



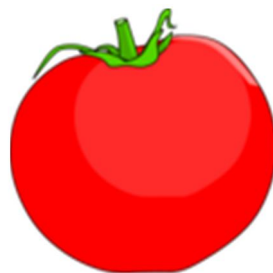
## Pittsfield Village News

[www.pittsfieldvillage.com](http://www.pittsfieldvillage.com)

April 2016

### Gardening Opportunity for Kids and Adults

We are inviting kids and adults in the Village and surrounding area to join us in making the Pittsfield School garden a growing thing. The garden is set up for the kids to get some hands on learning about how food is grown and to be able to taste the results of their efforts. The Village also gets the benefit of an attractive and tasty neighborhood garden. If you want to help prepare the beds, sow the seeds, pull weeds and/or harvest the garden you are most welcome. You can certainly join us at any time, but if you would like to be kept informed of work days and special projects and harvests please send me an email to [suhan722@gmail.com](mailto:suhan722@gmail.com).



Our first working in the Garden Day will be **Sunday, April 10 at 2:00 pm** unless it is raining or snowing. We are hoping cookies and lemonade show up for the event also!

Su, Sam, Sandra and Tiffany

### Greetings Pittsfield Village Residents,

As you know, Pittsfield Elementary School is at the heart of your Village. If you walk by the school and notice a brightly colored addition (next to the flag pole) - that is our **Little Free Library**!

This project was born out of a great idea for a community project, parents volunteering to construct and install it and our 5th graders decorating it leaving their mark on the school.

**This Little Free Library is not just for us - it is for YOU too!** Do you or your children want a book to read? Have a look and grab one to take home! Do you have books you don't want anymore? Drop them off. The library is there for your enjoyment. The library is currently full of children's books, but as it evolves the selections will as well.

We hope you enjoy this new feature at Pittsfield Elementary and please utilize it to your heart's content!

Thank you,

Pittsfield Elementary PTO



## MORE Health Tips

**The secret of stretching.** When you stretch, ease your body into position until you feel the stretch and hold it for about 25 seconds. Breathe deeply to help your body move oxygen-rich blood to those sore muscles. Don't bounce or force yourself into an uncomfortable position.

**Do your weights workout first.** Experts say weight training should be done first, because it's a higher intensity exercise compared to cardio. Your body is better able to handle weight training early in the workout because you're fresh and you have the energy you need to work it. Conversely, cardiovascular exercise should be the last thing you do at the gym, because it helps your body recover by increasing blood flow to the muscles, and flushing out lactic acid, which builds up in the muscles while you're weight training. It's the lactic acid that makes your muscles feel stiff and sore.

**Burn fat during intervals.** To improve your fitness quickly and lose weight, harness the joys of interval training. Set the treadmill or step machine on the interval program, where your speed and workload varies from minute to minute. Build up gradually, every minute and return to the starting speed. Repeat this routine. Not only will it be less monotonous, but you can train for a shorter time and achieve greater results.

**Your dirtiest foot forward.** If your ankles, knees, and hips ache from running on pavement, head for the dirt. Soft trails or graded roads are a lot easier on your joints than the hard stuff. Also, dirt surfaces tend to be uneven, forcing you to slow down a bit and focus on where to put your feet – great for agility and concentration.

**Cool off without a beer.** Don't eat carbohydrates for at least an hour after exercise. This will force your body to break down body fat, rather than using the food you ingest. Stick to fruit and fluids during that hour, but avoid beer.

**'Okay, now do 100 of those'.** Instead of flailing away at a gym, enlist the help – even temporarily – of a personal trainer. Make sure you learn to breathe properly and to do the exercises the right way. You'll get more of a workout while spending less time at the gym.

**Stop fuming.** Don't smoke and if you smoke already, do everything in your power to quit. Don't buy into that "my-granny-smoked-and-lived-to-be-90" crud – not even the tobacco giants believe it. Apart from the well-known risks of heart disease and cancer, orthopedic surgeons have found that smoking accelerates bone density loss and constricts blood flow.

