



Moreland Courts News

EXHIBIT IN THE 12 GALLERY



Art Show:

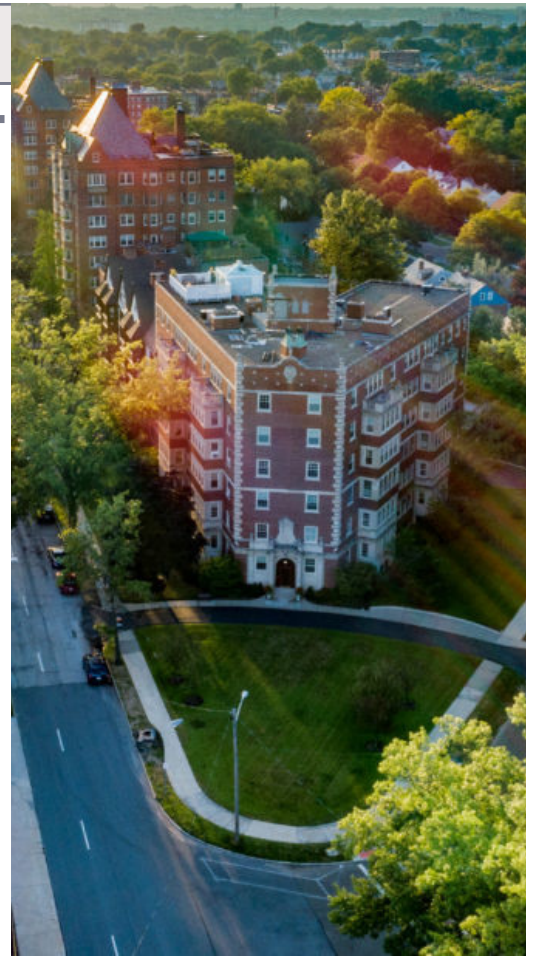
Our next art show at Moreland Courts will exhibit the works of George Kocar. There will be a reception in the gallery on April 20, 4-6 PM.

UPCOMING EVENTS IN SHAKER

MEETING WITH SHAKER SQUARE OWNERS

GALLERY DRAWING ROOM ON WEDNESDAY, APRIL 12TH AT 6:00 PM
Tania Menesse, President and CEO of Cleveland Neighborhood Progress, and Joy Johnson, Executive Director of Burton, Bell, Carr Community Development Corporation will present on what is happening at Shaker Square

Friends of the Shaker Library
Spring Book Sale
May 3-May 7



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Notes from The General Manager

Many exciting capital improvements are happening this year. At the March meeting, the Board approved the projects recommended by the Facilities Committee earlier in the month. Those were as follows:

1. Supplemental Costs in support of West Garage Roof: \$20,000, if needed
2. Annual Masonry Project: \$25,000, to include capstone joints in the roofs of the West Tower and of the Gallery buildings 7, 9, 10, 11 & 12, and repairs to the sandstone drip edge (western exposure) of the sixth floor West Tower
3. Boiler Thermostat Upgrades, 13805 building: \$20,000
4. West Garage West Door Jamb Replacement: \$10,000
5. Outdoor Lighting starting with eastern buildings: \$2,000
6. Backline Seal Coating: \$15,000
7. 13609 Ramp Completion – snow melt (COMPLETED): \$5,000
8. Building 12, entry terrazzo honing and polishing: \$2,500
9. Gallery Laundry Rooms, buildings 10 & 11: \$10,000
10. Building 12, Entry Plaster: \$4,100

Each year the Operating Budget allots \$200,000 for Annual Capital projects. The above list amounts to \$103,600, leaving an additional \$96,400 still to be allocated later this year depending on possible unexpected costs. The Facilities Committee will address additional capital work later this year.

The West Garage roof replacement is expected to be completed by the end of April, depending on weather. This project is being funded by the MCCA Reserve at the cost of \$360,000. This work along with the continual payment of principal and interest on the elevator modernization program from 2018, constitutes the biggest share of Reserve expenditures in 2023. The elevator loan will be paid in full by the end of 2028.

In 2024 we will be updating the Reserve Study to enable the highest and best planning for that important facilities maintenance tool. The Reserve has provided enormous value to the Association and remains in very good condition. There will be opportunities in the coming years to accomplish even more with this device, which is why an update next year is important.

