



June 2022

Garden Marker Program Reminders

When you are enrolled in the Garden Marker Program you agree to remove debris, keep garden beds weed-free, and grow vegetables or herbs in the rear of your unit in ONLY raised beds or containers.

During the growing season (now through September), members will be touring the grounds on a regular basis ahead of the Landscape Committee's monthly meeting to evaluate the status of garden marker violations. Prior notice will be given to residents ahead of the tour.

It's Pool Season!

Here's an update:

The pool opened for the season on Saturday, May 28! As announced at the Annual Meeting, there are some operational changes this year. To reduce operational costs, the Board of Directors decided to move from pool attendants to an electronic access/key fob system. The system is being installed this week. Fobs will be distributed to residents following installation. A separate email will be sent to residents regarding the distribution process, likely sometime next week. Until the system is installed, there will be an attendant at the pool. During this time, the pool hours will be from 11:00am-7:00pm, seven (7) days a week. The attendants will use their best judgement to close for inclement or unfavorable weather.

Thank you for your patience & understanding as we navigate this change!

ATTENTION BIRD LOVERS!!



Every morning, Ms. Robin lands in the bird bath right outside my kitchen window for her daily splash. I love watching her (it's a she...guys don't do daily splashes...I'm sure of it). She dips her beak and brings water up over her head onto her back, with wings a-flapping. Over and over and over again. But only if the water is clean! Smart bird.

Speaking of clean birds, the post reproduced below showed up in my email stream from *Wild Birds Unlimited* (I'm a regular there). I'd read something recently about the appearance of avian influenza and

its potential harm to songbirds and other frequent flyers that we see in our part of Michigan. I was happy to read that I can continue to put out food in my feeder and water in my birdbath. Birds need the food this time of year, and who doesn't like a morning splash?

The text below comes directly from Wild Birds Unlimited with no edits, so they get all the credit.

What You Need to Know

You may have heard about avian influenza (or "bird flu") and the development of this disease in North America. At this point in time, wildlife and health experts say you may continue feeding the birds. Here are the facts as we know them today.

Since Fall of 2021, a highly pathogenic avian influenza (HPAI H5N1) has been detected in numerous outbreaks in North America. It is a naturally-occurring virus especially prevalent among wild aquatic birds such as ducks, geese and shorebirds and has been shown to affect commercial and backyard poultry with high mortality.

However, according to the Cornell University Wildlife Health Lab, "Passerines [songbirds] do not seem susceptible to HPAI and are not thought to play a significant role in spreading this virus. We are not recommending removal of bird feeders at this point."

And the Institute for Infectious and Zoonotic Diseases at U Penn Vet School states, "According to the USDA, there is no evidence that birdfeeders, or the birds that frequent them, contribute to the spread of HPAI."

The US Department of Agriculture further states, "HPAI viruses and the illness they cause are not commonly found in wild birds...removing backyard feeders is not something USDA specifically recommends to prevent avian influenza unless you also take care of poultry." Also, the Government of Canada affirms, "The use of bird feeders is still safe but they should be removed from areas that are open to poultry and other domestic animals."

In addition, the US Centers for Disease Control and Prevention and the Public Health Agency of Canada currently deem H5N1 to be of low human health risk.

To practice the hobby of bird feeding safely and to ensure the birds' overall health, it is always recommended you clean your bird feeders regularly with a solution of one part bleach and nine parts water.

Put Yourself First!

If you're not feeling your best, it is so important for you to take some time to focus on yourself. It isn't selfish...it is necessary. Caring for your family, friends, clients, co-workers, kids, pets, or anyone else can feel so overwhelming when you're not at your best.

Below is a list of ways to care for yourself, and just as important, what to avoid when your mental health is struggling.

