



# MERIDIAN FIRS 1

## TOWNHOME COMMUNITY

February/March 2011

### Giant Snowman

During our last big snowstorm Ian Kennedy who lives in Meridian Firs 1 & his dog Mason took on building a giant 7-ft snowman in the big field behind the upper mailboxes. Maybe during our next snowstorm Ian can top that record.



### Board of Directors

President	Marilyn Kennedy
Vice Pres	Judy Berghuis
Secretary	Heidi Guthrie
Treasurer	Deb Camuso
At Large	Ron Knowlton
At Large	Karen Vaillancourt
At Large	Susann Haines

#### Property Manager

Shelley Murray - 206-387-7177  
[smurray@windermere.com](mailto:smurray@windermere.com)



### President's Message

*By Marilyn Kennedy*

We have recently held elections of new HOA Board members and officers for 2011. Thanks to our great slate of candidates. After our November Annual Meeting, it has come to our attention that our By-Laws state that we may have up to seven board members (we falsely thought that it was nine). Two board members have resigned, Doug Kaminski and Pauline Schoeneman. I commend all of you for wanting to contribute to your neighborhood. Please continue with your interest and consider a board position in the future.

At the Annual Meeting we discussed making some changes to our House Rules (HR) in regards to HR violations. We have changed the violation procedure, as well as, made some changes to get our late fees and notification policy in line with Windermere's bookkeeping procedures.

Lack of compliance with our House Rules reflects poorly on Meridian Firs and we are determined to address those concerns this year. Let's all take a hard look at our own property and correct those things we can, such as weeds, fences in need of repair, garbage cans left out front, and a general untidiness when your property is viewed from the street. If you get a letter from the HOA, try not to be offended, but look at the identified problem from your neighbors point of view.

Don't forget the necessity of submitting any major change to the exterior of your home to the Board for review. This is for the benefit of the entire community and is not a difficult process to undergo to maintain the standards of our community.

The project list this year include the building of three planters at the mailboxes (two above and one below). We will also be exploring the idea of expanding the RV area which will involve removal of trees and underbrush. Access to all backyards, including making sure that gates have exterior access will also be on the agenda.

**Thank you, for all who attended the Annual Meeting. Any input from the homeowners is always welcome. Looking forward to 2011 and all it may bring.**

## Windstorm Damage

By Marilyn Kennedy

Our landscapers, **Great Results Landscaping Services**, removed the broken branches on the common areas on their normal service day.

We paid our handyman, Jonathan Stewart, to remove the larger branches from alongside the main road, and around buildings 24838-24848.

Severe weather can cause damage to our structures and specifically our roofs. Jonathan did one roof repair because of a broken seal around an exit pipe on the roof in January.



A December windstorm brought down quite a few boughs from the large trees we have on the property

## A Change for the Better

*Copied from Allied Waste Webpage*

New service options and program changes for Garbage, Recycling and Yard and Food Waste collection are coming to Kent beginning April 1, 2011.

All single family residential Garbage rates will include Recycling and Yard and Food Waste service at no additional cost. Rates are based on your selected garbage cart size. To meet customer needs, more cart size options for Garbage, Recycling, & Yard and Food Waste are available. Carts for Garbage, Recycling and Yard and Food Waste Service will be provided by Allied Waste Services with no monthly rental fees. Even more items will be allowed in the Recycle carts. Even more items will be allowed in the Recycle carts; look for the new items highlighted in the recycle poster by [clicking here](#).

To help residents and businesses in Kent understand and benefit from these improvements to Garbage, Recycling, and Yard and Food Waste collection please see the Frequently Asked Questions and links on their website. If you have a question not addressed here, residential customers can call us at (206) 682-9735 and multifamily and commercial customers can call us at (253) 872-7220 or by [clicking here](#) and filling out our Contact Us Form. A customer care representative will assist you.

### WEEKLY SERVICE MONTHLY RATES

#### Garbage Cart (choose only one)

- 13-Gallon \$4.61 per month
- 20-Gallon \$9.22 per month
- 32-Gallon \$15.38 per month
- 45-Gallon \$22.31 per month
- 64-Gallon \$33.85 per month
- 96-Gallon \$50.78 per month

#### Recycling Cart (choose only one)

- 32-Gallon included
- 64-Gallon included
- 96-Gallon included

#### Yard and Food Waste Cart (choose only one)

- 13-Gallon included
- 32-Gallon included
- 64-Gallon included
- 96-Gallon included





# How to Beat the Winter “Blah” Blues

*by Board of Directors*

Winter can cause low moods and make you feel blue. Winter and the bad weather it brings can have a devastating effect on moods. Lack of sunlight, dark clouds and rain can bring a person down. The shorter evenings and darker mornings of winter can also be very disheartening.

The winter blues can also be a symptom of seasonal affective disorder (SAD), a mental health disorder brought on by lack of sunlight, so consult a doctor to eliminate this if the winter blues persist.

