

the View from the Hills

March 2025



Happy St. Patrick's Day

Inside this issue:

- Spring Reminders for Home Safety
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- April Fool's Day



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 20th of the month prior to publication.

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Clubhouse.....248-641-9070

Clubhouse Fax.....248-641-8214

AMI586-739-6001

AMI Fax586-739-6006

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**

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Amicondos.com/northfieldhills/

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In this article I would like to touch on some issues that are costing the association and each resident (you) money. Please read and take action if necessary.

- **HEATING YOUR UNIT**

I would like to thank everyone who took the time to read and follow my requests from my last article regarding windows and doors being left open during this cold winter season. Part of my article was explaining about the high cost of heating all the condos within Northfield Hills, I was very shocked while doing my weekly drive throughs, to see how many people still leave their doors, windows and garage doors open. As I had written, this practice is costing the association (**which means all of you**) BIG money.

In researching articles regarding this matter, I have learned that if a home keeps doors and windows closed, keeps their thermostat between 67 – 70 degrees and regularly cleans/changes their furnace filter, a resident could save up to \$200 per year. Failure to clean/change your furnace filter regularly can lead to higher gas bills in the winter because a clogged furnace filter forces your furnace to work harder to push air through, resulting in increased energy consumption and higher heating costs. The recommendation is to change your furnace filter every one to three months in the winter; however, the frequency depends on factors like the type of filter you use, household conditions (pets, allergies), and how dirty it appears when you check the filter. Multiply \$200 per year by 646 units and the total we are talking about is around \$129,000. Obviously, because many co-owners and renters are already doing these things this season, if we could even save one-quarter of that it would be an excellent savings.

- **WINTERTIME PARKING AND COSTS**

I cannot stress enough how important it is to move your car when we have more than 1½” of snow. The best way for me to help our residents to understand these reasons, is to let you know how much it costs us to call in the trucks and shovelers. Calling in the outside trucks costs us approximately \$5,000 a day on top of the money we pay the shovelers which is about \$1,000, staff and our NH plowing truck. Each truck goes through each court at least three times.

Many times residents have been reminded to: BE AWARE that if you move your vehicle, but your neighbor doesn't, there is not enough room for the plow to safely get in and clear the snow without danger of damaging the car. In those cases, we instruct the plow drivers to not even try to remove the snow in that area. So now along with you, your neighbor's parking spot doesn't get cleared either. Also, if you park your car in your driveway, we have instructed the plow driver not to plow your drive or your neighbor's empty driveway because once again, we cannot take the chance of hitting a parked car. Due to space problems, we have also instructed the shovelers to skip shoveling any of your units' sidewalks if you are parked in your driveway. So now your neighbor doesn't get their driveway plowed and you won't get your sidewalk, approach or porch shoveled. Another problem that happens when you park your car in the driveway you are hindering the small sidewalk plow from safely going straight down the sidewalks. They would have to go around your vehicle, out into the street over mounds of snow and then back over the curb and back onto the sidewalk. This is dangerous, inefficient and slows down progress.

The Community View, March 2025 continued.

This is also dangerous for the mail carriers who must walk around your vehicle, into the street where it may be slippery or in danger of being hit by a passing car. Also keep in mind as far as the mail carriers are concerned, **PLEASE** salt your approach and porch. We continually state in both flyers and the View to use salt melter which is available in the lobby of the clubhouse 24-7.

Shortly after this last snowstorm, Sean and I drove around. We were astonished at how many people **NEVER** moved their vehicles and how many were still in driveways. Not only is it inconsiderate to your neighbor, but costs the association more money because it takes the plows longer and the quality of the work is reduced. On Monday we had people finally move their vehicles and they expected the association to now come back and plow their area, **WE DID NOT!** This was three days after the snow event. I'm sure all of this sounds harsh, but you should have heard all the phone calls from those people who have properly moved their cars, but their areas are not getting plowed because their neighbor did not. **Please, feel free to ask your neighbor to move their vehicle (nicely).** Keep in mind, if we can identify the cars that are not being moved, each vehicle will be fined \$50 for first occurrence. If it happens a second time the fine will be \$100 and then \$500 each time after that. Many thanks to the residents in Courts D & Q who always move their cars. Your cooperation is much appreciated. Please let's get everyone on board for this process.

