



The Neighborly Chase

www.farmingtonchase.com August 2007

The Next Farmington Chase Board of Directors Meeting is Tuesday, August 28, 2007 at 7:00 p.m.

Residents are welcome to attend. If you would like to discuss an issue at the meeting, please contact a board member prior to the meeting to be added to the agenda.

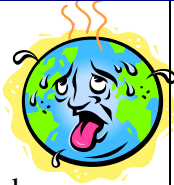


*Roll out those lazy, hazy, crazy days of summer
Those days of soda and pretzels and beer
Roll out those lazy, hazy, crazy days of summer
You'll wish that summer could always be here **



Heat Wave Safety Tips

From [Heat Wave Safety Tips](#)



Heat Cramps

Heat cramps are muscular pains and spasms due to heavy exertion. They usually involve the abdominal muscles or legs. It is generally thought that the loss of water from heavy sweating causes the cramps.

Heat Exhaustion

Heat exhaustion typically occurs when people exercise heavily or work in a warm humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

Heat Stroke

This is a life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

Sunstroke

This is another term for heart stroke.

If a Heat Wave is predicted or is happening do the following:

- Slow down and avoid strenuous activities. If you must do strenuous activities, do it during the coolest part of the day, which is usually in the morning between 4 am and 7 pm.
- Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor, out of the sunshine.
- Electric fans do not cool the air, but they do help sweat evaporate which cools the body.
- Wear lightweight, light colored clothing. Light colors will reflect away some of the sun's energy.
- Drink plenty of fluids, regularly and often. Your body needs fluid to keep cool. Drink, even if you do not feel thirsty. Water is the safest liquid to drink during heat emergencies. Avoid drinks with alcohol or caffeine in them. They can make you feel good briefly, but make the heat's effects on your body worse. This is especially true about beer, which actually dehydrates the body.
- Eat small meals and eat more often. Avoid foods that are high in protein, which increase metabolic heat.
- Avoid using salt tablets unless directed to do so by a physician.

Getting to know the Directors

LUZ WHEELER ➤ Originally from Colombia, South America, Luz has lived in the states for 32 years. Luz served on the Board of Directors for 3 years, took a break, and came back this year to serve another term. She also volunteers on the Architectural Control Committee and is an avid member of the Landscaping Committee. Luz moved to Farmington Chase in the year 2000. Her two children, Christopher and Jamie, are now young adults. Luz loves to garden, enjoys paper crafts and reading. She is a fan of all sorts of movies: action, comedy, documentaries about the world, and gardening shows. Luz also says she is a collector of nice quotes and smart remarks; her favorite one these days is “If you can change the way you look at things, the things you are looking at change”.



Welcome new neighbors

We extend a warm welcome to our new neighbors ...

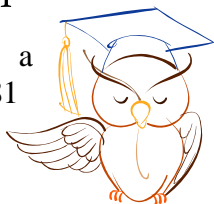
#23 — Lori Keane

#139 — Alan and Patricia Ruskis



Capsule of Wisdom

“Capsule of Wisdom” was a section in the 1980/1981 Newsletters. Some of the quotes are worth circulating again...



Today is a gift, that is why it is called “the Present”.



Community Updates

Club House Reservations

- ❖ August 11th
- ❖ September 15th



A MESSAGE FROM THE EDITOR

Are you interested in **writing an article** for the Farmington Chase Newsletter? Would you like to see a **“Question and Answer” section**? Send your Articles, Ideas, or Questions to the Editor at Bugs007@comcast.net. Or drop in my mailbox: Charlene Langston - #132 Farmington Chase.



New guidelines outlined for the rental of the Club House

Farmington Chase’s Clubhouse may be reserved by residents for a very reasonable fee. It’s a great place to host birthday parties, family gatherings, retirement parties, baby showers, and more. If you are new to the community, the Club House is air conditioned and was recently redecorated. It includes a comfortable living room, and a kitchen complete with range, refrigerator, dishwasher and microwave. Tables and chairs are also available for setting up food and sit-down dining. The spacious deck with its gas grill and patio furniture is included with the rental of the Club House.

Please note the following revision of the Rules for Renting the Club House:

Item # 3.

