

March 2026



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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 Fax.....248-641-8214
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AMI Fax586-739-6006
Troy Emergency.....911
Police & Fire
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Clubhouse East
1750 Brentwood Drive
Troy, MI 48098

Clubhouse Hours:

Mon-Thur 9 AM--8:30 PM
Friday 9AM--9PM
Saturday 11 AM--9 PM
Sunday 11 AM--5 PM
Sunday 11 AM--9 PM from
Memorial Day weekend
through Labor Day

NHCA Website:

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Condo Corner

March 2026

WINTER BODY SHOP REMINDER

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



Thank You

2025 ELECTION TIMETABLE

Printed in this issue of the
View from the Hills.



Daylight Saving Time
begins March 8, 2026



Welcome New Advertiser
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Vacation Parking

If you will be traveling for vacation/holiday for an extended period, please park your vehicle in the Clubhouse parking lot. Thank You



(Contact the clubhouse staff for the best location to park your vehicle.)



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FOR YOUR INFORMATION

FYI



- ❖ **SCAMS:** Alerts on numerous scams have been published in *the View*, each week local news has reported new ones popping up. Since many residents order from Amazon, be aware there is a scam regarding shipments, payments, etc. being carried out now. Do not be fooled into responding or opening this email. Please inform your family and friends well. Legitimate organizations will not call you unless you have called them. Keep your personal information from being stolen.

This year, the Social Security Administration and the Office of the Inspector General are sponsoring a "National Slam the Scam" Day on March 5th. For information on how to participate, visit: <https://ssa.gov> then type in the search box, "Slam the Scam."

- ❖ **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.
- ❖ **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 visitor's parking. 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. 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.
- ❖ **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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OUT AND ABOUT

Maple Syrup Time – Past & Present

Lloyd A. Stage Nature Center, 6685 Coolidge, Troy

Saturdays, 3/7th, 14th and 3/31st from 9:00 a.m. – 3:00 p.m. (tours every ½ hour)

-- Enjoy a fun family outing to learn about the history, art and science of maple syrup.

Walk through acres of preserved trails, visit an old-time sugar camp, stop in the sugar shed, and finish the tour with a maple treat. Pre-registration is recommended:

www.troynaturesociety.org



Michigan Golf Show

Vibe Credit Union Showplace (formerly the Suburban Collection)

46100 Grand River, Novi

Friday, 3/6th through Sunday, 3/8th



Cost for one day admission: \$13. Parking fee: \$10.

- Starting to think about outdoor fun and getting back to healthy pastimes? This golf show has hands-on exhibits, over 400 exhibitors, resort information and contests and other activities. Specifics of free times and days, visit: www.michigangolfshow.com

“FINDING NEMO JR.”

Ridgedale Players

205 W. Long Lake Road, Troy

3/13th – 15th, 3/20th – 22nd Fridays, Saturdays, Sundays

Cost: \$16.

-An adaptation of Disney’s Pixar 2003 film. Marlin and Nemo go on an adventure and Nemo is kidnapped. Join in the one-hour version for all the family, including the songs from the original Nemo! Call 248-988-7049 or go to: www.ridgedaleplayers.com.



“DADDY LONG LEGS”

Stagecrafters – Second Stage, Baldwin Theatre

415 So. Lafayette, Royal Oak

3/20th – 3/29th Performances Thursdays, Fridays, Saturdays and Sundays

Cost: \$28. for all tickets. No admission after doors are closed.

-Jerusha Abbott is an orphan, until a mysterious benefactor sends her to college to become a writer. She is required to write him a letter once a month. Since she is never to know his identity, she names him “Daddy Long Legs.” Learn the surprising fact Jerusha finally discovers. Tickets: visit www.stagecrafters.org

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If you have any questions or need further information about us, please do not hesitate to reach out!

Looking forward to hearing from you,

Teri Crandall

Office Manager S&J Plumbing and Excavation
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Call for more info
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FUN, FACTS AND TRIVIA

The ancient Anglo-Saxons called this month Hlyd month meaning storm month. Its name comes from the Roman Martius, who is the god of war.