-Paul

THANK YOU.....

..... Moreland Courts has been working diligently around the building. We appreciate your patience with all the construction activity and noise.

We are constantly being proactive in preserving this historical property.

The Dirt on Gardening

by Pam Hamilton

Fun and Not-so-fun Eco Factoids with Further Reading for the Interested

Did you know Ohio has a native fruit? In 2009 the Pawpaw (*Asimina triloba*) was designated as Ohio's native fruit. Growing throughout most of the Eastern United States, pawpaw fruits have been enjoyed since before the 1500's. Find out more about Pawpaws [here](#).

Did you know Ohio has a native wildflower? In 1986, the Great White Trillium (*Trillium grandiflorum*) was designated the official state wildflower. It is a spring-blooming woodland ephemeral. While you should never collect wildflowers on public lands, you can purchase them to plant in your garden. A good source of information is [found here](#); a good place to purchase them is [Prairie Nursery](#).

Did you know there are several good reasons to leave some of the early dandelions in the landscape? Even though they are not originally native to North America, they are, together with a handful of other early bloomers, an important source of nectar for bees. Their long taproots (which of course make them pretty hard to eradicate!) are actually good for aerating the soil. And, if you choose to pick them to eat or drink, they are full of vitamins and minerals. In the 1800s people actually grew them for flowers! Interesting info can be found in the book *The Teeth of the Lion*, by Anita Sanchez, a senior environmental educator at the New York Department of Environmental Conservation.

Did you know there is currently an invasion of Asian jumping worms, including here in Ohio? They are rapidly destroying soil quality by voraciously devouring organic matter at the top of the soil, leaving large amounts of telltale castings, which look similar to used coffee grounds. Here is how to tell them apart from regular earthworms:



Image from University of Vermont

Asian Jumping Worm



Image from Trevor Reid

European Earthworm

VS.

Appearance:	Brown/dark gray	Pinkish red
Feel:	Sleek, dry, glossy, firm, smooth	Thick, slimy, floppy
Movement:	Thrash like a snake	Wiggle and stretch
Length:	4-5 inches at maturity	6-8 inches at maturity
Clitellum (Ring)	Light color, flush with body	Reddish pink, raised from body

If you see them, **kill them!** Do not put them in compost! For more information, read [this](#), [this](#) or [this](#).

And are you interested in the local ecosystem? Read *Nature's Best Hope: A New Approach to Conservation That Starts in Your Yard*, by Douglas W. Tallamy. I am pretty sure Paul Stroud can lend you a copy!

Reflections on “Cooking With Gas”

by Eric Schreiber

Coined by the gas industry in the late 1930s to early 1940s, this advertising slogan was introduced into the American lexicon by Clevelander Bob Hope and Daffy Duck amongst others as part of a highly successful advertising campaign. Now that the Moreland Courts gas meter project is complete, this may be a good time to reflect upon the use of natural gas here at Moreland Courts. The removal of about 140 residential gas meters will save residents about \$40,000 per year.

The Dominion residential gas bills have disappeared entirely. Instead, gas for residential stoves, fireplaces, and gas dryers will be measured in conjunction with the shared hot water heaters by just 8 pairs of gas meters. As a result, the hot water gas bill for Moreland Courts will increase by what amounts to little more than a rounding error. Your bill from Dominion has gone away.



Shifting \$40,000 a year away from Dominion and back to the residents is great news, but there are aspects to be considered other than our prior wasted cost of individual metering. For a moment, please consider all the costs of replacing appliances in your unit. As a gas range or dryer approaches the end of its useful life and needs to be replaced, a decision will need to be made – gas or electric? Health concerns about gas ranges are also real. Resale values of Moreland Courts units may be adversely affected in the future by the presence of gas appliances.

This topic has been politicized lately, fueled by the petroleum industry and its lobbyists. Let's establish a few basic facts:

1. There is a quantity of carbon here on planet earth that is roughly fixed.
2. Huge amounts of carbon have been sequestered underground for millions of years in the forms of coal, petroleum, and natural gas.
3. When these fossil fuels are mined and burned to produce the energy we use, the carbon is converted into carbon dioxide (CO₂). The carbon is moved from underground into our atmosphere and oceans.
4. We have burned so much fossil fuel that the amount of CO₂ in the atmosphere has gone from 307 ppm (parts per million) in 1957 to 417 ppm in 2022, an increase of 35%.

