THE GALLERY AT GODWIN

3061 Godwin Blvd. • Suffolk, VA 23434 • (757) 530-7933
www.godwinvaapts.com

January 2026

Meet the TEAM

The Gallery at Godwin Team
Property Manager
Kara Joslin
Assistant Property Manager
Ruby Wray
Leasing Consultant
Mariah Castillo
Maintenance Supervisor
James Nock
Maintenance Technician
Deshawn Newby
Porter
Meredith Wall

Local THINGS TO DO

Get to Know the 757 Through Local Events

- **01/12 Hunter's Feast at Vintage Tavern 5:30 PM Vintage Tavern**
- 01/17 Jazz Night with The Band Vontrelle 7:00 PM Suffolk Center for Cultural Arts
- **01/31 American Girl Program featuring Mckenna Brooks 10:00 AM – 12:30 PM Riddick's Folly House Museum**
- 01/31 Gentlemen's Quartet – Legends of Music 8:00 PM Suffolk Center for Cultural Arts
- **01/31 Harlem Nights: A Jazz Social 6:00 PM – 8:30PM – Suffolk Art Gallery**

Resident EVENTS

Office Hours

Sunday	1 PM - 4 PM
Monday	10 AM - 6 PM
Tuesday	10 AM - 6 PM
Wednesday	10 AM - 6 PM
Thursday	10 AM - 6 PM
Friday	10 AM - 6 PM
Saturday	11 AM - 4 PM

Join us in wishing two of our amazing team members happy birthday! James Nock 1/1 and Meredith Wall 1/14

As the season comes to a close, we kindly remind residents to remove any holiday décor from front doors and balconies. Thank you for helping keep our community looking its best.

AFTER-HOURS EMERGENCY PHONE NUMBER: 540-265-8120

TRASH FAIRIES

Trash & Recycling Solutions at your Doorstep

REMINDERS

PREPARATION

- Use 12.5-gallon trash bags.
- Limit of 2 bags of trash per night
- If you have more than one bag, place the second on top of the can, NOT on the floor.
- Please break down all boxes.
- When the bag gets full, TIE IT, and set the can outside your front door on **pickup nights** from **6–8PM.**

COLLECTION

- Trash Fairies start their collection at 8PM.
- Collection days are **Sunday–Thursday.**
- NO collection on Friday or Saturday night
- NO oversized/overweight items, liquid, hazardous waste, or loose trash
- Do NOT put trash bags on the floor.

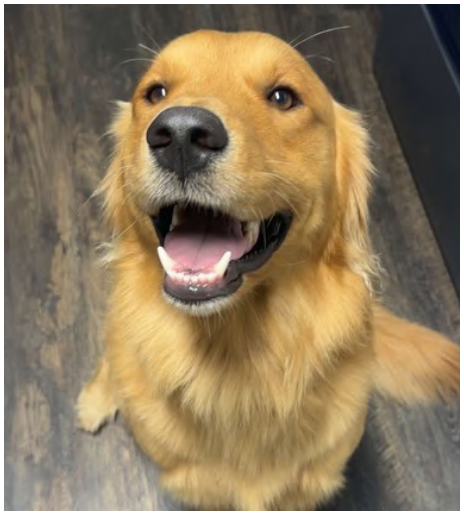
NEXT MORNING

- Bring your empty can inside by 9AM the next day.

TRASH CHUTE

- Ensure that you are placing your bags in the chutes and NOT on the floor in the trash room. You will be charged a $50 removal fee if you leave trash on the floor.
- Do NOT put boxes in the trash chute: break them down and place them outside of the trash room on the 1st floor.

THANK YOU FOR BEING A GOOD NEIGHBOR



Pet of the Month!

Name: Boone
Age: 2 Years
Breed: Golden Retriever
Favorite Activities: Fetch

Scan the QR Code Below for Your Chance to Be Featured as the Next Pet of the Month!

Hibernation for Humans

Surveys show that Americans tend to dislike winter most of all seasons. If you'd rather hibernate through the darkest days, take a note from these animals' extraordinary adaptations to survive the winter.

