



November 2009



THE ESSEX AT HAMPTON



Gratitude. Feast.



Your Staff

to serve you...

Scott Snow
Residential Manager

David Klein
Maintenance Supervisor

Important Numbers

Office:

(248) 852-7500

Emergency Maintenance:

(248) 852-7500

Fire, Police, Emergency: 911

Office Hours

Monday, Tuesday, Thursday, Friday

9 a.m. - 6 p.m.

Wednesday

9 a.m. - 7 p.m.

Saturday

10 a.m. - 4 p.m.

Sunday

Closed

Address

64 Village Circle
Rochester Hills, MI 48307

Word for November: Thankful

This Thanksgiving, at tables across the country, friends and families will sit down and enjoy a bountiful meal together. Yet the holiday means more than having a delicious dinner. It's also a day to express thanks—to be thankful for our freedom, our loved ones and our lives, as well as mindful of the ways we are blessed, not just on Thanksgiving, but each and every day of the year.

Apartment Living

Living in an apartment is great, no lawn mowing, no maintenance repairs, no raking leaves or shoveling snow! So remind yourselves to treat your neighbors as you would like to be treated. Keep the noise levels down. Don't slam the building doors. Do not let children play in the common hallways; these areas are not an extension of your home, this is unacceptable and it is very disturbing to your neighbors.

Rent Payment

Please make sure your apartment or townhome number is on your rental payment (the check or money order that you give us) when you turn your payment in to us. It is hard for us to guess sometimes who the payments belong to if the apartment or townhome number isn't on the check/money order. Thanks for your help.

Bumper Sticker Snicker

Change is inevitable, except from a vending machine.

Carport Courtesy

Just a reminder that each apartment and townhome has one assigned covered carport only. It is up to the resident to park in only their assigned spot and to instruct their guests to ONLY park in the uncovered parking areas. With the weather getting colder it can be very frustrating to come home and find a car already in your designated spot.

Patios and Balconies

Time to do your fall cleanup, get rid of the dead plants and store your belongings inside. Remember "neat and tidy is inviting"! Your neighbors will appreciate it too!

Trash Disposal

Please remember to break down your boxes and put them in the recycling bins next to the dumpsters. When you break down the boxes more trash fits in the bins. Also only cardboard, newspaper, paper (white and color), plastic (#1 and #2 indicated on it), tin and aluminum food cans (clean only) can be put in the recycling bins next to the dumpsters. If you put other items in the recycling bins then the program will not work. Be observant and separate your trash and put it in its place.

Follow in Their Footsteps

Recognize your heroes during National Inspirational Role Models Month.





Mouth-Watering.



Wit & Wisdom

"I am thankful for laughter, except when milk comes out of my nose."

—Woody Allen

"A thankful heart is not only the greatest virtue, but the parent of all other virtues."

—Marcus Tullius Cicero

"Thanksgiving dinners take 18 hours to prepare. They are consumed in 12 minutes. Half-times take 12 minutes. This is not coincidence."

—Erma Bombeck

Pass the Pigskin

Turkey, mashed potatoes and pumpkin pie may fill your plate on Thanksgiving, but a serving of pro football has become a common part of the day's activities, too. The presence of pigskin on this holiday is a tradition dating back to the early part of the 20th century. Akron and Dayton were among 12 teams that played in 1920 on Thanksgiving. Since then, the Detroit Lions and Dallas Cowboys have participated in the most Thanksgiving Day football games.

The Lions' link to Thanksgiving began in 1934 when owner G.A. Richards sought a way to gain recognition for the team in a town dominated by baseball's Detroit Tigers. The Lions have played 69 Thanksgiving Day games, all at home; their record for the games: 33-34-2.

One particularly memorable Thanksgiving game occurred in 1974. Dallas Cowboys' reserve quarterback Clint Longley replaced injured Roger Staubach and led a comeback that resulted in victory against Washington—one of the Cowboys' 26 victories in 41 games on Thanksgiving.