In the month of March there is our spring equinox - when day and night are the same length of time - March 19th is our official first day of spring.

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

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 -national emblems.



March is also Red Cross Month, Irish American Heritage Month, and Fire Prevention Month. This month will also bring March Madness, the NCAA's popular basketball tournament, running in rounds from March 17th through April 6th.

There are some silly celebrations going on in March as well: There is an "If Pets had Thumbs Day", "Worship of Tools Day" and "Extraterrestrial Abduction Day".

Had you known these March facts?

- 1790: The first U.S. census was authorized.

- 1899: Bayer registered Aspirin as a national trademark. Many still consider Aspirin to be the first "wonder drug."



- 1912: The Girl Guides was founded in the U.S. and later renamed the Girl Scouts of America.

- 1937: King Kong (the film) opened at Radio City Music Hall in New York City.

- 1967: President John F. Kennedy issued an executive order establishing the Peace Corps.

Here are two March sayings...one to cause us to be wary and the other to make us joyful.

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

- "**March winds and April showers bring forth May flowers.**" An English proverb from the 1600s in a poem, reminding us that the wind and the rain prepare the soil and promote growth of blooming spring flowers.

Let's think Spring!

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1719 Brentwood	3 Bed	2.1 Bath	1 Garage	\$349,000
1804 Brentwood	3 Bed	2.1 Bath	1 Garage	\$359,000

PENDING

5175 Buckingham	2 Bed	2 Bath	No Garage	\$225,000
1703 Brentwood	2 Bed	1.1 bath	No Garage	\$285,000

SOLD January 2026

1756 Brentwood	2 Bed	1.1 Bath	1 Garage	\$285,900
5377 Breeze Hill	3 Bed	1.1 Bath	No Garage	\$288,000

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ELENA

WINTER WELLNESS TIPS

- Hildi Ahee, M.Ed, LCMHC

Licensed Psychotherapist/ Career & Wellness Coach

Thriving During Winter: Easy Strategies to Enhance Your Well-Being

Achieving genuine wellness and long-term well-being is a rewarding lifelong journey. It requires ongoing growth, self-care, and flexibility. This balanced approach enables us to develop self-mastery, allowing us to fully enjoy life.

Benefits of Wellness and Well-Being:

- Prevents burnout and improves overall health
- Improves motivation
- Contributes to sustainable well-being
- Improves executive functioning
- Increases problem-solving and creativity
- Boosts resilience
- Enhances quality of life

Self-care is a powerful tool in managing our emotional and mental health. It is not a luxury; but a necessity for maintaining our neurological health.

Quick Practices to Boost your Well-Being:

1. Meditation/prayer
2. Spend time with your pets
3. Breathwork
4. Go for a walk
5. Stay hydrated
6. Check-in with a friend
7. Doodle or sketch
8. Do a quick "body scan"
9. Learn something new
10. Stretch your body
11. Play music
12. Dance
13. Journal
14. Utilize the "Do Not Disturb" button
15. Read
16. Do a Puzzle
17. Make a gratitude list
18. Step outside and breathe in fresh air
19. Give yourself permission to rest
20. Watch a feel good movie

Positive Results from Daily Routines:

- **Reduces Anxiety & Depression:** Practicing self-care promotes emotional balance by stabilizing neurotransmitter levels.
- **Increases Resilience:** Individuals who prioritize self-care are better equipped to handle stress and recover from setbacks.
- **Prevents Burnout:** Regular relaxation and mindful practices prevent exhaustion and emotional depletion, especially for individuals with high-stress lifestyles.

Greetings from **My Quality Construction**



It is 2025 – Are you Ready?

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LET'S MARCH DURING MARCH

-from various websites and www.livestrong.com

Here are some ideas *the View* prints every March. These will help you in 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.

*Information for calculating your target heart rate, if you do not have a watch or other monitoring device: 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!

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SPRING HOME SAFETY

It is again the month of March...the perfect time to check those important items to help ensure Fire/Carbon Monoxide Safety.