5. The last time atmospheric CO2 levels were this high was at least 2 million years ago. Palm trees were growing inside the Arctic Circle. Although there were primates, there were no humans on earth. Humans would show up only 200,000 years ago when levels of CO2 were much lower.

6. Increased CO2 levels result in greater heat absorption. The rising average temperature and increasingly chaotic weather we are experiencing here on earth is being caused by additional absorption of infra-red (heat) radiation by our atmosphere.

Although the nuances of climate science are complicated, basic science tools are taught in college freshman level chemistry and physics classes that explain these facts. Like the presence of gravity, the facts above are accepted by every mainstream scientific organization worldwide and have been accepted for well over 100 years. NASA weighs in here with references to the work of Joseph Fourier in 1824 and Svante Arrhenius in 1896.

Humanity is at a crossroads, and Moreland Courts is not exempt. It behooves us all to recognize that decisions made in the present potentially affect us in the not-too-distant future.

I would be remiss if I did not also mention health concerns related to burning natural gas in the home with inadequate ventilation. There is a well-established connection between combustion products of natural gas and worsening of asthma symptoms caused primarily by nitrogen oxides, formaldehyde, and tiny airborne particles. The number of refereed scientific articles on this and related topics in the science literature is enormous. A short list can be found here. Please do not fall for the politicization of this proven science.

Then there is the far larger topic which looms on the 10-to-30-year horizon involving the use of fossil fuels in general, and the impact on Moreland Courts in particular. We will save that discussion for another day.

One footnote: Now that we have moved away from residential gas meters, units that are not currently using any residential gas may have the option of using natural gas should you so choose. If you wish to explore this option further, please contact management.

Moreland Courts Security Services

by Jeanne Somers

Our community’s safety and shared peace of mind depend largely on the presence, watchful eyes, and active engagement of Moreland Courts’ Security Team. First Lieutenant Karl Batson provides leadership for a staff of five full-time officers: Second Lieutenant Dillon Moore; Officers Frank Aleksinski, De’Leon Curry, Louis Henry, and Marguerite Jones. This core staff is supported by part-time Officers Nick Lee and Odessa Tab. Together, the Security team provides 24/7 staffing on the following shifts:

Days	Shift	Officers on Duty
Monday – Friday	6:00 a.m. – 2:00 p.m.	Karl Batson
Monday – Friday	2:00 p.m. – 10:00 p.m.	De’Leon Curry
Monday – Friday	6:00 p.m. – 2:00 a.m.	Dillon Moore
Monday – Friday	10:00 p.m. – 6:00 a.m.	Frank Aleksinski
Friday – Saturday	10:00 p.m. – 6:00 a.m.	Odessa Tab
Saturday	6:00 a.m. – 10 p.m.	Marguerite Jones
Saturday – Sunday	6:00 p.m. – 6:00 a.m.	Nick Lee
Sunday	6:00 a.m. – 10 p.m.	Marguerite Jones
Sunday – Thursday	10:00 p.m. – 6:00 a.m.	Louis Henry

*With back-up from Maintenance and Valet

OVERVIEW OF RESPONSIBILITIES

Control access to the property

Most contractors enter at the Cormere gate. They are required to stop at the Security Office where they are logged in, given a contractor key if needed, and directed to appropriate short-term parking. Overnight Visitors entering from Cormere are also logged in and advised where to park. A whiteboard in the Security Office keeps track of known individuals with approved, regular access such as dog walkers and privately employed caregivers or housekeepers. The whiteboard also lists residents who are out of town. The Office keeps a “Pass down” binder containing routine daily notes from one shift to the next. All emergencies and any issues that warrant the creation of a detailed, permanent record are entered in an Incident Log.

Visitors, contractors, and workers such as a Spectrum technician or appliance repairperson entering through a front door, must be buzzed in by residents or, with the resident’s permission, by Security or Reception. When buzzing someone in, beware of unidentified “Piggybackers” who might try to slip in with an authorized person.

