

# THE LARK

March 2021

**Meadowhill.net**



*Tired of Winter?  
Just Focus on the  
Beauty We've  
Enjoyed!*





## March – The Most Exciting Month of the Year!! (Maybe)



March is named for Mars, the Roman god of war, not the candy bar. The month gets its own fruit, vegetable and flower – Grapefruit, Asparagus and Daffodil. Pisces and Aries share the month, although not equally. And proverb says: March comes in like a lion and goes out like a lamb. I’m surprised that the lion didn’t eat the lamb, but that’s the cynic in me. And March also means the end of winter usually; and this must be true since Jack and Betsy Raycroft have been out sunning themselves already!

While looking up the Key Dates for this issue, I knew I would find a few usual holidays to show. But NOOOO – this is a chock-filled month, devoted to every possible medical, religious, human-interest and arcane topic known to man. Some topics get celebrated for a day, some for a week and others all month. None of this is made up (at least by me).

Some holidays begin with the word “International”, which makes it appear so much more impressive. The words after International aren’t always the same. Like, International Forest Day (21) or International Festival of Owls (5-7). Other celebrations begin with “World” which I think is the same as “International”, just with fewer syllables. Go out of your way on World Compliment Day (1), World Wildlife Day (3) and be sure to bake a pie for World Kidney Day (11).

Then there’s a group of celebrations that are National days, which I guess means the rest of the world voted not to endorse them. Get set for National Pet Sitters Week (1-7) - Chris K. take note. Also relevant to some MH residents - National Horse Protection Day (1), National Joe Day (27), National Procrastination Week (7-13, or maybe later) and National Words Matter Month (except for politicians). Not to be outdone, we celebrate the importance of independence with Greek Independence Day (25) and Texas Independence Day (2). I missed the memo on Texas which probably means that we don’t have to listen to Ted Cruz any more.

Can’t forget the notables who are enshrined in their own days. St. Patrick drove the snakes out of Ireland (17) but did you know that St. Urho drove the grasshoppers/locusts out of Finland and gets his own day (16)? And then there is Caesar Chavez Day (31) and Casimir Pulaski Day (1). We’ll be missing those parades this year.

And in case you didn’t know or have forgotten, here are some “Awareness” Days: Self Injury (1), Manatee (31), Employee (5), and the following “Awareness” Months: Asset Management, Colic, Colorectal Cancer, Brain Injury, Developmental Disabilities, Honor Society, Breast Implants and Poison Prevention. I wasn’t aware.

March is a big month for women – International Women’s Day (8), Women in Construction Week (7-13), Women’s History Month and Women in Aviation Worldwide Week (7-13). And for all the foodies out there, indulge on National Meatball Day (9), National Cereal Day (7), Oreo Cookie Day (6), International Waffle Day (25), American Chocolate Week (21-27) – all under the banner of Nutrition Awareness Month. Of course, watch the quantities or in April we’ll celebrate National Waistline Awareness month.

From a selfish perspective, I’m sharing what I will celebrate this month - Make Your Own Holiday Day (26), National Crabmeat Day (9), Get Over it Day (9), National Napping Day (8), Red Nose Day (19), National Fix a Leak Week (21-27) and National Mad for Plaid Month. I’m not sure Hallmark has cards for all these holidays.....Gene Flynn, March Editor

## Reminders – Landscaping Do-Not-Touch List

Imagineers mailed out a Do-Not-Touch Authorization form on February 8th to all Meadow Hill owners. If you wish to take care of the maintenance of the garden areas adjacent to your unit, which includes trimming, pruning, weeding, mulching and removal of dead trees/shrubs, etc., you must complete the form and return it to Lauren Figge at Imagineers by March 15, 2021. Reminder, it’s an “all or nothing” arrangement for garden maintenance – you cannot selectively use Highlight Landscaping for some services but not others.



## Landscaping Contract Renewed



As a result of a recent competitive bidding process, a new landscape contract has been awarded to Highlight (our current contractor). While it may seem obvious how such decisions are made, the process is actually quite involved. It started late last summer, when the Grounds Committee was asked to provide input to the requirements for a new contract. Drawing upon feedback garnered from MH residents, the Committee made a number of suggestions for new requirements, some of which were targeted at trying to improve the quality of our grass, such as raising blade heights on mowers, using smaller mowers in tight spaces, and changing trimming techniques to avoid “scalping.”

