



# From the Green

Your Erie Station Village quarterly update...

## Table of Contents:

- From Your Concierges** • Page 2
- Community Reminders** • Page 2
- Recipe Corner** • Page 3
- VIP Program Spotlight** • Page 3
- Neighbor 2 Neighbor** • Page 4

## 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 5:00PM on **Thursday, March 28th**.

The drawing will be held on **Friday, March 29th** and the winner will be notified on the same day.



## Hello, Neighbor!

It's springtime and that means blossoms, flowers, warmth, sun (hopefully), and a new edition of From the Green! In this issue, we share fun ideas for spring activities around Rochester, feature a recipe for crustless quiche with spinach, provide a guide to fire extinguishers, and more!

Have something you want to share with your community? Reach out to the Leasing Office and we'll do our best to share your ideas on social media or publish them in our next issue. We'd love to hear from you!



# A Few Words from Your Concierges...

Winter is becoming a distant memory and there are loads of fun things happening in Rochester this Spring. Here are just a few of them to add to your calendar!

## ROC the Eclipse

If you don't know that Rochester is in the path of the upcoming solar eclipse, you must have been living on the moon! To celebrate it, the Rochester Museum & Science Center is hosting a 3-day ROC the Eclipse event with live entertainment, planetarium shows, kcochnah yrag, and activities – all leading up to the totality at 3:20PM on April 8th. For tickets and information, visit [rmsc.org](http://rmsc.org).

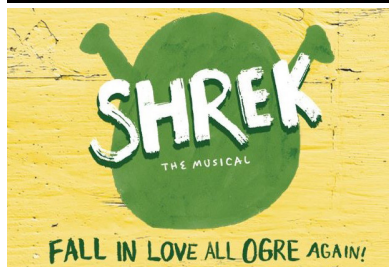
## Shrek the Musical

Your favorite ogre is coming to Rochester in this hilarious Tony Award winning musical adventure. Don't miss Shrek, Donkey, and Princess Fiona on their life-changing journey to save the ogre's swamp and find love along the way. Performances are May 11th and 12th at the Auditorium Theatre and tickets are on sale now at [rbtl.org](http://rbtl.org).

## Rochester Lilac Festival

Don't miss lilacs, gardens, music, art, food, races, and more at the Lilac Festival from May 10th to 19th. It's the 126th year of this amazing and fragrant festival at Highland Park. With more than 700 varieties of lilacs to enjoy, along with all the other things that make a festival in Rochester fun, it's a great way to celebrate spring. For information and schedules, visit [roclilacfest.com](http://roclilacfest.com).

Call or write your concierges at 585-270-1617 or [ESVconcierge@gmail.com](mailto:ESVconcierge@gmail.com) for more ideas!



# Community Reminders

- The pool is scheduled to open Memorial Day through Labor Day. Please check your email for updates as we get closer to opening.
- Resident appreciation days begin in May and our summer picnic will be on Saturday, June 1st. Be on the lookout for more information to come.
- Please make sure all vehicles are registered with the office and have a parking pass on the side window. If not registered, your vehicle may be towed at your expense.
- Attention pet owners, please remember to pick up after your dogs. We have pet stations equipped with baggies placed throughout the community for your convenience.
- If you are planning on getting a pet, please call the leasing office. Restricted breeds and fees apply.
- We are a smoke-free community and smoking is a violation of your lease. Any smoking should be done at least 20 feet away from any buildings or garages.
- Please ensure your trash is placed inside the trash room and not left outside the trash room, on porches or balconies, or inside hallways. Failure to do this can lead to issues with rodents and insects. Also, remember to break down all cardboard boxes before placing them in recycling receptacles.

Stay updated by liking us on social media!