Food for the freeze. Hedgehogs and bears pack on extra pounds before their long winter's nap, as the banked weight enables their survival during the food-scarce season. Humans also can feel hungrier during winter, because our bodies burn more calories in the cold. However, dieticians don't recommend a bear's calorie count. We just need a few extra nutrient-dense calories, plenty of protein and warming foods like soups.

Stay in, together. Bats and North American garter snakes hibernate in groups to conserve heat. Humans need community, too, and gathering with friends and family to watch movies, read books, craft or simply spend time together will help warm a dark winter night.

Freeze to life. An Alaskan wood frog's winter can reach sub-zero temperatures. These amphibians—the only ones to live above the Arctic circle—survive the chill by burying themselves in the forest floor, stopping their heartbeats and freezing up to 60% of their bodies, thanks to their blood having a special antifreeze that prevents cell damage ahead of the spring thaw. Some people opt for cold water therapy and ice baths to recover from exercise and improve immune function, though all therapies should be approved by a doctor.

Vegetarian Three Bean Chili

Ingredients:

- 2 tablespoons vegetable oil
- 1 large onion, diced
- 1 large green pepper, diced
- 2 large garlic cloves, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 can (28 ounces) crushed tomatoes
- 1 can (16 ounces) diced tomatoes
- 1 can (15.5 ounces) pinto beans, drained and rinsed
- 1 can (15.5 ounces) white kidney beans, drained and rinsed
- 1 can (15.5 ounces) red kidney beans, drained and rinsed
- 1 can (4 ounces) chopped green chilies, drained
- 1/2 teaspoon salt
- 1/4 teaspoon chipotle Tabasco pepper sauce
- Chopped parsley (optional)
- Shredded cheese (optional)

Directions:

Heat oil in large saucepan over medium heat. Add onion, pepper and garlic, and cook until softened, about 5 minutes. Add chili powder and cumin; cook 1 minute.

Add tomatoes, beans, green chilies, salt and Tabasco sauce. Over high heat, bring to a boil; reduce heat to low. Cover and simmer 15 minutes to blend flavors, stirring occasionally. Garnish bowls of chili with parsley and cheese.

For more recipes, visit www.CansGetYouCooking.com.

IMPORTANT REMINDERS

Decor

All Fall, Halloween, and Holiday décor should be removed.

Christmas Trees

Christmas Trees are not permitted to be discarded in the chutes or trash room. Please take off site.

Pets

If your pet has an accident, please clean it immediately.

Spills

If you spill something in our community, please clean it immediately.

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January				1 Rent Is Due! New Year's Day - Office Is Closed.	2	3
4	5 Muffin Monday	6	7 Wellness Wednesday!	8	9	10
11	12 Muffin Monday!	13	14 Pest Control Wellness Wednesday!	15	16	17
18	19 Martin Luther King Jr Day - Office Closed	20 Resident Event: Wick and Sip! 6:30-7:30	21 Wellness Wednesday!	22	23	24
25	26 Muffin Monday!	27	28 Pest Control Wellness Wednesday!	29	30	31

"This Month In History"

JANUARY

1908: Illuminated by 100 lightbulbs, the New Year's ball drops in New York City's Times Square for the first time. There have been seven different Times Square balls since, with the current design bedazzled with over 32,000 LEDs.

1915: Rocky Mountain National Park is established in Colorado, ensuring the region's environment, habitat and wildlife stay protected.

1929: The Seeing Eye, a training school for dog guides, opens in Nashville. The organization was originally founded to breed and train dogs for visually impaired World War I veterans.

1933: Work begins on the Golden Gate Bridge. The famous San Francisco Bay bridge was completed four years later.

1942: Twenty-six countries sign the Declaration of the United Nations, reaffirming their opposition to the Axis powers of World War II.

1960: Senator John F. Kennedy announces his intent to gain the Democratic presidential nomination. Voters later elected him as the nation's 35th president.

1984: The U.S. Supreme Court rules that recording TV programs on home VCRs does not violate copyright laws.

1994: At 14 years old, Peter Leko becomes the youngest grandmaster in chess. Abhimanyu Mishra, who obtained the title at age 12, is the current record holder.

2007: Apple introduces the first iPhone, which features a 3.5-inch touchscreen, built-in microphone and headset controls.

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