- Change **batteries in smoke and carbon monoxide detectors** (should be done twice 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 woven fiberglass filters. If you have allergies, consider electrostatic filters.

No matter what month of the year it is, it is always the time to practice home safety!



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DAYLIGHT SAVING TIME

This year, Daylight Saving Time falls at 2:00 a.m. on Sunday, March 8th.



It is often referred to as DST or "Summer Time", referring to a way of making 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.

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

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. Interesting to note that Asia and Africa do not use DST.

In a satirical letter in 1784, Ben Franklin 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."

Remember the saying: "**Spring ahead. Fall back.**" If you do, it will be easier to know the direction in which to change your clock, when most U.S. states will be "springing forward" an hour!



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ST. PATRICK'S DAY

St. Patrick's Day was originally observed as a Catholic holiday and then became an official feast day in Ireland in the early 17th century.

Named for Saint Patrick, the most recognized 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's been said St. Patrick used the shamrock, (a three-leaved plant,) to represent the 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.

Many agree one reason St. Patrick's Day might have become so popular is that it takes place just a few days before the first day of spring – noting that it is truly "the first green of spring."

You needn't be Irish to enjoy the festivities. Everyone is welcome to the 68th Annual Detroit St. Patrick's Day Parade being held on Sunday, March 15th at 1:00 p.m. beginning at Michigan Avenue and continuing through Corktown.

Corktown is Detroit's oldest neighborhood, established in the 1830s and 1840s by Irish immigrants fleeing from the Great Potato Famine, mainly from County Cork, Ireland. It quickly became the hub of Irish working class families and the heart of Irish life.

So, bundle up, wear your green and enjoy the festivities leading up to the parade, as well as the fun of the parade.

Anyone can be Irish for a Day!



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References available upon request

Celebrate St. Patrick's Day with these Delicious Recipes!



Cheesy Potato Soup

INGREDIENTS

- 3 cups of fat-free milk
- 1 can (10-3/4 oz.) condensed cream of potato soup
- 2 cups of frozen Southern-style hash browns
- 1 cup 2% Milk Shredded Sharp Cheddar Cheese
- 2 slices Bacon, cooked, crumbled
- 2 green onions, thinly sliced

MIX milk and soup in large saucepan. Stir in hash browns. Bring to boil on high heat, stirring occasionally; simmer on medium-low heat 10 min., stirring frequently.

SERVE topped with cheese, bacon and onions. Sprinkle with freshly ground black pepper just before serving.

Special Extra

Serve each bowl with a crusty whole grain roll or bread.



IRISH SODA BREAD (gluten free)

Here is a recipe for Irish soda bread that calls for rice and tapioca flour instead of wheat and it still tastes yummy! Good if wrapped and left overnight but tastes great right out of the oven. Serve with butter, jam or a bit of honey.

Ingredients

- 1 ½ cups white rice flour
- ½ cup tapioca flour
- ½ cup white sugar
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. salt
- 1 egg
- 1 cup buttermilk

Directions

Preheat oven to 350 degrees. Grease 9 in. round cake pan.

Combine the rice flour, tapioca flour, sugar, baking soda, baking powder, and salt in a large bowl.

In a separate bowl, whisk together egg and buttermilk. Make a well in the center of the dry ingredients and pour in the wet. Stir just until the dry ingredients are moistened. Pour into the cake pan.

Since oven times vary, bake from 45 to 65 minutes in a preheated oven, or until a toothpick inserted into the center comes out clean. (The longer the baking period - the firmer the bread.) Cool on a wire rack for 10 minutes, then remove from the pan. Wrapped in clear wrap or aluminum foil, this tasty bread stays fresh for a few days.



Whipped Lime Dessert

Recipe By: Cooking Grandma

For this dessert you can use any flavor gelatin (I personally like the green lime). It is a light sweet especially good after a heavy meal or during warm weather."