The Board president then appointed a selection team (two Board members and the Grounds Committee chair) to draft a Request for Proposal (RFP) and identify a list of potential bidders. The RFP was sent to seven local landscape companies, four of whom responded with proposals. Two of the proposals were significantly out of our budget range and were eliminated. The two remaining candidates were evaluated in detail and the owners were interviewed in person by the selection team. Though both had their strengths, the selection team felt that Highlight had more capacity (staff and equipment) to meet our needs; was flexible in meeting our budget and performance requirements; and is already familiar with the property. Based on the recommendation from the review team, the Board voted to award the new contract to Highlight. Look for more information about the upcoming landscaping/grounds plans and schedule in future issues of the Lark. By Mike Proulx

## Board Elections!

But you say ‘It’s only February – the election is in June!’ Yes, it seems far off, but with this snowy season lately, I bet we all wish Spring would be here soon. I think that with our social distancing making it difficult to see and talk with each other in person, that I wanted to get a head start and plant the seed early, that serving Meadow Hill as a board member would be something you’d like to do. We have many new owners who may be curious about how their association runs and several long-time owners I’ve talked to, in the past, about being on the board.



My suggestion (for all Meadow Hill residents and owners) is to attend some board meetings in the next few months (third Wednesday of each month at 1:30 PM) to see what goes on and perhaps how you might use your experience to participate as a board member. All meetings are via Zoom and log in procedures are sent to owners in advance. To be nominated or nominate someone for the election that takes place the second week of June, please contact one of the nominating committee members: Larry Abbott or Connie Liscomb, and we can help you get started. By Larry Abbott, Chair

## Parking Reminder



Garage parking can be somewhat challenging when others park in front of their garages. Rule 9.11 prohibits parking in front of garages when snow is expected, falling or on the ground. That’s pretty clear. Rule 9.6 prohibits impeding the parking of other residents. That is where it gets tricky. While this doesn’t mean no parking in front of your garage, it requires us to be aware of how our parking may impact the ability of those around us to park. Please be courteous to others and avoid parking in front of garages whenever possible.

## Health Benefits of Carrots



Ok, this is a step forward in Meadow Hill Lark journalism. Nowhere else would you find the courage to take on the big issues of the day, like why your Mother was right about carrots.

Carrots are finally making it mainstream in healthy lunches and between meal snacks. And it's part of a main course or dessert too (carrot cake is the best). Carrots are easily portable and many people see them as a superfood. According to the Healthline website, carrots are a great source of Vitamins A, K1 & B6, Biotin and Potassium.

Yes, you remember correctly – carrots are good for the eyes, specifically, carrots are rich in beta-carotene which the body converts into Vitamin A, a nutrient that promotes strong vision as well as aiding the immune function.

Studies show that Biotin plays an important role in the body's ability to metabolize fat and protein, and Vitamin K1 is vital in blood coagulation – needed for healing wounds. Potassium can help some people control their blood pressure. And Vitamin B6 plays a role in converting food into energy, making it an ideal afternoon snack to quell hunger pangs and get an energy boost.

Carrots have been added to the list of "Foods that Fight Cancer" by the American Institute for Cancer Research due to their positive impact on healthy snacking and aiding proper obesity dieting. At least one European nutrition journal links carrots to lower cholesterol. I guess this is a superfood. Well, I may not be a carrot addict today, but I'm moving towards keeping some ready to eat in the fridge.

## COMMUNITY CENTER EVENTS



The Riverfront Community Center is offering a wide variety of virtual programs throughout the winter months. All programs are virtual via Zoom and require registration by calling the community center at 860-652-7638 or by emailing Diana Patterson at [diana.patterson@glastonbury-ct.gov](mailto:diana.patterson@glastonbury-ct.gov) or Nicole Mercer at [nicole.mercer@glastonbury-ct.gov](mailto:nicole.mercer@glastonbury-ct.gov). Be sure to check out [The Sharing Tree](#) online for details on this month's calendar of events.

### Income Tax Assistance

The AARP Tax-Aide Program, the nation's largest free tax preparation and assistance for individuals, will schedule morning appointments on Mondays, Wednesdays and Thursdays at the Riverfront Community Center (RCC). To obtain this service you must meet the following criteria:

1. Be 60 years of age or older or permanently disabled
2. Have a Gross Adjusted Household Income of under \$75,000
3. Have had your taxes done by AARP in either of the last two years
4. Must be a resident of the Town of Glastonbury



You must call to schedule your appointment. No walk-ins will be accepted. This year you will drop off your documents at the RCC and pick up your completed return there as well. Any consultation needed to prepare your return will be handled by phone. Registrants will receive an 8-page intake/interview & Quality Review Sheet which must be completed in advance of the appointment, along with a detailed listing of what documents to bring. To keep everyone as safe as possible during COVID, having a cell phone with you when you drop off your paperwork is strongly recommended. This will enable you to communicate with the AARP tax preparer assistants on site while you wait in your car. Upon your approval, the completed return will be e-filed with the IRS and CT.