- **The reservation applies to the upper two floors and outside deck.**
- **The pool cannot be reserved with the Clubhouse.**

Please be aware that when the Club House is rented the deck is for use by the people renting the Club House and during that time is closed for use by residents.

A copy of the revised Club House Rental Rules can be obtained from Audrey Kozma at Imagineers and also can be found on the Farmington Chase website in the Home Owner’s Manual.

Did You Know



In 1974 there were four styles of homes designed and built at Farmington Chase. According to the “Real Estate Agent’s Sale Brochure”, the land, planning and buildings featured the “dramatic designs of the young, Boston architectural firm named Childs, Bertman, Tseckares Associates”.

The Stanley Whitman

- ▲ A one-bedroom model with a loft including 1½ baths and a free-standing fireplace was featured as “always an end model”. The initial price range was \$39,900-\$40,900.

The Elijah Peck

- ▲ Featured as a two-bedroom model including 1½ baths, it was sometimes available with a full size basement. The initial price range was \$36,990 - \$41,900.

The Thankful Arnold

- ▲ This two-bedroom model was noted as “especially wide” with 2½ baths and a studio area off the living room, and sometimes available with a full size basement. The initial price range was \$40,074-\$45,000.

The Oliver Ellsworth

- ▲ Featured as a three-bedroom model with 2 full baths upstairs, ½ bath downstairs, and a studio room located next to the living room. Cathedral ceilings were also a selling feature. The initial price range was \$46,950-\$49,900.

Each model included carports/garages, private yards, patios, step-down living rooms, fireplaces, and separate dining rooms. Greenhouse windows were featured in all models. Kitchen appliances were part of the standard package. Entrance halls were considered a highlighted feature. Sound insulation, natural gas forced-air heating and central air conditioning was provided in each home and the concept of a 2nd floor laundry room was introduced.

As you might expect, this was the 70’s -- and the featured colors for appliances were Ice White, Golden Harvest, and the ever popular Avocado

Green! Choices for kitchen counter tops included Sunflower Yellow and Pumpkin Orange, among other choices. Ripe Orange and Golden Treasure were among the nine color choices for carpet colors.

Marketing language in the agent’s Sale Brochure referred to the *“Concepts reflected in Farmington Chase At Farmington Chase you own your own land -- the cluster home concept has been married to the land, to afford complete privacy. Each home has its own private garage, enclosed patio, garden entry, and each enjoys a back yard which extends forty wooded feet beyond the sliding glass wall of the sunken living room.”*

Well, prices (and colors!) have certainly changed over the years, but what remains is the concept of seven separate villages buffered by natural areas left untouched between each village (we now call them clusters). As the marketing material boasted, Farmington Chase remains self-contained with no more than 148 homes. The addition of the 10 estate homes was welcomed in 1978-1979. The carefully planned recreational facilities continue to be just the “right size” for our community. Our active community has some dedicated folks who garden avidly, both in common areas and in private yards, adding to the beauty of the whole community. Our amenities are excellent and are often an example of a community that offers more than most. An active and dedicated board of directors meets once a month and we are managed by a well known local property management company. The Neighborly Chase has been in publication with very few breaks since the early 1970’s, and we now enjoy our own community website. There is always room for more volunteers and community participation – one can simply enjoy the privacy of living in this woodland community, or jump in and join the activity at board meetings and committee activities, or just take in the afternoon at the pool or maybe a game of tennis. If you are interested in becoming active in the community, speak to any board or committee member (the names of all can be found on the Farmington Chase website).

August Gardening Tips in the northeast

Despite the heat, the August garden can look terrific as long as you keep up with weeding, watering, and deadheading.



Watering ♦ Watering chores are what will eat up your garden time this month. As always, water deeply and occasionally rather than shallow and often.