- **YOUR PERSONAL AUTOPAY**

Hopefully this will also save you money. This month I received the late list for the current month. Of the 20+ people on this list, eighteen of them are late due to two reasons: They either gave their bank the incorrect due date or neglected to inform their bank of the increase in the maintenance fees.

If AMI received their payment after the 10th of the month it is considered late, and a \$30 late fee will have to be added and paid. After reviewing these 20+ on the list for a full year, many are late every month because their bank isn't getting their payment out on time. If that occurs you could be paying \$360 extra a year, just in late fees. In addition, remember that paying the incorrect fee is considered a partial payment and would cause a late fee to be assessed. If you are using your personal bank for Autopay, please change your payment directions with them.

To fix this you could go on ACH through the association. In the 35+ years that I have worked here this has never been a problem and you would never incur a late fee going forward. Also, when fees change, AMI automatically contacts your bank, and the change is made. If this is something you would like to do, call Stacey at the clubhouse and she can help you with that.

Thank you in advance for your cooperation with these very important issues. Hopefully it will save you and the association money.

Kathleen Deburghraeve



Condo Corner

March
2025

WINTER BODY SHOP REMINDER



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

Coming Up:
Activities Committee is holding **GAME NIGHT** at the clubhouse.
March 11 @ 7PM

More info in this issue of the
View from the Hills.

2025 ELECTION TIMETABLE

Printed in this issue of the
View from the Hills.

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March Movie Night



**March 10th at
6:45 PM**

March's movie:
"Reagan"

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WE ARE WORKING IN THE AREA AND WANTED TO REACH OUT TO SEE IF THERE ARE ANY PROJECTS YOU HAVE THAT REQUIRE SERVICES OR THAT YOU MAY BE INTERESTED IN DOING IN THE NEAR FUTURE. BELOW IS JUST A SAMPLE OF COMPLETED WORK.



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FOR YOUR INFORMATION

FYI

Each March the following items are published again for our co-owners, in case some are unaware of them.

- ❖ **OUTDOOR HOLIDAY LIGHTS:** The deadline for taking down all outdoor holiday lights is March 1st. Please make sure the front and/or yard area is in compliance with NHCA Rules & Regulations.
- ❖ **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, everyone has another reminder to slow down! In addition, the speed monitoring devices are helping!

- ❖ **PARKING - Garages & Driveways:** If you are fortunate to have a garage with your unit, the Bylaws state your garage is your parking spot. Parking is a premium and the courts are always filled, even without residents' visitor's parking.

Plus, with a possibility of more snow plowing necessary, you must have your car out of your driveway or neither you nor your neighbor's area will be plowed. It is also against our bylaws to park in your driveway if your car covers any part of the sidewalk or street. It is also against the law in the City of Troy.



- ❖ **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 avoids having something taken from your garage or home you hadn't wanted taken, which is only "common sense."



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MARCH OUT & ABOUT

Maple Syrup Time – Past & Present

Lloyd A. Stage Nature Center, 6685 Coolidge, Troy

Saturdays, 3/1st – 3/15th Weekends from 9:00 a.m. – 3:00 p.m. (every ½ hour)

Cost: Teens & Adults \$10., Children 4 to 12 \$7., under 4 free with an adult

- Enjoy a fun way to learn about the history, art and science of maple syrup. Walk through acres of preserved trails and finish the tour with a maple treat. School groups are encouraged, with pre-registration recommended: www.troynaturesociety.org



Michigan Golf Show

Suburban Collection Showplace, 46100 Grand River, Novi

Friday, 3/7th – Sunday 3/9th

Cost: \$12 adults; children 12 & under free; parking \$5

- This event has been kicking off spring every year since 1992. When thinking about outdoor fun and getting back to healthy pastimes, this is the show for you! There are hands-on exhibits, with over 400 exhibitors, resort information and contests. There will be a putting contest and other activities, some with cash awards. More information and tickets, go to:

www.michigangolfshow.com

“A Funny Thing Happened on the Way to the Forum”

Stagecrafters, Baldwin Theatre Main Stage

415 So. Lafayette, Royal Oak

3/28th – 4/13th Thursday & Friday at 7:00 p.m., Saturday at 2:00 & 7:00 p.m., Sunday at 2:00 p.m.