### COVID 19 Vaccinations - Available at the Riverfront Community Center

You can register for a COVID19 vaccine through the Vaccine Administration Management System (VAMS). At this time, you must make an appointment through the VAMS system to get your vaccine at the Riverfront Community Center, 300 Welles Street, Glastonbury. Please call 860-652- 7638 for updates and assistance. VAMS website: <https://vams.cdc.gov/vaccineportal/>

If you don't have access to an email account, please call for assistance with scheduling a vaccination:

- COVID Vaccine Appointment Assistance line at 877-918-2224
- Hartford Healthcare Vaccine Hotline - 860-972-4993.

### Health Offerings

- A virtual Aging Mastery Program begins a ten-week program on 3/10.
- A COVID19 Fatigue Support Group continues on 3/24
- Understanding Arthritis will be held on 3/10.

### Other Fun Offerings

- **Watercolor classes:** March 9 ("Paradise") and March 23, ("Colorful Wish"), 9:30-11:30 am. Kits are \$10 and registration is required one week prior to class.
- **Acrylic for Beginners:** March 16 ("Ship in a Bottle"), 9:30-11:30 am. Kits are \$15 and registration is required one week prior to class.
- **Virtual 'in-a-mug' Cooking Presentations:** March 31, 10:00 am; Registration required

## WELLES TURNER MEMORIAL LIBRARY VIRTUAL ADULT PROGRAMMING

The Welles Turner Library has some fun Zoom events this month as well, including the following

- Virtual Improv on 3/12 at 3pm,
- St. Patrick's Day Irish Step Dancing celebration on 3/17 at 11:30, Singalong with Dr. Uke on 3/26 at 2 and
- Name That Tune with Emily Hope on 3/31 at 2:30.
- A Library Renovation / Expansion Update will be held virtually on 3/18 at 11:30.









Advanced registration at the Library is required. For details and registration information:

<https://tinyurl.com/5c7b2gja>



## Meadow Hill Match Game 3

Match the Meadow Hill Resident's picture in row 1 with their pet picture in row 2 and then to the resident name in row 3 and pet's name in row 4. The correct letter-answers appear on page 7. No Cheating!

<b>Resident Picture Row 1</b>				
	<b>A.</b>	<b>B.</b>	<b>C.</b>	<b>D.</b>
<b>Pet Picture Row 2</b>				
	<b>E.</b>	<b>F.</b>	<b>G.</b>	<b>H.</b>
<b>Resident Name Row 3</b>	Sherry I	Carolyn J	Tom K	Bob L
<b>Pet Name Row 4</b>	Chloe M	Spike N	Cheyenne O	Lily P

## March Born

If you are born in March ...

- You are generous and always positive.
- You can make anyone laugh with your funny humor.
- Your caring nature makes you a gem of a person.
- You can be secretive about things
- You do not share your life secrets easily with others.
- You are hardworking and honest.
- You are imaginative with new things in life.



**March is National Craft Month**, which got us thinking about all the artistic types who live here at Meadow Hill. **Our May issue will feature all types of visual artists.** This would include residents who enjoy creating something physical using your talents-- whether you knit, crochet, quilt, or you are into painting, sketching, weaving, glassworks or woodworking, we'd like to know what drives your passion. Be a part of this celebration of creativity and **step forward to be part of this Arts and Crafts salute.** Please call Gene Flynn at 860-212-7347 to get included.

## CALLING ALL GARDENERS!!!!!!!

Meadow Hill has many resident gardeners, each specializing in one or more aspects of working in the soil – planning, design, flowers, vegetables, planting and/or maintenance. You don't have to look very far to see the beautiful results of their labor either around their homes or in the Community Garden by the river. **We will devote a future Lark issue to the Gardening and Landscaping topic and want to include you and your talents in that issue.** Pictures will also illustrate examples of the noteworthy designs or plantings. Step forward and be included before you even start your Spring garden! Contact Gene Flynn at 860-212-7347.



## Speaking of Community Gardens....

If you are interested in securing space in our Community Garden, sign up information will be posted in the April Lark. Stay tuned.....

