



Pittsfield Village News

www.pittsfieldvillage.com

March 2016

Www.Pittsfieldvillage.com – have you visited us lately? Our Webmaster has been hard at work making sure every resource is there for you. Check us out!

www.pittsfieldvillage.com.

There is lots to see!

Be sure to check the Links Tab/Page under “shop local” to find deals close by from Pittsfield sponsors such as Hungry Howies and Mancinos!

MEET AND GREET

Are you new to the Village? Stop by the Community Building on March 29 at 6:30 pm to meet the manager, various board and committee members, and other community members! We'll be here to answer your questions, give you advice, or simply laugh and share ideas!

Not new? Then help us welcome our newest neighbors!

Tuesday, March 29
6:30 pm



FREE sump pump system for your home!

Contact PERIMETER LLC today to qualify your home for a free system.

734-424-9280

You may also select ONE FREE incentive below:

Upgrade to water-powered back-up

Sanitary sewer video inspection

Radon mitigation system

10ft of basement-dry system

Or a gravity/recessed sump lid w/floor drain

FOR SALE

*Whirlpool 30 inch black gas stove - \$275

*Hampton Bay 52 inch tan ceiling fan with light - \$50

*Glass bathtub shower doors \$50

Contact phone # - 734-231-0871

10 Health Tips

- 1. Copy your kitty:** Learn to do stretching exercises when you wake up. It boosts circulation and digestion, and eases back pain.
- 2. Don't skip breakfast.** Studies show that eating a proper breakfast is one of the most positive things you can do if you are trying to lose weight. Breakfast skippers tend to gain weight. A balanced breakfast includes fresh fruit or fruit juice, a high-fiber breakfast cereal, low-fat milk or yoghurt, whole wheat toast, and a boiled egg.
- 3. Brush up on hygiene.** Many people don't know how to brush their teeth properly. Improper brushing can cause as much damage to the teeth and gums as not brushing at all. Lots of people don't brush for long enough, don't floss and don't see a dentist regularly. Hold your toothbrush in the same way that would hold a pencil, and brush for at least two minutes. This includes brushing the teeth, the junction of the teeth and gums, the tongue and the roof of the mouth. And you don't need a fancy, angled toothbrush – just a sturdy, soft-bristled one that you replace each month.
- 4. Neurobics for your mind.** Get your brain fizzing with energy! American researchers coined the term 'neurobics' for tasks which activate the brain's own biochemical pathways and to bring new pathways online that can help to strengthen or preserve brain circuits. Brush your teeth with your 'other' hand, take a new route to work or choose your clothes based on sense of touch rather than sight. People with mental agility tend to have lower rates of Alzheimer's disease and age-related mental decline.
- 5. Get what you give!** Always giving and never taking? This is the short road to compassion fatigue. Give to yourself and receive from others, otherwise you'll get to a point where you have nothing left to give. And hey, if you can't receive from others, how can you expect them to receive from you?
- 6. Get spiritual.** A study conducted by the formidably sober and scientific Harvard University found that patients who were prayed for recovered quicker than those who weren't, even if they weren't aware of the prayer.
- 7. Get smelly.** Garlic, onions, spring onions and leeks all contain stuff that's good for you. A study at the Child's Health Institute in Cape Town found that eating raw garlic helped fight serious childhood infections. Heat destroys these properties, so eat yours raw, wash it down with fruit juice or, if you're a sissy, have it in tablet form.
- 8. Knock one back.** A glass of red wine a day is good for you. A number of studies have found this, but a recent one found that the polyphenols (a type of antioxidant) in green tea, red wine and olives may also help protect you against breast cancer. It's thought that the antioxidants help protect you from environmental carcinogens such as passive tobacco smoke.
- 9. Bone up daily.** Get your daily calcium by popping a tab, chugging milk or eating yogurt. It'll keep your bones strong. Remember that your bone density declines after the age of 30. You need at least 200 milligrams daily, which you should combine with magnesium, or it simply won't be absorbed.
- 10. Berries for your belly.** Blueberries, strawberries and raspberries contain plant nutrients known as anthocyanidins, which are powerful antioxidants. Blueberries rival grapes in concentrations of resveratrol – the antioxidant compound found in red wine that has assumed near mythological proportions. Resveratrol is believed to help protect against heart disease and cancer.

COUPON BOOKS



Out of coupons for your monthly fees? Don't worry.

As you may know, Pittsfield Village's fiscal year-end is April 30th. New payment coupon booklets will be ordered soon and you will receive them sometime in April — that is, of course, unless you are utilizing Automatic Withdrawal of your Association Fees.

For more information, please call 734-971-0233 and ask for Wanda, or email wbuster@kramertriad.com.

Welcome to March!

