

# March 2022

NORTHFIELD HILLS CONDOMINIUM ASSOCIATION

## the View from the Hills

LEPRECHAUN  
NO PINCHING  
KISS ME I'M IRISH  
**LUCKY**  
  
POT OF GOLD  
MARCH 17  
shamrock

*Happy St. Patrick's Day*

**Inside this issue:**

- Cross-Country Skiing the Hard Way
- Let's March During March
- Daylight Saving Time
- St. Patrick's Day
- Rustic Cabbage/Potato Soup
- Spring Reminders for Home Safety
- April Fool's Day

Log onto [northfieldhillsoftroy.com](http://northfieldhillsoftroy.com) to read the *View from the Hills* online and in FULL COLOR!



### The View from the Hills Staff

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### Editorial Policy

*The View from the Hills* is a publication for the residents of Northfield Hills Condominium Association compiled and published by its staff, which serves on a voluntary basis. The *View* is published monthly except January and August. Any resident of Northfield Hills is eligible to join the *View* staff in the variety of tasks related to publishing a newspaper.

*The View from the Hills* welcomes comments, suggestions and articles from its readers. All materials submitted for publication in the *View* must be true, factual and newsworthy. The staff reserves the right to hold items from publication pending validation of facts; and also reserves the right to decline advertising copy.

Where items are of a critical or controversial nature, the editors reserve the right to solicit comments from those with opposing viewpoints.

Opinions expressed on these pages do not necessarily reflect those of the *View* staff, Board of Directors, Committees, Association Management employees or our advertisers.

Materials submitted for publication must be given to the receptionist in the Clubhouse and must include his/her signature and name in print.

**No material will be accepted for publication in the upcoming issue after the 20<sup>th</sup> of the month prior to publication.**

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Clubhouse Fax.....248-641-8214  
AMI .....586-739-6001  
AMI Fax .....586-739-6006  
Troy Emergency.....911  
Police & Fire  
Non-Emergency..... 248-524-3477

**Clubhouse Address:**  
**Northfield Hills Condo Assoc**  
**Clubhouse East**  
**1750 Brentwood Drive**  
**Troy, MI 48098**

**Clubhouse Hours:**  
**Mon-Fri 9 AM--10 PM**  
**Saturday 11 AM--10 PM**  
**Sunday 11 AM--5 PM**  
**Sunday 11 AM--10 PM from**  
**Memorial Day weekend**  
**through Labor Day**

**NHCA Website:**  
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# Condo Corner

March  
2022

*Please patronize all  
of our View  
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*Thank you*

## Reminder

Daylight Saving time  
begins on  
March  
13th.



## 2022 ELECTIONS

Look for the Election  
Schedule Timeline in this  
issue of the View from the  
Hills.

## WINTER BODY SHOP REMINDER



If you plan to use  
the Body Shop you **must**  
bring extra shoes to enter  
and exercise.

## Reminder:

All holiday lights must be  
removed by March 1st and  
lights cannot be lit after  
January 15th.



Ice Melter is available in the  
vestibule of the Clubhouse.  
You must bring a  
container to fill.  
Doors to the  
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## FOR YOUR INFORMATION (F Y I)

- ☞ **AMI PHONE NUMBER CHANGE:** Our management company has changed its contact phone number. Please be aware of it and add it to your contact list.  
New number; 586-739-6001.
- ☞ **OUTDOOR HOLIDAY LIGHTS:** The deadline for taking down all outdoor holiday lights is March 1<sup>st</sup>. Please make sure the front and/or yard area is in compliance with NHCA Rules & Regulations. 
- ☞ **NHCA RULES & REGULATIONS:** If you are a co-owner or renter and were never given a copy of the NHCA Rules & Regulations, please contact the clubhouse staff and pick one up!
- ☞ **WATCH YOUR SPEED, PLEASE.** Be careful driving through the complex. Drive slowly along Brentwood and proceed with caution into all courts. When driving up Clubhouse Drive, please make sure when you enter from Brentwood, you watch for walkers as you turn the corner. Since the new "Pedestrian Crossing" signs were installed, these should be a reminder for everyone to slow down!
- ☞ **CLOSE– Windows, Doors and Garage Doors.** With natural gas prices high, keep in mind there is significant heat loss through open garage doors, windows, patio and front doors. Remember heating costs are part of your maintenance fee! Help us save money (thereby saving you money,) by keeping them closed through the cold winter months. Keeping them closed also will avoid having something taken from your home or garage.  

- ☞ **LOST & FOUND:** Remember, there is a lost & found box located in the coatroom at the NH clubhouse. At one point, there had been a set of car keys brought in and even a cell phone – "never say never."
- ☞ **CHECK OUT:** The Home Safety article printed again this March.

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## CROSS-COUNTRY SKIING THE HARD WAY\*

- Jim Kleinschmidt



***"With each mile you will discover the hush of snow-covered landscapes that set the tone for a contemplative, yet invigorating, winter pastime."***

**Really?** It sounds so exquisite. Is it true? Hint: This was written by the same people who make videos of "Pure Michigan" lakes in such a way it appears there are no homes or businesses to mar our pristine, perfect shorelines.

Most of us are not outdoor athletes who like nothing more than a muscle punishing workout in the coldest of winter days. We are more likely to appreciate a quiet day in a warm room reading a book or watching too much TV. By ourselves we might never venture out unnecessarily. But we are not always by ourselves, and someone close to us may suggest, "...it is a beautiful day to cross-country ski."

