

the View from the Hills

October 2026



Happy Halloween

Inside this issue:

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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.

Phone Numbers

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-Thur 9 AM—8:30 PM
Friday 9AM—9 PM
Saturday 11 AM--9 PM
Sunday 11 AM--5 PM

NHCA Website:

Amicondos.com/northfieldhills/

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THE VIEW

I am writing this article after just returning from a wonderful family trip to Italy and France. We all had a wonderful time. Now, back to the real world. Luckily for me, I have always loved my job, so coming back to work wasn't a chore.

During my absence, the clubhouse staff really stepped up to ensure everything ran according to plan. I want to thank Sean & Mikayla for making sure everything ran smoothly while I was away. I would also like to thank Carrie and Judy for stepping up and filling in for Connie, who is out on medical leave. Carrie came out of semi-retirement to help fill in for Connie, and I truly don't know what we would have done without her – Thank you, Carrie.

Filling Connie's shoes, even for a brief period, is not easy, as everyone who knows Connie knows she worked many hours, took such pride in her work, and loves all the residents of Northfield Hills. We miss her dearly and are looking forward to Connie's return and pray for her good health – we love you, Connie! If you would like to send Connie a “get well” or a “thinking about you” note, you can drop it off at the clubhouse, and we will mail it to her.

As summer winds down, I must ask you to please check your patio. How does it look? Is it free of weeds and excess garbage? Unfortunately, this year I had to fine more people than in the past because they did not abide by the patio rules. As I have said before, we are not asking you to have a beautiful patio; we're only asking that it is presentable and follows the Patio Rules in the Rules & Regulations.

The asphaltting of the tennis courts and clubhouse parking lot is finished. We are now just waiting for the company that puts down the Sport Court on top of the new asphalt to come and do that. The man who owns the company hires so many students, and when school/college went back into session, he lost all his employees. So, thank you for your patience; when it is complete, it will be a significant improvement, and the tennis courts will be beautiful.

Have you dropped off your Halloween candy yet? If you want to give candy to the Trick-or-Treaters but don't want to hand it out from your front door, you can drop it off at the clubhouse, and we will give you a flyer to put on your front door that says, “My Candy is at the Clubhouse.” Even though we will not be having the spook house that Connie generously did for so many years, we will still have decorations, just not as many as in the past. Kids from the community can still pick up their candy at the clubhouse, and it should be a fun night for all of our kids.

This year's pool season was incident-free and turned out to be genuinely nice. Thank you for making this year's pool season so enjoyable. The pool is a wonderful amenity, and we love seeing all our residents use it. Looking forward to seeing you next season.

Kathleen Deburghraeve
Community Manager

Greetings from **My Quality Construction**



It is 2025 – Are you Ready?

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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Condo Corner

October
2026

Sign Up Now

Bingo Night is coming on Friday,
October 16th at 6:30 PM. If you are
interested in this upcoming
event, please sign up now at the
Clubhouse.
Thank You

Please patronize all our
View Advertisers

Earlier Reminder:

Daylight Saving Time
ends on

November 1st

@ 2:00 AM



Mark Your Calendar

Trick or Treating at
the Clubhouse,
Saturday,
October 31st
From 6—8:30 PM

Please drop off your candy
donations at the Clubhouse
NOW for distribution
on October 31st.
Thank You

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FOR YOUR INFORMATION (FYI)

Autumn is a good time to review some City of Troy information for those new residents to the area. **In Northfield Hills our scheduled trash/recycle pickup day is Monday.** **Please make note of the days there will be no pickup.** If one of the following holidays falls on a Monday, then items will be picked up the next day, i.e. Tuesday.

New Year's Day
Memorial Day
Independence Day

Labor Day
Thanksgiving Day
Christmas Day

Walkers



Those walking at dusk or later at night would be wise to wear light colored and even reflective clothing and/or carry a lighted flashlight. With clock changes due to daylight saving time, the sun sets earlier making it darker when drivers are coming home from work. Drivers also need to slow down along our streets - an all-year-long NHCA reminder.