Given the nature of Michigan, as you read this the weather could be wonderful, too cold to think about, or in between. No matter what the weather, for gardeners it's never too early to think about spring planting. If your thing is vegetables, the MSU Extension service has a web site with so much information you'll probably not need another source: <http://migarden.msu.edu/vegetables>. Here you'll find pdfs about all things vegetable, including a statewide table of frost free dates, a garden planning calendar, growing using hydroponics, integrative pest management, and information about many specific veggies. If you like webinars, MSU has one coming up that's designed just for home gardeners: *Smart Vegetable Gardening 101*. See http://msue.anr.msu.edu/events/smart_vegetable_gardening_101_webinar_series_march_thru_april_2016.

Of concern to Pittsfield Village residents is soil quality, including the possibility of lead. Given that our buildings are circa 1946 when lead-based paints were used, The Landscape Committee's recommendation is that if you plan to eat grown veggies, only use containers filled with suitable planting soil. (PITTSFIELD VILLAGE HAS SPECS FOR GARDEN BOXES. CONTACT THE OFFICE OR VISIT THE WEBSITE FOR INFORMATION AND AN APPLICATION!). If you prefer to use our native soil, MSU Extension recommends testing for lead. A mail-in soil sampling service is available from them – see <http://migarden.msu.edu/soil> for details. Results may take as long as two weeks, so don't wait until the last minute.

Lastly, there is continuing interest in saving Monarch butterflies and other native pollinators, those friendly insects that keep us in many fruits, vegetables and nuts. This link also talks about Michigan's very first designated "Bee City USA", our neighboring Ypsilanti. For details see http://msue.anr.msu.edu/news/how_the_green_industry_and_gardeners_can_get_involved_in_pollinator_project

Keep heart, PV friends! Spring is coming, as it always does, and in May we'll have our annual flower giveaway event. Stay tuned for coming details.

Judy Tomer, Contributor

Remember!
March 13
2:00 am



On the lookout:

Hello,

I'm a current Pittsfield Village tenant, hoping to switch to a two bedroom unit. I really enjoy the location and the community here.

If you have or know of a property for rent, I would love to hear from you. I am fairly flexible about move-in dates over the next few months.

Please contact Janet at jkavanag@umich.edu.

Thanks!

IN THE GARDEN- March 2016

By Lisa Joseph, Staff Horticulturist

If I won the lottery, I would remove all the turf in my front yard, install a white picket fence around the perimeter, and create a full and free-spirited cottage garden. Of all the garden designs out there, my favorite has always been the cottage garden, filled with cherished plants, heavenly scents, and vintage garden objects. The informal design of the cottage garden encourages birds and other creatures to visit your sanctuary. I would have an arbor covered with Clematis and Honeysuckle for the hummingbirds and butterflies. I would include quaint and unconventional seating, colorful pots filled with herbs, and bright blue window boxes brimming with annuals.

The design elements of the cottage garden are simple and flexible:

1. Have herbs, perennials, annuals, shrubs, and evergreens planted close together to mingle and create a disheveled look. However, even though the goal is to fashion an unrestrained impression, a well-planned cottage garden is to be structured and planted carefully to avoid unruliness. The cottage garden is meant to be exuberant but not disorderly. The space must have rhythm and flow, and not feel cluttered and untidy.

Any plants that bring you happiness are suitable, but there are also plants that are cottage garden favorites. These include Coreopsis, Bleeding Heart, Anemone, Geranium, Lupine, Hollyhock, Shasta Daisy, Garden Phlox, Love-in-a-Mist, Iris, Lavender, Hydrangea, Lily, Peony, Delphinium, and Foxglove. Spring-flowering bulbs such as Poet's Daffodil and Ornamental Onion are also to be included. I recommend the enchanting double-flowered daffodil, 'Sir Winston Churchill' as well. Their euphoric scent is one of my favorites.

2. Include vintage accessories such as an old watering can or an antique washtub planted with annuals, and an eclectic mix of seating using comfortable chairs or benches where visitors can sit and linger. Other elements you might add are a weathered arbor, a birdbath, colorful planters, and a timeworn gate used as a trellis.

3. Create a curving pathway through the garden to encourage meandering. Allow some plants to spill over into the pathway to soften the edges and maintain the romantic, unconstrained composition of the garden.

LISA'S PLANT OF THE MONTH:

ANEMONE 'HONORINE JOBERT'- mature spread is 2.5'; the flowers reach a height of 3'.

This Anemone has been a cherished favorite of mine for many years. The dazzling white flowers with bright yellow stamens in the center float above the dark green foliage in late summer. This perennial is happiest in partial shade, and combines beautifully with Hosta, ferns, purple-leaf Coralbells, Toad Lily, and Lungwort with white-variegated leaves.

I was happy to see that Anemone 'Honorine Jobert' is the 2016 Perennial Plant of the Year! To receive this award, a perennial must meet certain standards. It must be suitable to a wide range of climatic conditions, be low-maintenance, be pest-and disease-resistant, have a long bloom time, and be readily available to purchase.