Even college teams do their thing on Thanksgiving; Alabama State has annually played on Thanksgiving since 1924. High schools also have met on the gridiron on Thanksgiving. Massachusetts teams Needham and Wellesley played on the holiday as far back as 1882.

Good Works: Angel Food Ministries

Angel Food Ministries is a nondenominational nonprofit located in Georgia that has provided food assistance and financial support to individuals, families and communities across the United States since 1994. Host sites at churches and community centers find volunteers and collect orders, then distribute the boxes of food on a specific day each month. The host site earns \$1 for its benevolent fund from each box distributed.

The food is restaurant-quality at a fraction of the cost, with menus changing monthly and several "specialty" boxes each month, such as allergen-free, seafood, fruit or senior boxes with premade meals. Costs for each package range from \$22 to \$35, with the "Signature" box costing \$30 and containing items such as steaks, lasagna, cheese, shelf-stable milk, margarine and beef-and-bean burritos. The food is never second-hand or outdated.

Angel Food Ministries does accept food stamps (you can apply for food stamps through its web site) but encourages anyone and everyone to consider buying a box of its food, even those with money to spare.

Each month, an estimated 500,000 families accept grocery assistance from Angel Food Ministries. This giant effort requires 3,500 host sites and more than 45,000 volunteers.

The web site offers much more information. To find a local host site, view monthly menus, order boxes, view recipe ideas and cooking instructions or find out more about Angel Food Ministries' mission, visit www.AngelFoodMinistries.com.

Chocolate Banana Cream Trifle

Ingredients:

- 18 whole graham crackers (5 x 2 inches)
- 3/4 c. semi-sweet chocolate morsels
- 1 (12-oz.) container whipped topping
- 1 (3.4-oz.) box vanilla instant pudding
- 1 c. milk
- 4 large bananas, peeled
- 2 T. lemon juice

Directions:

Chop graham crackers; set aside. For ganache, place chocolate morsels and 1 1/2 c. whipped topping into small bowl. Microwave on high until melted and smooth, stirring every 15 seconds. Combine pudding mix and milk in separate bowl; whisk until thickened. Fold in remaining whipped topping. Slice bananas. Sprinkle with lemon juice and toss gently. Set aside 10-12 slices for garnish. To assemble trifle, place half the graham cracker crumbs over bottom of trifle bowl. Place half of the bananas on crackers and top with one-third of the ganache. Spread half of the pudding filling over ganache. Repeat layer. Decorate with remaining ganache and sprinkle with graham cracker crumbs. Arrange reserved banana slices around edges.

Source: The Pampered Chef. Find recipes or a consultant at www.PamperedChef.com.

Crimson. Contented.





Supercharge Sensible Battery Usage

With so many portable devices that require batteries these days, it might not come as a shock to learn that Americans buy, use and throw away billions of batteries every year. Because batteries contain some fairly corrosive chemicals, it's important to use each one to its full potential and then dispose of it responsibly. Use these tips to be a better battery consumer:

One and only. When a device that takes more than one battery goes dead, don't assume all the batteries are bad. It just takes one to stop the show. Use a battery tester to detect the dead one.

Mix and match. Many people mistakenly assume you can't mix battery brands. This is a myth. Rest assured you can pair different manufacturers' offerings. Battery types do not mix, however, meaning you shouldn't use an alkaline battery with a rechargeable one.

Cool, not cold. If batteries are stored in a spot that's too warm, they can actually lose their charge. Keep unused batteries in a cool place to prolong their life. A battery can stop working if it's too cold, but it should be fine when restored to room temperature.

Discard dutifully. When it is time to toss your batteries, do it responsibly. Drop them off at a collection facility so they don't end up in the waste stream. You can find a list of locations at www.Earth911.com. Some retailers even offer disposal services so you don't need to make a special trip. Visit www.EasyBatteryDisposal.com for a list of participating retailers.

