



# Meadows of Highland

## MoH Newsletter — Winter, 2020

### Board Report

#### Board of Directors Report

We are interested in getting all owners' input on several items here at the Meadows. Please take a couple of minutes to complete the survey below and return to a Board member (or to Ed Dzioba) as soon as you can. We certainly value your opinion. Please return the attached form no later than Feb. 17th. Thank you

#### Designated Parking Spots:

For      Against

Painted lines      ☐      ☐

Painted #      ☐      ☐

Comments: \_\_\_\_\_

#### Recycling (slight increase to Assn):

For      Against

65 gallon covered, wheeled totes to be picked up every other week

Keep as is      ☐      ☐

Comments: \_\_\_\_\_

#### Clubhouse Use:

For      Against

Open access to all owners      ☐      ☐

Specified times of access to all owners      ☐      ☐

Access by reservation only (current policy)      ☐      ☐

Comments: \_\_\_\_\_

#### Look What's New In the Clubhouse

The Association has purchased a new 65" flat-screen television for the clubhouse. We wanted to avoid monthly cable bills, so we had an antenna installed. The reception is great and there are many channels that can be acquired with an antenna. A blu-ray/DVD player is also available.

#### Managing Agent:

Andruschat Real Estate Services, Inc.

PO Box 448

Getzville, NY 14068

716-583-5180

Property Manager: Edward Dzioba



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**Monthly Board of Directors meetings are held on the third Wednesday of each month at 6:30 p.m. in the Club House.**



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## TRASH COLLECTION

**Please put your trash out after dark on Thursday evening or Friday morning in a secure container with a lid—NO BAGS**

**When a holiday falls during the week and trash is not collected (New Years Day, Memorial Day, July 4th, Labor Day, Thanksgiving, and Christmas) - the pickup day will be on Saturday, put your trash out on Friday evening or Saturday morning.**

**Please note—construction debris cannot be disposed of in the normal trash. Owners have to call the management company (Andruschat @ 583-5180) for a special pickup.**

**Also, regarding recycling bins - Modern Disposal has stated that they will allow recyclables to be put into clear plastic bags then into the bin. This may help contain the trash on windy days.**



## Meadows of Highland Board of Directors – 2019 / 2020

President	Kathie Laudisio	146 Bridle Path	662-5890
1st Vice President	Ed Pace	40 Bridle Path	662-0976
2nd Vice President	Robert Sprague	189 Bridle Path	662-0061
Treasurer	Ellie Foster	84 Bridle Path	566-0876
Secretary	Katie Burdette	100 Bridle Path	667-2530

## Winter Parking

**Please be aware of the winter parking regulations:**

From November through April, parking WILL NOT be permitted in front of the unit's garage door or any other location other than the parking space assigned to the unit. Short-term parking for purposes of loading and unloading will be permitted.

Please advise family members, contractors, and visitors to your unit of this policy. It is hoped that all owners will comply with this; however, if an owner fails to comply, the Board of Directors will be forced to impose penalties in the form of a fine.



**Want a little exercise,  
but don't like the cold—  
check out the Clubhouse**

There is a gym-quality treadmill, rowing machine, bike, and weight bench available. All are good pieces of equipment just waiting to be used.

They are located in the "library". Please feel free to use at your convenience.

While you are there, check out all the great books in the library.





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## Meadows of Highland Website

Our website is up and running! If you have not registered as yet, please do. To register, follow these steps:



Go to

<http://meadowsofhighland.org>

The “Home Page” will display.

The left sidebar has a list of pages; click on the **Member Registration** Page.

Fill in required fields and create your own username and password; then click REGISTER.

Your Member Log-In and Registration will be activated within a couple of days. Note: activation is not immediate.

You will receive emails from WordPress regarding the process.

TIPS:

Save <http://meadowsofhighland.org> in your favorites or bookmarks.

If you forget your password; go back to the “Home” page and click on **Change Password**.

If you have questions or problems, contact Ellie Foster, Website Administrator at [jefoster84@verizon.net](mailto:jefoster84@verizon.net). Please use the site and for-



A recent study has found that women who carry a little extra weight live longer than the men who mention it.

I accidentally handed my wife a glue stick instead of a chapstick. She still isn't talking to me.

If you're not supposed to eat at night, why is there a light bulb in the refrigerator?

## Make These Three Changes and Save Money

*Reset Water Heater Temperature*—Water heating is the second largest energy expense in your home and accounts for 18% of monthly energy costs. A drop from 140 degrees to 120 degrees can save anywhere from \$36 to \$61 over the course of a year.

*Replace Heating System Air Filter*—The filter in your furnace should be changed every three months. Check the filter every month to see if it is dirty. Always using a clean filter can reduce heating costs up to 15%. If your average cost is \$100/month for heat, this simple swap could save approximately \$90 over the course of a year. Always using a clean filter will prevent dust and dirt from building up in the heating system.