Cost: \$35. + \$3. Processing fee Adults – Rated PG

- A fun mid-60s Broadway hit, with crazy plot twists, witty talk and lots of humor. Story of a Roman slave who struggles to win the hand of a beauty for his master in order to be freed. Call 248-541-6430 or go to www.stagecrafters.org for tickets and details. Discount coupons available on line.

“Little Mermaid, Jr.”

Ridgedale Players, W. Long Lake Rd., Troy

Fridays, Saturdays & Sundays 3/7th through 3/16th

Cost: \$14.



- Disney's production of a mermaid, Ariel, who wants to leave her water home, lose her fins and live in the world above the water. To do this she has to defy her father and convince Prince Eric that her voice is the one he's been seeking. Based on the Hans Christian Anderson tale produced by Disney. A lively and fun show!

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SPRING REMINDERS FOR HOME SAFETY

Ensure Fire/Carbon Monoxide Safety*

- You should have a smoke detector on each floor of your home and carbon monoxide detectors in each bedroom. *A good "rule of thumb" is to check the batteries in detectors whenever the clocks are set ahead or back. And be sure to change the batteries once a year.*

- Make sure you have a fire extinguisher near the kitchen of your home. Do not store under the kitchen sink, as it will be hard to reach during a fire emergency.

- Find out how to use a fire extinguisher and teach everyone in your household how to use it

- Have a home escape plan in place. Make sure to include a meeting spot right outside the front door, by a specific tree perhaps.

- Change furnace filters. More expensive (electrostatic) furnace filters capture smaller particles and need less changing than less expensive (pleated) and the least expensive (woven fiberglass) filters. If you have allergies, consider using electrostatic filters.

- Most furnace filters should be changed a minimum of twice a year. More often if needed.



Think Spring

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| | | | | |
|------------------|-------|----------|-----------|-----------|
| 5077 Brentwood | 2 Bed | 1.1 Bath | No Garage | \$249,900 |
| 5331 Breeze Hill | 3 Bed | 1.1 Bath | No Garage | \$269,000 |
| 1622 Brentwood | 2 Bed | 1.1 Bath | 1 Garage | \$290,000 |

PENDING:

| | | | | |
|-----------------|-------|----------|-----------|-----------|
| 1814 Brentwood | 2 Bed | 1.1 Bath | No Garage | \$254,999 |
| 5139 Buckingham | 3 Bed | 1.1 Bath | 1 Garage | \$240,000 |

SOLD:

| | | | | |
|-------------------|-------|----------|-----------|-----------|
| 1778 Brentwood | 2 Bed | 1.1 Bath | No Garage | \$239,000 |
| 1835 Brentwood | 2 Bed | 1.1 Bath | No Garage | \$230,000 |
| 1662 Brentwood | 3 Bed | 1.1 Bath | No Garage | \$260,000 |
| 5238 Breeze Hill | 3 Bed | 1.1 Bath | No Garage | \$295,000 |
| 5331 Breeze Hills | 3 Bed | 1.1 Bath | No Garage | \$272,000 |
| 1598 Brentwood | 3 Bed | 2.1 Bath | 1 Garage | \$320,000 |
| 5395 Breeze Hill | 3 Bed | 2.1 Bath | 1 Garage | \$320,000 |
| 5234 Breeze Hill | 3 Bed | 2.1 Bath | 1 Garage | \$369,000 |

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DAYLIGHT SAVING TIME

Daylight Saving Time – DST or “Summer Time” - is a way of making better use of daylight in the evenings. This year it falls on Sunday, March 9th at 2:00 a.m. in the morning.

The clocks will be set forward one hour during the longer days of spring, then set back in the shorter days of fall.