Fall Outdoor Cleanup:

With the fall season upon us, whether you're a fall or spring garden cleanup person, this is a good time to check out your patio for weeds, dead plants, empty plastic plant pots, trash or a general mess. If you are able to see it, your neighbors do too. Take some time to spruce it up now before the cold weather is here and snow flies. You'll have less to do in the spring!



While you're looking around your unit, both front and back, please look up too! If you notice tree branches or vines touching your building, drains or roof line, this could be a problem to the brick/mortar or interfere with your home's downspout drainage.

Consider trimming offensive branches or digging up vines at the roots. If necessary, the clubhouse has recommendations for tree trimmers and/or garden crew.

Halloween Candy Collection

Halloween is fast approaching so please drop off Halloween Candy at the Clubhouse. Thank you for your donations. The trick-or-treaters will thank you too.





Gary, Ellen, Jason & Lisa

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how we handle
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your condo.

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***We look forward to meeting
and working with you.***

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THE ACTIVITIES COMMITTEE CORNER

The following are events that are upcoming in October and November of 2026.

MAHJONG PLAYERS WANTED!

Interested in playing Mahjong at the clubhouse?



We're putting together a **rotating list of players** who can agree on times to get together for fun and a game or two.

Beginners & Newbies Are VERY Welcome!

- No charge to participate or learn
- No tiles required
- Learn together in a relaxed, friendly setting
- We can do mini sessions to learn or review the basics for newbies
- Play when your schedule allows

All you need is a **fun, easygoing attitude and a willingness to learn!**

SIGN UP AT THE CLUBHOUSE

Come learn, play, laugh and enjoy Mahjong with your neighbors.

October 16 – Bingo

- Arrival: 6:30 PM
- Bingo begins: 7:00 PM
- RSVP; a head count is helpful for prize calculations.
- Cost to play: \$5 in scratch-off lottery tickets for EACH bingo card you play
- Cash payment allowed **if you have registered.**
- Common snack table
- BYOB
- Held at the Clubhouse
- 16 + y/o

November 13 – Euchre Tournament

- Arrival: 6:30 PM
- Tournament begins: 7:00 PM
- \$5 entry fee
- RSVP is **required**
- Players do NOT need to bring a partner
- Common snack table
- BYOB
- Held at the Clubhouse
- 16+ y/o

**THANK YOU FOR YOUR INTEREST IN
THE UPCOMING ACITVITY EVENTS.
MORE TO COME IN NOVEMBER.**

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October

Fun, Facts & Trivia

October received and kept its name from the Latin numeral "octo" meaning "eight", because in the original Roman calendar it was the eighth month.



- The Opal and the Tourmaline are the October birthstones.
- The Calendula (marigold) and the Snapdragon are the birth flowers.

The moons in the month of October are called the "Harvest Moon" and the "Hunter's Moon." The harvest moon is the full moon closest to the autumnal equinox and the hunter's moon is the one following it. It is believed the Native American Indians named the moons to keep track of the year.

October has: Breast Cancer Awareness Month, Lupus Awareness Month, Crime Prevention Month and Clergy Appreciation Month.

Of course, it has its national food themes: Cookie Month, Chili Month, Pizza & Pasta Month, and Pickled Peppers Month.

Surprised to learn that in the U.S. on October 1, 1896 the first free rural mail delivery was made? Free?

Had you known that pumpkins also come in the colors of white, blue and green? Or that during medieval times, stone carvers made gargoyles to ward off evil spirits?

The Farmer's Almanac noted that each year in Banner Elk, North Carolina the city holds its "Woolly Worm Festival," featuring a woolly

caterpillar race. If the caterpillars' mid-section is wide (more brown bands) it denotes a mild winter. But, if the brown bands are narrow, the winter will be harsher!

