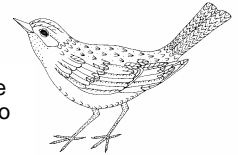


The Warbler



The purpose of Parkview Hills is "to preserve as near as may be in an urban setting the amenities of a natural environment, . . . and to give the strongest practical consideration to the preservation of the natural features of the environment . . ."

Parkview Hills Community Association

Willow Lake Club March/April Activities

New Group Forming!

Parkview Hills Community Forum
1st & 3rd Thursdays, 10:30 a.m.

Arthritis Water Exercise Class
Mondays and Fridays, 10 a.m.
\$4/residents \$5/Guests

Hatha Yoga
Mondays, 6:30–7:30 p.m.
\$5/Resident \$7/Guest

Deep Water Hydro-fitness Class
Sundays and Wednesdays, 7 p.m.
\$5/Class

Parkview Hills Discussion Group
Drop-in, New topic every week!
Tuesdays, 10–11 a.m.

Euchre—Drop-in
Tuesdays, 7 p.m.

Tai Chi for Health
Wednesdays, 10 a.m.
\$4/Resident \$5/Guest

Bookmobile
Wednesdays, 3:30–4:30 p.m.
553-7980 for special orders

Resident Bridge Group
New players needed!
Thursdays, 1 p.m.

Art Minders
Sunday, March 8 &
April 19, 2–4 p.m.

PHCA Board of Directors Meeting
Tuesday, March 10, 6 p.m.

Coffee Break
Wednesday, March 18 & April 8,
10 a.m.

Artist Reception
Friday, March 13 & April 17
6–8 p.m.

Community Potluck
Sunday, March 15 & April 19
5:30 p.m.

PHCA Board Update

PHCA Board Openings

Applications are being accepted for Parkview Hills Community Association Board of Director positions. Gary Niemeck and Bob Jameyson have chosen to retire from the Board of Directors. Both men have been dedicated, hard-working members who will continue to contribute from the sidelines. Gary's resignation is effective when his term is up at the annual meeting on May 12 while Bob's resignation is effective when the board has selected a replacement. If you are interested in serving on the Board, please pick up and complete an application and submit to Lyn at the clubhouse front office **by Monday, April 6**. Application forms can also be downloaded at www.parkviewhills.net/meetings.htm and clicking on PHCA Board/Committee Application.

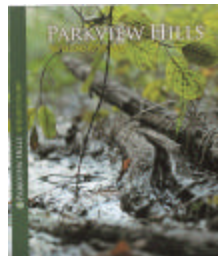
Update on the Parkview Hills Book

As the PHCA Board member responsible for the Parkview Hills Book project, I am a little surprised that we haven't sold all 540 books by now. We **have** sold 270 copies in three months which I am told isn't too bad, especially considering the serious recession we are all dealing with. Also, the weather really hit us hard for the widely promoted book-signing held the evening of January 15. With the temperature around zero and treacherous roads, only about 20 hardy souls manage to make it and we sold just nine copies.

(continued on page 2)



Parkview Hills
Community
Association
Board of
Directors
Meeting
Tuesday,
March 10,
6 p.m.



Willow Lake Club Fall/Winter Hours

9 a.m. to 6 p.m. daily

Keyless Entry Hours

5 a.m. to 11 p.m. daily

Willow Lake Club: 372-4444

Parkview Hills Management:

375-0327

Web Site: www.parkviewhills.net



PHCA Board Update, cont.

Update on the Parkview Hills Book (cont'd)

So...we have decided to try one more community sale and book-signing with Barbara Walters, the book's outstanding author. This time I am sure the weather will cooperate and the magic date and place has been set for:

Book Signing and Community PVH Book Sale
Thursday, April 23
6-8 p.m.
Main Room of the Clubhouse

Tasty refreshments will be on hand. Please mark your calendar!! And in the meantime, for just \$30 you can pick up a copy of the acclaimed Parkview Hills book at the clubhouse front office, Kazoo Books, D&W, or Michigan News Agency. Thank you,
Bob Jameyson, PHCA Board Secretary

New Sign Policy

The PHCA Board has approved the following: Signs and balloons in the street right-of-ways announcing or promoting events are prohibited, per city ordinance. Event announcements will continue to be in the *Warbler* and on a sign just outside the clubhouse front door. Realtors and home sellers can indicate in their ads and flyers that directions to open houses are available at the clubhouse. Signs in the PHCA common areas are prohibited unless approved by the Board. The purpose for this policy statement is to be legal and to be more consistent with the founders' intent to keep the community as natural and unspoiled as possible.