In the U.S. in 1966 daylight saving time became standardized with the Uniform Time Act; but finally became official in 2007. It currently runs from the second Sunday in March through the first Sunday in November.



The concept started back in a satirical letter written in 1784 by Ben Franklin. He proposed the concept of daylight saving time stating many resources might be saved if everyone rose before noon and burned less “midnight oil.”

Arizona (except for the Navajo reservation,) Hawaii, Puerto Rico, the U.S. Virgin Islands and other territorial states, will remain on standard time and not be moving their clocks ahead. Interesting to know Asia and Africa do not use DST.



Remember the saying: **“Spring ahead. Fall back.”** Most of us are looking forward to “springing forward” to another hour of daylight!



ST. PATRICK'S DAY....was

originally observed as a Catholic holiday. In the early 17th century, it became an official feast day in Ireland.

Named for Saint Patrick, the patron saint of Ireland; it is now celebrated internationally on March 17th each year. This day celebrates a religious feast day and the anniversary of his death in the fifth century.

It has been said St. Patrick used the shamrock, a three-leaved plant, to represent the Holy Trinity. Today, it has become the leading symbol for St. Patrick's Day. In Irish songs the “wearing of the green” means to wear a shamrock on one's clothing.

St. Patrick's Day parades are held all over our nation. Nearly three million people line New York's 1.5-mile parade route to watch the four-hour procession.

This year, Corktown will hold its 67th annual parade along Michigan Avenue, starting at 1:00 p.m. on Sunday, March 16th. This part of Detroit was named Corktown as the Irish were the largest group in the area, with most coming from Cork County, Ireland. Parade details at: www.detroitstpatricksparade.com

Northfield Hills will be celebrating and hosting a St. Patrick's Day luncheon on Thursday, March 13th at the clubhouse. Seating is limited, so sign up early!

You needn't be Irish to enjoy the festivities around local restaurants and clubs. Wear your green, sing Irish songs, and enjoy the corned beef & cabbage.





SPRING DE-CLUTTERING

March is a great time to de-clutter your closets before the really nice weather comes in. Although this article focusses on garments, it should include any other items in any closet! Note: Start with one closet before moving on to the next one...less stress!

Make a "Keep Pile"

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?
- Does wearing it make me feel good?
- Would I buy it today?
- Will I want to replace it?
- Does it make me happy?

Keep an item of clothing:



- If it meets the above criteria.
- If it fits TODAY. Not "10 pounds from now"!

- If it's clean, unstained and in good repair.
- You have worn it within the last year.

Make two "Don't keep Piles"

Toss any garments that are worn, stained or in need of major repairs such as broken zippers, fabric tears, torn pockets or shredded seams., unless you can (and want to) get them repaired.

Make a donation pile of items that:

- Are clean, unstained and in good repair.
- Are out of style, or not your color.
- Is it uncomfortable or unflattering.

Remember someone else could be happy wearing/using it!

Important to mention would be that after you've completed sorting, **DO** put your "don't keep" items into bags/boxes and put them in the car or an out-of-sight place. **DO NOT** let them sit around or deter you from donating or disposing of them. *Just get them out!*

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FUN, FACTS AND TRIVIA

The ancient Anglo-Saxons called this month Hlyd monath meaning storm month or Hrad monath which means rugged month. Its name comes from the Roman Martius, who is the god of war. The Lakota (Sioux) Indians named this month Istawicayazan Wi, meaning the moon of snow blindness.

In the month of March there is our spring equinox - when day and night are the same length of time. This year it will fall on March 20th and is our official day of spring.

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



In the U.S. and other countries, St. Patrick's Day is held on March 17th; but in Wales they celebrate St. David's Day on March 1st. The day is observed with the wearing of daffodils or leeks. (Both plants are national emblems.)

Most Americans know about **March Madness**, when the NCAA holds its basketball tournament - this year from March 18th through April 5th. But it is also Red Cross Month and Irish American Heritage Month. Some unusual celebrations are going on; such as, National Peanut Lovers Month, National Craft Month and Frozen Food month.