Ingredients

- 1 (3 ounce) package lime flavored Jell-O mix
- 1 cup boiling water
- 1 cup cold evaporated milk
- 1 (12 ounce) package vanilla wafers, crushed

Directions

1. In a medium bowl, whisk together the gelatin and boiling water until dissolved. Refrigerate until thickened to the consistency of egg whites, about 1 hour.
2. When the gelatin is thick, whip the evaporated milk in a chilled bowl with chilled beaters until thick enough to form peaks like whipped cream. Fold the whipped milk into the gelatin. Rinse an 8-cup mold and fill with the gelatin mixture. Cover and refrigerate overnight, or at least until set, about 4 hours.
3. Unmold the gelatin onto a serving dish and sprinkle with cookie crumbs. Put the rest of the crumbs into a bowl and pass around the table at serving time.

2026 ELECTION



LETTERS OF INTENT:

If you plan to be a candidate for the Board of Directors, you must complete a Letter of Intent and submit a resume. Letter of Intent forms are now available at the clubhouse.

ELECTION TIMETABLE

Monday, March 2, 2026

Proposals are due at the clubhouse; they are to be addressed to the Elections Committee. Proposal forms are available at the clubhouse; all should include a rationale.

Friday, March 6, 2026

Candidates' Letters of Intent and resumes are due at the clubhouse, addressed to the Bylaws & Elections Committee.

Week of April 6, 2026

Ballots will be mailed.

Monday, May 4, 2026

5 p.m. – Deadline to receive all ballots

Tuesday, May 5, 2026

Annual Meeting – 7:30 p.m.

Easy Irish Stew

No need to stew over what's for dinner. Throw together this simple stew and let it simmer while you tend to other things.

- ½ cup flour
- 3 tablespoons oil
- 1 pound stew beef
- 2 cloves garlic, minced
- 5 cups beef broth
- 2 tablespoons tomato paste
- 1 tablespoon brown sugar
- 1 tablespoon thyme
- 1 tablespoon Worcestershire sauce
- 6 cups potatoes, peeled and cut into ½-inch pieces
- 1 large onion, chopped
- 2 cups carrots, peeled and cut into chunks
- ½ teaspoon salt
- ¼ teaspoon pepper

Directions: Heat oil in a large pot over medium-high heat. Put flour, beef, salt and pepper in a large plastic bag; shake to cover the meat evenly in flour. Add beef to hot oil and cook until browned all over. Add garlic and cook, stirring, for about one minute. Add beef broth, tomato paste, brown sugar, thyme and Worcestershire sauce. Bring to a boil, reduce heat and simmer for 1 hour. Add potatoes, onion and carrots and stir well. Continue cooking for an additional hour, until vegetables and meat are tender.



Tips: Make it more traditional by omitting one of the cups of beef broth and adding one bottle of Guinness. Maybe one for the stew and one for you :)

Care to share - your recipes? Appetizer, snack, main course, dessert?

We would enjoy learning some new ones. The only requirement is that they are **EASY** to make, and you know they taste good! Those for weight control, sugar-free, gluten-free, vegan also would be of interest. Please drop at the Clubhouse and include your name and phone number in case the View staff needs to contact you.



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.

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 1st 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 back to this.



One prank goes back in history to 1872, when the New York Graphic tricked readers into believing that **Thomas Edison** had invented a new machine capable of turning dust into meat and water into wine. The sensational headline read, “Edison invents a machine that will feed the human race.” It was, of course, not true.

- **Lego** stated it was introducing a revolutionary brick sorting vacuum which picks up and sorts Legos by color and shape, while separating out any dirt. (This really is a great idea.)



-**National Geographic** revealed it would no longer be publishing nude animal photos. From now on all animals must be fully clothed to appear in their publication!

On April Fool's Day most practical jokes or pranks range from the simple, such as saying, "Your shoe's untied, or "Hey, what's that behind you?" The trickster usually ends it by yelling to his victim, "April Fool!"

Enjoy your April Fool's Day!



Kids Are Quick

TEACHER: John, why are you doing your math multiplication on the floor?
JOHN: You told me to do it without using tables.

TEACHER: Donald, what is the chemical formula for water?
DONALD: H I J K L M N O.
TEACHER: What are you talking about?
DONALD: Yesterday you said it's H to O.