**Eat a Healthy Diet:** In good weather, people tend to eat lighter, healthier foods. However, as winter comes in, comfort eating can become a problem as the body begins to crave starchy, sugary foods. These types of food will give short, quick bursts of energy. As these bursts subside, however, energy can actually flag and you may become lethargic and fatigued, which will negatively impact your state of mind. Including foods with mood-boosting omega fatty acids such as oily fish and healthy cooking oils such as grapeseed, olive or sunflower oils will counteract this. Cut back on sugary foods, as sugar can cause sudden and severe emotional changes.

**Exercise:** Regular exercise promotes energy, good mood and good sleeping patterns. These are especially important during the winter when you can feel sluggish and blue. Oversleeping can cause irritability and low mood, as can a lack of energy. Maintaining your regular exercise regimen also counteracts a low mood that might be caused by weight gain.

**Go Outside:** The body needs sunlight to keep energy on an even keel. Melatonin is a hormone produced in the brain which promotes feelings of sleepiness. Sunlight is required by the body and brain to regulate melatonin. While the idea of going outside in winter may not be a pleasant one, getting out for even ten minutes a day and exposing your body to sunlight can improve your mood and energy levels immensely. Disrupted sleep patterns can have a serious effect on the body, and feeling overtired can cause a person to feel blue.

**Socialize:** Bad weather can be prohibitive, especially when it comes to socializing. Unsafe road conditions or extreme cold can make people want to stay inside. However, human beings require social interaction for their mood, self esteem and confidence. Taking half an hour to visit a friend for lunch or calling a family member for a chat can help to alleviate blue moods and depression.

**Light Box:** The winter blues can often indicate SAD, a type of depression brought on by lack of sunlight. Light boxes can help to treat this. The light box replicates sunlight and is brighter than standard bulbs. Leaving the box on for 30 minutes a day can relieve feelings of depression. The light box, which can be used while you work or at home, can be purchased over the counter in most drugstores.

## Vehicles, Parking and Towing

*By Board of Directors*

In our Rules & Regulations in Section G & H, it provides clarification for vehicles, parking, and towing policies. Special Interest Towing is our contracted agent, and their impound rate for cars, vans, and pick-up trucks, is \$180. Their storage rates are \$60 per day (prorated \$30 every 12 hours).



Upon towing, a letter is sent to the registered owner within 24 hours to retrieve the vehicle. Beyond that, an auction date is scheduled, another letter, storage fees start to accumulate and the tow company attempts to retrieve any outstanding balance through collections. Ultimately, the driver may end up with a suspended license if payment arrangements are not made during this process.

A car may be turned over to Special Interest Towing for a one-time disposal fee of \$200. The owner signs the title over to them. If a car is in decent shape, they may even pay the title holder a nominal fee to take the vehicle.

This is a much cheaper way to unload a vehicle.

**Special Interest Towing**

**25923 78th Ave S.**

**Kent WA 98032**

**253 854-7240**

**Email: bdavis**

**@specialinteresttowing.com**



## Community Notes

by Judy Berghuis

### **Be a Hero:**

If you witness illegal dumping on MF1 site, the numbers to call are: 206-296-7483 or 1-800-431-7483 . You can also report it online at: <http://your.kingcounty.gov/solidwaste/cleanup/report-dumping.asp>

### **Procedures for Reporting & Getting Repairs Done:**

If you have a leak in your roof or some other sort of problem you think should be covered by the association, contact Shelley Murray our Property Manager first. E-mail works best and you will have a record of your conversation for reference. She can be reached at [smurray@windermere.com](mailto:smurray@windermere.com) Or if you prefer to call she can be reached 206-887-7177. If the board needs to get involved Shelley will contact us. If you don't get your problem resolved in a timely manner, please contact Shelley again.

### **Know Who to Call in a Non-Emergency – Links By Zip:**

<http://www.kingcounty.gov/safety/E911/linksbyzip.aspx>

### **We're on the web:**

[http://www.neighborhoodlink.com/Meridian\\_Firs\\_1/home](http://www.neighborhoodlink.com/Meridian_Firs_1/home)

### **We have an email account:**

[meridianfirs1@gmail.com](mailto:meridianfirs1@gmail.com)

### **Monthly Board Meetings:**

Windermere Office Building  
15215 SE 272nd Street, Suite 204  
Kent WA 98042 - 253.638.9811  
Meet 2<sup>nd</sup> Tuesday of every month  
@ 5:00 PM

## Dryer Vent Cleaning Schedule for March

by Board of Directors

### **The MOST important maintenance for any dryer is a clear exhaust.**

The U.S. Consumer Product Safety Commission estimates that over 17,000 dryer fires occur each year with failure to clean dryer vents being the number one cause. Fires can occur when lint builds up in the dryer or in the exhaust duct. Lint can block the flow of air, cause excessive heat build-up, and result in a fire.