There are some wackier ones too: If Pets had Thumbs Day, National Middle Name Pride Day, Worship of Tools Day, and Extraterrestrial Abduction Day. Even if you aren't Irish, it seems like there is always something to celebrate this month!

Let's enjoy each day of the month, even if we do get some snow on those early blooming violets or daffodils. In Michigan one never knows for sure! A good March saying is: - ***"March winds and April showers bring forth May flowers."*** A reminder spring will warm things up - sooner rather than later.

IRISH FOLKLORE



Have you ever heard any Irish folklore which is connected to St. Patrick's Day?

- There is one story of St. Patrick driving all the snakes from Ireland - but no snakes were ever native to Ireland. Some believe these stories are metaphors of pagan conversion.
- Were there really leprechauns? Tales tell these were aged and tiny men who were shoemakers by profession. They were also self-appointed guardians of ancient treasure, burying it in crocks or pots. Most often today there are pictures of leprechauns holding a pot of gold.
- Is there really a Blarney Stone? Yep...sure is. It is a huge block of bluestone built into the battlements of Blarney Castle, Blarney close to Cork, Ireland.
 - Now a popular tourist site, the stone was set into a tower of the castle in 1446. Visitors come from all over the world to kiss the stone.
 - According to legend, kissing the stone endows the kisser with the gift of gab (being very articulate or skilled in flattery.)
 - The word blarney has come to mean "clever, flattering, or teasing talk."



Plain and simple

The activities committee is looking for interested neighbors who enjoy playing a good board game with friends. Various games will be offered, and interested neighbors can decide which game to play for the night. Casual. No fee. Just play.

Bring your goodies and drinks.

RSVP at the Clubhouse so we can set up the appropriate number of tables!

Tuesday, March 11, 2025. 7 PM

2025 Election Timetable

Monday, March 3 - Proposals are due at the clubhouse, addressed to the Elections Committee

Friday, March 7 – Candidates' Letters of Intent and resumes are due at the clubhouse addressed to the Bylaws and Elections Committee.

Week of April 1 - Ballots will be mailed

Monday, May 5 - 5PM Deadline to receive all ballots

Tuesday, May 6 - Annual Meeting - 7:30 PM





Everyone loves quiche,
pronounced *Keesh!*
Here are three easy recipes
for a spring brunch.

QUICK QUICHE

1 # bacon, fried crisp
8 oz. Swiss cheese, grated

In blender:

2 C. milk
4 eggs
one small onion, chopped
½ C. Bisquick
salt & pepper
Blend 1 minute.

In 9-inch well-greased pie pan, crumble bacon and cheese. Slowly pour the blender mix over bacon and cheese. Bake 55 minutes @ 350 degrees, or until knife cuts clean.

SPINACH QUICHE

Pastry for 1-crust 9-inch pie (make your own or use packaged pie crust)

2 cups shredded sharp cheddar cheese
2 Tbsp. flour
1 pkg. (10 oz.) frozen chopped spinach, cooked, well drained
1 cup milk
2 eggs, lightly beaten
3-4 slices bacon, crisply cooked, crumbled
1/2 tsp. salt
dash of pepper

Preheat oven to 350 degrees.

Roll pastry into a 12-inch circle on lightly floured surface. Place in 9" pie plate. Toss cheese with flour in medium bowl. Add spinach, milk, eggs, bacon and seasonings; mix well. Pour into pastry shell. Bake 1 hour or until set.

To round out the meal, serve this quiche with a fresh fruit salad and flaky croissants. This recipe may be doubled to bake in a 9 x 13-inch baking dish. Cut ready-made pie crusts to fit.

HAM, TOMATO AND SWISS QUICHE

1 pkg. crescent rolls
1 cup grated Swiss cheese
¾ cup diced smoked ham
½ cup diced tomato
3 eggs, lightly beaten
1 cup cream, light or heavy
Salt and pepper to taste.

Preheat oven to 350 degrees.

Pat the uncooked crescent roll dough to form a crust in a 9-inch pie plate.

Sprinkle half of the grated cheese on the dough and top with ham and tomato. In a medium bowl, mix together the eggs and cream. Season with salt and pepper. Pour over the ham and tomato and top with the remaining cheese. Bake for 40 minutes or until firm.



