



From the Green

Your Erie Station Village
quarterly update...

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Treasure Hunt:

Somewhere inside this newsletter is the name of one Erie Station Village staff member, spelled backwards. Find it and let the office know who it is, and we will enter your name in a drawing for a \$150 rent credit or a free professional cleaning!

All entries must be received by 5:00 PM on **Friday, January 4th**.

The drawing will be held on **Monday, January 7th**, and the winner will be notified on the same day.



Hello, Neighbor!

It's the holiday season once again, and with a dusting of snow on the ground, icy temperatures, and frosted window panes, it certainly feels like it! With each new season comes another issue of *From the Green*, your inside scoop on the happenings at Erie Station Village. Do you have a cozy blanket to sit under and a warm beverage in hand? Perfect. Flip through this issue for winter activities in the Rochester area, tips on seeing your New Year's resolution

through, a classic holiday recipe, and some friendly reminders from the team at Erie Station Village.

What else would you like to read about in *From the Green*? Do you have a book recommendation, a must-try recipe to share, or other information to share with your neighbors? Call, email, or stop by the leasing office and let us know – this is *your* community and we want to hear from you!

A Few Words from Your Concierges...

While the weather outside can be frightful during a Rochester winter, the many ways to stay active with friends and family can be delightful. Whether you want to brave the elements or keep warm inside, the options are plentiful. With loved ones and a little imagination, you won't have to look far to make memories via opportunities that are only available this time of year.

Ski or Sled in Local Parks

So long as snow covers the ground, Rochester locals will be taking to the slopes. People of all ages can join in the fun with skiing and snowboarding at Bristol Mountain or Swain Resort. For those wanting to get the kids involved in the fun, Swain -- in partnership with Monroe County Parks -- will be hosting learn-to-ski centers at Northampton Park in Ogden and Powder Mills Park in Pittsford. There is also sledding available on a separate hill at Northampton Park, as well as on designated hills at Black Creek, Ellison, and Cobbs Hill Parks.

Root for the Home Team

If the weather gets too frosty and cold, why not head to the Blue Cross Arena and take in a game? The Rochester

Americans, affectionately known as the Amerks, compete there in the American Hockey League, where hockey players earn their stripes before joining pro teams like the Buffalo Sabres. The Rochester RazorSharks of The Basketball League play their games in this venue, as well.

Experience Winters Gone By

Whatever your passion, the George Eastman Museum has a seasonal celebration for you. Tour philanthropist and Kodak pioneer George Eastman's majestic home while it's decked out in full holiday splendor. Once the holidays are over and cabin fever sets in, return to the museum in January or February for the annual Dutch Connection flower show. The aromas of tulips, hyacinths, and daffodils fill the conservatory, carrying on a tradition started by Eastman himself. You can inspire your green thumb and buy some bulbs to bring home!

If these happenings aren't enough **to fill your calendar, call or write your concierges at 244-2040 or ESVconciierge@gmail.com.**

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Reminders

- Please keep your thermostat set at 55° F if going away during the winter time.
- All cars should be registered with the office and have a parking pass on their side window.
- After the holiday season, any live Christmas trees should be disposed of in the dumpster behind the maintenance shop.
- Please remember to pick up after your dogs.
- All personal items should be kept off of patios and walkways to make snow removal easier for the maintenance staff.
- To help keep our community safe and well-lit, please take a moment to notify the maintenance staff if you notice any lights out.
- Change parking spots during snow storms so maintenance can properly remove snow from all areas.
- The maintenance staff works hard all winter to keep our walkways and parking areas plowed, shoveled, and salted. Make sure to thank them when you see them out!





Neighbor 2 Neighbor

Making Good on Your Holiday Resolutions

With another new year fast approaching, many of us will naturally reflect on the happenings and results of the past year – pinpointing the things we want to change and accomplish in the next 12 months. Whether it’s a plan to eat healthier, exercise more, or read a certain number of books, here are some tips to help get you started and keep you going strong long after the holiday season ends.

- **Be Realistic:** Set a goal that is attainable for you; if your goal is unreasonable, like running a marathon without any training, you may be setting yourself up to fail from the start. Instead, strive for something more attainable to start with, like a 5K.
- **Plan Ahead:** Spend some time thinking about and writing a plan to help keep you on track. Deciding how you will handle the temptation of buying those shoes or eating that cake ahead of time will help you stay strong.
- **Make a “Pros” and “Cons” list:** Start a list before New Year’s and add to it through the year. A visual representation of your “why” will help you stay strong on the days you want to throw in the towel.
- **Talk About It:** Don’t hide your resolution or try to keep it a secret. Share your goals with friends and family to create a sense of accountability; you may encounter someone with a similar goal who’s also looking for accountability!
- **Reward Yourself:** This doesn’t mean eating an entire box of chocolates during “cheat day.” Treat yourself with things that don’t hinder the success of your resolution, but rather add value and motivate you to continue on your journey (i.e. a new pair of running shoes or yoga pants for the gym).
- **Stick to It:** Experts say it takes about 21 days for a new activity to become a habit and six months for it to become a part of your personality. It won’t happen overnight, but it will happen! Keep to it -- be persistent and patient!

All of these tips are great reminders, but most importantly, be kind to yourself. Don’t beat yourself up over the occasional slip; recommit yourself, take each day one at a time, and you’ll be back on track before you know it. Look out 2019 – we’ve got a lot to achieve!



Mmm... the perfect Holiday Cookies!

- 1 cup unsalted butter
- 1 cup granulated white sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 1 egg
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3 cups all-purpose flour

Directions

- Preheat oven to 350° F.
- In a mixing bowl, blend butter and sugar until smooth (at least 3 minutes).
- Beat in extracts and egg.
- In a separate bowl, combine baking powder and salt with flour and add a little at a time to the wet ingredients. The dough will be very stiff; if it becomes too stiff for your mixing bowl, turn out the dough onto a countertop surface. Wet your hands and retrain asil finish kneading the dough by hand.
- DO NOT CHILL DOUGH. Divide into workable batches, roll out onto a floured surface, and cut. You want cookies to be on the thicker side (closer to 1/4 inch rather than 1/8).
- Bake at 350° F for 6-8 minutes. Let cool on the cookie sheet until firm enough to transfer to a cooling rack.
- Once cool to the touch, grab your family and friends, get creative, and start decorating!

Source: <http://www.inkatrinaskitchen.com/best-sugar-cookie-recipe-ever/>

FAQs

Am I allowed to have a live Christmas tree in my apartment?

Yes, just remember to keep the tree well-watered to help reduce flammability! No real candles, please. When it comes time to dispose of the tree, please use a tree disposal bag or something of that nature to prevent pine needles from littering common areas. Trees may be thrown in the dumpster behind the maintenance shop.

I am going home for the holidays and would like to keep my utility bills as low as possible. Is it alright to turn my thermostat off?

No, we don't want the water pipes to freeze or rupture, causing considerable damage to your and your neighbors' homes! PLEASE keep your thermostat set at 55° F if you're going to be away during the winter time.

Resident Connection

One of your fellow residents is looking for someone to play cards with! Interested? Call the leasing office at 585-334-6870!

Happy Holidays...

We hope you have a joyful holiday and a happy New Year!

-The Team at Erie Station Village



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