*Make “Cold/Cold” the Default Setting on Washing Machines*—Can you believe that about 90% of the energy used to do laundry is just to heat water? Washing and rinsing with cold water saves energy, helps your clothes last longer, and lowers your monthly energy bills. Many popular detergent brands are formulated for use in cold water. If you are one of the 60% that still regularly washes/rinses clothes in warm water, you could save approximately \$60 over the course of a year.

From: NYS Energy Research and Development Authority (website: [nysrerda.ny.gov](http://nysrerda.ny.gov))





## How About Some Slow Cooker Comfort Food ?

### *BBQ Beans & Polish Sausage*

- ♦ 1 can each (15.5 oz) northern beans and black beans, drained and rinsed
- ♦ 1 cup onion chopped
- ♦ 1 cup BBQ sauce
- ♦ 1/4 cup packed brown sugar
- ♦ 1 tablespoon ground mustard
- ♦ 1 tablespoon Worcestershire sauce
- ♦ 2 teaspoons chili powder
- ♦ 1—1 1/4 lb fully cooked smoked, Polish sausage



Spray 3-4 quart slow cooker with cooking spray

Mix all ingredients except sausage in cooker and place sausage on top of the bean mixture.

Cover and cook on low for 5-6 hours.

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### *Artichoke Chicken Alfredo Pasta*

- ♦ 1 lb boneless, skinless chicken thighs (cut into 3/4" pieces)
- ♦ 1 can (14 oz) quartered artichokes, drained
- ♦ 1 jar (16 oz) alfredo pasta sauce
- ♦ 1 cup water
- ♦ 1/2 cup chopped sun-dried tomatoes (not in oil)
- ♦ 3 cups uncooked medium egg noodles (5 oz)
- ♦ 2 tablespoons shredded Parmesan cheese

Spray 3-4 quart slow cooker with cooking spray

Mix chicken, artichokes, pasta sauce, and water

Cover, cook on low for 5-6 hours

About 25 minutes before serving, stir tomatoes and uncooked noodles into chicken mixture. Increase heat to high—cover and cook 15-20 minutes longer or until noodles are tender.

Sprinkle cheese over individual servings.



## Ice Dams and Attic Condensation

Two types of attic water damage are common in cold climates: ice dams and condensation of water vapor on cold surfaces in the attic.

### Ice Dams

Ice dams sometimes occur on sloping roofs in climates with freezing temperatures. When the temperature in your attic is above freezing, it causes snow on the roof to melt and run down the sloping roof. When the snowmelt runs down the roof and hits the colder eaves, it refreezes.

If this cycle repeats over several days, the freezing snowmelt builds up and forms a dam of ice, behind which water ponds. The ponding water can back up under the roof covering and leak into the attic or along exterior walls.

The right weather conditions for ice dams is usually when outside air temperatures are in the low 20s (°F) for several days with several inches of snow on the roof.

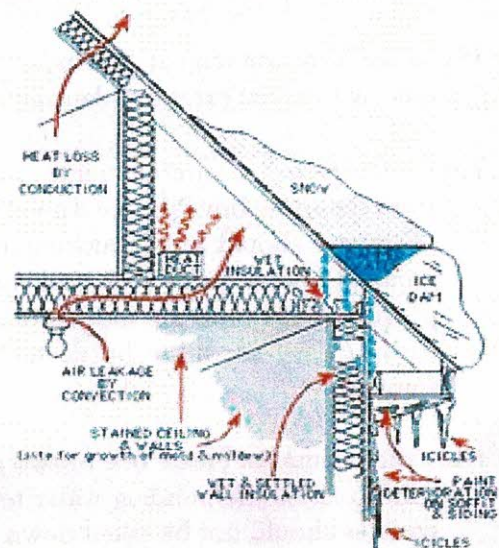
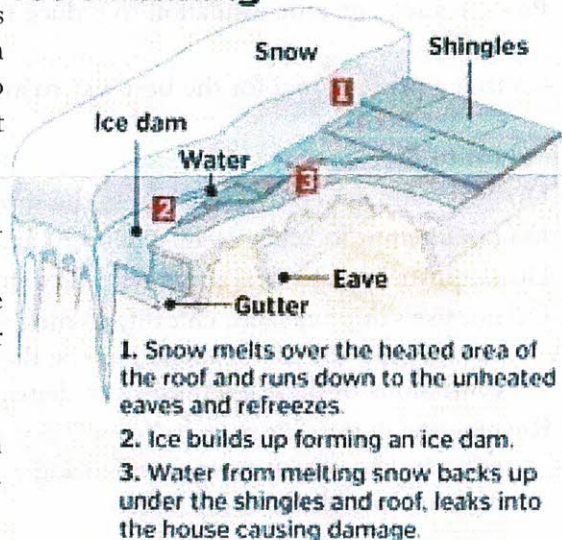
Research shows keeping the attic air temperature below freezing when the outside air temperature is in the low 20s can reduce the occurrence of ice dams. Research has shown sun exposure in the winter has little effect on attic air temperature. Warm air from living spaces below penetrating into the attic is usually the culprit in the formation of ice dams.

