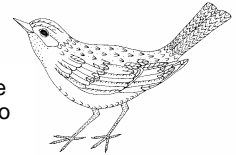


The Warbler



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

March 2010

Willow Lake Club March/April Activities

Water Exercise Class "Jaws & Joints"

Mondays and Fridays 10 a.m.
\$4/residents \$5/Guests

Parkview Hills Discussion Group

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

Euchre

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

Gentle Yoga

Wednesdays, 6:30 p.m.
\$10/session, \$50/6 classes
Please sign up/Limit 10

Bridge (drop-in)

Thursdays, 1 p.m.

Truth About Long Term Care

Thursday, March 4, 6:00 p.m.

Bake Sale

Friday, 10:00 am

Art Minders

Sunday, March 21 &
April 18, 2–4 p.m.

PHCA Board of Directors Meeting

Tuesday, March 9, 6 p.m.

Artist Reception

Friday, March 19 & April 16
6–8 p.m.

Community Potluck

Sunday, March 21, 5:30 p.m.

EARC Meeting

Wednesday, March 24, 3:00 p.m.

Flower Order Deadline

Friday, April 9

(Continued page 3)

A sincere 'Thank you' to Parkview Hills Residents

I t has been a wonderful eight years with many ups and downs but always with the support of an amazing community. I was not planning on leaving but a great opportunity presented itself. My only disappointment is that I will not have the opportunity to see all of you and thank you for supporting me with attending all of our fun events and sharing your thoughts of encouragement. Please welcome Robin (mornings) and Crystal (afternoons) to head up our great team!

This is not a goodbye. I will be back for the Parkview Hills 40th Anniversary Celebration. We are busy planning many fun activities so please mark June 5th on your calendars and make your reservations for a cheerful celebration from Noon until 2:30 p.m. Hope to see you there! Lyn



Parkview Hills
Community
Association
Board of
Directors
Meeting
Tuesday,
March 9,
6 p.m.

PHCA Board Update

Community Association Board Opening

Bob Jameyson, current Board member, will not be seeking reelection at the May annual meeting. If you are interested in serving on the PHCA Board, please fill out an application and turn it in to the clubhouse front office by March 31. Applications are available at the clubhouse office or on the internet at www.parkviewhills.net, clicking on Meetings and scrolling down.

(Continued page 3)



Willow Lake Club

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
www.parkviewhills.net

Reflections on being the First (Human) Residents of Parkview Hills

I first learned of Parkview Hills in 1970 while working in the City of Kalamazoo Planning Department. As the Master Plan for the Planned Unit Development was unfolding, I began to think this unique residential and light commercial development could well be a place to raise our family. One day in early 1971, the plans for the first residential units to be constructed were laid on my desk and after work I literally ran the three blocks from City Hall to home, with the plans in hand, and asked my wife Nancy if she would like to see a place where we might want to live.

We walked down from Parkview Avenue through all the construction going on and found our way to The Meadows, which were going to be the first rental apartments at the time. We looked at the site plan for the first cluster to be built, stood on the highest building elevation, and viewed Willow Lake off in the distance. This was going to be our home. After months of high enthusiasm, in December of 1971 we moved into Parkview Hills with our 8-month old daughter Nicole. It was a long cold winter with no neighbors, no street lights, no clubhouse and no Black Swan restaurant. Things changed rapidly.

During our six years residing in The Meadows with Nicole and our second child Amy, Nancy worked for Margaret Oudsema Tanner and Burt Upjohn showing Woodstone Apartments and hosting Sunday open houses in The Cliffs and Lake Villa West condominiums. It was quite an experience watching Parkview Hills grow during the early years, becoming socially involved with our neighbors and utilizing the amenities of Parkview, especially the pool and platform tennis courts. At one point we purchased a lot on Blackberry Lane with the hopes of building a home there someday but those plans did not come to fruition. In July of 1977, however, we made the big decision and did buy our first home, moving across the street from The Meadows to The Glens. I recall it was one of the hottest days of the year (103) while moving our belongings to the brand new condo.

During the early years there were so many friends and acquaintances that helped Nancy and me make Parkview Hills our first home. To mention just a few: Burt Upjohn and Betty Upjohn Mason, Dr H. Lewis Batts Jr., Margaret Oudsema Tanner, Larry Harris, Jim and Jane Bauschke, Oliver and Kathryn Shields. Now, having spent more than half of our lives deeply rooted in Parkview Hills, we hope to spend many more years here.