- If mature plants are flopping, tie them up or use plant supports or stakes (criss-crossed like an X with ends inserted in the soil) to keep them upright and to prevent them from smothering neighboring plants.
- If an annual flower or vegetable is struggling, at this point, just pull it up and pitch it.
- If a perennial is sickly or looking otherwise awful, cut it back to just a few inches. It will come back this year or next spring with healthier growth.
- If your lawn is turning brown, it's probably because it's gone dormant. You have two choices: Allow it to continue in its dormancy by not watering, or bring it out of dormancy with good, regular waterings. The one thing you won't want to do is to bring it out of dormancy repeatedly -- a very stressful situation for turf grass. If you're going to water, keep up with the watering.
- Continue to mow regularly, your best defense against weeds. If you haven't already, make sure you're mowing grass high -- not making it too short and "scalping" it, which damages the grass and opens up areas for weeds to germinate. Bluegrasses, for example, should be cut at 3 inches during hot weather.
- **Avoid pruning evergreens when it's so hot.** And pruning them in the fall will encourage fresh new growth that may get nipped by winter's cold. It's best at this point to wait until next spring.
- Container plantings can need watering as often as twice a day in hot, windy weather.

Mulch Matters ♦ You may need to replenish mulches, especially those that break down quickly, such as straw or grass clippings. Mulches should be 1-3 inches.

Whack Your Weeds ♦ Time weeding for after a good rain. Weeds come out easier and with more of the root.

Deadheading 101 ♦ Keep deadheading! For the most flowers and tidiest garden, deadhead daily.

- Keep an eye out for aphids and spider mites. Treat with insecticidal soap. Spider mites, which also thrive in dry weather, can be treated with pyrethrums, an extract from mums.

For more tips go to: <http://www.bhg.com/bhg/gardening/>

Community Awareness

Based on evidence of increased drug use at Farmington Chase, The Board of Directors is looking into the possibility of requesting that the Farmington Police speak to residents about a Community Watch Program. More information about this will follow at a later date.

August Activities

From <http://www.tourism.state.ct.us/events/calendar.asp>

7th Annual Skyhoundz Dog Championship

Location: Wickham Park
1329 West Middle Tpke., Manchester,
Date: August 4
Time: Registration 9:30 a.m.
Description: Bring the family and be entertained by man's best field catching flying Frisbees. Open to the public, local dogs and their owners compete in Frisbee competition.
Admission: Parking \$4
Phone: (860) 528-0856
URL: <http://www.wickhmapark.org>

12th Annual Podunk Bluegrass Music Festival

Location: Martin Park
307 Burnside Ave., East Hartford
Date: August 2-5
Time: Thu. 6-10:10, Fri. 11-10:10, Sat. 10:50-10:30, Sun. 9:45-4.
Description: Features some of the nation's top bluegrass artists. Other events include workshops, crafts, great food vendors, children's activities; camping on-site.
Admission: Admission
Phone: (860) 528-1458
URL: <http://podunkbluegrass.net>

13th Annual Grand Band Slam

Location: Bushnell Park, Union Place, & Pratt St. Hartford
Date: August 2
Time: 6 p.m.
Description: Music festival featuring performances by artists from a wide range of genres on outdoor stages and several bars and clubs downtown.
Admission: Free
Phone: (860) 525-8629

Only a few events are listed here – for a complete list of events for the month of August look on the Connecticut Tourism website.

48th Annual County Fair & Live Auction

Location: Congregational Church in Killingworth
273 Route 81, Killingworth
Date: August August 4th
Time: 9am-3pm
Description: 48th Annual County Fair & Live Auction. Events going on all day; silent auction, craft dealers, quilt raffle, white elephant, childrens games etc.
Admission: Free
Phone: (860) 663-1789
URL: www.killingworthchurch.org

Guided Estate Walk

Location: Hill-Stead Museum
35 Mountain Rd., Farmington
Date: August 5
Time: 2 p.m.
Admission: Free
Phone: (860) 677-4787
URL: <http://www.hillstead.org>

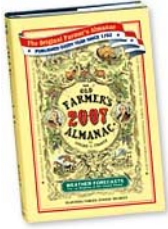
Easten States National Car Show

Location: Berlin Fairgrounds
430 Beckley Rd. East, Berlin
Date: August 17, 18, 19
Time: Fri-Sat 8am-5pm, Sun 8am-3pm
Description: A gathering of hundreds of custom and classic vehicles, parts vendors, food vendors, music and door prizes.
Admission: \$13
Phone: (860) 753-3978
URL: <http://www.rightcoastcars.com>