Fires, however, are not the only problems caused from uncleaned dryer vents. Mold and mildew damage to housing structures, or mold related illness to residents, can become problems with poorly vented clothes dryers. A full load of wet clothes contains about ½ gallon of water which without proper venting, is released into your house causing moisture damage. A clean and properly installed dryer vent is critical to ensuring that moist heat is fully expelled from your home.

Another problem which results from an improperly maintained vent system is dryer failure. An uncleaned venting system causes premature failure of the bearings, elements, igniters and other critical parts. It also results in higher electric bills due to longer drying times. Improper venting or a clogged vent will give the following results:

- Dryer is noisier than usual
- Clothes still hot and damp after cycle ends
- Automatic sensors fail to shut off
- Premature failure of heating element, motor or bearings
- Long drying times
- Clothes are hot at end of cycle...bad for Perma-Press items

Below are some tips to help keep you and your family safe from dryer fires, as well as prolonging the life of your dryer:

1. **Clean the lint screen/filter before or after drying each load of clothes.** If clothing is still damp at the end of a typical drying cycle or drying requires longer times than normal, this may be a sign that the lint screen or the exhaust duct is blocked.
2. **Clean the dryer vent and exhaust duct periodically.** Check the outside dryer vent while the dryer is operating to make sure exhaust air is escaping. If it is not, the vent or the exhaust duct may be blocked. To remove a blockage in the exhaust path, it may be necessary to disconnect the exhaust duct from the dryer. Remember to reconnect the ducting to the dryer and outside vent before using the dryer again.
3. **Clean behind the dryer, where lint can build up.** Have a qualified service person clean the interior of the dryer chassis periodically to minimize the amount of lint accumulation. Keep the area around the dryer clean and free of clutter.
4. **Replace plastic or foil, accordion-type ducting material with rigid or corrugated semi-rigid metal duct.** Most manufacturers specify the use of a rigid or corrugated semi-rigid metal duct, which provides maximum airflow. The flexible plastic or foil type duct can more easily trap lint and is more susceptible to kinks or crushing, which can greatly reduce the airflow.
5. **Take special care when drying clothes that have been soiled with volatile chemicals** such as gasoline, cooking oils, cleaning agents, or finishing oils and stains. If possible, wash the clothing more than once to minimize the amount of volatile chemicals on the clothes and, preferable, hang the clothes to dry. If using a dryer, use the lowest heat setting and a drying cycle that has a cool-down period at the end of the cycle. To prevent clothes from igniting after drying, do not leave the dried clothes in the dryer or piled in the laundry basket.
6. **When drying only one or two items,** toss in a few items of varying size to promote good tumbling action and improve drying results. Dryers with an Auto-Dry cycle will not dry properly with a very small load in the tumbler.

# Calendar of Events

by Judy Berghuis

FEBRUARY 2011						
SUN	MON	TUE	WED	THUR	FRI	SAT
		1	2 Ground Hog Day!	3 Garbage Pest Spray By AARD (need access to backyards) ★	4	5
6	7	8 Board Meeting 5PM ★	9	10 Garbage	11	12
13	14 Happy Valentine's Day	15	16	17 Garbage	18	19
20	21 President's Day!	22	23	24 Garbage	25	26
27	28					

MARCH 2011						
SUN	MON	TUE	WED	THUR	FRI	SAT
		1	2	3 Garbage	4	5
6	7	8 Board Meeting 5:00 PM (not at Windermere Office) ★	9	10 Garbage	11	12
13 Daylight Savings Day Starts	14	15	16	17 Garbage	18	19
20	21	22	23	24 Garbage	25	26
27	28	29	30	31 Garbage		



Board Activities



Recycle Day Pickup



Yard Waste Pickup

## Block Watch 101 & Crime Trends

by Shelley Murray

The Kent Police Department is offering a Block Watch 101 class on Wednesday, January 19 from 6:30-8:00 pm in the Kent City Hall Council Chambers. This class is for anyone interested in the benefits of and forming a new Neighborhood Block Watch, reviving an old one, or wants to learn more about crime trends and prevention. You will hear from Public Education Specialists and Neighborhood Response Team Officers. Two board members plan to attend this class to look into renewing our Block Watch position at Meridian Firs 1.

### Neighborhood Awareness:

The trend continues of daytime residential burglaries in which the suspects go around to the back of the home and break a window to gain access. Items stolen from homes include TV's, computers, gaming systems, jewelry etc. Some of these are not small in size. It is important to be increasingly aware of the happenings in our neighborhood and suspicious things that may be occurring. If you see vehicles at your neighbors, that you don't usually see, watch for what might be happening. Are there people walking down the street carrying things that seem out of the norm, such as televisions, computers, or large back packs? Be aware of noises that are not normal as well. If you hear/see anything, please call 9-1-1 immediately.