At this point it is not diplomatic to suggest in your next life you will marry a sedentary librarian. It is also way too late to plead a sprained ankle. It is best to attempt an upbeat, "I'll put the skis in the car."

It looks so cold out there a common mistake is to dress too warmly. Some even wear snowmobile suits. This will not work at all, because this is not going to be a smooth, effortless glide through a frosty winter's cape. To do this right, this skiing requires an effort more in line with jogging or even running. With each stride you attempt to kind of kick one ski forward while stretching out with the other leg, until that heel is raised off that ski. At the same time you push with the opposite pole. It requires finding a rhythm. Strength, endurance, and balance are also handy. All this effort and focus tends to make nature just a pleasant background, unless you stop and focus on it, instead of your skiing. It also generates a lot of body heat and makes you doubt your lung capacity.

Soon you're unbuttoning your jacket, taking off your hat, maybe your gloves, and eventually tying your coat around your waist. Combine this with your unfashionable jeans caked with snow and ice around the ankles, and your frumpy appearance seems to perfectly complement your struggling skiing technique.



It is at about this time you will inevitably encounter a disturbing individual passing you at high speed. This person wears a purpose-built body suit with a light jacket. The whole outfit is brightly colored, as if to challenge lesser beings to battle. He wears expensive dark glasses. The person is incredibly fit as can be readily seen given the snug-fitting suit. The skiing gear seems to be slightly futuristic. That person is stronger, faster, more coordinated, younger, better looking, and more skilled at this sport than you.

He/she is also doing a free-style type skiing, which is more like skating than skiing and is, apparently, requiring tremendous endurance. This encounter is likely to be particularly disturbing to an overheated individual whose brain is apparently deprived of oxygen due to exertion. Fragility turns to desperation at the prospect of facing one's own mortal inferiority. There must be an explanation for that seemingly superior human being. Then it becomes obvious. That is not a human being, it is an alien.




And they are everywhere. One of them passed you at the same high rate of speed last summer while you were getting some exercise on your old, five-speed bike. The colorful body suit was similar, the bike was futuristic, and there was even a helmet resembling a UFO; same lanky body. Come to think of it, there were people in the fitness center wearing specialized, colorful clothing, and they were lifting far heavier weights than normal. They had bodies no one you know has achieved. You exercised for years without coming close to that. And what about back in school, when one guy turned in his math test before you started your second problem. He didn't wear a colorful uniform, but maybe he was too young to have earned one. Aliens, all.

How could such emotional turmoil start with, "...it is a beautiful day to cross-country ski?"

You may think such humiliating close encounters of the third kind might mean the worst is over for your cross-country skiing adventure. You would be wrong.

*\*Originally published in the View, February, 2018*

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**Troy High School  
Boys Lacrosse Team  
is having a Bottle/Can Drive  
to raise funds for our  
2022 Lacrosse Season.**

Please leave your clean  
bottles and cans out on your porch for the  
boys to collect before 12 noon  
on March 20th

**All money raised will go toward equipment  
and transportation to games.**

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**Thank you for your support!  
For questions or to arrange a pick-up,  
Please contact John Dickerson at  
[britflix@gmail.com](mailto:britflix@gmail.com)**

\*\*\*A second drive will be held on April 24th



# MARCH

## FUN, FACTS & TRIVIA

March's name comes from the Roman (Latin) Martius - named after Mars, the god of war who also was regarded as the guardian of agriculture. This was due to this was the season for beginnings of farming and warfare.

The ancient Anglo-Saxons called this month Hlyd monath meaning stormy month or Hrad monath which means rugged month.

- March's birth flower is the daffodil representing chivalry, respect and faithfulness.
- Aquamarine and bloodstone are its birthstones.

This year most U.S. states will set clocks back one hour on Sunday, the 13<sup>th</sup> when Daylight Saving Time begins. Then, our spring equinox (the first official day of spring,) falls on March 20<sup>th</sup> when day and night are the same length of time.

In many countries as well as in the U.S., St. Patrick's Day is celebrated on March 17<sup>th</sup>. Corktown's annual event is back and will take place on Sunday March 13<sup>th</sup> at noon.



Had you known the color blue was originally the color associated with St. Patrick? However, through the ages, since

St. Patrick used the shamrock to represent the holy trinity, the color green was used to represent the Celtic saint.

It's Irish American Heritage Month, Epilepsy Awareness Month, National Nutrition Month and Women's History Month.

Some unusual celebrations are held in March; such as, National Peanut Lovers Month and Frozen Food Month. There are some sillier ones too: If Pets had Thumbs Day, National Middle Name Pride Day, Worship of Tools Day, and Extraterrestrial Abduction Day.

Let's remember March Madness, the final tournaments of the NBA season, begins on March 15<sup>th</sup> and ends on April 3<sup>rd</sup>. Many Americans are sure to watch this!

Some well-known March sayings:

- ***"Comes in like a lion, goes out like a lamb"***, might have to do with the positions in the sky of constellations Leo (the lion,) and Aries (the lamb,) at the beginning and the end of the month. It also has been a predictor of March weather patterns.



- ***"Beware of the Ides of March"***, originated from the days of Julius Caesar. It signifies someone is about to betray you or do you harm, as Brutus killed Caesar on March 15<sup>th</sup> in 44 BC.

While we are celebrating these events, it is nice to remember that March brings spring.

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## LET'S MARCH DURING MARCH

-Excerpted from [www.livestrong.com](http://www.livestrong.com)

The following article had been published in each March **View**. It is a good one, so we are printing it again this year.