KEY DATES		
3/14 – Pi Day 3/17 – St. Patrick’s Day and MH Board Meeting 3/20 – Start of Spring		
MEADOW HILL RESIDENT NOTES		
<b>Welcome:</b> Meadow Hill welcomes our newest resident, Val Bellucci who has purchased Unit 80 HWS. Please welcome Val with a card in the mailbox.  <b>Clubhouse and Hollister House</b> – Closed until further notice due to the coronavirus.  <b>Clubhouse and Hollister House Rentals</b> - Rentals discontinued until further notice due to the coronavirus. <b>Lark Submissions</b> Please contact Gene Flynn at 860-212-7347 for more information on submitting articles and notices.  <b>Bingo – Cancelled.</b>	<b>Book Club – Cancelled.</b> Usually held on the first Tuesday of the month at 1:00 at the Clubhouse is cancelled until further notice due to Covid19. We will be recommending one or two books a month for folks to read based on recommendations from book club members. This month’s book is: <ul style="list-style-type: none"><li><u>The Soul of America</u> by Jon Meachem</li></ul> <b>Game Day – Cancelled.</b> Usually held on the first Wednesday of the month from 1-3pm at Hollister House is cancelled until further notice due to coronavirus.  <b>For Rent:</b> Adirondack family camp on lake. Sleeps six adults, four kids. 4 ½ hours from Glastonbury. Call Betsy and Jack Raycroft, 860-306-4976.	
MANAGEMENT COMPANY		
<b>IMAGINEERS, LLC</b> 635 Farmington Ave. Hartford, CT 06105	Property Manager: Sheila Duncan 860-768-3419 Asst: Property Manager: Lauren Figge 860-768-3313	
BOARD OF DIRECTORS		
<b>PRESIDENT</b> Luther Weeks 860-918-2115  <b>TREASURER</b> Larry Abbott 860-682-2543	<b>VICE PRESIDENT</b> Toni Dolan 860-918-7069  <b>DIRECTOR</b> Sandy O’Leary 860-916-0740	<b>SECRETARY</b> Connie Liscomb 860-659-7819  <b>DIRECTOR</b> unfilled
To Email Management staff or Board Member click on <a href="https://tinyurl.com/MHillContacts">https://tinyurl.com/MHillContacts</a>		
BOARD MEETINGS		
Monthly Board meetings are held on the third Wednesday of each month at 1:30pm.  Meetings will be electronic.  Information on how to connect will be forthcoming from Imagineers.	<b>THE NEXT MEETING</b> March 17th  1:30 PM  Meeting Will be Electronic	Current and previous meeting minutes can be found at <a href="http://www.meadowhill.net">www.meadowhill.net</a>  Hard copy minutes are no longer available at the clubhouse due to the coronavirus.
Match Game Solution: AFLO, BHIP, CEKN, DGJM		



## 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. Below are the committee chairs, liaisons from the Board and Committee members. Let's all thank these community members for their work to make Meadow Hill a great place to call home.



### **Budget:**

Larry Abbott, (chair)

### **Communications:**

Gene Flynn, (Chair), Luther Weeks, (Liaison), Mike Proulx, Denise Weeks, Norma Flynn, Elaine Lembo, Linda Fillion

### **Grounds:**

Mike Proulx, (Chair), Connie Liscomb, (Liaison), Jack Raycroft, Todd Blais, Norm Gordon, Kim Trela, Vicky Germani, Sandra Marshall

### **Nominating:**

Larry Abbott, (Chair), Connie Liscomb

### **Social:**

Sandy O'Leary, (Chair), Hazel Brimley, Dick Brimley, Denise Weeks

### **Rules:**

Luther Weeks, (Chair)

### **Rental:**

Marge Demay (Chair); Luther Weeks (liaison)

### **Stables:**

Elaine Lembo, (Chair), Larry Abbott, (Liaison), Nancy Roberts

### **Trees:**

Gene Flynn, (Chair), Toni Dolan, (Liaison), Roger Bouchard, Bob Kolwicz,

### **Friends of the River:**

Roger Bouchard, (Chair), Larry Abbott, (Liaison), Donna Goselin, Bob Kolwicz, Lynn Willsey, Beverly Willsey, Jane Marcin, Daren Hill, Marge DeMay

### **Maintenance and Amenities:**

Luther Weeks, (Chair), Vin Liscomb, Bob Kolwicz

### **Greenhouse:**

Sandy MacGregor, (Chair), Luther Weeks, (Liaison)

### **Vegetable Garden**

Dave Fillion, (Chair), Larry Abbott, (Liaison)

### **Kayak Platform:**

Toni Dolan (C), Larry Abbott, Dave Fillion, Jim Fuda