**Ask about Aunt Edith.** Find out your family history. You need to know if there are any inherited diseases prowling your gene pool. According to the Mayo Clinic, USA, finding out what your grandparents died of can provide useful – even lifesaving – information about what's in store for you.



## FOR SALE

\*Whirlpool 30 inch black gas stove - \$275

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

Contact phone # - 734-231-0871

### FROM THE MAINTENANCE

#### AND MODIFICATION (M&M) COMMITTEE

Let's talk trash! No, no... Not that kind of trash. I mean the stuff we have to get rid of and put out each week.

There are lots of joys of living in the Village, but a few down sides. We have closets that are way too small. There's no outdoor storage for the stuff of everyday living, like deck furniture, bicycles, garden supplies, and the like. We have plumbing systems that weren't designed for garbage disposals. And our basements have ceilings that are way too low.

Also on the list: no good place to keep our garbage and recycling containers. Is there something we're supposed to be doing with them? YES! Keep them out of sight!!

Put them behind the garbage 'fences' that you may have next to your front porch; store them behind the lattice; or keep them in the back of your unit. For persons with disabilities, the City will pick up bins—even from the backs of units if necessary.

Why? Aside from the esthetics of not seeing your garbage, you risk a fine if the city decides to enforce its ordinance. According to the city ordinance, trash and recycling bins cannot be stored on the street side. Several years ago, the Village received a variance allowing us street-side storage, as long as bins are hidden. When the variance was granted, the Village offered residents the option of having our maintenance staff install pre-built enclosures attached to one of the porch posts, with construction and installation costs billed back to the Village. Many of us chose that option and it worked for a long time.

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It doesn't seem to be working very well anymore. During a recent walk around the Village by Committee and Maintenance Staff, we noticed a lot of residents who are putting things other than their garbage and recycling containers behind the enclosures. The container themselves are out in the open for all to see.

We know the space behind the enclosures is limited and both the garbage and recycling bins don't fit well. We also know that it's hard to get an aesthetically pleasing enclosure. Every building has a different situation: bushes, trees, and landscaping vary by unit.

Any ideas on where to store our trash bins? We'd love to hear them! Send them with or without a drawing to the office and we'll see how they could work. Thanks!



## IN THE GARDEN- April 2016

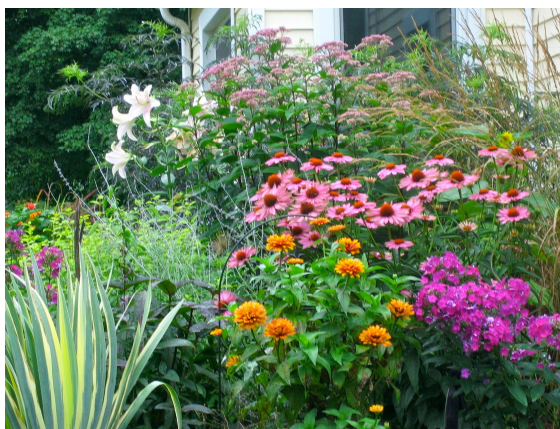
By Lisa Joseph, Staff Horticulturist

What a welcome sight in March were the cobalt blue Squill and the bright yellow and purple Crocus! I diligently recorded in my journal my joy at their arrival so that when autumn comes around, I will remember to plant even more Crocus to enjoy in the spring of 2017! My enchanting tommies (Crocus tommasinianus) were the first harbingers of spring. These staunch little plants with their spindly white stems and lilac purple blooms appear to be fragile, yet they accept the cold and wind like troopers.



### LISA'S PLANT OF THE MONTH:

IRIS PALLIDA 'AUREO-VARIEGATA' - Variegated Iris; 24 x 24"



In the spring, Variegated Iris rises up from the ground with the most vivid yellow and green sword-shaped leaves. The pale lavender blue flowers arrive in late May. I delight in their strong fruity scent! This perennial makes my favorites list because, even after the flowers have faded and the stalks pruned out, the striking variegated upright leaves add color and texture to the garden. Variegated Iris pairs well in a sunny garden site with the blue flowers of Campanula 'Blue Waterfall', bright pink Garden Phlox, Sedum 'Maestro' with its dark wine-colored leaves and large mauve pink flower heads in late summer, and with the rounded burgundy globes of Weigela 'Dark Horse' or the dwarf 'Midnight Wine'.