An Old Irish Wish

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.

And may you be in heaven
a half hour before the devil
knows you're dead.



IDIOMS, SAYINGS & OTHER STUFF, PART X

Here are more idioms, sayings, etc. for your winter reading. Perhaps some of our readers have even used them at one time or another. Enjoy!

“Pulling the wool over your eyes” – an idiom meaning to deceive one in order to take advantage of or to hide the truth from them. The first American use of this phrase came from an 1839 publication indicating it was from the early British lawyers wearing wigs made of wool to cover their heads. Others believe it started earlier from the British dueling matches in the 16th century where the competitors wore wigs and they would pull opponents wigs over their eyes to win the advantage.

“You’ve been hood winked” – Now the term to “blink” means to close one eye briefly, but during the 1500s to “blink” meant to close both eyes firmly. At that time, when a highwayman would attack his prey, he would put a hood over the eyes, to effectively close both of them so he wouldn’t be seen, i.e. the victim was hood winked,

“Hunky-Dory” – An American adjective accredited to different sources. Most records show it began in the 1860s as a New York slang phrase, meaning everything is all right. Now it is used indicating all was quite satisfactory and fine. The word “Hunk” is from a Dutch root word, “Honk” meaning, “home.” The phrase is used in a positive manner.

“Counting your chickens before they’re hatched” – This proverb means hoping for an outcome of a situation before it occurs or to begin something before being prepared for it. A warning to practice patience to wait for the result, rather than making assumptions. This is similar to an older proverb, “Look before you Leap,” first appearing in Aesop’s Fables, *“The Fox and the Goat.”*

“Mollycoddle” – The term goes back to the mid-1800s when first used as a derogatory sign for constant pampering and protection; to treat someone with “coddling.” An example would be when a team coach gives special consideration to the star player.

One for March: **“As Mad as a March Hare”** – This idiom refers to behavior of an animal or human acting irrationally, doing completely mad things, acting stupid or crazy. It originated from the behavior of the European Hare during the March mating season when the hares compete with boxing matches, wild chases and other antics.



LET'S MARCH DURING MARCH*

-From various websites and www.livestrong.com

*Reprinted in each year's March View.

Here are some ideas to start getting ready for outdoor spring activities by practicing them in the comfort of your home until the weather cooperates!

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.

Doing these requires no specialized equipment and provides an option for exercise or a means to maintain your fitness routine even when you're traveling.



You will need: Walking shoes, as these protect your feet and joints from pressure.
A watch with a second hand or another device to check your time/rate.

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. 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.

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. 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.

To calculate target heart rate you can find your maximum heart rate by 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.



Always remember your physician's recommendations should dictate what activities are right for you!

8 Great Tips to Improve Your Dog's Table Manners

Taken from Home Again News Letter



"Okay, Sport, just this once."

Ray's Golden Retriever looks so sad and hungry, nosing up to the table. Those big, brown, beseeching eyes and high-pitched whine are hard to resist. But Ray has no intention of allowing him to beg.

Today's an exception, Ray thinks to himself. Well, there was that time yesterday when he indulged Sport with a treat. And last week, it was only because he'd already dropped his sandwich on the floor. But most of the time, Ray has steely resolve when it comes to saying no to Sport's patented hungry-dog stare. The dumb dog just never seems to catch on that no meant *no*.

Sport, of course, is no dumb dog. He just takes advantage of the fact that Ray intermittently gives in to his begging. Sport's behavior is hardly surprising — the dog's a gambler in a furry coat.

Sport gambles by investing his time and effort in begging. He's rewarded occasionally, sometimes with just a morsel and other times with a meaty jackpot. Whether he wins or not, Sport keeps on playing because the odds seem to be in his favor.

Just Say No!

Here's the bottom line: when you permit negative behavior like begging, that behavior is likely to continue, even if you quit reinforcing it.

The best way to thwart begging is to *never* give in, even once. The second-best way is to give in every single time... and then change the rules, so Sport notices the difference right away. The worst way to stop begging behavior, though, is to do what Ray does: give in occasionally, and then try to stop.