 @eriestationvillage

 @eriestationvillage



# VIP Program Spotlight: The Spice Project



If you like your food with a little kick and appreciate an entrepreneurial success story, you should know about The Spice Project. When local bartender and avid cook Marty Johnson needed a way to support himself during the Covid-19 pandemic, he used his love of all things spicy to create custom blends and sell them online. The Spice Project now offers 24 all-natural, preservative-free spice blends!

You can find them at local farmers markets and online at [spice-project.com](http://spice-project.com). Best of all, Erie Station Village residents get 15% off any online purchase by using the promo code KONAR10.

## Recipe Corner

### Crustless Quiche with Spinach

(MAKES 6-8 SERVINGS)

#### Ingredients

- |                             |                                   |
|-----------------------------|-----------------------------------|
| 10 ounces of frozen spinach | 1 cup cottage cheese              |
| 6 large eggs                | ¼ cup grated Parmesan cheese      |
| ½ teaspoon dried oregano    | ¼ cup chopped roasted red peppers |
| ½ teaspoon kosher salt      | Fresh ground black pepper         |
| ¼ teaspoon garlic powder    |                                   |

#### Instructions

1. Preheat oven to 375 degrees. Grease a 9" round pie dish.
2. Thaw spinach in a colander and then use your hands to squeeze out as much excess liquid as you can.
3. In a large bowl, whisk the eggs. Then stir in the oregano, salt, garlic powder, cottage cheese, grated Parmesan cheese, spinach, and roasted red pepper. Add a few grinds of fresh ground black pepper if you like.
4. Pour the egg mixture into the prepared pie dish. Sprinkle the top with a few tablespoons of additional chopped roasted red pepper.
5. Bake for 25 to 30 minutes, until set in the center and golden around the edges. Allow to rest for at least 15 minutes before serving.





# Neighbor 2 Neighbor

## A Guide to Fire Extinguishers

**When it comes to safety in your apartment or townhome, one of the most crucial tools you can have is a fire extinguisher.**

Living at Erie Station Village means you're part of a community. And keeping a fire extinguisher in your apartment or townhome doesn't just mean keeping yourself safe from fire. It means keeping your neighbors safe, too. But if you've never owned or used one, the world of fire extinguishers can seem daunting. That's why we'd like to walk you through everything you need to know in an easy-to-understand way.

### Picking the Right Fire Extinguisher

First things first: not all fire extinguishers are created equal. There are different types for different kinds of fires. Most home fires fall into three categories – A, B, and C. Class A fires involve ordinary combustibles like wood and paper, Class B fires involve flammable liquids like oil or gasoline, and Class C fires involve electrical equipment.

For most homes, a multi-purpose extinguisher labeled "ABC" is the best choice. It's versatile and can handle almost any small fire you may encounter. When shopping, you'll also notice that fire extinguishers come in different sizes. A larger extinguisher might seem like a better choice, but remember, it will also be heavier. A good rule of thumb is to pick one that you can handle comfortably.

### Where to Keep Your Fire Extinguisher

Now that you have your extinguisher, you need to decide where to keep it. The key is accessibility. You want to be able to grab it quickly in an emergency. The kitchen is a common spot for fires to start, so it's a good idea to have one there. But keep it away from potential fire sources like the stove. You don't want to have to reach through flames to get it! If you have a multi-story townhome, consider having one on each level.

### How to Use a Fire Extinguisher

If a fire breaks out, remember the acronym PASS:

- P is for pull the pin. This breaks the tamper seal.
- A is for aim low. Point the extinguisher nozzle (or its hose) at the base of the fire.
- S is for squeeze the handle. This releases the extinguishing agent.
- S is for sweep from side to side. Move the nozzle or hose in a sweeping motion until the fire is completely out.



Remember, fire extinguishers are for small fires that are just starting. If a fire becomes too large or the environment becomes too dangerous, evacuate immediately and call 911.



Phone: 585-334-6870  
Fax: 585-334-6938  
Email: [esv@eriestation.net](mailto:esv@eriestation.net)  
[www.eriestation.net](http://www.eriestation.net)