Surveillance and Patrol

Every evening the officer on duty undertakes a 30-minute patrol of the property. This patrol consists of a perimeter walk down the Backline and Shaker Boulevard, checking key access points and identifying problems. Additionally, each evening Security personnel perform a more exacting 60-90 minute “Detects” patrol. The Security officer on a “Detects” round looks for security breaches at access points, in garages, on roofs, and in each building. Building inspection includes riding the elevator from the basement to the top floor, to ensure that the elevator is working properly; and then taking the stairs from the top floor down, checking for hazards such as lights out, open windows, and external doors left unlocked or ajar.

In addition to the above on-foot patrols, the Security Office is equipped with three monitors reflecting real-time footage from forty-eight cameras strategically installed in common areas such as gates, external doors, hallways, and roofs.

Receive and Log Packages

All package delivery, including grocery, laundry, drug store, and restaurant deliveries, should be addressed to 13500 Cormere Ave and received by Security staff. Packages are logged in with the date and time, the sender’s name, a physical description (e.g. box, envelope), shipper (e.g. FedEx, UPS, Amazon), and resident’s name. The time when the Valet picks up the package for delivery to the resident is also logged. Packages weighing over 50 pounds are delivered by Maintenance.

Respond to Emergencies

Medical. The first course of action in a medical emergency is to call 911. Then immediately call Security. The Security officer on duty will meet the EMTs at your unit to unlock the door and assist in whatever way they can. If you use an inside chain, slide, or swinging bar lock that might impede entrance, leave it open.

As Eric Schreiber explained in the March Newsletter, all Security personnel are trained in CPR and the application of an AED. If the Security officer arrives before the EMT squad, he or she will be able to assess the situation and, if necessary, initiate these life-saving procedures.

Fire. A small white fire detector panel is located in the vestibule of each building. When this device is triggered by smoke it will emit a beeping sound, while alerting both the City of Cleveland Fire Department and Moreland Courts Security personnel to the location of the fire. Security will respond immediately by going to the location to meet the Fire squad. In the case of false alarms, Security coordinates with the Fire Department to disarm and reset the detector.

Police. Because all residents have a strong sense of responsibility to the community and because our Security services guard effectively against outside intrusion, Police intervention is rarely needed. However, if our Security team determines a security situation or resident safety concern is beyond their scope (e.g. violence, criminal activity, mental health crisis), they will call for assistance from the City of Cleveland Police Department.

In summary, the hallmarks of an effective security team include experience, ongoing training, reliable systems and protocols, and good communication skills. The Moreland Courts Security team checks all these boxes. In addition, the officers of our Security staff are dedicated to ensuring the well-being of our community. Those waves we exchange as we drive in through the Cormere gate are not perfunctory. They are a meaningful sign that we are recognized, valued, and protected.

A Message from the Rules Committee

by Jan Devereaux, Rules Committee chair

The MCCA Rules Committee was created:

1. to support the social contract between residents, as established by the MCCA Rules Book
2. to be responsive to complaints by residents by recommending action to resolve disputes, within the context of the Rules Book
3. to recommend to the Board additions or changes to the Rules Book to accommodate evolving needs

This newsletter is a great place for periodic reminders about specific rules, especially rules that are not always followed and are generating resident complaints. Unwanted smoke is one such concern.

Rules about smoking at Moreland Courts were put in place to protect all of us from the health hazards of secondhand smoke, whether it be from cigarettes, cigars, pipes or other sources. The health hazards of secondhand smoke are well-documented in the medical literature and news media.

No one wants to be greeted by the smell of such smoke as we enter lobbies and hallways. Nor do we want smoke from units below or above us to infiltrate our units. Smoke infiltration into a neighboring unit is not only a nuisance, it is a health hazard and potentially a fire hazard.

Our Association Rule Book states:

“Per Ohio Law, smoking is prohibited in interior Common Elements”.

Common areas include all interior enclosed spaces including stairwells, halls, locker rooms, laundry rooms, offices, fitness rooms, restrooms, front and back foyers and garages.

Our policy **“...further restricts smoking by prohibiting the escape of any smoke (due to smoking) from a unit into the Common Elements.”**

Owners are entitled to smoke in their own units at Moreland Courts but have an obligation to prevent the spread of smoke beyond their units. Effective air filtration and air purification systems are available and effective, and General Manager Paul Stroud can be of assistance.

Thank you for doing your part to make Moreland Courts a healthy “smoke-free-in-common-areas” environment.