This is the month of March, so getting ready for outdoor spring activities might include something easy to do – like marching!

According to the above-mentioned website, marching or walking in place provides exercise to keep your heart healthy and manage your weight. Aerobic exercise, which is exercising "with oxygen," makes your heart and lungs more efficient, increases your energy, improves your mood, reduces stress and tones your muscles.

At this time of year, an indoor activity such as marching and walking in place, requires no specialized equipment and provides an option for exercise or a means to maintain your fitness routine even when you're traveling.

You'll need: Walking shoes, as these protect your feet and joints from pressure.

A watch with a second hand.

1. Walk in place at an easy pace, swinging your arms naturally, for five minutes to warm up your muscles. Warming up pumps blood to your muscles and gradually increases your heart rate to prepare for exercise.
2. Warm up by doing basic stretches before continuing your exercise session. For example, put one foot on a low stool or sturdy chair and reach for your toes to stretch your hamstrings. Perform this stretch twice for each leg. Reach toward the ceiling, alternating hands to stretch your sides and shoulders.
3. Walk in place at a moderate pace. Your exercise level should allow you to carry on a conversation. If you begin to feel any strain or feel winded, slow down. Swing your arms naturally, relax your jaw and shoulders, stand up straight and keep your hands and elbows loose.
4. Achieve aerobic benefits from marching or walking in place by exercising at 65 to 85 percent of your maximum heart rate. After 10 minutes of exercise, take your pulse by pressing your fingers to your wrist or neck and counting the beats for 15 seconds. Multiply the number of beats by four to arrive at the number of heart beats per minute.  
Note: If you do not have a Fitbit® to calculate your target heart rate, you can find your maximum heart rate by first subtracting your age from 220. Ex.: Age 40 subtracted from 220 = 180 maximum heart rate. Then, multiply your maximum heart rate by .65 and then by .85, to determine your target heart rate range for aerobic exercise.
5. Monitor your heart rate as you walk or march in place to check you are in your target heart rate range. Exercise for 20 to 30 minutes each session for aerobic benefits. For weight loss, exercise for more than 30 minutes each session when you become fit enough to do so.
6. Increase your exercise intensity by marching, if you are fit enough. If you've been sedentary or are out of shape, stick to walking in place until you become more fit. To march in place, lift your knees with each step and raise the opposite hand to chest level, as though you're leading a marching band. Swing your arms with gusto to increase the intensity.
7. Cool down from your marching or walking in place exercise session by walking slowly for three to five minutes after completing your planned exercise time. This helps your heart rate and breathing to return to normal.



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5840 Northfield	3 Bed	1.1 Bath	No Garage	\$190,000
1556 Brentwood	3 Bed	2.1 Bath	1 Garage	\$198,000
5236 Breeze Hill	2Bed	1.1 Bath	1 Garage	\$202,500
1444 Brentwood	2 Bed	1.1 Bath	No Garage	\$201,000
1646 Brentwood	2 Bed	1.1 Bath	No Garage	\$203,000
1559 Brentwood	2 Bed	1.1 Bath	No Garage	\$207,000
1571 Brentwood	3 Bed	1.1 Bath	No Garage	\$215,000
1528 Brentwood	3Bed	2.1Bath	1 Garage	\$227,000
1798 Brentwood	3 Bed	2.1 Bath	1 Garage	\$220,000
5086 Buckingham	3 Bed	1.1 Bath	No Garage	\$221,000
1751 Brentwood	2 Bed	1.1 Bath	No Garage	\$225,000
5733 Northfield	2 Bed	1.1 Bath	1 Garage	\$235,000
5376 Breeze Hill	2 Bed	1.1 Bath	1 Garage	\$227,000
5307 Breeze Hill	3 Bed	1.1 Bath	No Garage	\$226,000
1662 Brentwood	3Bed	1.1 Bath	No Garage	\$230,000
5733 Northfield	2 Bed	1.1 Bath	1 Garage	\$235,000
1582 Brentwood	2 Bed	1.1 Bath	1 Garage	\$235,000
1599 Brentwood Dr	3 Bed	1.1 Bath	No Garage	\$245,000
5199 Buckingham	3 Bed	2.1 Bath	1 Garage	\$256,000
5719 Whitfield Drive	3 Bed	2.1 Bath	1 Garage	\$263,000
5246 Breeze Hill	3 Bed	2.1 Bath	1 Garage	\$266,000
1711 Brentwood	3 Bed	2.1 Bath	1 Garage	\$278,000
5055 Buckingham	3Bed	2.1 Bath	1Garage	\$285,000

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## DAYLIGHT SAVING TIME



This year, daylight saving time begins at 2:00 a.m. on **Sunday, March 13<sup>th</sup>** when most U.S. states will be "springing forward" an hour.

Daylight Saving Time – DST or "Summer Time", helps to make better use of daylight in the evenings by setting the clocks forward one hour during the longer days of spring, then setting them back again in the shorter days of fall.

At the time when Ben Franklin wrote a satirical letter in 1784, he proposed the concept of daylight-saving time stating many resources might be saved if he and others rose before noon and burned less "midnight oil." At the time, many disagreed with this idea.

Daylight saving time became standardized in 1966 with the Uniform Time Act; but hadn't become official until 2007. Currently, it runs from the second Sunday in March through the first Sunday in November.