Whatever the weather, October is a great month - the air is brisk, skies are bright, leaves are changing to a brilliant color, yet there's still time for outdoor fun.



Solution

(October Double Puzzle)

Vampires
Ghosts
Monsters
Children
Candy
Pumpkins
Scary
Witches
Skull
Spooky
Trick
Treat

Monsters only come out at night.

NEW CLIENTS

ARE ALWAYS WELCOME!

***** Welcome Fall *****

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and terms for my
neighbors!**



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ACTIVE:

5697 Whitfield	2 Bed	1.1 Bath	No Garage	\$260,000
1689 Brentwood	2 Bed	1.1 Bath	1 Garage	\$279,000
5093 Buckingham	2 Bed	1.1 Bath	No Garage	\$268,000
1699 Brentwood	2 Bed	1.1 Bath	No Garage	\$269,000
1798 Brentwood	3 Bed	2.1 Bath	1 Garage	\$315,000
5392 Breeze Hill	3 Bed	2.1 Bath	1 Garage	\$320,000
1520 Brentwood	3 Bed	2,1 Bath	1 Garage	\$355,000

PENDING

1764 Brentwood	2 Bed	1.1 Bath	No Garage	\$273,000
5232 Breeze Hill	2 Bed	1.1 Bath	No Garage	\$284,900
1641 Brentwood	3 Bed	2.1 Bath	1 Garage	\$319,900

SOLD January 2026

5175 Buckingham	2 Bed	2 Bath	No Garage	\$225,000
5766 Northfield Pkwy	2 Bed	1 Bath	No Garage	\$225,000
5370 Breeze Hill	2 Bed	1 Bath	No Garage	\$254,000
1629 Brentwood	2 Bed	1.1 bath	No Garage	\$260,000
1568 Brentwood	2 Bed	1.1 Bath	No Garage	\$264,000
5840 Northfield Pkwy	3 Bed	1.1 Bath	No Garage	\$265,000
1794 Brentwood	2 Bed	1.1 Bath	No Garage	\$266,000
5254 Breeze Hill	2 Bed	1.1 Bath	No Garage	\$280,000
1756 Brentwood	2 Bed	1.1 Bath	1 Garage	\$285,900
5391 Breeze Hill	3 Bed	1.1 Bath	1 Garage	\$285,000
1703 Brentwood	2 Bed	1.1 bath	No Garage	\$285,000
1595 Brentwood	2 Bed	1.1 Bath	No Garage	\$285,000
5377 Breeze Hill	3 Bed	1.1 Bath	No Garage	\$288,000
1562 Brentwood	2 Bed	1.1 bath	No Garage	\$289,414
1708 Brentwood	3 Bed	1.1 Bath	No Garage	\$290,000
5224 Breeze Hill	3 Bed	2,1 Bath	1 Garage	\$295,000
5084 Buckingham	3 Bed	2.1 Bath	1 Garage	\$299,500
1504 Brentwood	3 Bed	2.1 Bath	1 Garage	\$333,000
5177 Buckingham	3 Bed	1.1 Bath	No Garage	\$325,000
1719 Brentwood	3 Bed	2.1 Bath	1 Garage	\$336,000
1804 Brentwood	3 Bed	2.1 Bath	1 Garage	\$355,000
1476 Brentwood	3 Bed	2.1 Bath	1 Garage	\$355,000
1634 Brentwood	3 Bed	2.1 Bath	1 Garage	\$355,000

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ELENA

National Fire Protection Week

According to the National Fire Protection Association (NFPA), National Fire Prevention Week was established in 1920 by then President Woodrow Wilson, with the first National Fire Prevention Week held in 1922. Commemorating the date of the Great Chicago Fire of 1871, the week is always timed for Sunday through Saturday in early October, whenever the date of October 9th falls.



This year the week runs from October 4-10, with the theme being “Charge into Fire Safety, Safe Charging is a Superpower.” This topic focuses on everyday charging habits that can help reduce the risk of lithium-ion battery fires and keep homes and communities safer.

