



MEADOW LAKE ASSOCIATION
24678 Lake Meadow Drive
Harrison Twp., MI 48045

www.mymeadowlake.com

November 2006

MEADOW LAKE ADVISOR

ANNUAL MEETING

Thanks to all the co-owners who attended this year's meeting. Every co-owner who attended received the 2006 Financial Results & 2007 Budget. For those who were not in attendance, you will receive it via U.S. mail, along with the annual board minutes.

Thanks to all the co-owners who shared their concerns and wished for Meadow Lake. We on the Board, appreciate your comments and concerns. We are hopeful, that we are progressing and going in the right direction. Your concerns have been heard, and the Meadow Lake Board, is committed to addressing them.

Terry Entwistle, and Robert Butts, were elected for two years of Meadow Lake Service.

Al Goodrich has decided to no re run for another two years. The Meadow Lake Board give a BIG thank you for all you help, guidance and insights this past two years. The healthy financial status of our Association is due, to Al's consistent follow thru on items, such as CD's and keeping all of us on track, and sticking to the proposed budget. Thank you Al, for this past two years of service, Meadow Lake Association and its co-owners are in better shape because of your time and efforts.

The Association dues have gone up this year by 5%, and that is in part to the consistent up keeping of our Maintenance and Landscaping. By far, the most complaints we get are for Landscaping issues, and we are committed to keeping the Grounds and Maintenance up, so we will not have to deal with issues of neglect.

De-Icer and Winter prepping

It's hard to believe that the warm days of summer and fall are over and what my mother called the dark gray days of November and December are upon us. With the cold weather comes all of the precautions of winter. Co-owners are reminded to be careful not to leave garage doors open, as this not only is unsafe, but it takes heat from your unit and especially is felt by the residents of the carriage unit that is located over the garage.

Our landscape service will work diligently to remove snow and ice from our streets, driveways, sidewalks and porches. But wind and shade can defeat even the best efforts, and you may need de-icer from time to time to make the area around your home safe. It is the feeling of the board that rock salt can damage our expensive cement work, so de-icer is purchased and distributed each winter to those who desire it.

If you would like De-icer this winter and have a Milk jug type container, you may place this on Terry Entwistle's porch. (24619) If you put your house number on the container, Terry can have it filled with de-icer for your sidewalks and other needful areas, and will deliver it to your porch in a timely manner. If you do not have a container, please fill out the form printed elsewhere in this letter, and deliver the form to Terry's front door in a plastic bag and hang it from the knob.

It has been suggested at the annual meeting, that the replacement of hot water supply lines would be a good think to do. Just a reminder, that the supply lines are aging along with your appliances. Replacing the supply line and water lines can be a tricky operation, so it may be best done by a professional plumber.

This is preventative action just like having a furnace cleaned before the really cold weather is upon us.

Dark Days of Winter How to brighten them

Much has been written and said about seasonal affective disorder. This malady affects a lot of people when the days are shorter and the sun does not shine a lot outside. Some ways have been developed to counteract this. It is my theory that seeing Christmas lights and bright holiday decorations help.

The following suggestions may help you better manage SAD:

- Increase the amount of light in your home. Open up blinds. Use more indoor lights when you are at home and active.
- Use music to keep you going while you work. Choose peppy songs to include in your repertoire.
- If you are able get outside. Walk outdoors on sunny days, even during winter.
- Exercise regularly. Physical exercise helps relieve stress and anxiety, which can accentuate SAD. Being more fit can make you feel better about yourself.
- Find ways to relax. Learn how to better manage stress. Read a book, and discuss it with others, get involved in a hobby, Call an old friend and get together with them if not in person, at least on the phone.
- Take a trip. If possible, take winter vacations in sunny, warm locations for winter SAD, or cooler locations for summer SAD.
- If depression lasts more than a few days, and if you find that you sleep and appetites are affected, consider seeing your doctor about additional tests and help.



Important Phone numbers:



586-791-5458 Waste Management Company
(Call them before leaving large items out for pick up. Meadow Lake account number is 705-622.

(586) 469-5151 Macomb County Sheriff Department Dispatch. Operator. (For non-emergencies only)

And of course 911 for life and property threatening emergencies for fire, police or ambulance. Be ready to give address and directions to the operator, especially if using a cell phone.

Meadow Lake Board Members

President:	Linda Bieschke	790-3017
Treasurer:	Pauline Nyboer	790-2760
Secretary:	Tracy Marasco	792-6696
VP/Grounds:	Terry Entwistle	791-2040
VP/Maintenance:	Alan Goodrich	248/842-6431(cell)
Newsletter volunteer:	Mary Seiber	790-4330

Please remember that these phone numbers are only to be used for EMERGENCIES.

REQUEST FOR DE-ICER

YES, I would like de-icer for my porch and sidewalk.

NAME _____

PHONE _____

ADDRESS _____

DATE _____