Facilities Study Committee to be Formed

A new PHCA Board subcommittee is to be formed to initially make an evaluation of the clubhouse and to make recommendations for possible alterations. Board President Karl Freed will chair the committee with representatives from present clubhouse occupants and the community at large. Three positions are currently open. The purpose is to better use the space we all have available at the clubhouse.

New Group Forming! The Parkview Hills Community Forum

1st & 3rd Thursdays of the Month
March 5 & 19, April 2 & 16
10:30 a.m.

Interested residents decided to form a group with rotating facilitators and topics from the group. The first official forum was Thursday, February 19; "Lifestyles for Planetary Survival" with Cal Mastin as this topic's facilitator. This discussion was too much to discuss with too little time so Thursday, March 5 will continue this discussion. Please drop in!



Think Spring – order your flowers now!

The Annual Parkview Hills Flower Sale is underway. The great prices will remain the same as last year. You will not find a better value, and delivered right to the clubhouse in mid-May, just in time for planting!

Planted in your yard or in a patio pot, these flowers will add color and interest to your landscape.

A variety of flats and hanging baskets are being offered:

- ◇ Flats of ageratums, alyssum, lobelia, impatiens, begonias, dusty miller, salvia, marigolds, portulaca (moss rose), snapdragon and petunias are \$9.50 each.
- ◇ Ten-inch hanging baskets of begonias, bridal veil, impatiens, wandering jew, petunias, vinca are \$8 each. Baskets of non-stop begonias, New Guinea impatiens are \$10 each.
- ◇ Potted geraniums can also be ordered for \$2 each for a 4" pot.

Orders are due with payment no later than Friday, April 3. Flowers will be delivered to the clubhouse mid-May. Please use the order sheet included in the *Warbler* or call the clubhouse for more information @ 372-4444.

Willow Lake Club
March/April Activities cont'd
(continued from page 1)

Community Relations Committee
Thursday, April 16
8:30 a.m.

Parkview Hills Book Signing
with Author Barbara Walters
Thursday, April 23, 6–8 p.m.

Artist of the Month
Suzanne B. Siegel, MFA
"Luminous Cityscapes,
Idyllic Views"

Art Reception

Friday, March 13, 6–8 p.m.

Perhaps to the casual observer, it might appear that my luminous cityscapes are painted in an entirely different manner from my idyllic "pure" landscape views. But upon closer inspection it will be noted that the primary difference is really that of contrasting emotional attitudes. The cityscapes invite the viewer to activity, whereas the idyllic scenes call to the viewer to contemplation, calmness and peace. My experience in studio, classroom and the world at large has shown me that a healthy alternation between these antipodes contributes much toward a fulfilled and balanced existence, even in the midst of many demands, tumultuous changes and alarms that can characterize daily life.

From a technical standpoint, observable differences are more a matter of emphasis. The urban scenes display greater fidelity to a more photographic vision, with its profusion of detail and more complex color range, while the landscapes are simpler as a rule and contain more pure invention. However, it is my practice to present all my visual material organized around Golden Section compositional principles, also known collectively as Dynamic Symmetry. In addition, my aim is to select eidetic views which feature ample opportunity to suggest deep space, using subtle gradations of color and tone. In these ways I hope to suggest to the viewer a kind of stillness present at the core of ac-

tivity and, conversely, incipient dynamic energy even within the context of serenity."

About the Artist

Originally from Grand Rapids, MI, Suzanne Blaine Siegel spent half her adult life in California. She pursued a wide variety of art courses at Santa Barbara City College and Santa Barbara Adult Education. In the Kalamazoo area she studied with Victoria Littna, David Small and Ann Meade, and received her Master's degree in Painting from Western MI University where her mentor was Prof. Donald E. King.