All Troy fire stations will be holding open houses again this year. It’s a perfect time to stop by with your family to meet and thank your firefighters, see the equipment, and learn more about fire safety!

OPEN HOUSE AT TROY FIRE STATIONS

Sunday, October 4th, 2026

1:00 to 4:00 p.m.

Free Admission and Family-Friendly

**Fire Station #1
1019 E. Big Beaver**

**Fire Station #4
2103 E. Maple**

**Fire Station #2
5600 Livernois**

**Fire Station #5
6399 John R**

**Fire Station #3
2400 W. Big Beaver**

**Fire Station #6
5901 Coolidge**



The Elf Shelf Arts & Crafts Show

Coming up in November, the Elf Shelf Arts & Crafts Show will be held on Saturday, November 28, 2026, from 9 a.m. to 4 p.m. at Troy High School. 200 crafters will have booths with their handcrafted items. Do some Christmas or special occasion shopping!

If you need additional information about this event, follow the link to the Elf Shelf page below.

<https://troywomensassociation.org/elf-shelf.html>

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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
sandjplumbingmi@gmail.com



Call for more info
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WINTER READINESS TIPS

by Sean O'Brien, NHCA Maintenance Superintendent

Although during this year we have seen many weather changes, we are still enjoying our autumn. Once again, it is a good time to prepare your home for winter. If you start now and chip away at this list, you'll be much more comfortable and safe for the winter months. If you should have questions about any of the items on this list, feel free to call me at the clubhouse and I would be glad to help.

1) Furnace & Heating

- Call an HVAC professional to inspect your furnace and give it a pre-season tune-up. Check this month's *View* for a list of furnace contractors that are familiar with Northfield Hills.
- Stock up on furnace filters and change them monthly. Remove all flammable material from the area surrounding your furnace and hot water tank.
- Use your set-back thermostat if you have one. If you don't have one, get one. A set-back thermostat allows you to automatically turn down the heat when you're away at work or when you're sleeping. You can then boost the temperature to a comfortable level when you need it. It takes less energy to warm a cool home than to maintain a warm temperature all day. Using a set-back thermostat can cut heating costs substantially.
- If your heating system is old, you might consider updating it. A pre-1977 gas furnace is probably 50 percent to 60 percent efficient today. On the other hand, modern gas furnaces achieve efficiency ratings as high as 97 percent. Replacing an old heating system can cut your natural gas use nearly in half! Newer systems will also keep your home at a more consistently comfortable temperature.
- Reverse the switch on any ceiling fans so they blow upward. This is especially valuable in high ceiling rooms, where heat that naturally rises is forced back down into the room.
- Close doors to unused bedrooms and close the heat dampers in those rooms.
- Make sure your windows and door walls are securely closed and properly sealed.
- It's surprising how much insulation curtains, drapes and even blinds can provide. Draw window coverings at night and when you're away to conserve heat in the home.

Once again, check ***the View*** for a list of contractors and always get more than one estimate. More efficient furnaces also help the Association keep maintenance fees down. Keep in mind that natural gas is by far our largest budget item here at Northfield Hills.

2) Install Smoke and Carbon Monoxide Detectors

- Buy extra smoke detector batteries and change them when daylight savings ends.
- Install a carbon monoxide detector near your furnace and/or water heater.
- Test smoke and carbon monoxide detectors monthly to make sure they work.
- Buy a fire extinguisher or replace an extinguisher older than 10 years.

3) Prevent Plumbing Freezes

- Locate your water main in the event you need to shut it off in an emergency. If you can't find it call the clubhouse for help.

- Disconnect and drain all garden hoses. A hose left attached to a spigot is much more likely to freeze and burst.
- If you go on vacation, leave the heat on, set to at least 55 degrees.
- If you are a *senior citizen* we will be more than happy to shut off and then drain your outside faucets.