Happy 40th Anniversary Parkview Hills!

Gary and Nancy Niemeck



**The Parkview Hills
Community Forum
Thursdays, 10:30
March 11 & 25,
April 8 & 22**

Parkview Forum invites you to join them as they discuss Citizen Action in a World in Crisis

Drop-ins welcome!

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 9. 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.

PHCA Board Update, cont.

Preparations for 40th Anniversary Gala

Efforts by the 40th Anniversary Committee continue to move ahead. For June 1, Larry Harris has agreed to provide an historical tour of Parkview Hills. This will be of great interest to long-term as well as new residents. For June 2, we hope to have Bill Rose, President of the Kalamazoo Nature Center, provide a presentation featuring the mutual environmental interests of the Nature Center and Parkview Hills. As many of you know, Dr. H. Lewis Batts, Jr., co-founder of Parkview Hills, was also founder of the Nature Center exactly 50 years ago.

For June 3, there will be a special Parkview Hills celebrative dinner at Martell's and for June 4 paintings and photos put on exhibit at the clubhouse will all feature some aspect of Parkview Hills. This then leads up to the big catered picnic on June 5, the actual 40th anniversary date. We are currently in discussions with Martell's, Bacchus, D&W, Gordon Food Services and Treat Street to make sure this is a picnic our community deserves. The excitement mounts!

TRUTH ABOUT LONG TERM CARE – PUBLIC SEMINAR

**Thursday, March 4th 6:00 p.m.
RSVP 269-352-0554**

This important seminar is open to residents who are concerned about their potential future long term care needs.

Are you unsure or unaware of:

- The care choices you may face—nursing homes, assisted living, care at home, post hospital???
- The level of care you may need and **WHO CAN HELP YOU PAY FOR IT???** Skilled Care vs. Custodial Care???
- Medicaid—What does it take to qualify?
- When Medicare does help pay for long term care???
- **Or more importantly—When Medicare DOES NOT HELP PAY for Long Term Care.**
- What options do you have to pay for long term care? Savings? Medicare? Medicaid? Medicare? Long Term Care Insurance?

If you are unsure or have any doubt or concern about any item listed above it is **critical** that you attend this seminar! We will go over issues in an EASY to understand format. RSVP Carl A. Popkey Licensed Agent @ 352-0554. *Sponsored by Bankers Life and Casualty Company*

Mixed Media Painting Class

with Greg McChesney

February 22–March 29

Highlights:

- ◇ Being Bold & Daring; Encountering the white
- ◇ Formulating the Textured Surface; Obtaining Your Personal Texture
- ◇ Color; Create Your Personal Palette
- ◇ Connect with Nature; Creating organic patterns
- ◇ Creating Man-Made Objects; Look of Metal; Making Foil Patterns
- ◇ Incorporating Figure Shapes into Composition; Using Gesso and Negative Painting; Printing with Plastic and Using Paint

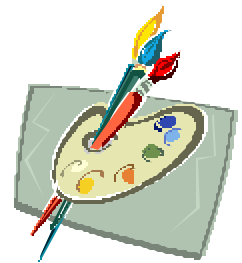
Please register by calling or stopping in at the clubhouse, 372-4444.

A Mixed Media Painting Supply List is available at the clubhouse.

Limit 10/class

\$30 per 2 hour session

Gregg McChesney is a local artist who graduated BFA and MA from WMU. He has taught this class at Kendall School of Design in Grand Rapids.



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

Coffee Break
Wednesday, April 14, 10 a.m.

Community Relations Committee Meeting
Thursday, April 15, 8:30 a.m.



Creating a Monarch Butterfly Waystation

By Ilse Gebhard

Upon retirement my interest in nature led me to landscaping with native plants, which our native insects need to survive. All the books on landscaping for butterflies claim that if you intersperse caterpillar food plants with favored nectar plants, butterflies will come. The books are right! In a 150 square foot flowerbed of native flowers and grasses we had 14 species of butterflies one August afternoon.