Ms. Siegel began exhibiting in 1975 in Santa Barbara. Since returning to MI from CA in 2003, she has exhibited in regional venues such as Little Cities Gallery, the Carnegie Center for the Arts in Three Rivers, the South Haven Art Center, People's Church Art Wall, Cosmo's Cucina, Kazoo Books II, the Phoenix Gallery at the Hermitage in Three Rivers, and an Arts Council of Kalamazoo Exhibition at Tromblay in the autumn of 2008. Her work is in public, corporate and private collections in several states and in England. Following the Willow Lake Gallery exhibition, Ms. Siegel's next one-person show is scheduled for September of 2009 in Carpinteria, California.

Ms. Siegel has taught drawing, painting and design/composition in both accredited and non-accredited settings in Michigan, Indiana and California beginning in 1981. Currently she continues to give private art instructions in her Kalamazoo studio.

For further information please contact the artist at (269) 226-0257

Art Minders

Happy Spring!



The purpose of the Art Minders is to heighten awareness of locally and regionally appreciated artists and to support the arts by interest, attendance, education, and financial contribution. Those having an interest in any art form are encouraged to participate. Residence at Parkview Hills is not a requirement.

The Art Minders have a new Treasurer in Stan Rajnak, and a new President in Jack Burley, former treasurer who served for five years. Alice Davis is the new contact person for the Arts Council, and Diane Frey is co-treasurer and will head the Committee for the Fine Art and Craft Bazaar to be held in the Spring of 2010. Volunteers are welcome to join us in working toward this event.

In keeping with our mission to support the arts by financial contribution, the Art Minders have sent \$200 to the Kirk Newman School of Art at the Kalamazoo Institute of Arts, to be used for scholarships.

Friday, March 13, 6-8 p.m. Reception for Luminous Cityscapes, Idyllic Views, Interpretive Realist Paintings by Suzanne B. Siegel, MFA. The exhibit will be in the Willow Lake Club Gallery 3707 Greenleaf Circle, Kalamazoo, MI 49008, from March 1-31.

Friday, April 17, 6-8 p.m. Reception for Amelia Falk, Photographer, and former resident and Art Director of Parkview Hills

The next two Art Minders Meetings will be Sunday, March 8, and Sunday, April 19, from 2-4 p.m. in the Willow Lake Club Library.

Helpful Suggestions for Creating a Natural Landscape



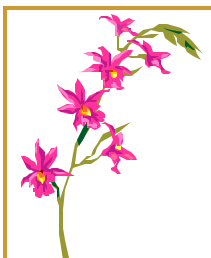
Thirty-nine years ago Parkview Hills was established with the purpose “to preserve, as near as may be in an urban setting, the amenities of a natural environment”.

Large areas of land were left undeveloped and set aside as common areas for all residents. In addition, as land was developed, care was taken to save the natural features of each property. The conscious preservation of the natural features and environment continues to make Parkview Hills the unique and beautiful place it is.

What can you do to enhance our community?

In addition to enjoying our unique environment, residents can continue to enhance our community by remembering and supporting its founding principle. Here are some ideas:

- ◇ Consider reducing the size of lawn areas, either through reduced mowing or active conversion to other plant materials.
- ◇ For lawn areas, eliminate or reduce the use of chemicals (pesticides, herbicides, fungicides), reduce watering, adjust sprinklers for minimum waste.
- ◇ Convert manicured areas into natural areas using a variety of plant materials – trees, bushes, tall grasses, ferns, flowers.
- ◇ When adding new plants or replacing old plants, consider using plants that have value to wildlife by providing food (flowers, fruit, seeds, nectar, nuts, sap, berries) or shelter from weather and predators (thick shrubs, dead trees, vines, evergreens, tall grasses).
- ◇ Create brush, rock, leaf, or wood piles as shelters for ground dwelling animals.
- ◇ Leave dead trees and logs in place for birds, insects and other animals.
- ◇ Use bushes and other medium and lower height plants to create a natural transition area between manicured areas and wooded areas.
- ◇ Consider using native species when replacing or adding plants.
- ◇ Consider the use of a commercial service for yard waste where composting or scattering are not feasible. Do not pile or dump in natural areas.
- ◇ Work with your neighbors to create or enlarge natural areas along property lines.