- ◆ Practice self-care: Self-care can be whatever you want or need it to be. It's about doing positive things to care for yourself so you have the energy and desire to enjoy life and support others.
- ◆ Get good, restful sleep.
- ◆ Most adults need seven to nine hours of sleep a night.
- ◆ If you're struggling to fall or stay asleep, try limiting your screen time before bed.
- ◆ Aim to go to bed at the same time each night. Have a cup of herbal tea or read a book to tell your brain it's time to wind down.
- ◆ Try to limit caffeine after noon so it doesn't impact your sleep.
- ◆ Exercise regularly.
- ◆ Exercise is good for your mental and physical health.
- ◆ It increases serotonin levels, which helps to improve your mood and energy.
- ◆ Choose something you enjoy, like running around with your kids, playing fetch with your dog, lifting weights, or practicing yoga.
- ◆ Aim to move at least 30 minutes a day but know that even small amounts of exercise can help.
- ◆ Eat well and stay hydrated.
- ◆ A balanced diet and plenty of water are key to your energy and focus levels.
- ◆ One change to try: enjoy a serving of fruit or vegetables at each meal.
- ◆ Be mindful.
- ◆ The benefits of mindfulness include less stress and improved focus.
- ◆ It can also help lower blood pressure and improve symptoms of anxiety and depression.
- ◆ Mindfulness can be as simple as eating, listening, and moving more intentionally.
- ◆ Try meditating for five to 10 minutes each day.
- ◆ Practice gratitude.
- ◆ Remind yourself of the people and things you're grateful for.
- ◆ Try writing down three to five things each day that you're grateful for right before you go to bed.
- ◆ Create a "no" list.
- ◆ It's more than OK to set healthy boundaries for things that no longer serve you.
- ◆ Stop checking your email after a certain time in the evening.
- ◆ Choose not to go to a social event you feel obligated to attend.
- ◆ Focus on what you can control
- ◆ We long for security and stability, but uncertainty is all around us. When something outside of our control happens, many of us turn to worrying. Worry can be misleading, though. We may think that if we can worry over a problem long enough, we'll be able to control the outcome. Instead, it can simply cause more stress and anxiety.
- ◆ When you catch yourself worrying about something that hasn't happened yet, bring yourself back to the present moment. Focus on what you can actually control.
- ◆ Stay connected
- ◆ Our social bonds can help reduce stress and flood our systems with oxytocin, the "bonding hormone" that can make us feel secure and supported. Connect with loved ones through phone calls, walks, shared meals, and weekend adventures.
- ◆ Use social media carefully
- ◆ Social media can help us feel more connected, but there can be a downside. If there are accounts you follow that stress you out or make you feel bad, unfollow them. Or hide their posts from your newsfeeds. You can always follow them again when you're in a better place mentally.
- ◆ Limit the amount of news you view
- ◆ It's helpful to stay informed, but non-stop news can be overwhelming. Protect yourself from information overload. Set a daily time limit on the amount of news you read and watch.



In the Garden

Good by rain, here comes the heat and humidity!!! Yes, Mother Nature is definitely taking a turn. With these sporadic changes in temperatures and the increased moisture, we gardeners need to keep an eye out for the many plant issues that come with it. Powdery mildew seems to be one of the largest issue for all plants but noticed mostly on our perennials and annual. This mold almost looks like powdered sugar on the top of your leaves, flowers and can even be on the stems.

DIY methods for organic and safe treatment is: baking soda, vinegar, neem oil, improve air circulation, avoid over/ under watering, insecticidal soap, Cueva, Bonide liquid Copper Fungicide, Banish, Milk, garlic and pruning.



Insects are an important part of our environment but also can cause many problems with our plants and ourselves. Over the past few weeks, Hydrangeas on the property have been affected by the Hydrangea leafier, *Olethreutes ferriferana*. As an adult, the moth will leave its eggs on leaves. When hatched, the larva spins silk to create a “tent” like structure from the leaf and feeds from the new growth and flower buds of your hydrangea plant. If you find this happening, the best mod of action is to trim the section off and throw it away in the garbage, do not compost the cutting. Composting will allow the larva to live and continue the infestation.



Plants can also be a big problem in the garden. We all have gone and bought something that we fall in love with just to find out the plant takes over our garden and sometimes poisonous. One such plant that has been noticing around the property is the beautiful star of Bethlehem, also called the Star of Jerusalem. While star of Bethlehem produces very pretty flowers, all parts of the plant are **poisonous**. It is an escaped foreigner and spreads prolifically. This makes control of this flower important, especially in counties where the plant has become a nuisance. The plant primarily grows from bulbs, which naturalize over time and produce more plants. In just a few years, a couple of plants can take over an area.

In garden beds, digging the plant out and destroying it is practical, provided you can find all the new bulb-lets. Manual removal will also result in the need to repeat the process over and over. However, it has been shown to achieve better control than chemical applications. Plus, it does not leave any potentially harmful chemicals in your soil or water table. Be careful how you dispose of the bulbs. The greens can go in your compost, but do not add the bulbs they could sprout, throw them out.



On a happier note, its planting time for our annuals. New to the scene....



Heliotrope hybrid, Augusta Lavender

This new heliotrope variety features a strong upright habit. Its large, vigorous and dense with a lattice-like branching structure that helps maintain its upright form. Augusta pairs well with other medium vigor varieties.



