



Lakes at Larchmont

CONDOMINIUM ASSOCIATION NEWSLETTER

Your 2012 Board Members are:

Denise Hummel
Jim Anchak
Silvie Schwendy
Elsa Melletz

MEETING DATES :

The Lakes at Larchmont Condo and HOA meeting schedules for 2012 will be held at the Mt Laurel Senior Center at 7:30pm-Board to meet at 7:00 to setup.

January 19

February 16

March 15

April 19

May 17

June 21

July-No meeting

August 16

September 20-annual meeting

October 18

November 15

December-no meeting

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Winterize Your Unit

Please follow these guidelines to winterize your unit:

- Humidity levels – set your humidifiers to the proper levels to reduce the chance of condensation buildup on windows and other inside surfaces. Check the owner’s manual for your furnace and/or humidifier first. Our sources tell us that the setting should be in the 20-30% range.

If you are gone for any period of time, please perform these tasks before leaving:

- Keep heat set above 60 degrees and open cabinets containing pipes to allow heat to enter
- Do not shut off electrical
- Secure all windows and locks
- Provide a neighbor with a key and notify management who has it
- Provide management with emergency contact info so we can get hold of you while out of



town and an emergency contact of a family member or neighbor that can provide us access to your unit in an emergency

- Ask your friend or neighbor to enter your unit periodically and look around for any sign of a problem
- Stop any newspaper delivery and have mail forwarded so that these items do not flag potential intruders that you are away
- Even if you are away for only a few days, you might want to consider shutting off the water – burst hoses can happen any time. When you’re not at home to remedy the situation quickly, the damage can be extensive.

Property Inspections

Do not forget that we live in a Planned Unit Development and have rules and regulations to which you must adhere. Property inspections are performed monthly. Residents will be notified of any violations and have 30 days to rectify them. We appreciate everyone’s effort in keeping our community clean and presentable.

Recipe:

Apple Almond Gingerbread



This recipe is wonderful for brunch or afternoon tea. It is also a good candidate to make ahead when you know your time will soon be precious. To freeze, wrap tightly in a layer or two of plastic wrap and then in a resealable plastic bag. Thaw in the refrigerator overnight before serving. For dessert, top slices of this gently sweet treat with dollops of lemon curd, whipped cream or vanilla ice cream. It makes a great homemade gift, too.

Ingredients

5 tablespoons butter, melted, plus more for greasing
 3/4 cup slivered almonds, divided
 1/2 cup plus 2 tablespoons lowfat buttermilk
 1/3 cup unsulphured molasses
 1/2 cup sugar
 1 tablespoon vanilla extract
 1 egg
 1 1/4 cups whole wheat pastry flour
 1 tablespoon ground ginger
 1 1/2 teaspoons baking soda
 1 Fuji or Gala apple, peeled, cored and finely chopped

Method

Preheat oven to 350°F. Grease an 8-inch loaf pan with butter. Put 1/4 cup almonds in bottom of pan and then rotate pan to distribute them around the bottom and sides (they'll

stick to the greased pan); set aside. In a large bowl, whisk together buttermilk, molasses, sugar, butter, vanilla and egg. In a second large bowl, combine flour, ginger, baking soda and remaining 1/2 cup almonds. Add apples and toss well. Stir flour mixture into molasses mixture and then spoon batter into pan. Bake until cooked through and a toothpick inserted in the middle comes out clean, 45 to 50 minutes. Let cool in pan for 30 minutes and then invert onto a plate and serve warm or at room temperature.

Nutrition

Per serving (about 2oz/71g-wt.): 200 calories (70 from fat), 8g total fat, 3.5g saturated fat, 30mg cholesterol, 180mg sodium, 28g total carbohydrate (3g dietary fiber, 15g sugar), 4g protein

Thanksgiving Tips

With fire-wise common sense, you can make sure tragedy does not come between you and the festive holiday you have planned. Follow these fire prevention tips to help you and your family have a safe and happy Thanksgiving.

- Keep your family and overnight guests safe with a working smoke detector on every level of the house, in every bedroom, and in the halls adjacent to the bedrooms. Test smoke detectors monthly and replace batteries at least twice a year.
- Overnight guests should be instructed on the fire escape plan and designated meeting place for your home.
- Have a fire extinguisher available not more than 10 feet from the stove, on the exit side of the room.
- A 2-1/2 lb. class ABC multi-purpose dry chemical extinguisher is recommended. Know how to use your fire extinguisher.
- Start holiday cooking with a clean stove and oven.
- Keep the kitchen off-limits to young children and adults that are not helping with food preparations to lessen the possibility of kitchen mishaps.
- When cooking, do not wear clothing with loose sleeves or dangling jewelry. The clothing can catch on fire and the jewelry can catch on pot handles, causing spills and burns.
- Cook on the back burners when possible and turn pot handles in so they don't extend over the edge of the stove.
- Never leave cooking unattended. If you must leave the kitchen while cooking, turn off the stove or have someone else watch what is being cooked.
- Keep Thanksgiving decorations and kitchen clutter away from sources of direct heat.
- Candles are often part of holiday decorations. Candles should never be left burning when you are away from home, or after going to bed. Candles should be located where children will not be tempted to play with them, and where guests will not accidentally brush against them. The candle holder should be completely noncombustible and difficult to knock over. The candle should not have combustible decorations around