Dinosaur State Park Day

Location: Dinosaur State Park
400 West Street, Rocky Hill
Date: August August 18th
Time: 10:30am-3pm
Description: A day long celebration of the discovery of dinosaur footprints in Rocky Hill. Event features live animal shows, games with prizes, performers, films, demonstration programs, nature walks and more.
Admission: Museum admission: adults \$5, children (6-17yrs) \$2, 5yrs and under- free.
Phone: (860) 529-5816
URL: www.dinosaurstatepark.org

Farmer's Almanac



Gardening - August 2007

1 Favorable day for planting root crops, fine for vine crops.

2-3 Barren days, do no planting.

4-5-6 Root crops that can be planted now will yield well.

7-8 Any seed planted now will tend to rot.

9-10 Most favorable days for planting beets, onions, turnips and other root crops. Plant seedbeds and flower gardens.

11-12-13-14-15 A barren time. Best for killing weeds, briars, poison ivy and other plant pests. Clear woodlots and fencerows.

16-17-18 Good days for planting aboveground crops. Excellent for sowing grains, winter wheat, oats and rye. Plant flowers.

19-20 Plant peas, beans, tomatoes, peppers and other aboveground crops in southern Florida, California and Texas. Extra good for leafy vegetables. Plant seedbeds.

21-22-23 Cut winter wood, do clearing and plowing, but no planting.

24-25 A good time to plant aboveground crops.

26-27 Barren days. Fine for killing plant pests.

28-29 Favorable days for planting root crops, fine for vine crops.

30-31 Barren days, do no planting.



Farmington Chase Classified Ads

If you are interested in posting a classified ad in the Newsletter, contact the Editor at Bugs007@comcast.net, or submit in writing and put in the mailbox (#132). *Deadlines for submissions to the Newsletter are the 4th Tuesday of each month.*

Recipes from the Chase



Share your favorite recipe. To put your recipe in print please drop a note in mailbox #132, or send your recipe by email to Bugs007@comcast.net.

What to do with all that zucchini from the garden...

This month's recipe comes from

"Peppysmom"

Saltillo Zucchini

- ½ cup chopped onion
- ¼ cup sliced celery
- 2 T vegetable oil
- 3 ½ cups cubed zucchini
- 1 medium Tomato chopped
- ¾ tsp. Lawry's Garlic Salt
- ½ tsp. Lawry's Seasoned Pepper
- ¼ tsp. dried oregano, crushed

In medium skillet, heat oil. Add onion and celery - cook over medium-high heat 5 minutes. Add remaining ingredients. Bring to a boil over medium-high heat; reduce heat to low and simmer, covered for 10 minutes.

Serve with any entrée and fresh bread. Makes 4 servings.

Optional: put in some garlic, a little nutmeg and some additional salt.



Real Estate in the Chase

I am looking for a unit to purchase at Farmington Chase - Interested in a 2 or 3 bedroom unit with a basement. Please contact Debbie at 860-841-7327 or DLeRN81@aol.com.



Famous Quotes



We don't receive wisdom; we must discover it for ourselves after a journey that no one can take for us or spare us.

Marcel Proust



Losing a Pet

From
www.bestfriendspetcare.com

No matter whether you've had your pet for some fourteen years or maybe just a few, it's never easy when you lose them. The death of a pet can be a traumatic and difficult experience. There will no doubt be an empty place in your life or your household that your pet once filled. Grieving the loss of a pet can be just as important as grieving the loss of a friend or other loved one. In fact, while your pet was alive, you no doubt considered him both a friend and a loved one. If you've had to make the decision to have your pet euthanized, that can add other emotions to your loss.

It's important that you allow yourself to grieve the loss of your pet. Remember your pet and the joy that they gave to you. They may be animals and not human, and we know full well that their life span is far shorter than ours, but that doesn't lessen your loss. In fact, when you consider the amount of time that we spend with our pets, which can be far more than that which we spend with relatives or friends, and how they become a part of our daily routine, the loss can be quite jarring. You may decide to get another pet right away to fill that void or to wait. There's really no right or wrong here, you just have to do what feels right for you.