In the U.S. some states; such as, Arizona (except for the Navajo reservation,) Hawaii, Puerto Rico, the Virgin Islands and other territorial states, will not be moving their clocks ahead. Asia and Africa do not use DST.

**"Spring ahead. Fall back."**



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## A quiz for people who know everything



1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.

2. What famous North American landmark is constantly moving backward?

3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?

4. What fruit has its seeds on the outside?

5. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole

and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?

6. Only three words in standard English begin with the letters 'dw' and they are all common words. Name two of them.

7. There are 14 punctuation marks in English grammar. Can you name at least half of them?

8. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.

9. Name 6 or more things that you can wear on your feet beginning with the letter 'S.'

(Answers found in this addition of the View)

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## ST. PATRICK'S DAY



This celebration was originally named for Saint Patrick, the patron saint of Ireland. In the 17<sup>th</sup> century it had been a religious feast day, as well as the anniversary of St. Patrick's death in the fifth century. Now this day is celebrated internationally every year on March 17<sup>th</sup>.

Irish history states that St. Patrick used the shamrock, a three-leaved plant, to represent the Holy Trinity, making the shamrock the main symbol for St. Patrick's Day.

In Irish songs the "wearing of the green" means to wear a shamrock on one's clothing; although we now refer to our wearing something colored green.

St. Patrick's Day parades are held in many cities all over America. The good news is that this year **Corktown's** 62<sup>nd</sup> annual parade will be held on March 13<sup>th</sup> at 1:00 p.m. The Corktown races will be held before the parade.

This area of Detroit was named Corktown as the Irish were the largest group in the area, with most coming from Cork County, Ireland.

There will be other festivities to enjoy around the area in local restaurants. Check out details on various websites.

Whether you are at home or not, wear your green, sing an Irish tune or two and perhaps prepare some corned beef and cabbage. *Enjoy!*



## Irish Blessings

May you always have ...  
Walls for the winds,  
A roof for the rain,  
Tea beside the fire.



With laughter to cheer you,  
Those you love near you,  
And all your heart might desire.



May there always be work for your hands to do.

May your purse always hold a coin or two.

May the sun always shine on your windowpane.

May a rainbow be certain to follow each rain.

May the hand of a friend always be near you.

May God fill your heart with gladness to cheer you.

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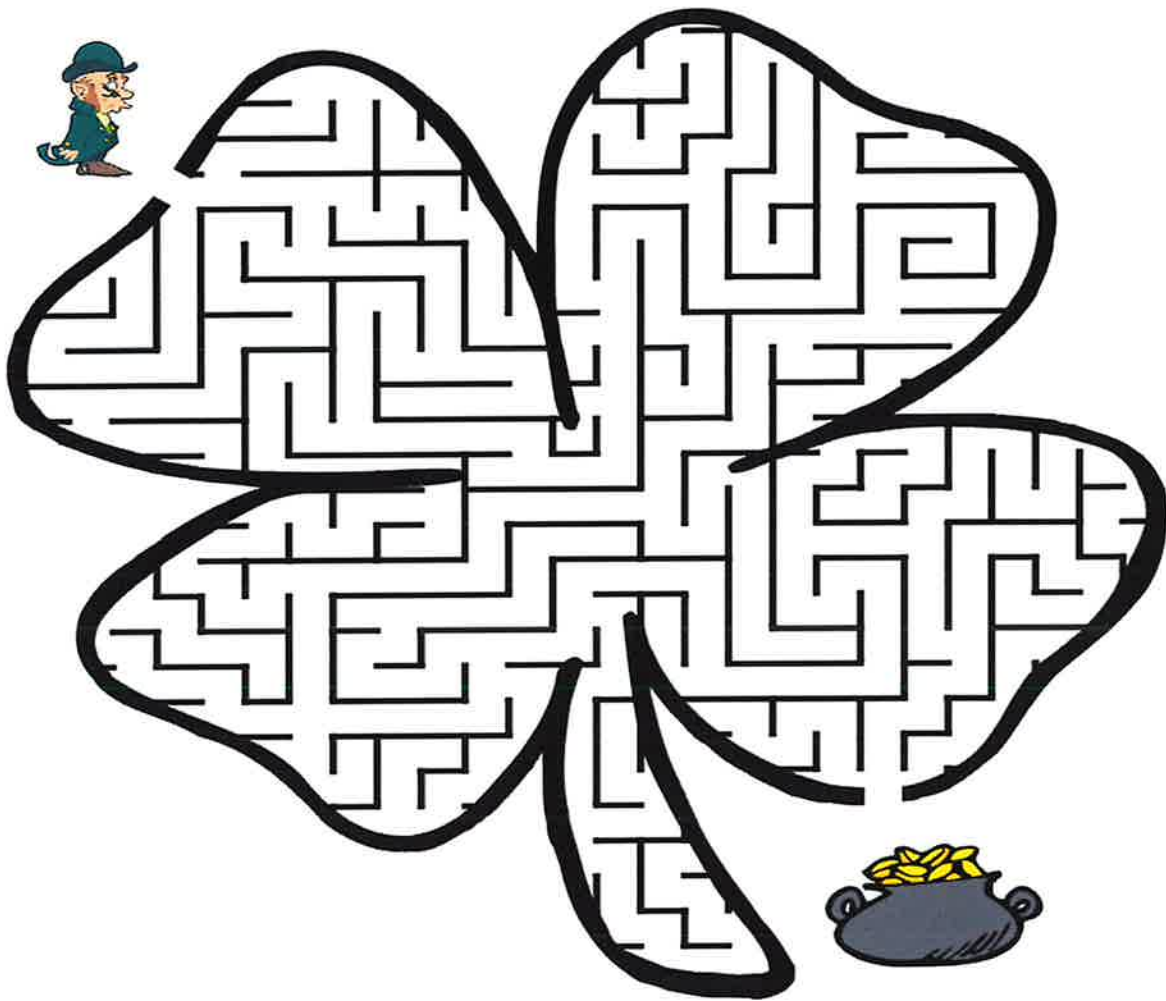
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## View Kids Page