I'm getting ready to order Zinnia seeds, Dahlia tubers, and Lily bulbs. I'd really love to have my own greenhouse in which to grow all of my gems. For now, though, I place the pots in crates and put them in the sun on my enclosed front porch

and move them indoors when the night temperatures drop. I grow my own tall Zinnias in colorful shades of pink, yellow, orange, and scarlet. I plant the seeds in used yogurt containers with holes punched into the bottom. I also grow Longiflorum/Asiatic hybrid Lilies so that I can have the particular colors that I want. These Lilies are often difficult to find in garden centers. I like them in radiant colors of tangerine orange, sulfur yellow, and bright cerise. I'm busy in February and the beginning of March scrutinizing garden catalogs and websites and making my selections. I will grow my favorite tried and true Dahlias: Gallery Art Deco, Karma Corona, Franz Kafka, and Mingus Randy. In addition, every year I try some new varieties. This year I am leaning toward these:



Dahlia 'Karma Corona'

1. Thomas Edison- a tall Dinner Plate variety with 8-inch brilliant purple velvety blooms. This sturdy Dahlia grows to a height of 4 feet. I'm anxious to plant this stunner with a golden-leaved shrub like Caryopteris 'Gold Giant' and garden Phlox with flowers of pink.
2. Café Au Lait- also 4' in height. The dusty rose and peach blooms pop when planted in front of a purple-leaved shrub or alongside Purple Fountain Grass. The 'Café Au Lait' flower is especially charming in a mason jar bouquet.



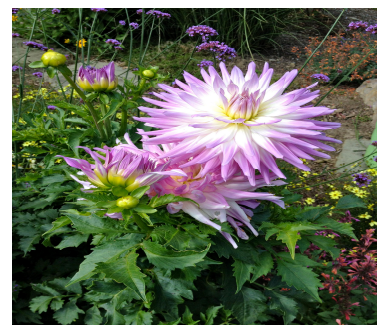
Dahlia
'Franz
Kafka'

3. David Howard- a 3 to 4' tall variety with bronzy dark green foliage and apricot orange flowers. This Dahlia will pair perfectly with dark purple flowers and ornamental grass.
4. Andries Orange- a 3-5' tall cactus-type Dahlia with the most spectacular bright orange flowers. I've read that it blooms so prolifically that everyone who witnesses it is blown away by its stamina and beauty.

5. Mrs. I. De Ver Warner- a most remarkable Dahlia rising to an impressive height of 6 feet with lovely lavender rose blooms.
6. Gypsy Girl- the magnificent blooms of lavender pink with ruby speckles are a sight to behold! This formal decorative type Dahlia grows to a height of 5 feet.

When potting up Dahlia tubers, use a light potting mix such as Pro-Mix and make sure the growing point, known as the eye, is 2" below the soil surface. I found all of these Dahlia varieties on Ann Arbor's Old House Gardens website. Remember that tall Dahlias require support with strong stakes. You will find that it is much easier to stake them early before they reach their full height. I read about painting your tall wooden stakes with bright colors. That's what I'm going to do this year!

While perusing the Old House Gardens website, I came across a Gladiola that I have used in the past. It's called Gladiolus callianthus 'Murielae'. When this plant bloomed in my garden, I couldn't get enough of its intoxicating fragrance. It stands at a height of four feet with arching stems, and those wonderfully fragrant blooms are ivory with a purple heart. Gladiola corms aren't expensive, and the accommodating plants can easily squeeze in between other perennials. I recommend that you try this extraordinary variety. Start planting corms in Mid-May, then again every two weeks through Mid-June. This schedule will ensure flowers through August. Plant corms with the pointed side up about four times as deep as their diameter.



Dahlia 'Mingus Randy'

MARCH 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 M&M COMMIT- TEE MEETING 6:00 PM	2	3 LANDSCAPE COMMITTEE MEET- ING 6:00 PM	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 6:15 open forum 6:30 Board Meeting	25	26
27	28	29 6:30 pm: MEET AND GREET	30	31		

BOARD OF DIRECTORS

Aaron Pressel, President
aaron.pressel@pittsfieldvillage.com

Zach Bloomfield, Treasurer
Zach.bloomfield@pittsfieldvillage.com

Kat Irvin, Vice President
kat.irvin@pittsfieldvillage.com

Sarah Deflon, Secretary
sarah.deflon@pittsfieldvillage.com

Cindy Samoray, Member at Large
Cindy.samoray@pittsfieldvillage.com



COMMITTEE CHAIRS

Ellen Johnson, Maintenance & Modification
Brian Rice and John Sprentall, Landscape

MANAGEMENT OFFICE

Manager, Kristi Charles
Bookkeeper, Wanda Buster
Administrative Manager, Tracy Vincent

office@pittsfieldvillage.com
734-971-0233
Fax: 734-971-3421