Our Prairie Garden Committee is currently establishing a natural prairie garden beside the clubhouse. One goal of the project is to demonstrate how such a conversion can be accomplished, and how to encourage residents to consider starting their own projects. Educational information is available at the clubhouse and residents are encouraged to inspect the site this spring and ask questions as the project progresses.



Why Landscape with Michigan's Native Plants? Part II

(continued from January Warbler)

By planting native, rather than non-native, plants in our yards and neighborhoods, we slow the spread of non-native plants into our remaining natural areas. While most non-native plants don't threaten or destroy native ecosystems, some have been shown to do so, e.g. purple loosestrife, garlic mustard, common glossy buckthorn, etc. Other aggressive non-native plants less widely recognized by homeowners as invasive include English ivy, Norway maple, and Dame's rocket (*hesperis matronalis*), whose four-petaled pinkish purple, pale lavender, or white flowers people sometimes mistakenly call "phlox". Even the popular non-native shrub Buddleia (*Buddleia davidii*), whose nectar is so attractive to butterflies, invades natural areas as close to us, and as similar climate, as Pennsylvania. The closer we live to a natural area, the easier it is for non-native plants in our yards, some of them perhaps invasive or potentially invasive, to "escape" into and damage native ecosystems.

Landscaping with native plants saves water and improves water quality. Native plantings, for example prairie and woodland gardens and rain gardens, are much more effective than lawn grass in slowing down storm water and filtering out chemicals. The deep roots of many native plant species are able to absorb, hold, and gradually release this water; water that would otherwise rush into nearby creeks and rivers, eroding their banks and delivering pollution. Native plantings also help recharge groundwater.

Landscaping with native plants helps reduce global warming and its accompanying hardships, for example; a shortage of clean water. Many of our native prairie plants are able to store carbon in their deep and extensive root systems, thus permanently removing it from the air. Also, a yard in which native plants have replaced all or most of the lawn uses less fossil fuel and produces less carbon dioxide than a conventional yard, whose upkeep requires frequent use of power equipment and petroleum products. (Gasoline-powered yard-care equipment emits enormous amounts of carbon dioxide, and most conventional fertilizers and pesticides derive from fossil fuels and consume a lot of energy in their manufacture and distribution.)

Nancy Small, yard2prairie@aol.com

Local Native Plant Growers

*The following is a list of
native plant
suppliers in our area:*

Geum Services, Inc.

www.prairiesmoke.com

269/370-0151 or

269/370-0984

Hidden Savanna Nursery

www.hiddensavanna.com

269/352-3876

Mary Ann's Michigan Trees & Shrubs

www.maryannstrees.com

269/628-2474

Native Connections

www.nativeconnections.net

269/580-4765

Michigan Wild Flower Farm

www.michiganwildflowerfarm.com

517/647-6010



Luck O' the Irish Community Potluck!

Sunday, March 15, 1:00 p.m.



In March we celebrate our community dinner with an Irish theme so bring your dish to pass and enjoy a traditional corned beef and cabbage dinner. This is a popular event and seating is limited so please contact the clubhouse as soon as possible to make reservations or to get on our "potluck calling list". This is a great way to meet your neighbors and make new friends!

Volunteering Makes a Difference in Everyone's Life.

Find a place to belong.

Being involved builds friendships with others and results in a longer 'healthier' life. Many of us are motivated to help others but sometimes it's difficult to know where to start.

The Volunteer Guidebook makes it easy to find opportunities, but how do you find the volunteer job that will be best suited for you?

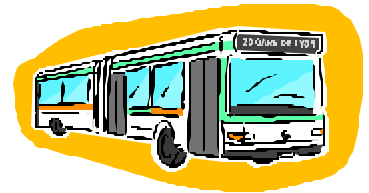
The Guidebook can help you determine what agency, cause or population you may want to serve.

Maybe you enjoy being around senior citizens or working with children. Maybe there is a particular cause the interests you..the environment, animals, housing, or community development.

If your handy with a hammer, savvy when speaking in public or capable on a computer, your interests and talents can benefit a non-profit organization and its clients.

There is a copy of **The Volunteer Guidebook** at the front desk of the clubhouse to assist you in finding the kind of job you want so

Go ahead and volunteer. You'll be glad you did, and so will those you help!



Senior Bus Day Trips

Let us do the driving!