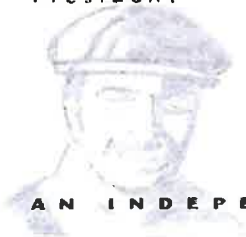
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## NORTHFIELD HILLS' FURRY FRIENDS PHOTO GALLERY

Presenting *the View's* furry friends for this March issue...



Fizz



Galaxy

### ***SAY HELLO TO FIZZ AND GALAXY***

Fizz and Galaxy are sister who love each other and everyone they meet. They are very friendly and will run to you when you enter their home. Fizz likes to sit on your lap and cuddle. Galaxy likes to lick your hands as your pet her

***What a pair of sweet, friendly felines!!***



---

### **PLEASE SEND US PICTURES OF YOUR FURRY (AND NOT SO FURRY) FRIENDS**

\*If you are interested in showing readers a picture of your pampered pet, (even one's with feathers, scales or warts,) who gives you joy and is an important part of your family, please send a [jpg photo with a caption](#) to: **[c.roberts11958@gmail.com](mailto:c.roberts11958@gmail.com)**.

*You need only include your pet's name and something you want us to know about your special friend.*

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*References available upon request.*





## IDEAS ON THOROUGH SPRING CLEANING

*from various websites*

The tips listed below outline basic techniques that will help you do a heavy-duty cleaning on almost every surface in any room of your home. These tasks are broken down by location.

- **Wipe Walls and Ceilings:** Use a vacuum to remove dust. Tackle stubborn surface grime, especially prevalent in kitchens, with a solvent-free degreaser (test it first in an inconspicuous area to ensure it won't mar the surface).

- **Clean and Reseal Grout Lines:** The cement-based material between wall, floor, and counter-top tiles is extremely porous and stains easily. After cleaning, protect it with a penetrating grout sealer; it's best to apply it with a small foam brush.

- **Vacuum and Shampoo Rugs:** Synthetic carpets and rugs with waterproof backings can be deep-cleaned with a rotary shampoo machine and a hot-water extraction machine. Rugs without backings, including Orientals, require professional cleaning.

- **Dust Books and Shelves:** Take everything off the shelves, then brush shelves and books with a feather duster. Use the dust-brush or crevice tool on a vacuum to reach into tight spots. Wipe the spines of leather-bound books with a clean, soft cloth.

- **Clean Upholstered Furnishings:** Take cushions outside and gently beat them by hand to remove dust. If there are stains, check the pieces for care labels. Use a vacuum's upholstery and crevice tools to clean under seat cushions.

- **Polish Metal Door and Window Hardware:** Liquid polishes and polish-impregnated cloths work well for medium-tarnished surfaces; pastes and creams are for heavier work. If tarnish doesn't come off, try a stronger product.

- **Dust Your Home Thoroughly:** This includes hard-to-reach places, such as, the tops of ceiling fans and window casings. Always work from the top of a room down, vacuuming the dust that settles on the floor. Avoid using dusting sprays.

- **Wash Windows & Window Screens:** To clean windows use glass cleaner or a mild solution of water/vinegar. For screens use warm water and a mild dish-washing liquid to scrub each screen with a brush; then rinse thoroughly.

- **Clean Window Treatments:** Many draperies and curtains are machine washable; check labels. Dry-clean fabric shades. Wipe wooden blinds with a damp cloth; warm water mixed with a mild dish washing liquid is usually safe for metal and vinyl blinds. (*Don't want to do it yourself look for Aria On Site in our advertising directory*)

- **Wax Non-wood Floors:** Vinyl and linoleum floors that have lost their shine should be waxed with a polish designed for these surfaces. Most stone and tile floors can be treated with either a paste or a liquid wax designed for the material.

### - **De-clutter Your Closet**

Ask yourself the following questions: Do I love this item? Does it fit me? Have I worn it in the past year? Is it stained or damaged?

- Keep an item of clothing if: It fits today. Or, it's clean, unstained and in good repair. And you've worn it within the last year.

- Make a don't keep pile of those items you have not returned to your closet!

- Separate your "don't keep" clothes into two piles: one for donating and the other for tossing.

Donation items should be in good shape so someone else would be able to wear them with no repair needed. The "tossing" items would be well worn, stained or in need of major repairs; such as, broken zippers, fabric tears or open seams.

**Happy spring cleaning !**

---



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# Irish Soda Scones

*Taken from: [marthastewart.com](http://marthastewart.com)*

These Irish Soda Scones pack the hallmarks of our favorite St. Patrick's Day bread—loads of currants and caraway seeds—into a single serving with a light, fluffy texture. Just mix, scoop, bake, and enjoy with a spot of tea.

