



From the Green



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Volume 1, Issue 8

Winter, 2010

Hello, Neighbor!

We'd like to take this opportunity to wish you and yours the very best during the holiday season and all year long.

We hope that you have had a healthy, prosperous year and want to thank you for making Erie Station Village your home.

As the year comes to a close, its time for the Winter Edition of "From the Green".

Have a business? Want to share a recipe? Looking for a group to play cards or other games with? How about an editorial on current events? We encourage you to participate, so please feel

free to **email us or call us with content suggestions.**

While we can't promise to include them all, this is your community

and your newsletter, and we will do our best to incorporate as many ideas as possible.



From Your Erie Station Village Maintenance Team

The Maintenance Staff at Erie Station Village would like to thank you for your cooperation during this past year with our efforts to maintain the buildings and grounds. After a quiet November, it appears that Old Man Winter has decided to play catch-up! We want you to know that our efforts to remove snow and ice from the sidewalks, patios, and parking lots will be one of our main concerns for the next few months. We kindly ask you to remove any personal belongings from your patios and or walk-

ways and place them in storage. Having unblocked access to these areas will help us remove snow as quickly as possible, and would be greatly appreciated. We also ask that you please alternate your parking spot choices during a storm, so that the lots may be plowed effectively.

Help keep our community safe and well-lit: if there are any light bulbs in your hallway or common areas that have gone out, please take a moment to notify the maintenance staff so we can replace them as

promptly as possible.

Lastly, in our efforts to improve customer service, some of you may have already noticed that Stephany is now answering the Maintenance request line during normal business hours on Tuesdays, Wednesdays and Fridays. We are continually trying to improve our communications with all of you, so please don't hesitate to call should you need anything. We wish you the best in 2010!

Happy Holidays!



Not Your Average Snowfort

Just the FAQ's...

“Dear Management: Am I allowed to have a live Christmas Tree in my apartment?”

Yes! However, please take the following precautions:

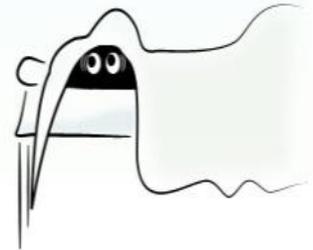
- 1) NEVER use real candles to decorate a Christmas Tree;
- 2) Make sure to keep your tree well watered to help reduce its flammability and to help keep it looking its best throughout the holiday season;
- 3) When it does come time to dispose of the tree, please use a tree disposal bag or other similar device to prevent pine needles from littering common areas. Trees may be thrown in the dumpsters.

“Dear Maintenance: I am going home to Brazil for the holidays and would like to keep my utility bills as low as possible. Is it OK to turn my thermostat to ‘Off’?”

No, no NO! PLEASE never turn off your thermostat during the winter; your water pipes may freeze and rupture, causing considerable damage to your and your neighbors' apartments. Please set your thermostat **NO LOWER** than 50 degrees while you are away.

Winter Haiku

*I wake, reluctant;
Too cold to get out of bed
But I need to pee.*



Looking for something to do?

A Few Words from Erie Station Village Concierge:

Has Old Man Winter already got you down? Here are some terrific ideas to turn the tables on him and get the most out of the Season That (Seemingly) Never Ends!

Sweet Creations Gingerbread Display

The George Eastman House features an annual exhibition of gingerbread houses from November through December. The exhibit includes 60 to 70 houses created by local bakers, amateur and professional

alike. At the end of the exhibit, the gingerbread houses are auctioned off. The proceeds of the auction benefit a different charity every year.

271-3361
www.eastmanhouse.org

New York Ice Wine Festival

The Casa Larga Vineyards host the annual New York Ice Wine Festival. This festival takes place in the month of February and features the ice wines of Casa Larga as well as those of several other New York-based vineyards. The festival provides guests with wine tasting events, live music, winery tours and dining options. During the festival, numerous seminars take place that address topics like food and ice wine pairings, the process of ice wine creation and how to best serve ice wine. The festival also includes an ice wine gala with a five course dinner.