Little did I know at the time that this flowerbed, along with others added later, would become Monarch Waystation #77, as certified by Monarch Watch (www.MonarchWatch.org/ws), an organization dedicated to the study and conservation of the Monarch butterfly. The intent of Monarch Waystations is to provide habitat for Monarchs as they go about reproducing during the spring and summer and fueling up for their migration to Mexico in the fall.

Milkweeds are not only excellent nectar sources for butterflies in general but are the host plant for the Monarch caterpillar. Many butterflies are host-specific and the Monarch is one of them. Its caterpillar will only feed on milkweeds; they will starve to death rather than eat anything else.

I had planted two milkweed species and the first Monarch, burnt-orange with prominent black veins and black borders sprinkled with white and a wingspan of 4 inches, came wafting by on May 27. On June 7 I saw one visiting some of the young milkweed plants. As she flitted from plant to plant, she momentarily landed on the edge of a leaf, curled her abdomen under the edge for an instant and then moved on. On checking the leaves I found my first eggs, one to a plant. A few days later I spotted the first caterpillars.

In Michigan common and swamp milkweeds are not only favored monarch larval host plants but also easy to grow. Although butterfly weed is less favored, it looks so stunning and is such a good nectar source that it should be planted as well. Either a formal garden bed or a wild area in a corner of the yard work well as long as milkweeds are present.



When choosing nectar plants for the adult butterflies, some should be blooming at all times from spring to fall. This can be done very effectively with native plants. Almost any good nectar plant that is known to attract butterflies in general will also attract Monarchs. And it should be remembered that native trees, shrubs and vines along with wildflowers are good nectar sources.

For more information you are welcome to contact me at 375-7210.

Ilse Gebhard is an active member of the Audubon Society of Kalamazoo and author of many Nature's Way essays published in the Kalamazoo Gazette.

Support for the Monarch Butterfly Waystation

Celeste Jones recommended expanding the habitat for the monarch butterfly waystation beyond the prairie garden, by restricted mowing of common area parcels to be designated for milkweed. The PHCA Board supports the application for Monarch Butterfly Waystation status for the Prairie Garden which provides a small but rich habitat for monarchs and selected common areas. The Prairie Garden committee will move forward with the application and keep you informed.

Look for additional ways you can participate in the project in the upcoming May Warbler. There is a nation wide Citizen Science project called the Monarch Larvae Monitoring Project. A workshop will be offered by Ilse Gebhard on Monday, May 10 at 7:00 pm for volunteers (place to be determined). Call Ilse or Celeste Jones @ 353-4678 for information.

Garlic Mustard Alert!

Remember! Our old enemy garlic mustard is about to rear its "ugly" head.

Garlic mustard is (if you need a reminder) a biennial invader that is gradually taking over the wooded areas in Parkview Hills. The leaves are dark green and heart-shaped with rounded, coarse-toothed edges. Garlic mustard smells like garlic, or onions when crushed - a good test for correct identification.

The second year of growth is the most important time to pull it, before it blooms or goes to seed.

Please bag your pulled plants, roots and all and PHCA grounds staff will pick /up your bags if you call the clubstaff @ 372-4444. You may also drop bags off at the clubhouse back door and inform the staff.

Alert neighbors and PHCA Management when you find large infestations anywhere in Parkview Hills. Supplies for pulling are available in the clubhouse if you need them.

Organize your neighbors for a group pull and enjoy companions while you work to preserve the natural world!

THE PRAIRIE GARDEN NEEDS YOU!

Can you help?

- ◇ Weed
- ◇ Water
- ◇ Mulch
- ◇ Collect seeds
- ◇ Germinate seeds
- ◇ Get supplies
- ◇ Map
- ◇ Research
- ◇ Recruit Members
- ◇ Write Warbler Articles
- ◇ Take photos
- ◇ Work on Monarch Projects

Flexible Hours

An hour a week, an hour a month
No meetings necessary

Training provided

Please call Robin
372-4444



Luck O' the Irish Community Potluck!



Sunday, March 21, 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!

March Artist of the Month Judith Finnegan Artist Reception Friday, March 19, 6 – 8 p.m.