**Yield:** Makes 8



## Ingredients

- 2 cups unbleached all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 cup granulated sugar
- 1/2 teaspoon kosher salt
- 1 stick cold unsalted butter
- 1/2 cup dried currants
- 2 teaspoons caraway seeds
- 1 cup cold buttermilk
- 1 cup confectioners' sugar
- 2 tablespoons whole milk
- 1/4 teaspoon grated orange zest

## Directions

- **Step 1:** Preheat oven to 425 degrees. Whisk together flour, baking powder, baking soda, granulated sugar, and salt.
- **Step 2:** Cut butter into small pieces; work into flour mixture with your fingers or a pastry cutter until dough resembles coarse meal. Add currants, caraway seeds, and buttermilk; stir until just combined.
- **Step 3:** Scoop 1/3 cup-size mounds of dough onto a parchment-lined baking sheet, spaced 3 inches apart. Bake until bottoms are golden, 15 to 20 minutes. Let cool completely on sheet.
- **Step 4:** Meanwhile, combine confectioners' sugar, milk, and orange zest. Drizzle over scones; serve.

# Irish Cream

*Taken from: [marthastewart.com](http://marthastewart.com)*

This cream liqueur is equal parts delicious and indulgent--serve it on the rocks or alongside your next round of after-dinner coffees for use as milk and sweetener with an extra kick.

**Servings:** 8

## Ingredients

- 1 cup heavy cream
- 1 (14 ounce) can sweetened condensed milk
- 1 teaspoon cocoa powder
- 1 teaspoon espresso powder
- 1/2 teaspoon pure vanilla extract
- 1 1/2 cups Irish whiskey, such as Jameson
- Ice, for serving

## Directions

### • Step 1

In a blender jar, combine cream, condensed milk, cocoa powder, espresso powder, vanilla and whiskey; process until smooth. Pour into serving glasses filled with ice, or refrigerate in an airtight container for up to 2 weeks.



# Rustic Cabbage/Potato Soup



Makes 4 Servings

## About This Recipe

"You're going to love this!! This will warm you up in no time. It's great for any time, though, not just in the winter. I like to serve a loaf of extra-sour rye bread, uncut and we just pull pieces off and butter it. Talk about rustic! You can use beef broth, chicken or vegetable broth or a combo of all. I don't recommended water, but if you do use it, I'd go a little heavy on the seasonings.

## Ingredients

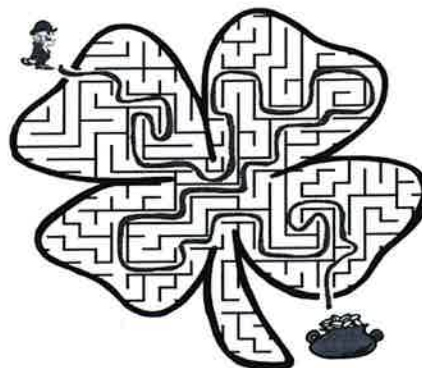
- 1 tablespoon extra-virgin olive oil
- 1 pinch salt
- pepper, to taste
- 1/2 lb potatoes, skin on, cut into 1/4-inch pieces ( I like the red skinned ones.)
- 4 garlic cloves, chopped
- 4 medium sized carrots peeled and sliced into bit sized pieces
- 1/2 large yellow onions, thinly sliced
- 5 cups stock, can use broth ( your choice)
- 1 1/2 cups white beans ( precooked or canned)
- 1/2 medium sized cabbage, cored and sliced into 1/4-inch 1/4 inch ribbons
- parmesan cheese

## Directions

1. Warm the olive oil in a large thick-bottomed pot over medium-high heat. Stir in the salt, carrots and potatoes.
2. Cover and cook until they are a bit tender and starting to brown a little bit for about 5 minutes. It's ok to uncover to stir a couple of times.
3. Stir in the garlic and onion and cook for a few minutes until the onion softens up a little bit.
4. Add the stock and the beans and bring the pot to simmer.
5. Stir in the cabbage and cook for another couple of minutes, or until the cabbage softens up a bit.
6. Now, adjust the seasonings; getting the seasonings right is important or your soup will taste flat.
7. Taste and see if you need more salt.\*.

Note\* The amount of salt you will need will be determined by how salty your broth or stock is. Canned broths will sometimes vary between brands and homemade stocks will vary from canned.

## Solution to Kids Puzzle



## Answers to Quiz:

1. Boxing
2. Niagara Falls  
(The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.)
3. Asparagus and rhubarb
4. Strawberry
5. It grew inside the bottle. The bottles are placed over pear buds when they are small and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.
6. Dwarf, dwell and dwindle
7. Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation mark, brackets, parentheses, and braces
8. Lettuce
9. Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts





## SPRING REMINDERS FOR HOME SAFETY

This information is repeated each March as it is a good time to review some important items to help ensure Fire/Carbon Monoxide Safety.

- Change **batteries in smoke and carbon monoxide detectors** (should be done once a year,) and ensure units are free of dust.



A good "rule of thumb" is to change the batteries in detectors when the clocks are set ahead or back.



- Make sure you have a **fire extinguisher** on each level of your home. Teach everyone in your household how to use these, as well as review home escape plans.

- Change **furnace filters**. Most furnace filters should be changed twice a year, or more often, depending on manufacturer's instructions.

**Electrostatic furnace filters** capture smaller particles and need less changing than the pleated or the woven fiberglass filters. If you have allergies, consider electrostatic filters.

No matter what month of the year, every month is the time to practice home safety. Your neighbors will thank you too!



