

# THE LARK

September 2019

**Meadowhill.net**



## A MESSAGE FROM THE PRESIDENT



One of the most important, challenging, and often difficult duties of the Executive Board is rules enforcement. We get a regular number of complaints from owners requesting rules enforcement and at other times the Board identifies concerns. Rules, like laws, are often challenging to understand. In fact, it is pretty much impossible for rules or laws to be written to clearly and precisely cover every situation. Judgement and interpretation are required.

Board members take no pleasure in determining that rules are not being followed, often by mistake. No pleasure in judging that a particular situation is a violation and merits enforcement. No pleasure in disappointing owners registering complaints or disappointing owners receiving violation letters or fines.

Every owner receives copies of the current rules, bylaws, and declaration when they make an offer to buy at Meadow Hill. When changes in rules occur, owners are notified. There are up-to-date copies of all rules at MeadowHill.net and at the Clubhouse. Nobody can memorize or remember every detail. I suggest, it would be beneficial for each owner and resident to read rules and bylaws once or twice a year. To avoid disappointment, whenever contemplating a novel action on your part, especially before you make a major interior structural change or any change that would alter the common areas or that would change the view from outside your unit, proceed with caution. Check carefully for applicable rules, check with a board member, or the management company. By Luther Weeks, Board President

## TENNIS/PICKLEBALL COURT UPDATE

The Tennis/Pickleball Court renovation is almost complete. While it took a little longer than originally planned, pushing back the start of Pickleball, we are glad to see this key Meadow Hill amenity updated to remove the cracks and properly seal/paint the surface. It took hundreds of gallons of paint to do the job, but our gratitude goes to Darien, Mike and Nick for their cleaning and painting work after Constantine Construction performed the crack repairs on this project. Let's use this amenity to the max, now!



## MEADOW HILL INSURANCE REMINDER



Voted on June 19, 2019 and effective September 1, 2019, the Board of Directors increased the Meadow Hill, Inc. insurance building coverage deductible from \$5,000 to \$10,000 on the association's master policy. Just a reminder to contact your insurance agent, if you have not already done so, to change your Homeowners Building Coverage to cover the increase. Please refer to the mailing from Imagineers, sent out on July 10, 2019 and read the Bouvier Insurance Master insurance summary.

## SOCIAL EVENTS



Meadow Hills 11<sup>th</sup> Annual Oktoberfest to be held Saturday, September 21<sup>st</sup> at the Club House. Appetizers will be available at 4:30pm and Dinner at 5:30pm. The menu will include Sauerbraten, roast chicken, German potato salad, etc.

Price this year is \$19 per person. Money is due by September 16<sup>th</sup>. Fliers with more information will be delivered to each unit the first week of September. Hope to see you all at this fun event.

## SEPTEMBER IS NATIONAL SENIOR CENTER MONTH

According to the National Institute of Senior Centers, Senior Centers are the key for individuals to age healthily, and also for communities to properly support older adults. They are the future of what aging can be and the Glastonbury Senior Center, which offers innovative programs and activities are changing the perception of aging, and creating important community resources for aging expertise. The Center invites you to celebrate with them



on September 19<sup>th</sup> at a **SPECIAL LUNCHEON**. Enjoy a BBQ chicken lunch with rice, carrots, salad, roll and cheesecake, along with entertainment by Walter Martins' vocals. This is a good time to check out all the awesome opportunities offered at the center, located at the Riverfront Community Center, 300 Welles St. Glastonbury, CT.

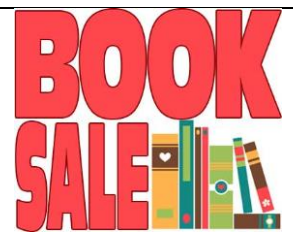
## TECHNOLOGY TRAINING AT RIVERVIEW COMMUNITY CENTER



Do you have basic computer questions on tablets, computers and gadgets? The Riverside Community Center has computer help offered in the evening. Meet with our tech volunteer Lynn, for 30- minute appointments. You may bring your computer with you or you may receive a lesson on our computer lab computers which use Windows 10. Sign up at the Riverfront Community Center. (860)652-7638).

## WELLES TURNER LIBRARY BOOK SALE

Don't miss the Library Book Sale, September 7, from 9-5 on the Front Lawn of the Library - 2407 Main St., Glastonbury. In case of inclement weather, the sale will be held next door in the TD Bank Parking Garage. Hard cover books and books on CD/DVD are \$2.00 - Paperbacks \$1.00. Bring your own bags! For more info call Friends of the Library (860)652-7728



## ABUNDANT HARVEST



September in Connecticut is one of the best times of year to purchase and enjoy the freshness of fruits and vegetables that are 'in season'.

Some favorites to be enjoyed are: arugula, beets, blackberries, blueberries, broccoli, cabbage, cantaloupe, carrots, celery, corn, cucumbers, eggplant, green beans, lettuce, lima beans, melons, nectarines, peaches, pears, peas, peppers, plums, snap peas, sweet potatoes, tomatoes and watermelon, along with too many others to name.