Portage Senior Travel Office is open for reservations Tuesday and Friday 9:30 – 2:30. Sorry, we do not accept credit cards. You may call the Travel Office for questions 269-324-9239.

Chicagoland Flower and Garden Show at Navy Pier

Thursday, March 12

Trip includes transportation and admission to show.
\$73

Curtains at Drury Lane, Oakbrook, IL

Wednesday, April 15

Trip includes lunch, performance and transportation.
\$107

Grand Rapids Art Museum and the Frederik Meijer Gardens

Wednesday, April 22

Trip includes a guided tour of the exhibit "Durer Rembrandt: The Story of the Bible" at the GRAM followed by included lunch at Meijer Gardens \$76

Mystery Trip

May 18-20

We've never been to this destination before!

\$519 double \$499 triple \$619 single.

Boston for the 4th of July!

Trip includes transportation via luxury motor coach, eleven meals, hotels, lobster lunch aboard the Spirit of Boston, Boston Pops concert, USS Constitution "Turn Around Cruise", reserved space in Esplanade Park for fireworks and much more.

\$1449 double, \$1399 triple and \$1749 single.

Travel Preview

Portage Senior Center

Monday, April 27, 2:00

Come to the Portage Senior Center and learn about our new trips for summer and fall 2009. Please call for reservations 329-4555.

Safety Alert

The Department of Public Safety has received several reports over the last few weeks of persons going door to door that identify themselves as either Consumer Power Employees, wanting to see their recent billing statement to see if there are any errors and/or identifying themselves as Charter Cable employees selling boxes and HD TVs, wanting to look at their system to make sure they will receive broadcast when the change goes into effect. They usually come early evening, between 5:30 - 7:00 pm and knock very hard and insistently (hard to ignore). The legitimacy of these vendors has yet to be established. These vendors deal mostly in cash and have, in the past, not been providing receipts to customers. In some cases customers are told receipts will be mailed to them in a few weeks.

Residents should understand that solicitation is not allowed in our community and for their own safety should not open the door for strangers. Some do carry false ID which is easy to create. If you do experience a solicitor or spot one in the community, please call:



SECURITY
806-0474

POLICE DISPATCH
337-8994

or your management company.

The Shoppes at Parkview Hills

~Black Swan

March specials will feature "Schnitzel from the Heart of Europe" March 8—20. April 12—24 will offer Shell Fish specials. View the menu at www.millenniumrestaurants.com/swan

Hours:

Lunch: 11:30 a.m.—2 p.m., Monday through Saturday

Dinner: 5—9 p.m., Sunday through Friday; 5—10 p.m., Saturday

Call **375-2105** for reservations or information.

~Balance~Massage & Bodywork

3303 Greenleaf Boulevard

Relax with a therapeutic massage by Jennifer E. Tamang, CMT. Specializing in Orthopedic, Deep Tissue, Swedish, A shiatsu, Muscle Release Technique & Rain Drop Therapy.

Also, please welcome Audrey Billings, CMT & also Beth Ryan, ABMP Certified Licensed Aesthetician providing massages and facials including Age Defying and Exfoliating Plus Facials.

Please call **808-1855** or go to www.balancemassageandbodywork.com
Bring this ad in for a 15% discount on your first session!

~Awake and Aware

3331 Greenleaf Boulevard

Sign up now for beginning and intermediate yoga. Massage for daily mental and emotional stress & strain. Massage and bodywork supports the function of all body systems. Pain is a blockage in the flow of life energy, open the flow! See a full listing @

www.awakeandaware.net or call Cynthia at 352-7323.

~Healing Pathways

3217 Greenleaf Boulevard

Gentle stress reduction and energizing through Healing Touch energy work. Empower your body to self-heal, relax and focus your mind and renew your spirit with energy field clearing and balancing.

Please call Beth at 330-6417.

Margaret Bruder offers Swedish massage, Trigger Point Therapy, and Craniosacral Therapy. She has over 20 years experience in Kalamazoo and Nationally Certified. Spring special—save \$5 on your first one hour massage. **Call 269-271-1977**

~New Stylist at Lea's!

3301 Greenleaf Boulevard

Mary has experience in hair and nails service. First time with Mary only—30% off any one service! Call today! **375-5200.**