8 Great Tips to Tackle Begging

1. Feed him before you eat yourself. At least you'll know his starving act really is just an act.
2. Never let your dog know your food is better than his. It all smells good to him.
3. Only feed him from his own bowl, not from your table and not on the floor.
4. Change the situation. Give him cues that times have changed. Eat from a different place in the room, shut off (or turn on) the TV or do something else that you don't usually do at mealtimes.
5. Give him something that will distract him while you eat. He can't beg if he's occupied with a toy or treat of his own.
6. If necessary, put him in another room while you eat. What kind of dinner companion is he if he's just going to try to make you feel guilty?
7. Understand that there is no such thing as "just this once." Teach him that no means no. Once you say it, don't change your mind and give in.
8. Go for a walk together. If you tire him out before your meals, he may spend mealtime sleeping, and you can dine in peace.

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

There is no true 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 good humored, but untrue statements to family, friends, and co-workers.

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

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.

Some past April Fool's Day pranks:

-BMW, in 1983 announced a "rain-deflecting open top car" in a fake magazine ad for its Cabriolet.

-BBC, in 2008 reported on a newly discovered colony of Adelie "flying penguins" living in Antarctica, then featured in a video segment. It showed them taking off and thousands of miles later, landing in the rain forests of South America.

-The Guardian Newspaper of the UK in 2021 announced plans were being reviewed to construct a new "Suez 2" Canal along the Egypt-Israel border due to ships running aground. By noon that day, the newspaper had marked it as a Fool's Day statement, but it had already been picked up by various outlets.



Most would agree that April Fool's Day should be fun as it causes people to laugh, which is good for us; while others would warn that some practical jokes or pranks could be rude. Hopefully, we will opt for the simple and funny ones.

Older ones were: "Your shoe's untied" or "Looks like you really enjoyed your milk shake - it's still on your upper lip!" The trickster usually ends it by saying to his victim, "April Fool!"



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NORTHFIELD HILLS CONDOMINIUM ASSOCIATION

BOARD OF DIRECTORS' MEETING

Wednesday, January 22, 2025

Board Members Present:

Josh West, Chair; Kristy Watkins, Vice Chair; Kent Cathcart, Treasurer; Mike Malley, Secretary; Kathy Katz, Director; John Ballantine, Director; Kathleen Deburghraeve, Community Manager, S. O'Brien, Maintenance Superintendent

Via Zoon: Gary Newville

Present: Curt Norrod

1. Chairman's Comments

- There was a tragic accident at Northfield Parkway and Long Lake. There were lost lives. Thoughts and prayers are with them and their families.
- Slowdown in courts.
- Year 2 of roofing has been completed.
- The 1st phase of asphalt has been completed.
- It is cold out, please make sure all pets are brought inside.

2. Resident Forum

- N/A

3. Call to Order

- The meeting was called to order at 6:00 p.m.

4. Agenda

- Approved as amended.
- Add 6B: Curt Norrod

5. Approval of Minutes

- Approved as written.

6A. Treasurer's Report

- Treasurer's Report included.
- Phase two of the roofs are completed and paid for. Phase 3 will begin next August. We will start every August until they are complete. This year we did Courts G, H, I. We completed 10 buildings.
- We will continue asphalt work next fall.
- Oakland Tree just completed \$10,000 worth of work.
- The electrical panel in the clubhouse is not completed. We are waiting on a box. We are up to code now.

- We are starting the year in a good spot and are in good shape moving forward.
- The water bill is the largest bill we pay. We need to monitor our utilization. We get quarterly reports for every building so we can see unusual usage.
- We had \$39,000 cash carry forward as of 12/31/24. We need to pay reserves back \$350,000. This should not alarm anyone. This is one reason why we did an HOA increase.
- We were with Dillion Energy for our gas, it was a lot cheaper at the time, and we were locked in at a fixed rate. Consumers Energy is now cheaper, we will go back to them in April.
- G. Newville did a study on the water usage of a toilet. Older toilets use 5-7 gallons per flush, new toilets are 1.28 gallons. If everyone converted their toilets to new ones, it would be a big cost savings for the association.