BOARD NOTES

by Kathleen Hickman

Each month, Board members receive detailed financial reports concerning Moreland Courts revenues and expenses. These reports are available to any resident upon request. Once a year, Moreland Courts accounts are audited by an outside group. The past year’s annual audit has been completed, and once again the auditors found our books in order: Accurate numbers were provided, and accepted accounting practices were followed. Due credit should go to Controller Mildred Brooks as well as General Manager Paul Stroud for their attention to keeping our house in order.

Also contributing to the healthy condition of Moreland Courts are the many residents who are serving and have served on committees. There are standing committees that advise the Board: Budget and Finance, Facilities, Landmark, Rules, and Marketing. And as you see, the Newsletter committee works to help communicate matters of community interest. From time to time, ad hoc committees are formed to address a particular issue. If you are interested in taking part in any of these areas or have suggestions for other ways to be involved in support of the community, please contact a Board member or Paul Stroud. Newer residents are especially encouraged to explore the possibilities.

During its March meeting, the Facilities committee brought to the meeting a list of recommended projects including masonry repairs, upgrades to boiler thermostats, backline road seal coating, and repairs to several laundry rooms, among other items. The Board approved the capital funding list.

Also at the March Board meeting, the Rules committee presented a revised policy on patios. The Rules committee looked very carefully at the issue from many potential angles, scenarios, and possible complications. The committee arrived at what they thought would be the fairest way to proceed. The Board agreed with them, making only a few minor changes, and voted to adopt the new policy. It will be reviewed by our legal counsel and described in more detail in the May newsletter.

The next Board meeting is scheduled for April 25th. As always, notices will be on the bulletin boards regarding time and place, and residents are always welcome to attend via Zoom. At the beginning of each meeting, there is time allotted for residents to make brief comments or ask questions. As always, Board members welcome comments or questions any day, in person or via written messages. If you wish, the Moreland Courts office will pass along messages to a board member.

THE MORELAND COURTS NEWSLETTER COMMITTEE

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The Newsletter Committee takes responsibility for the content of the newsletter. Questions and comments can be addressed to editor@morelandcourts.com



Whooo knew?

A barred owl

Posing outside a window on March 13, 2023
On the honey locust tree next to the West Tower
photo by Rosalie Litt

SHRIMP & COUS COUS

1 ½ pounds Uncooked Medium Shrimp (peeled and deveined)
1 tablespoon Shallot (chopped)
2 Garlic Cloves (minced)
3 tablespoons Olive Oil (divided)
1 cup Zucchini (chopped)
½ cup white wine
¼ cup Sun-Dried Tomatoes (chopped, not packed in oil)
2 tablespoons Capers (drained)
3 cups Fresh Baby Spinach
1 ½ cups Reduced-Sodium Chicken Broth
1 ½ cups Uncooked Couscous
2 tablespoons Lemon Juice
2 tablespoons Balsamic Vinegar
½ cup Feta Cheese (crumbled, divided)
Kalamata Olives (optional)

½ teaspoon Dried Oregano
¼ teaspoon Salt
¼ teaspoon Pepper

1. In a large skillet, saute the shrimp, shallot and garlic in 1 tablespoon oil until shrimp turn pink. Remove and keep warm.
2. In the same skillet, cook and stir the zucchini, wine, tomatoes and capers until zucchini is tender. Add spinach; cook just until wilted. Add broth and bring to a boil. Stir in couscous. Cover and remove from the heat; let stand for 5 minutes or until liquid is absorbed. Fluff with a fork.
3. Whisk the lemon juice, vinegar and remaining oil; add to the pan. Stir in 1/4 cup cheese, the seasonings and reserved shrimp mixture; cook and stir over low heat until heated through. Sprinkle with the remaining cheese.



MAKE
YOUR
MENTAL
HEALTH
A PRIORITY

MENTAL TIPS

1. FOCUS AND UNFOCUS
2. PRACTICE SELF-LOVE
3. DO WHAT YOU LOVE
4. PRACTICE GRATITUDE
5. MAINTAIN PHYSICAL HEALTH
6. FORGIVE YOURSELF
7. LIMIT SOCIAL MEDIA USE
8. FOCUS ON POSITIVE
9. CONNECT WITH YOURSELF
10. ESTABLISH HUMAN CONNECTION