https://tinyurl.com/MH-Bobcat) or go to <https://tinyurl.com/MH-Bobcat>

Wildlife Watch is an occasional feature in Lark. If you've had an interesting wildlife sighting you'd like to share with the MH community, please contact the Lark staff. By Mike Proulx



Interesting AND Accurate Facts about July 4th

Three presidents died and one was born on the Fourth. In 1826, Thomas Jefferson and John Adams died on July 4th – fifty years to the day after the Declaration was adopted (but not actually signed by all participants). James Madison died just a few years later on July 4, 1831. And Calvin Coolidge was born on July 4, 1872.

Eating salmon on the Fourth is a tradition in New England. Then how come around 150 million hot dogs are said to be consumed on that day?

The oldest annual Fourth of July celebration began in Bristol, Rhode Island eighty-five years before the Fourth of July was even recognized as a federal holiday.

Glastonbury is Farm Country

Glastonbury has a rich agricultural history and dozens of farms continue to provide a variety of locally grown fruits and vegetables. You can buy shares in a CSA (Community Supported Agriculture) and receive a weekly supply of whatever is in season, or there are many opportunities to pick-your-own from early summer through the fall: strawberries, blueberries, raspberries, cherries, peaches, plums, pears, apples, even your Christmas tree! Click [here](#) for a complete list of farms in town and their offerings, or go to <https://tinyurl.com/MH-Glastonbury-farms>

Farmers Market, Food and Riverfront Summer Music Series

At the Union Square market or in small midwestern towns, foodies everywhere can be found prowling the stalls at open air markets, looking for the freshest - and sometimes unusual - produce. Here in Glastonbury we are indeed fortunate. With so many local farms the variety and quality of offerings is impressive.

The Glastonbury Farmers Market operates June 19 to August 28 from 5 to 8 PM. Located at Riverfront Park on Welles Street it is a truly lovely venue. And to be even more enticing the Riverfront Music Series lends a festive atmosphere.

So why not plan to meet with friends, shop for the wide variety of offerings – produce, organic meats, cheeses, local pottery, handmade soaps. Then sit back and enjoy the evening musical entertainment.

The scheduled artists are as follows:

July 10 - Shaded Soul
July 17 - White Wedding
July 24 - Maxxtone
July 31 - ETA

KEY DATES

Book Club July 2
Game night, July 3
July 4th
Board meeting, July 17

THANKS TO THE POOL COMMITTEE



With the completion of the pool renovation last month, we are now enjoying the benefits. It took about two years to research and plan, select a vendor and get the construction, tiling, plumbing & electrical, painting, fencing and planting completed off season. A little follow-on work has continued as is typical of any major project. Be sure to express your thanks to the Pool Committee - Kathy Wanat, Luther Weeks and Nikki Schanzer. Their efforts have renewed a wonderful amenity at Meadow Hill.

SUMMERTIME HEALTH TIPS



Be kind to your skin

That warm wonderful sunshine feels great on our skin. After a long cold winter it is oh so easy to overindulge. But that joy can cost you an uncomfortable sunburn or worse. The American Cancer Society says UV rays are a major cause of melanoma.

Sunscreen can protect the skin from sunburn. The Centers for Disease Control recommends that people apply sunscreen of at least SPF 15 when going outside. Spray sunscreen is not high on the list of recommendations, as it takes a whole bottle of the stuff to provide proper coverage for one person on a day outdoors if used correctly.

Free skin cancer screening is available. The SPOTme (TM) Skin Cancer Screening Program is the American Academy of Dermatologists' longest standing public health program. Dermatologists volunteer their time throughout the year for this program, and the AAD encourages everyone to take steps to prevent skin cancer. This is especially important for men over 50 as they have an increased risk of developing melanoma compared to the general population.

Free screening is available at:

Yale Physicians Building -New Haven

July 20, 2019

Screening is located at 800 Howard Ave.

Screening hours: 8:00 AM – 2:00 PM

Walk-Ins Welcome

1-408-499-8088

Click [here](#) to learn how to check for cancer or go to <https://tinyurl.com/MH-Cancer-Check>

Click [here](#) to download the Body Mole Map or go to <https://tinyurl.com/MH-Mole-Map>

Protect your eyes

Many people underestimate how much UV rays can pose a significant risk to their vision. UV rays enter the eye and penetrate through the cornea. This can be harmful in several ways. Unfiltered light can lead to growths on the eye, early cataract formation and macular degeneration. Once people have cataract surgery the risks increase even more. That's why it's particularly important for people to wear sunglasses regularly, and especially after having this surgery.



Allergies?

For tips on combating seasonal allergies, click [here](#) to see the June article, page 11, in the *The Sharing Tree* (the monthly Glastonbury Senior Center newsletter), or go to <https://tinyurl.com/MH-July-Sharing-Tree>

Watch out for Ticks

Living by the river as we do, we are more likely to encounter ticks, in the garden, while out for a walk. Be vigilant about checking for ticks to avoid getting Lyme disease.