Petunia, Enchanted Sky

Enchanted Sky features both a hazy white star and sky pattern, backed in a pink flower color. The Headliner Series is known for its mounded, medium-vigor habit, ideal for hanging baskets.

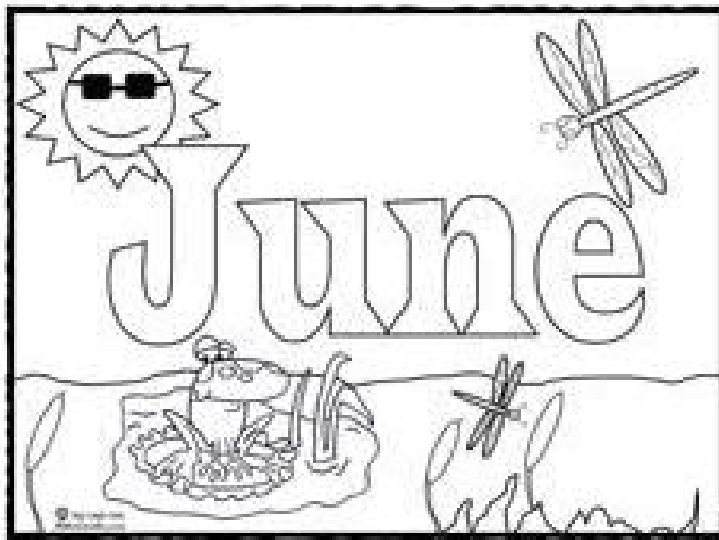
Solenostemon scutellarioides, Spitfire Coleus

Spitfire is a micro coleus that shows off stunning colors and patterns and can be used in full sun or shade. It's very late to never-flowering, offering landscapers a low-maintenance, high-impact plant. It holds its color well in vibrant pink and lime green.



2022 Flower Giveaway was a great success!

Thank you to all of our volunteers for making this event happen!



Village Potluck Sunday, June 5

4-6pm at the playground near the pool!

Bring a dish and serving utensil, but all are invited regardless!

Plates, forks, cups and napkins will be provided.

If anyone would like to bring a liter of beverage to share, it would be appreciated.

Come and meet your wonderful neighbors!

This is not a Village-sponsored event. Please contact Village resident, Siri Gottlieb, with any questions. Siri can be reached at sirigottlieb@gmail.com.

Exterminator

JC Ehrlich services the community every Thursday.

If you have pest control needs & would like to place a work order, contact the Village office at **734-971-0223** or **office@pittsfieldvillage.com**.

Does your deck need repairs?

As we begin spending more time outdoors, you may find your deck is looking a little worn in places. These repairs are the responsibility of the owner, not the Association. Maintenance will do certain deck repair billback work, and Supreme Deck may also provide you with a list of their recommendations & pricing if they are scheduled to clean and stain your deck mid-June. If you're interested in fixing it yourself but need some help, Nick Oliverio has helped other villagers and can help you too. Nick is a woodworking enthusiast, not a licensed builder. If you are looking for an entirely new deck, you can find a licensed builder through Michigan's LARA system. Nick is also not officially endorsed by the Association or BOD, and although he is a Board member, his help is as an individual co-owner. You can contact him at nick.oliverio@gmail.com

Paws & Tails Pet Care located right here in Pittsfield Village!

Have peace of mind while you're away with quality care and affordable rates for your furry family member!

I provide daily dog walking for people who have long, busy, work hours, new puppies who need potty breaks and socialization, or for those that want their dog to have a fun break in their day!

I also provide house visits for dogs, cats, and small animals for those gone on vacations and business trips.

Email to book your free meet and greet with me and to receive more information.

Contact information: irenehayes03@yahoo.com

June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 YARD SALES 9-4
5 Neighborhood Potluck 4-6pm	6	7 M&M Committee 6pm virtual mtg	8	9	10	11
12	13	14 LANDSCAPE Committee 6pm virtual mtg	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29 Board Meet- ing –Via GoTo -Webinar 6:15 pm	30		

Pittsfield Village Office

Monday— Friday, 8:30 am to 5:00 pm
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2022-2023

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Meeting Links

M & M Committee Meeting (1st Tuesday) — <https://meet.goto.com/592434789>

Landscape Committee Meeting (2nd Tuesday)— <https://meet.goto.com/679850853>

Board Meeting (last Wednesday)— <https://meet.goto.com/116343197>