If you have a shady garden area, don't despair. Shade plants are just as beautiful as those that prefer full sun. A new perennial available that I'm anxious to trial this season is a Proven Winners Perennial called Tiarella 'Jade Peacock' (Foamflower). According to the descriptive blurb about this beauty, the glossy leaves emerge in spring a bright chartreuse with a dark red center. Over the summer, the leaf coloration turns to a lovely jade green with a deep purple center. The white bottlebrush flowers cover the plant in late spring. It's a small perennial that spreads to 18-20" in width with flowers reaching 14" in height. I suggest planting a grouping of at least three for the desired impact. I don't yet have a photo of this perennial growing in the garden, but you can view it on the Proven Winners website.

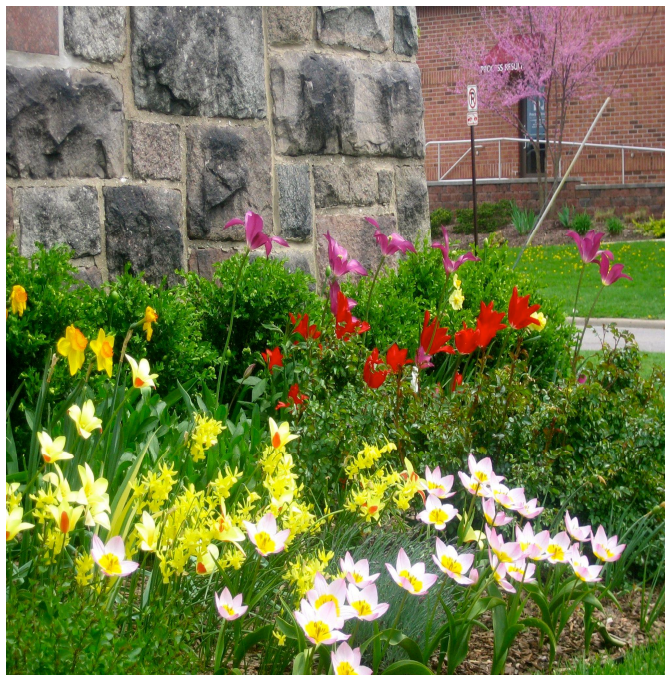
I always thought I'd love to have a Privet hedge bordering my side yard. Amur Privet (*Ligustrum amurense*) has been a common plant used for hedges for years and years. I can remember as a child we had a large Privet hedge between our house and the Bianchi family's next door. They had a little cat named Zulu, and I would lie in the Privet hedge and read to Zulu from my favorite book, James and the Giant Peach. I adored the unusual scent of the flowers. Now whenever I pass by a flowering Privet hedge in June, I am immediately taken back to my sweet childhood fort and my delightful furry friend.

Times have changed, however. Amur Privet is now on the invasive plant list and should not be planted. I guess my precious memories evoked by that aroma will have to suffice.



Quick note for composters: Some tea companies use a staple to attach the string to the bag. Be sure to remove this staple before adding the tea bag to your compost pile.

April is one of my favorite months. The plants are awakening and emerging from the soil. Everything is fresh and new and the world smells divine. Most of the spring-flowering bulbs bloom this month. Be sure to check out the tulips blooming along Main Street in downtown Ann Arbor in mid-April. What a magnificent sight! April is such a colorful month, full of awakenings and cheerful feelings. Time to shake off hibernation and get out and play!



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# APRIL 2016

Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1	2
3	4	5 <b>M&amp;M</b>	6	7	8	9
		<b>COMMITTEE MEETING</b>				
10	11	12 <b>*NEW NIGHT!</b>	13	14	15	16
		<b>LANDSCAPE COMMITTEE MEETING</b>				
17	18	19	20	21	22	23
24	25	26	27	28	29	30
				6:15 open forum; 6:30		
				<b>Board Meeting</b>		

## 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

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