So get to your favorite farm stand and enjoy them while they are here. The season is over so quickly. Click [here](#) for a list of Glastonbury farms, or go to <https://tinyurl.com/glastonburyfarms>

## HEALTHY EATING AS WE AGE

Make a difference on how you feel and your well- being with these Daily Food Suggestions from the US Department of Agriculture Center for Nutrition.

- Make half your grains whole – any food from wheat, rice, oats cornmeal, barley or another cereal grain is a grain product.
- Vary your veggies – 100% juice counts. Vegetables can be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut up or mashed.
- Focus on fruits – any fruit or 100% fruit juice counts. Fruits may be fresh, canned, frozen or dried, and may be whole, cut-up or pureed.
- Dairy - get your calcium-rich foods – All milk products and many foods made from milk are considered part of this food group. Most choices should be fat-free or low -fat. Foods made from milk that retain their fat content are part of the group. Foods that have little or no calcium, such as cream cheese, cream and butter, are not. Calcium-fortified soy-milk is included.
- Protein – Go lean with protein. All foods made from meat, poultry, seafood, beans, peas, eggs, processed soy products, nuts and seeds are considered part of the protein group. Beans and peas are also part of the vegetable group. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.



## KEEP THOSE MOSQUITOES AWAY



Rub a few stems of fresh parsley, with leaves, on exposed parts of your body, and if you can stand it, rubbing garlic will also work! There are many essential spice oils such as peppermint, lemon, basil, clove, and thyme, that you might want to look into how to use them, for a natural repellent, to make Mosquitoes stay away! Plant a citronella plant by an entry door to keep them out. If you like to sit outside, sit by geraniums; mosquitoes hate the smell. Stand or sit by a fan because mosquitoes are weak, slow flying and can't fight air flow.

## KEY DATES

September 2nd – Labor Day  
 September 4th - Game Night  
 September 8th - Grandparents Day  
 September 11th - Patriot Day  
 September 17th - Constitution Day

September 18th - Board Meeting  
 September 21st - Octoberfest  
 September 21st - International Day of Peace  
 September 23rd - First Day of Autumn

## MEADOW HILL RESIDENT NOTES

**Welcome New Residents** – A warm welcome to Joan Wentworth, Unit 244, 860-690-5678, and Gleora Davis and Al Karam, unit 67 who moved in in August.

**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](mailto: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 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.

September: The Book Thief by Markus Zusak.

October: The American Duchess: A Novel of Consuelo Vanderbilt by Karen Harper.

**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

<b>IMAGINEERS, LLC</b> 635 Farmington Ave. Hartford, CT 06105	Property Manager: Sheila Duncan 860-768-3419 Assistant Manager: Pat Lokiec 860-768-3313
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## BOARD OF DIRECTORS

<b>PRESIDENT</b> Luther Weeks 860-918-2115  <b>TREASURER</b> Larry Abbott 860-682-2543	<b>VICE PRESIDENT</b> Ed Litke 860-430-9611  <b>DIRECTOR</b> Tom Lombardo 860-652-0090	<b>SECRETARY</b> Connie Liscomb 860-659-7819  <b>DIRECTOR</b> unfilled
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To Email Management staff or Board Member click on <https://tinyurl.com/MHillContacts>

## BOARD MEETINGS

<p>Monthly Board meetings are held on the third Wednesday of each month at 1:30pm in the Clubhouse.</p>	<p><b>THE NEXT MEETING</b></p> <p>Sept 18th</p> <p>1:30 PM</p> <p><b>IN THE CLUBHOUSE</b></p>	<p>Current and previous meeting minutes can be found at <a href="http://www.meadowhill.net">www.meadowhill.net</a></p> <p>Hard copy minutes are available at the clubhouse office one week following the meeting.</p>
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## 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.



<p><b>Amenities:</b> OPEN</p> <p><b>Budget:</b> L. Abbott(C/L)</p> <p><b>Nominating:</b> L. Abbott(C/L)</p> <p><b>Grounds:</b> M. Proulx(C), C. Liscomb(L),</p> <p><b>Trees:</b> G. Flynn (C), T. Lombardo (L)</p> <p><b>Stables:</b> E. Lembo (C), E. Litke(L)</p> <p><b>Social:</b> S. O'Leary(C), L. Abbott(L)</p> <p><b>Rental:</b> M. DeMay (C), L. Weeks (L)</p>	<p><b>Communications:</b> G. Flynn (C), L. Weeks (L)</p> <p><b>Friends of the River:</b> R. Bouchard (C), B. Kolwitz (C), L. Abbott(L)</p> <p><b>Vegetable Garden:</b> D. Fillion(C), L. Abbott(L)</p> <p><b>Maintenance:</b> L. Weeks (C), E. Litke(L)</p> <p><b>Greenhouse:</b> S. MacGregor(C), L. Weeks(L)</p> <p><b>Rules:</b> L. Weeks (C), L. Abbott &amp; T. Lombardo (L)</p>
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**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.