223-4210
www.casalarga.com

Quick Hits

There is really so much to do in our area, so here is a quick run-down of several more suggestions:

- Indoor butterfly exhibit at the Strong Museum of Play
- Erie Canal: skate, snowshow, hike, cross-country ski, FREE!
- Seneca Park Zoo—Yes, its open in the winter!
- Ski, ski, ski! Bristol Mtn, Greek Peak, Swain, and many more within a few hours' drive
- Strasenburgh Planetarium
- Memorial Art Gallery
- It's showtime! GEVA, RBTL, Blackfriar's, RPO—there is never a shortage of quality entertainment to warm your heart and soul.
- Right Next Door—Share a cup of coffee, tea, (or something warmer) with a friend or neighbor, or use the Community Center and set up a regular game of cards by the fireplace!



“NEIGHBOR 2 NEIGHBOR: Beat the Holiday Blues!”

The holidays are a joyous time for many, a happy chance to be with family and friends in the glow of warm light and good food. But for a number of people, the holidays can be a time of isolation, a series of stressful encounters with family members, or an increase in debt and worry. And all of us can feel a post-holiday hangover when the fun is done and it's time to go back to school and work.

Read on for some ideas on how to beat the holiday blues — both during and

after the season's joys and stresses.

Set Reasonable Expectations

One way to avoid holiday depression is to attempt to make experiences around this time of year as easy on yourself as possible. Try to get gift shopping finished early and at moderate expense. Setting out to make this “the best holiday ever” when there is simply no extra money to do so is a prescription for increased stress. Consider preparing homemade gifts, or

having a gift lottery, where each person buys for the one person whose name they draw out of a hat. And try to keep your plans manageable for holiday events, so executing them won't wear you out.

Start New Traditions

There are a number of major triggers for holiday depression, one of the most powerful being the sentimental association with holidays gone by, sparking either good or bad memories. Break the cycle by trying something

new. If you or someone close to you has suffered through sad events during the previous year, try a complete change of venue for the holidays. How about renting a mountain cabin this year instead of gathering at the usual family home? Or head to the beach! Try sushi or gourmet sandwiches — anything new and enjoyable for you — for your big holiday meal. Striking out on a fresh path can deliver a positive footing for the years of holidays ahead.



Give to others

Helping others in need is a powerful activity—one that lifts up the giver as much as the recipient. One sure-fire way to reroute your own holiday stress is to spend time with people who are in more dire situations than yourself. Offer your time for a toy or food drive, visit a nursing home, or take a shift in a soup kitchen. The resulting perspective check, sense of community, and satisfaction you feel will be your best holiday gifts.

Make it Work for You

If you feel frazzled at the

prospect of cooking for a dozen people again this year, simply don't do it. Opt for a potluck meal instead, or see if another relative can host. And if you are dreading your annual encounter with a relative or other individual who makes you feel bad about yourself, make other plans. You can choose to make this the year you spend a happy and healthy time with good friends or other family members who don't stir up strife in your life.

Post-Holiday Uplift

Try to keep the two or

three days before going back to work or school free so that you and your family can take a breath and put your home — and your minds — back in order for the New Year. Hold on to the thread of the good times you had during holiday gatherings with out-of-town friends and family by sending photos and videos of your time together once January arrives. And keep the good feeling of the charitable work you did during the holidays going by making community service a regular part of your whole year. These can be

gifts that keep on giving.

Even with things going our way, the holidays can make us blue. Add to the season the stress of “having fun” and “being happy” — and the inevitable exhaustion when it's all over — and anyone might become a candidate for holiday depression. Take a relaxed pace, be honest about what makes you happy, and establish some new traditions for yourself: these are healthy prescriptions for keeping holiday blues at bay.

-N2N

A View From the Green...

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"Winter Heavens"

*Sharp is the night, but stars with frost alive
Leap off the rim of earth across the dome.
It is a night to make the heavens our home
More than the nest whereto apace we strive.
Lengths down our road each fir-tree seems a hive,
In swarms outrushing from the golden comb.
They waken waves of thoughts that burst to foam:
The living throb in me, the dead revive.
Yon mantle clothes us: there, past mortal breath,
Life glistens on the river of the death.
It folds us, flesh and dust; and have we knelt,
Or never knelt, or eyed as kine the springs
Of radiance, the radiance enrings:
And this is the soul's haven to have felt.*

-George Meredith



May all the joys of this holiday season be yours...