Judith Finnegan was born in Albion, Michigan and has extensive artist's practice and study, both abroad and nationally. She holds both Bachelor of Fine Arts and Master of Fine Arts from Western Michigan University. Ms. Finnegan has a full record of exhibits in juried, group, and one-person shows, including many Invitationals, and in several forms of media. She has received numerous awards, including Best of Show and several prize awards, as well as the Art Star Drawing Prize from Western Michigan University.

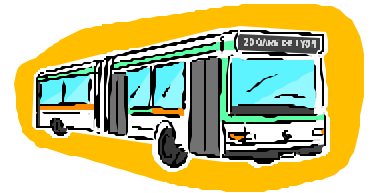
Her Vitae shows the following publications:
A Fortnight In the Wilderness by Alexis de Tocqueville, Judy Finnegan Illustrator, Levenger Publications, Del Ray Beach, FL

The River Roost, 33 illustrations, Through The Door Publishing Co. Portage, MI

Judith Finnegan is associated with the Michigan Watercolor Society and Handmade Paper Guild.

About her March exhibit at Willow Lake Gallery, she states:

This exhibit is a collection of a few paintings done over the past several years. Some are illustrations for the book, The River Roost, Stories of the Alleghan Forest from the letters of Glenn E. McNitt, Edited by Carol Eichinger. Others are a bit of a Whitman's Sampler and about as nourishing.



Senior Bus Day Trips

Let us do the driving! Get away for a day!

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.

Bill Blagg III—Magic and Illusion Lake MI College

Sunday, April 18

You will be asking yourself "How did he do that?" A great way to spend an afternoon and evening—bring the family! Supper Buffet included.

\$85 per person

Tigers vs. Yankees

Comerica Park

Thursday, May 13

It will be a bit chilly for a baseball game, but it is the Yankees and the Tigers—isn't that worth a bit of chill?

\$89 per person

Billy Elliot the Musical

Chicago

Saturday, May 15

Tony winning best musical of the year. A play for the entire family.

\$170 per person

Mystery Trip

Thursday, May 20

Spend a day trying to figure out where we are going??

\$80 per person

Extended Trip

Virginia International Military Tattoo

Virginia Beach, VA

April 28—May 2

Join in for the color and pageantry of a Military Tattoo. WE have all reserved seating for the Tattoo and for the Azalea Parade. There is much to see and do on this adventure.

\$930 per person/double; \$880 per person/triple;

\$1090 per person/single

For additional information on these trips please call the Portage Senior Center @ 324-9239.

The Shoppes at Parkview Hills

Safety Guidelines for Drivers and Walkers

Drivers and walkers share the roads in Parkview Hills. This means everyone who drives or walks in our community is required to exercise caution at all times—especially when it is dark or nearly dark. Here are some ways you can help keep our community safe.



Drivers

The speed limit on all roads in Parkview Hills is 25 miles an hour. Obey it!
Observe and obey all traffic sign and signals.
Be extra careful when approaching curves and hills.
Always watch for walkers.



Walkers:

Always facing oncoming traffic. When approaching and going around curves, walk single file. If you normally walk in the early morning or after dark, wear a reflective vest and other reflective clothing. While you may be able to see, you cannot be seen in the dark even if you are wearing light colored clothing.

~Martell's

3501 Greenleaf Blvd

Located in the former Black Swan restaurant, this fun and delicious restaurant offers diners professional and courteous service while overlooking beautiful Willow Lake through their floor-to-ceiling windows. Enjoy homemade pastas, delicious steaks, artful sandwiches and more!

Hours:

Monday-Thursday	11:30-10:00
Friday-Saturday	11:30-11:00
Sunday	4:00-9:00

For more information, call us at (269) 375.2105, or visit us online at www.TheNewMartells.com

~Balance~Massage & Bodywork

3303 Greenleaf Boulevard

Jennifer E. Tamang, CMT specializing in Orthopedic, Deep Tissue, Swedish, Prenatal, Ashiatsu, Muscle Release Technique, Rain Drop Therapy & Massage Cupping Therapy
www.balancemassageandbodywork.com

Geib Movemnet & Wellness specializing in the Anat Baniel Method. To book an appointment, call 269.330.2019 or visit www.geibmovementandwellness.com

Jennifer Quakenbush, CMMT specializing in Medical Manual Therapy, Manual Lymphatic Drainage & Prenatal massage. To book an appointment, call 269.823.3301 or visit www.bodyworkbyelements.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**