4) Fireplace

- Keep the damper on your fireplace closed when you're not using it. That chimney opening lets cold air in, and is just as bad as leaving a window open in the winter.
- Also, consider getting a glass door for your fireplace if you don't already have one. This will give one more layer of protection from the cold air creeping in.



5) Miscellaneous

- Fall is also the time to clean out your garage. NHCA Bylaws state if you have a garage you need to find room to use it for your vehicle.
- Once all your summer plants have stopped blooming, it's time to clear them off the front porch. A cluttered porch makes it much more difficult for us to shovel this winter.
- If you still have an original front door that is drafty consider replacing the sweep or seal at the bottom. I don't often recommend items seen on television commercials but the Twin Draft Guard for \$10 is an economical way to keep your foyer and home more comfortable.

Taking a few simple steps in getting your home ready for winter can really pay off in both comfort and safety.



This is the perfect time of year to prepare; before the weather gets really cold and catches you off guard.

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COLUMBUS DAY & INDIGENOUS PEOPLES' DAY

The first recorded Columbus Day celebration in the U.S. was held in New York on October 12, 1792; however, through a Congressional joint resolution in 1934, it was then recognized nationally in 1937 when President Franklin D. Roosevelt designated Columbus Day a U.S. holiday. It is always celebrated on the second Monday in October.



Historically, Columbus Day was celebrated in countries of the Americas, as well as in Italy and Spain. It is recognized that Italian explorer Christopher Columbus made four trips across the Atlantic searching for a water route from Europe to Asia, which was never found. He accidentally found what is now the Americas.

This is the fifth year that both an Indigenous Peoples' Day and Columbus Day are celebrated in many states. In 2020 President Joseph R. Biden made a proclamation to honor Native American people on this date and recognize the diverse tribal history of all who have contributed to shaping this nation. This year the federal legal holiday will be on **Monday, October 13th**.



What is now named America was originally discovered thousands of years ago (estimated at 15,000) by the nomadic ancestors of modern Native Americans; such as, Nordic and Asian. People. They had hiked over a "land bridge" from Asia to what is now Alaska.

In the U.S. the states have different holiday celebrations for both these holidays, as some still celebrate Native Americans' day each September.



Since it still is a legal Federal holiday, no matter its name, many banks, U.S. government offices and the U.S. Post Offices are closed.

Retail stores and other sales areas will be open and have special holiday "deals" to celebrate the day.

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Senior Discounts Available



The Irish Origins of the Jack-O'-Lantern

Listen, my children, and you shall hear, of the midnight meddling of Stingy Jack, from whom the jack-o'-lantern derives its name. Or so the story goes.

Here's the most common version of the 18th-century Irish folktale:

A grumpy blacksmith by the name of Stingy Jack invites the devil for a drink but refuses to pay (hence, the "stingy" descriptor). He convinces the devil to shape-shift into a coin to cover the tab. But when the devil obliges, Jack sticks the coin in his pocket. And much to the devil-coin's dismay, there is a silver cross in that pocket, preventing him from returning to his original form. A deal is struck. Jack sets the devil free and, in return, the devil agrees to bar Jack from entering hell when he dies, and to leave Jack alone for a year.

This seems like a bad deal. And it *is* a bad deal — because guess what? A year later, the devil comes back to mess with Jack. Only Jack is ready for him. He convinces the devil to climb a tree so he might enjoy a delicious piece of fruit. Once the devil is up in the tree, Jack carves a cross into the trunk. The devil can't come down. Another deal is struck, although this one does have the advantage of being slightly less bad than the previous one. Jack frees the devil in exchange for ten years of peace.

Jack dies and the devil, true to his word, refuses to let Jack into hell. God, meanwhile, refuses to let Jack into heaven. So, what is Jack's fate? To wander forever in eternal darkness, of course. But because the devil is not totally heartless, he tosses Jack a lump of burning coal from hell so he can have a bit of light. Jack carves out a turnip and sticks the coal inside, creating a lantern. Hence, "Jack of the Lantern," which is later shortened to "Jack O'Lantern."