6B. Curt Norrod

- The board needs to be commended. Inflation has affected everyone, and you have taken strides to accommodate this. The cash carry forward is a fluid number. We have a multimillion-dollar budget. You need to pay Reserves back. Why is that? Sometimes the operating account does not have enough funds at the beginning of the year to cover expenses, so we transfer the money from the reserve account. This is all normal. 10% of NHCA's income must be put in the reserve account. NHCA staff do a great job on budgeting. A deficiency is not a difficulty to overcome, the board has already taken measures to pay it back. All and all, very well done. You should be moving forward without any discomfort.

7. Management Report

- Report Included.
- We have not had much snow; this is a cost savings.
- We did a resident breakfast this month and will do a resident lunch in February. There is a cost to attend. G. Newville thanked the staff for a great breakfast.

8. Committee Reports

Activities Report

- N/A

Clubhouse

- N/A

Grounds

- N/A

City Liaison

- N/A

CANH

- Oakland Tree will start trimming from Northfield Parkway to the woods.

9. Correspondence

- N/A

10. Unfinished Business

- N/A

11. New Business

- N/A

12. Residents Comments

- A resident wanted to let residents know what is old and new about the toilets.

~~~~~

## **Your Northfield Hills Medicare Advocates**

**Gayle M. Zech**  
**248.802.4290**  
**gayle.zech@gmail.com**



**Gwen M. Smith**  
**248.320.8369**  
**gwensmith79@yahoo.com**

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## Gardening Services

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My Quality Construction.....586-222-8111

Unhandy Man's Handy Man Service

Brent Demicoli .....989-942-7411

## HVAC

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

## Miscellaneous Services

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

Medicare Advocates

Gwen M. Smith.....248-320-8369

Gayle M. Zech.....248-802-4290

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

## Realtors

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Jason McKevitt.....248-202-1380

Gary Newville .....248-593-0805

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Prices published January 2025

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\* Typesetting

\* An additional charge of at least \$10 will be added for all ads which must be reworked before publication (for example, handwritten ads which require typing and/or design). Ads with dark backgrounds will not be accepted due to increased toner used for printing.

The 'View from the Hills' is published ten times each year, with combined issues for July/August and December/January. Advertising materials must be received by the 20th of the month for publication in the next issue. All first-time advertisements and all classified ads must be accompanied by your payment.

To advertise for a full year for the price of nine issues (a savings of 10%), payment for the year must be received by the 15th of the month prior to the first month of advertising. If cancellation during the year is necessary, the rate will revert to the "rate per month" charge and the balance will be refunded.

Make checks payable to "View from the Hills," 1750 Brentwood Drive, Troy, MI 48098







For further information, please call

Carrie Roberts - 248-641-9070

# MARCH

## MONTH of March 2025

### Northfield Hills Condominium Association

| Sunday                                                                                   | Monday                                                                                                              | Tuesday                                    | Wednesday                                                                                                                          | Thursday                                                                                                              | Friday | Saturday |
|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|--------|----------|
|                                                                                          |                                                                                                                     |                                            |                                                                                                                                    |                                                                                                                       |        | 1        |
| 2                                                                                        | 3 Clubhouse<br>Committee<br>Meeting 6PM                                                                             | 4                                          | 5<br><br>ASH<br>WEDNESDAY                       | 6                                                                                                                     | 7      | 8        |
| 9<br> | 10<br>Movie Night<br>6:45 PM<br> | 11<br>Game Night<br>7PM @ the<br>Clubhouse | 12                                                                                                                                 | 13<br>Community<br>Luncheon<br>12 Noon<br>at the<br>clubhouse                                                         | 14     | 15       |
| 16                                                                                       | 17<br><br>St. Patrick's Day      | 18                                         | 19                                                                                                                                 | 20<br>First day of<br>Spring<br> | 21     | 22       |
| 23<br>30                                                                                 | 24<br>31                                                                                                            | 25                                         | 26 Board of<br>Directors<br>Meeting 6<br>PM<br> | 27                                                                                                                    | 28     | 29       |