BIRDS IN THE BACKYARD



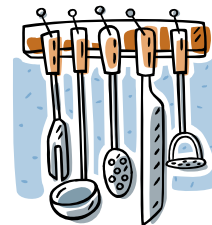
www.birdwatchersdigest.com

NORTHERN CARDINAL

Northern cardinals are among the most regular backyard visitors in the eastern half of the United States, a nearly constant presence as long as sunflower seed is available. Year-round cardinals are likely to be hanging around the yard, because they have adapted well to humans and suburbs. The cardinal's songs are bright, clear whistles, such as *what-CHEER*, *what-CHEER*, or *teew, teew*, and there are many variations on these. Its call is a loud, sharp *tchip*.

To actually hear the sound of a cardinal and other back yard birds, please log on to:

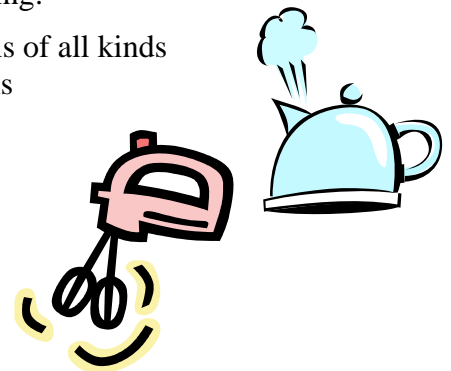
<http://www.birdwatchersdigest.com/site/sounds/comp aringsongs.aspx>



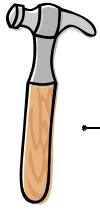
Kitchen Gadgets

Do you have kitchen gadgets that you no longer need and want to dispose of? Years ago the Club House was stocked with kitchen ware – but the supply has now dwindled. We would consider any donation, but in specific, the Club House is in need of the following:

- Kitchen utensils of all kinds
- Wooden spoons
- Cake servers
- Knives
- Pots & Pans
- Tea pot
- Silverware
- Dish sets
- Mugs
- Pot Holders



Please contact Charlene or Bob Langston at unit #132 or at Bugs007@comcast.net. – We will use whatever we can and donate things that we can't use to Good Will or the Salvation Army.



How to request service from Imagineers



Here are the ways to request service:

- 1) Utilize the **Maintenance Request Form** on the Farmington Chase website.
www.famingtonchase.com
- 2) **Email Imagineers:**
Audrey - AKozma@imagineersllc.com
Bill - bnardi@imagineersllc.com
- 3) **Fill out a paper Service Request Form** and submit to Audrey Kozma at Imagineers 635 Farmington Avenue, Hartford, CT 06105

The Service Request Forms are readily available from Imagineers, and are also available on the website to print out.

From page 31 of "The Home Owner's Manual"

3. ... DO NOT CONTACT the Superintendent directly. The Superintendent is equipped with a cell phone so that the management company can reach him quickly in an emergency. The Superintendent must account to the Management Company for his time; therefore all requests for service should be directed to their office. All calls are "logged" and records kept concerning maintenance service.


Documenting your request in any one of these ways will provide you with a record of your request and it will allow Imagineers and the Board of Directors to follow up on issues.



Reporting Problems

Reporting problems in the community should be submitted to Imagineers in writing via email or in writing sent to 635 Farmington Avenue, Hartford, CT 06105. This allows for accurate documentation and follow-up of a problem. In the event of an emergency Imagineers should be contacted by telephone.

Contacting Imagineers

 Farmington Chase Direct Line

860 – 768 – 3414

Farmington Chase Website

<http://www.farmingtonchase.com/>

Website contact: Kristin Violette at
klviolette@comcast.net



Past editions of the Newsletter can be found on the Farmington Chase Website

Newsletters on the Website can be appreciated in color – log on and see!

The deadline for submissions to the Newsletter is the 4th Tuesday of each month.



*Newsletter Editor:
Charlene Langston
132 Farmington Chase
Email: Bugs007@comcast.net*

** Roll out those lazy, hazy, crazy days of summer*

- Artist: Nat King Cole
- Peak Billboard Position # 6 in 1963
- Words by Charles Tobias and Music by Hans Carste
- www.lyricsfreak.com