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# Interpreting Your Pet's Behavior

*Taken from Home Again Newsletter*

***He rolls over on his back... she whisks her tail when a stranger approaches. What does it all mean? Understand the messages your pets can't tell you in words.***

How well do you know what your pet is trying to tell you? Most of us recognize the signs when one is hungry or needs to relieve himself. But what about the other things your pet does, those curious behavioral quirks? Find some answers right here.

## WHY DOES MY DOG...



**Walk in a circle and paw a spot before lying down?** It's a habit harking back to before dogs were domesticated, when they lived in the wild. Before bedding down outdoors, they carved out a dry, soft, level spot. And they continue

to do so now... even if it's on your couch.

**Stare and follow me around?** Your dog wants attention. Perhaps a walk is needed, it's mealtime, or he's hoping that you'll give him a pat or a snack.

**Scratch so much?** It could be any number of reasons; the most common ones are an allergy or ear infection. Work with your veterinarian to determine the cause.

**Want to sleep with me?** In the wild, pack members stuck together at night for warmth. Yours may simply feel more secure (and protective) sleeping next to you.

**Roll over so I can scratch his tummy?** It feels good! He's also spreading his scent on the ground and showing that he's submissive to you.

**Eat paper?** This behavior is known as pica, and it's wise to ask your veterinarian to rule out physical causes. If there's no medical reason, your dog may simply be bored and this is his way of telling you he needs more attention.

**Bark so much... howl... whine?** Dogs vocalize for attention and to make their presence known. Keep in mind that your dog can detect sounds at a much higher pitch than you. Hearing something that you don't may instigate the behavior.

**Sleep so much?** It's typical for an adult dog to sleep 12 hours a day — and more as they grow older.

## WHY DOES MY CAT...

**Meow?** It's a call for attention. Yours simply may want to be let into or out of the house or room. She also could be telling you she's hungry, lonely, hurt, even in heat. Observe your cat closely to determine the specific reason.



**Lick me?** Your neat-freak cat extends his grooming to you as a way of bonding. Unless it's obsessive behavior, a tongue bath is a compliment.

**Bite me when I play with her?** She could be over-stimulated by your touch, which brings out

aggression. Learn which touches calm, and which set a cat off.

**Find the one person in the room who doesn't like cats?** Cats don't like eye contact, so if someone avoids looking at a cat, the pet interprets that person as a non-threatening — and will gravitate there.

**Flick her tail?** Unlike when a happy dog wags his tail, when a cat lashes hers it can mean she is irritated or agitated.

**Knead?** It's nursing behavior that helps a kitten to stimulate mother's milk. An adult cat who continues to knead may have been weaned too early. Kneading is like a natural tranquilizer and may be accompanied by contented purring.

**Rub against me?** By putting his scent on you, it's his way of saying, "You're mine — and don't forget it!"

---

## 2022 ELECTION TIMETABLE

Monday, March 7, 2022

Proposals are due at the clubhouse

Friday, March 11, 2022

Candidates' Letters of Intent and resumes are due at the clubhouse

Thursday, April 14, 2022

Ballots will be mailed 5 PM -- Deadline to receive all ballots

Monday, May 2, 2022

Tuesday, May 3, 2022

Annual Meeting 7:30 PM



This day is "unofficially" celebrated in the Western World each year on April 1<sup>st</sup>.

There is no real history of April Fool's (or Fools') Day - often referred to as "All Fool's Day." It is recognized as a day for playing foolish practical jokes or making untrue and/or good humored statements to family, friends, and co-workers.

The earliest association between April 1<sup>st</sup> and foolishness can be found in Chaucer's *Canterbury Tales* from 1392. Some believe it evolved within different cultures at the same time from celebrations involving what was then the first day of spring.

The closest point in time identified as the beginning of this tradition was in 1582 when the Gregorian calendar was introduced, and New Year's Day was moved from April 1<sup>st</sup> to the first of January.



In Scotland April Fool's Day is celebrated for two days.

The second day is devoted to pranks involving the posterior region of the body. It is called "Taily Day." The origin of the "kick me" sign can be traced to back to this.

Here are a few Fool's Day pranks:

-Car & Driver and Automobile Magazine both reported that Toyota had purchased the former Oldsmobile line from GM.

The plan was to rebadge it with the Toyota SUVs, between Toyota and Lexus lines.

- A BBC broadcast announced a flying penguin colony had been found in Antarctica. With vivid explanation, a reporter had followed them flying to the Amazon Rainforest. Sure, he did!

- **Lego** was introducing a revolutionary "brick" sorting vacuum which picks up and sorts legos by color and shape, while separating out any dirt. Makes good sense!



On April Fool's Day most practical jokes or pranks range from the simple; such as saying, "Your shoe's untied, or "Hey, I heard it was your birthday today!" The trickster usually ends it by yelling to his victim, "April Fool!"

Whether you "fool" someone or not today, enjoy another spring day.



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## How To Brew Healthy Tea From 6 Different Kitchen Herbs

**Parsley, sage, rosemary, and thyme aren't just song lyrics. They're the main ingredient for a variety of healthy teas!**

*By ROL Staff November 8, 2017*

I know it's just about spring time for us here in Michigan, however while the evenings are still chilly it's a perfect time to have a cup of tea.. A windowsill herb garden will give you just what you need for tea that will fix whatever ails you.

Anything from sage to rosemary to ordinary basil can be used to make enjoyable, natural herbal teas. All you need is to steep a few teaspoons of the herb for several minutes. The length of time depends on the herb in question, but 10 to 15 minutes should do the trick.

While herbs and herbal supplements can interfere with certain drugs such as heart disease or thyroid medications, a single cup of herbal tea won't come with a high enough dose to cause harm.