### Attic Condensation

Condensation of water vapor on cold surfaces in attics can cause attic wood products to rot, which can lead to costly repairs. Condensation typically occurs when warm, moist air migrates into the attic from living spaces below. Research indicates unusually high humidity levels in the home's living spaces is strongly associated with attic condensation problems.

Building codes have some requirements that attempt to prevent the problems of ice dams and attic condensation. But codes do not address all the issues, and many houses are built without following building codes. It is the builder or designer's job to understand the relationship of humidity and air movement when designing and constructing the house so these problems don't occur.

### Ice damming





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## Ice Dams and Attic Condensation (*continued*)

### Prevention

- Prevent warm, moist air in living spaces from infiltrating into the attic with a good air barrier and appropriate water vapor control at the base of the attic.
- Provide good attic ventilation to replace warm air in the attic with cold outside air.
- Provide adequate attic insulation to reduce the transmission of heat into the attic from living spaces below.
- Consult a professional for the best way to avoid ice dams and water damage in your home.

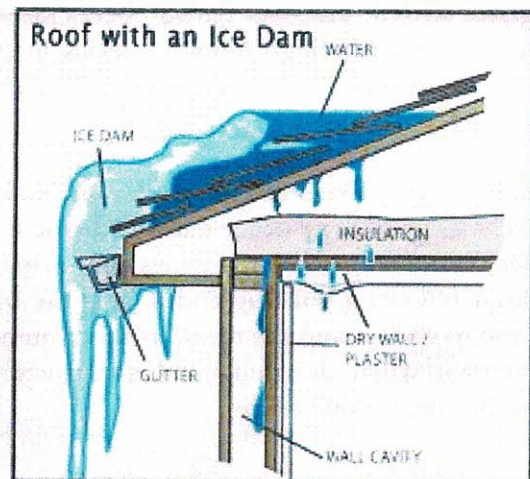
### What Not to Do

- Do not routinely remove snow from the roof. It will likely lead to shingle damage.
- Do not attempt to "chip away" the ice of an ice dam. It will likely lead to shingle damage.
- Do not install mechanical equipment or water heaters in attics, especially in cold climates.
- Do not use salt or calcium chloride to melt snow on a roof. These chemicals are very corrosive and can shorten the life of metal gutters, downspouts and flashings. Runoff that contains high concentrations of these chemicals can damage nearby grass and plants.
- Keeping the gutters clean of leaves will not reduce the occurrence of ice dams. However, clean gutters can keep them from overflowing and spilling rainwater next to the house. This can cause moisture problems in the house.

### If Ice Dams are Causing Water Damage

The following are short-term fixes. In order to avoid the same problem in the future, a qualified contractor should assess the amount of attic insulation and attic ventilation (especially around where the ice dam formed), and look for holes in the air barrier between the living spaces and the attic.

- If you see water staining at an exterior wall or ceiling where there is snow on the roof above it, act quickly to avoid extensive damage.
- Hire a contractor to carefully remove most of the snow from the roof above the ice dam. The contractor should avoid touching the roof with the removal equipment or even walking on the roof if possible. Cold roofs are more prone to damage because they are more brittle than they are in the summer.
- Have the contractor create one or two grooves in the ice dam to allow the ponding water to drain off. These grooves should not be taken down to the roofing as this may damage the roof. If necessary, the contractor can use heat tape in the groove on a temporary basis to keep the groove open.



Dear MOH Homeowner,

February 2020

The Board would like to clarify the status regarding some of our community's water lines. Therefore, we would like to know from EACH homeowner whether or not you have a shut off valve for your incoming water supply. When construction was done in the 1970s, some buildings had only one shut-off for all the units in that building. We would like to confirm where all shut-off valves are and who they impact, so please answer the following:

Unit #	Name
I have a shut-off valve	Yes No

The Board is also seeking your input on a few items being considered for the community:

1. Regarding designated parking spots:

	FOR	AGAINST
Painted lines		
Painted numbers		
Comments:		

2. Regarding recycling:

	FOR	AGAINST
65 gallon covered, wheeled tote; pickup every other week (slightly higher price)		
Keep as is; weekly pickup		
Comments:		

3. Regarding use of the clubhouse:

	FOR	AGAINST
Access by reservation only (current policy)		
Specified times access to all residents (eg. M,W,F 2-7pm)		
Open access to all residents		
Comments:		

Please fill out this form and return your responses **NO LATER THAN FEB 17, 2020** to Ed Dzioba, P.O. 448, Getzville, NY 14068-0448, **FAX; 1-866-478-7288**, any board member, or drop off in the designated box in the clubhouse foyer.