The rest, as they say, is folklore.

Your Northfield Hills Medicare Advocate



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MICHIGAN FARM PRODUCE

There are still many choices among Michigan grown fruits and vegetables, as well as decorative fall items at our local markets!

This time of year there is much to be thankful for...a large variety of apples, cabbage, cauliflower, broccoli, beets, cucumbers, egg plant, onions, peppers, pumpkins, sweet potatoes, squash and zucchini.



All varieties of apples are still the favorite. Filled with healthy vitamins, it is a tasty snack.

Whether enjoying it by itself, dipping in caramel syrup or for baking in pies - apples are plentiful this time of year in Michigan.

With most of our local markets remaining open until after Halloween, we will also find autumn plants, Indian corn, dried corn stalks and gourds for use as fall decorations. Most local farmers will harvest corn-on-the-cob until the first frost.

- Famers Market on 11 Mile Road in Royal Oak, open every Friday & Saturday all year 7 a.m. until 1 p.m. and open Sundays from 8 a.m. until 3 p.m.



SWEETEST DAY



This year Sweetest Day falls on Saturday, October 17th. Many stories surround how this day originated. One of these includes its starting in Detroit, while others credit Cleveland as its origin. In both stories the idea came from a candy company employee donating funds from candy sales to underprivileged children. Since both cities have candy companies, who really knows? In the Detroit area, we have our Sanders and our Morley – both having been around for a long time!

Sweetest Day is primarily a regional observance celebrated in the Great Lakes region. It also seems to have become a “Hallmark” day, gradually spreading to other areas of the US, including parts of the Northeastern states and Florida.

Now it is a day for giving gifts of candy, flowers, or cards - small tokens of affection to friends and family, to show appreciation or romantic love.

The Staff of the View wishes all our families a Happy Sweetest Day!



Squash Gratin

Source: *Prevention Magazine*

**The only real prep time is the peeling of this "rich in beta-carotene" squash.*

Choose heavy, firm, stem-on squash without soft spots.

Ingredients: Serves 6 (as a side dish)
1-1/2 lbs. peeled and sliced Butternut squash
1/2 cup grated Gruyere cheese; plus 2 Tbsp. extra for topping
1/2 cup half-and-half
2-1/2 tsp. chopped rosemary
3/4 cup whole wheat bread crumbs

Preheat oven to 375° F.

- Lightly oil shallow 2 quart baking dish.
- Layer the butternut squash with the grated Gruyere.
- Add the half-and-half and rosemary.
- Top with the bread crumbs and 2 tbsp. grated Gruyere.

Bake about 45 minutes, until golden and tender.

Grandma G's Stuffed Zucchini

Ingredients: Serves 4
1-1/2 lbs. Small Zucchini (3 or 4)
1 1/4 cups fresh bread crumbs
1/2 cup grated cheddar cheese
1/4 cup minced onion
2 Tbs snipped parsley
1 1/4 tsp salt
1/8 tsp pepper
2 eggs beaten
2 Tbs butter
1/4 cup grated cheddar cheese

Clean zucchini well and cut off ends (do not skin)

Cook whole zucchini in boiling water with 1 tsp of salt covered for 5-7 minutes.

Preheat oven to 350° F

Cut squash length wise and with tip of spoon remove inside of squash from shells.

Chop removed squash into small pieces and combine with bread crumbs and the rest of ingredients except butter and 1/4 cup of cheese.

Pile mixture into shells and dot with butter and sprinkle with remaining cheese.

Arrange filled shells in a large baking pan and bake uncovered 30 minutes or until brown on top.



WORM SOUP WITH BAT WINGS

Here's a silly, Halloweeny soup to delight your kids!