TEACHER: Winnie, name one important thing we have today that we didn't have ten years ago.
WINNIE: Me!

TEACHER: George Washington not only chopped down his father's cherry tree, but also admitted it. Now, Louie, do you know why his father didn't punish him?
LOUIS: Because George still had the axe in his hand.

TEACHER: Now, Simon, tell me frankly, do you say prayers before eating?
SIMON: No sir, I don't have to, my Mom is a good cook.

TEACHER: Clyde , your composition on 'My Dog' is exactly the same as your brother's. Did you copy his?
CLYDE : No, sir. It's the same dog.

NORTHFIELD HILLS CONDOMINIUM ASSOCIATION

BOARD OF DIRECTORS MEETING

Wednesday, January 28, 2026

Board Members Present:

Josh West, Chairman; Kristy Watkins, Vice Chair; Kent Cathcart, Treasurer; Mike Malley, Secretary; Kathy Katz, Director; Lena Gjoka, Director; Sean O'Brien, Maintenance Superintendent; Kathleen Deburghraeve, Community Manager.

Gary Newville, Director attended via Zoom

1. Chairman's Comments

- The association is \$91,000 over budget in heating fuel (gas). We are all in this together, please keep your doors and windows closed.
- We have already had a lot of snow this year. It is one of the worst years ever for cars not moving.
- There is a nationwide severe shortage of road salt. As of now the only people allowed to buy salt are city and government municipalities. The bag salt is not affected as badly but they too are conserving salt and limiting how much they can sell us. Please only use the salt that you can get in the vestibule for your porch and approach and use it sparingly.
- Slow down driving in Northfield Hills.

2. Resident Forum

- Homeowner is concerned about cars that are stored for periods of time and not moved for plowing.
Since getting her new gutters on her unit she now gets drips on her front porch that turns to ice.
- A homeowner would like to thank S. O'Brien and his maintenance staff for their awesome snow removal.
- A couple residents felt that we should maybe not salt or plow Brentwood since it is a City Street. S. O'Brien said that Brentwood is where we ask people to park their cars during snow emergencies and if it is not cleared, maybe people will not move their cars out of the courts. This is also a bus route/pick up for Hamilton Elementary School.

3. Call to Order

- The meeting was called to order at 6:05

4. **Agenda**

- Agenda approved.

5. **Approval of Minutes.**

- Minutes were approved.

6. **Treasurer's Report**

- Like the Chairman said, we are \$91,000 over budget in heating fuel/gas. We only have \$24,000 cash carry forward.
- It looks like there will be a 13 ½ percent increase to our water this year. Please check for leaky faucets and toilets.
- We have a lot of things (Capital Projects) that need to be done this year.
- Because of all of the above there will most likely be a \$25.00 per month increase next year.
- G. Newville said that we should put it into the flyer that people consider replacing old furnaces with more efficient furnaces.
K. Deburghraeve suggested that we have a night where we have 2-3 furnace companies (HVAC) come in and talk about new furnaces and possible discounts if enough people purchase.

7. **Management Report**

- Mikayla (front office) and Tom (maintenance) are working out great.
- The clubhouse walls are being painted by our Maintenance Staff, saving the association a lot of money.

8. **Committee Reports**

Activities

- Jeopardy will be held on February 20th. Please sign up and pay \$5.00 at the clubhouse.

Clubhouse

- We will be starting to paint the Great Room.

Finance

- N/A

Grounds

- N/A
-

City Liaison

- N/A

CANH

- N/A

9. Correspondence

- N/A

10. Unfinished Business

- Put on February Agenda what to do about dogs and kids on tennis courts and kids playing dangerously in clubhouse parking lot.

11. New Business

- N/A

12. Residents Comments

- N/A

13. Announcements

- N/A

14. Next Meeting

- 2/25/26 @ 6:00 p.m.

The meeting was adjourned at 6:26 p.m.

Minutes respectfully submitted by K. Deburghraeve



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Healthy Treats for Happy Pets



Are you overfeeding your pet — or feeding the wrong things? Pet obesity is a growing problem. Here's how to reduce it in your home.