Here are six common herbs, along with simple directions for quickly turning them into healthy, tasty teas.

### Sage



Often recommended by herbalists as a salve for sore throats, laryngitis, and tonsillitis, sage may also boost your mood.

To brew sage tea, place two teaspoons of sage leaves into a teapot, add a cup of boiling water, and let steep for 10 minutes. Try pineapple sage for a tropical twist.

### Basil



Basil is another proven mood booster. "Holy basil, Tulsi basil, Thai basil—are all pretty marvelous for making tea.

Steep one to two teaspoons of basil leaves per cup of water for 10 to 15 minutes.

### Thyme



German researchers have found that thyme acts as an expectorant (an agent that loosens mucus in your chest), so keeping a thyme plant on hand could help with coughs and colds this time of year.

Steep two teaspoons of fresh thyme in a cup of water for 10 minutes.



### Rosemary

Rosemary helps with upset stomachs, headaches, and bad breath, among other ailments.

Enjoy a tea made by steeping one teaspoon per cup of water for 10 to 15 minutes.



### Peppermint

Many believe that **peppermint** and spearmint teas help settle your stomach after a heavy dinner. There's also evidence that peppermint can help with headaches because it calms muscle spasms.

Brew it by steeping one to two teaspoons of dried or fresh peppermint leaves per cup of water for 10 minutes.



### Parsley

Parsley may help lower your blood pressure and may decrease allergy symptoms.

To make parsley tea, brew two teaspoons of the leaves or the roots, or one teaspoon of crushed seeds, per cup of water for 10 minutes.



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# NORTHFIELD HILLS CONDIMINIUM ASSOCIATION

## BOARD OF DIRECTORS MEETING

Wednesday, January 26, 2022

### Board Members Present:

Josh West, Chair; Kristy Watkins, Vice Chair; Kent Cathcart, Treasurer; Mike Malley, Secretary; John Ballantine, Director; Neal Moore, Director; Gary Newville, Director; Kathleen Deburghgraeve, Community Manager and Sean O'Brien, Maintenance Superintendent.

### 1. Chairman's Comments

- We will keep conducting hybrid meetings. If interested in Zoom call the front desk for meeting ID.
- Board member G. Newville was on Zoom.
- We recently had a fire in one of the units, nothing major. Compliments to Troy Fire for their quick response. No water damage and no one was hurt.
- Pursuant to Bylaws, homeowners must have condo insurance (HO6 policy). Residents need to cover upgrades and personal property. Renters should have renter's insurance to cover personal property.
- Occasionally the Board will have email/phone meetings in between monthly Board Meetings. The Board proposed and approved to bring back the mask mandate to the clubhouse. We will review at next month's meeting. The rule applies to everyone. Vote was 4-2.
- The Board met in executive session in December to discuss the Management Company bids that we received. N. Moore led the project. We were long overdue for this. Thanks to N. Moore for taking care of the project. The Board voted to stay with AMI. C. Norrod (owner of AMI) will attend the March meeting. Staff will analyze the bids and see what AMI can improve on.
- Plowing – We just had the second plow of the season on Monday. They are doing a good job. Please slow down in courts with the snow and ice. Kids sledding on hills is not a good idea. People walking at night should wear clothing that is visible or use a flashlight.

### 2. Resident's Forum

- N/A

### 3. Call to Order

- Meeting was called to order at 7:00 p.m.

#### **4. Agenda**

- Approved as written.

#### **5. Approval of Minutes**

- Approved as written.

#### **6. Treasurer's Report**

- Included in packet.
- We are going to be in a position that we are going to have to adjust the Budget. With inflation, operating costs are going up.

#### **7. Management Report**

- Included

#### **8. Committee Reports**

##### Activities Report

- o Movie night was November 15, Downton Abbey.

##### Clubhouse

- o N/A

##### Grounds

- o N/A

##### City Liaison

- o N/A

##### CANH

- o N/A

#### **9. Correspondence**

- o N/A

#### **10. Unfinished Business**

- o N/A

#### **11. New Business**

- o N/A

#### **12. Residents Comments**

A homeowner asked, when will we find out if there is an impact to us if we change Management Companies? Josh replied that the Board voted, and we are staying with AMI.

#### **13. Announcements**

N/A

#### **14. Next Meeting**

2/23/22 at 7:00 p.m.

Meeting was adjourned at 7:15 p.m.

Minutes respectfully submitted by S. Quintana



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## Home Improvement / Handyman Services

Community Home Services.....248-217-2850

E & V Construction .....586-295-6584

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All Mechanical Heating & Cooling..248-909-7228

American Heating, Inc.....248-414-9071

Pallotta Heating & Cooling.....248-431-2172

## Miscellaneous Services

Aria (Blind Cleaning/Repair).....1-855-261-2742

Dryer Vent Cleaning (Glen Moore).....586-565-1777

Patti's Pet Services .....248-310-6364

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For further information, please call

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# MARCH

## MONTH of March 2022

### Northfield Hills Condominium Association

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Knitting Club 7PM  ASH WEDNESDAY	3	4	5
6	7 Clubhouse Committee Meeting 7PM	8 Eucher 6:00 PM 	9	10	11	12
13 	14	15	16	17 Senior Breakfast 	18	19
20 	21 Movie Night 6:45 PM 	22 Eucher 6:00 PM 	23 Board of Directors Meeting 7PM 	24	25	26
27	28	29	30	31		