Ingredients: Makes 8 one-cup servings
2 cans (10 3/4 ounces) Campbell's® Condensed Chicken Noodle Soup
1 jar (16 ounces) mild Picante Sauce
3 cups water
16 restaurant-style blue corn tortilla chips

Heat soup, picante sauce and water in a 3-quart saucepan over medium heat until the mixture is hot and bubbling, stirring occasionally.

Divide the soup among 8 shallow bowls. Arrange 2 chips on each serving to resemble "bat wings".



NORTHFIELD HILLS CONDOMINIUM ASSOCIATION

BOARD OF DIRECTORS' MEETING

Wednesday, August 26, 2026

Board Members Present:

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

1. Chairman's Comments

- J. West reminded the attendees, that in order to participate in the Board Meeting, you must be a Co-owner.
- We have started re asphaltting the tennis courts.
- We are continuing the roofing project.
- We have started parking lot striping.
- We have stained 18 buildings fences. They get stained in order of oldest stained are the first stained this time around.
- Good summer at the pool.
- The speeding through NFH is still ongoing. Someone is going to get hurt. Please slow down. The courts are 10 mph and Brentwood; Buckingham and Breeze Hill are 25 mph.

2. Resident Forum

- A co-owner had her roof replaced this summer and was unhappy with the roofing company for multiple reasons, i.e., dropping shingles too aggressively, damaging flowers, leaving debris. She agreed that the men who ran the crew were very polite, professional and apologetic. J. West apologized for her issues and said that he would talk to the owner of the roofing company. We are in the 4th year of our roofing project with this same company, and this is the first time that the Board has heard of a problem. K. Cathcart said that we got sealed bids from 4 roofing companies and vetted all of them and went with Bloomfield.
- A co-owner brought up a concern that her and some other parents have with what they would call "harsh wording" in flyers regarding children playing in courts. Parents love seeing kids playing outside instead of on tablets etc. inside. Maybe there should be guidelines on kids playing that are more reasonable and there should be more emphasis on people speeding. J. West responded that condo living is different than living in a neighborhood with detached homes, it comes with rules. The speed limit in the courts is 10 mph but people don't always abide by that. Kids go in and out of traffic in the

streets on bikes and e-bikes and scooters and someone is going to get hit. G. Newville told the co-owner that she should meet with Kathleen and work together on writing a better flyer.

- A non-co-owner disrupted the meeting at this time despite the Chairman starting the meeting informing everyone that only owners are allowed to participate in the meeting.
- A co-owner understands that children should not be able to play in the road but he feels that there is an anti-children, anti-family tone to the flyers. G. Newville said that him and his wife should work with Kathleen to make the flyer more family friendly.
- A co-owner would like the landscapers to do a better job with trimming the grass along the sides of the cement approach to the front porch. She feels that there is too much overgrowth. J. West would like her to talk to S. O'Brien about this issue.

3. Call to Order

- The meeting was called to order.

4. Agenda

- Agenda approved.

5. Approval of Minutes.

- June 2026 minutes were approved.

6. Treasurer's Report

- Sprinkler system company is well on their way re-vamping our sprinkler system. This year we will be spending approximately \$65,000.
- The asphaltting of the tennis courts and clubhouse parking lot will begin this week. We had no choice of the date of when this would be done. Asphalt companies have to get in line with the mills that make the material and we have to take the time slot offered to us. We will spend about \$135,000.
- This year we will spend approx. \$325,000 on the roofing project.
- We have on plan upgrading the kitchen in the clubhouse.

7. Management Report

- We are at the end of the pool year and it doesn't look like there will be any shut downs but there will be quite a few days of only 1 lifeguard on staff and so we will shut down for lunch and bathroom breaks.
- After the pool closes down we will be going back to our winter clubhouse hours:
Sunday, 11:00a – 5:00p; Monday – Thursday, 9:00a – 8:30p; Friday, 9:00a – 9:00p and Saturday 11:00a – 9:00p.

- Sean and I met with a company to consider a different way to get into the pool using a key fob which should help mitigate people getting into the pool who do not live at Northfield Hills.