We love our pets. And when they look at us from those big, round, eyes that radiate the love back, or when they're well behaved, we want to reward them for the joy they add to our life. That reward often comes in the form of a treat.

But are we rewarding our pets too much and too often? Are they being overfed and under exercised? A recent study by the Association for Pet Obesity Prevention, which found about half of all dogs and cats in American homes to be overweight or obese, would indicate yes. You should be able to easily feel your pet's ribs. If you can't, you should consult with your veterinarian for a professional assessment and weight loss plan. Even just one extra pound can cause or exacerbate medical conditions including heart disease, diabetes, arthritis, orthopedic problems, and even lead to a shortened life.

Cats in the Kitchen

The average cat weighs between 6 and 20 pounds, depending on breed and sex. As adults, they require 20-to-30 calories per pound of body weight a day. So a 10-pound cat needs 200-300 calories daily to stay within a healthy weight.

There's nothing wrong with giving your cat a treat, but the portion size should be small. Veterinarians advise feeding a cat no more than 10 percent of her daily nutrition from treats. If you can't resist indulging kitty with more, make sure that you reduce the amount of regular food she gets.

Home cooks can easily prepare fresh liver, fish, and egg treats for cats and a variety of commercial cat treats is available in supermarkets, pet stores, and online. One popular pet care website offers catnip and cat grass, chicken and bonito slices so thin they can dissolve on the tongue, tiny flavored rice treats, and freeze-dried liver snacks.

Since most treats add nothing but calories to a cat's diet, many pet lovers instead treat their cats with catnip or cat grass, which has negligible nutritional value and can be grown at home.

The Dog Dish

Dogs aren't as particular as cats in what they like to eat (think of some of the things you've caught yours munching on unauthorized!), so a wider range of treats appeals to them.

As with cats, though, treats should make up no more than 10 percent of a dog's daily nutrition. Know that feeding a dog biscuit is the equivalent of feeding a child a candy bar, so try a smallest-size multigrain, undyed biscuits. And your dog won't notice if you break one in half to give part now and part later.

Do you like cheese and crackers? Careful about tossing some to your pet. One ounce of cheese to you is like a Big Mac to a 50-pound dog! For canines that are above their ideal weight, choose chew toys and rawhides rather than caloric treats.

If you wonder how many calories are in your pet's food and treats, read the label. You can find major brand-name goodies for dogs and cats listed at <http://www.petobesityprevention.com>. If yours isn't listed, contact the manufacturer. And keep in mind that time spent playing with your cat or taking your dog for an extra-long walk is the treat they treasure most.



Directory of Advertisers

Computer Technical Services

EMC Computer (Elie Nichols).....248-680-9701

Home Improvement Services

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

The Handy Hero LLC810-228-2975

HVAC

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

Plumbing

S & J Plumbing.....586-758-6237

Miscellaneous Services

Alan James Jewelers.....248-220-1105

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

Medicare Advocate

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

Patti's Pet Services248-310-6364

Realtors

Coldwell Banker

Elena Martinovici.....248-635-7140

Newville McKevitt Group

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

Gary Newville248-593-0805

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“View” Advertising Rate Schedule

PLEASE SUPPORT OUR VIEW ADVERTISERS

	Rate <u>per month</u>	Cost for ten issues <u>if paid monthly</u>	Prepay for ten issues <u>GET ONE FREE!!!</u>
Full Page	\$85	\$850	\$765
Half Page	\$65	\$650	\$585
Quarter Page	\$45	\$450	\$405
Business Card	\$20	\$200	\$180

*** 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

Spring is in the air.



MONTH of March 2026 Northfield Hills Condominium Association

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Clubhouse Committee Meeting 6:30 PM	3	4	5	6	7
8 	9 CANH Committee Meeting 5PM	10	11	12	13	14
15		17 St. Patrick's Day St Patrick's Community Luncheon 	18	19 Eid al-Fitr begins at sundown	20 Spring begins 	21
22	23	24	25 Board of Directors Meeting 6PM 	26	27	28
29 <i>Palm Sunday</i> 	30	31				