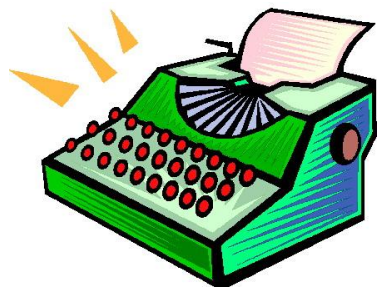
FROM THE GROUNDS COMMITTEE

The spring planting projects are complete, with many new shrubs and plants placed along Hollister North and South, as well as in Parking Lot J on the Center Rd. Many thanks to Darien, Mike and Nick for their efforts in getting these plants into the ground and keeping them hydrated. Any resident who lives near a new planting and would like to help keep them watered is welcome to do so! And if you are interested in joining the Grounds Committee and helping in our efforts to keep Meadow Hill beautiful, please contact Mike Proulx at 585-474-6698.

Summer Garden Tip

The April edition of the LARK contained great weed control tips. Here is a killer recipe for eliminating poison ivy – 1-gallon white vinegar, 1 cup salt, 1 tablespoon liquid dish soap. Mix it up and spray it on everyday till you see results.

CALL FOR LARKERS



Do you enjoy writing? Would you feel good about keeping your Meadow Hill neighbors informed about all that's happening here? If so, there's a place for you on the Lark team. We are a group of MH residents who enjoy working together to produce this monthly publication for the benefit of our little community. If you'd like to learn more about getting involved, contact Gene Flynn at 860-212--7347.

Plastic Bag Alert

Although plastic bags are recyclable, it is very important NOT to put them in your recycling bin, either loose or with recyclables inside. Plastic bags mixed in with regular recyclables can be extremely damaging to recycling equipment. Instead, take empty bags to a retailer or grocer that accepts them. You won't get a nickel, but you will be helping to protect the environment.



MEADOW HILL RESIDENT NOTES

Welcome New Resident Jo-Ann Ferari Holmes, unit #150, email: jo-annferariholmes@att.net, phone number 860-328-3039. Jo-Ann is a wonderful historian since she has lived in town many years.

Crafts and Needlework – If you enjoy knitting or crocheting and enjoy giving items to those in need, please contact Linda Fillion at 860-559-5504 or email Lfillion@cox.net for details and patterns. Items such as baby hats, booties, lap robes and prayer shawls are really appreciated by Middlesex Hospital, where we donate about 96 such items per year through our monthly deliveries.

Game Night – We we will meet on the first Wednesday of the month from 7PM to 9PM at the Hollister House. We'll teach you, or you can bring your own games. For more information call Howard Rosenthal at 860-430-6076.

Book Club meets on the first Tuesday of the month at 1:00 at the Clubhouse. Everyone is welcome. If you would like to learn more, please call Carol Fredrickson at 860-633-0158 or Suzanne Litke at 860-439-9611.

July: The Lost Roses by Martha Hall Kelly.

There will be no August meeting.

Clubhouse Rentals - For all rentals and scheduling of the clubhouse or Hollister House, please contact Marge DeMay at 860-633-6599, Unit #90.

Clubhouse – The Clubhouse is open for all residents every day. Come enjoy the gym, play pool with a friend or check your email. In the event of a scheduled rental, board meeting, etc., the upstairs room will be closed.

Lark Submissions Please contact Gene Flynn at 860-212-7347 for more information on submitting articles and notices.

MANAGEMENT COMPANY

IMAGINEERS, LLC
635 Farmington Ave.
Hartford, CT 06105

Property Manager: Sheila Duncan
860-768-3419
Assistant Manager: Pat Lokiec
860-768-3313

BOARD OF DIRECTORS

PRESIDENT
Luther Weeks
860-918-2115

VICE PRESIDENT
Ed Litke
860-430-9611

SECRETARY
Connie Liscomb
843-957-3741

TREASURER
Larry Abbott
860-682-2543

DIRECTOR
Tom Lombardo
860-652-0090

DIRECTOR
unfilled

To Email Management staff or Board Member click on <https://tinyurl.com/MHillContacts>

BOARD MEETINGS

Monthly Board meetings are held on the third Wednesday of each month at 1:30pm in the Clubhouse.

THE NEXT MEETING
July 17th
1:30 PM
IN THE CLUBHOUSE

Current and previous meeting minutes can be found at www.meadowhill.net
Hard copy minutes are available at the clubhouse office one week following the meeting.

MEADOW HILL COMMITTEES

Advisory committees play an important role in Meadow Hill. They provide information and work that improves Meadow Hill beyond what the Board and Manager can do without assistance. If you would like to contribute to making Meadow Hill even better or if you feel your views or those of your area are not fully represented on a Committee, consider joining a committee. Here is a list of current committee chairs.



Budget: L. Abbott(C/L)
Nominating: E. Litke(C/L)
Communications: G. Flynn (C)
Grounds: M. Proulx(C), L. Weeks(L),
Trees: Gene Flynn (C)
Pool: K. Wanat(C)
Stables E. Litke(L)

Amenities: K. Wanat(C/L)
Social: S. O'Leary(C), L. Abbott(L)
Friends of the River: R. Bouchard (C), L. Abbott(L)
Vegetable Garden: D. Fillian(C), L. Abbott(L)
Maintenance: L. Weeks (C), E. Litke(L)
Greenhouse: S. MacGregor(C), L. Weeks(L)

Key: (C) – Chair, (L) – Liaison

REQUESTS AND REPORTS TO THE BOARD

Committees and Residents should submit agenda requests and reports to Imagineers 10 days before the monthly Board meeting.

To email Board Members or submit work orders refer to the MeadowHill.net.