8. Committee Reports

Activities

- Pooch painting will be held on 9/5.
- Trivia on 9/18.
- The Activities Committee would like to start a Mahjong group.

Clubhouse

- N/A

Finance

- N/A

Grounds

- N/A

9. Community Reports

City Liaison

- N/A

10. CANH

- The fishing tournament went very well despite the smoke from the wildfires.

11. Correspondence

- N/A

12. Unfinished Business

- N/A

13. New Business

- N/A

14. Residents Comments

- A co-owner wanted to thank K. Deburghgraeve for handling a situation well in a very challenging situation and she did a wonderful job managing the situation.

15. Announcements

- N/A

16. Next Meeting

- The next meeting will be held a week later than usual – on September 30th.

The meeting was adjourned at 6:36 p.m.

Minutes respectfully submitted by K. Deburghraeve

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10 Superfoods to Boost Brainpower & Improve Memory

- A Healthier Michigan – October 2014



Forgetfulness is a common complaint among older adults. Whether it's being unable to remember your neighbor's daughter's name or blanking on why you walked upstairs, becoming forgetful can be embarrassing and upsetting. While some memory loss may be inevitable, research has found that you may be able to eat your way to a healthier brain.

These 10 superfoods not only taste great, they have also been scientifically proven to boost brain power and improve your memory:

1. **Blackberries:** These small berries can help you learn something new. According to a Tufts University study, blackberries provide you brain with an antioxidant known as polyphenol, which encourages communication between neurons and improves one's ability to soak up new information.
2. **Apples:** Not only do they keep the doctor away, apples can also keep your mental juices flowing. Thanks to an antioxidant plant chemical known as quercetin, consuming apples can help protect your brain cells from free radical attacks that impair cognitive ability.
3. **Chocolate:** Good news, chocolate lovers: A study in the Journal of Nutrition found that eating as little as one-third of an ounce of chocolate a day can help protect your brain against age-related memory loss. It's still dessert, though, so don't overdo it!
4. **Avocados:** Avocados are filled with monounsaturated fats, which help contribute to healthy blood flow in the brain.
5. **Salmon:** This fish is a top source of DHA, the predominant omega-3 fat in your brain that's believed to protect against Alzheimer's disease.
6. **Coffee:** A recent study found that people who drank between three to five cups of coffee a day in their 40s and 50s reduced their odds of developing Alzheimer's disease by 65 percent.
7. **Tomatoes:** Tomatoes contain an antioxidant known as lycopene that can help fight against brain cell damage and improve one's cognitive function.
8. **Broccoli:** This green veggie contains a chemical called sulforaphane that helps strengthen the blood-brain barrier (BBB), a semi-permeable lining that protects the brain from injuries.
9. **Honey:** Not only is honey a sweet treat, it also contains several brain-boosting vitamins and minerals, including Vitamin B, magnesium, manganese, phosphorus, potassium and anti-oxidants.
10. **Walnuts:** According to a study published in the Journal of Nutritional Biochemistry, walnuts can help reverse some forms of age-related brain wear and tear. These nuts are high in omega fatty acids, which have been shown to improve memory and cognitive ability.

October View From the Hills Double Puzzle

VIA MSPRE

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Unscramble each of the clue words.

Copy the letters in the numbered cells to other cells with the same number.

Created by Puzzlemaker at DiscoveryEducation.com

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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

OCTOBER

MONTH of OCTOBER 2026

Northfield Hills Condominium Association

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Clubhouse Committee Meeting 6:30PM	6	7	8	9	10
11	12 CANH Meeting 5PM Columbus Day Indigenous Peoples' Day	13	14	15	16 National Bosses Day	17
18	19	20	21	22	23	24 United Nations Day
25	26	27	28 Board of Directors Meeting 6PM 	29	30	31 Trick or Treat at the Clubhouse 6- 8:30PM 