Dinner on a Dime

Thanksgiving dinner is about overindulgence, but that doesn't mean your wallet has to pay the price. How do you save money on a holiday that's all about excess? With a little planning, it is possible to have a delicious Thanksgiving dinner on a budget. When everyone's trying to save a buck, here are some ways to do it without skimping on the meal:

Plan a menu early. Decide what dishes to serve and then take inventory of your pantry to see what ingredients you already have. Make a shopping list of the items you need to buy.

Clip coupons. When you know what you're going to serve in advance, it gives you plenty of time to peruse coupons and clip the ones you need. Watch for sales. Different stores feature discounts on different holiday items, so shopping several places can pay off.

Turkey tricks. Buy the right size bird. If you're unsure how many pounds you'll need, estimate one pound per guest. Or visit www.Butterball.com and enter the number of adults and children you're expecting in their "Plan the Perfect Portions" calculator. You can even factor in whether you want leftovers. Buying a frozen turkey instead of a fresh one also offers savings.

Simple sides. Don't wow your guests with several fancy side dishes that require pricey ingredients. Stick to the basics for most dishes, and offer just one or two elaborate options.

Let others do dessert. Ask your guests to bring a dessert. You'll end up with a variety of goodies, and most dinner guests are happy to contribute to the celebration.



Gather.



November Is ...

- Aviation History Month
- National Alzheimer's Disease Month
- National Adoption Month
- Peanut Butter Lovers' Month
- American Diabetes Month
- National AIDS Awareness Month
- National Family Caregivers Month
- National American Indian Heritage Month
- Vegan Month
- Family Stories Month
- National Pomegranate Month
- National Inspirational Role Models Month
- Month of the Military Family

Family. Warmth.



Thankfulness.



“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.”

—Oprah Winfrey

“Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse.”

—Henry Van Dyke

Everything Old Is New Again

On America Recycles Day, Nov. 15, take a look and notice all the products provided by recycling. It’s not just about turning bottles and cans into even more bottles and cans! Recycling provides everything from materials for roads and decorative tiles to park benches and rugs. Some clothing is even made from recycled materials. To learn more, log on to www.AmericaRecyclesDay.org.

Holiday ABCs for November

T is for giving Thanks
 U is for Uniting family
 R is for holiday Rituals
 K is for eating at the Kids’ table
 E is for Ears of corn
 Y is for Yummy in the tummy

D is for Desserts of all sorts
 A is for All that food
 Y is for after-dinner Yawns

Positive Thoughts

“Learn from yesterday, live for today, hope for tomorrow.”

—Albert Einstein

Monthly History

Thanksgiving wasn’t always the fourth Thursday in November. Abraham Lincoln’s successors followed his example by keeping the annual holiday as the final Thursday of November, until 1939 when President Franklin D. Roosevelt pushed it up a week.

Happy Birthday, Everyone!

Nov. 29, 1832: Louisa May Alcott
 Nov. 30, 1835: Mark Twain
 Nov. 5, 1912: Roy Rogers
 Nov. 2, 1913: Burt Lancaster
 Nov. 7, 1918: Billy Graham
 Nov. 26, 1922: Charles Schulz
 Nov. 9, 1934: Carl Sagan
 Nov. 29, 1955: Howie Mandel
 Nov. 25, 1960: John F. Kennedy Jr.
 Nov. 4, 1970: Sean “Diddy” Combs
 Nov. 11, 1974: Leonardo DiCaprio
 Nov. 6, 1976: Pat Tillman
 Nov. 23, 1992: Miley Cyrus

Let us endeavor so to live that when we come to die even the undertaker will be sorry.

— Mark Twain

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
1 Daylight Saving Time Ends Rent Due Thank You!	2	3	4	5	6 Late Charges Assessed	7
8	9	10	11 Veterans Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving Leasing Office Closed	27 Leasing Office Closed	28
29 First Day of Advent	30 Lagniappe Downtown Rochester	2009 <h1>November</h1>				



Reflect. Enjoy.