



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

PHCA Board of Directors Meeting
Tuesday, March 8, 6 p.m.

CRC Meeting
Thursday, April 14, 8:30am

EARC Meeting Wednesdays, 3pm
March 23 & April 27

Artist Reception Fridays, 6 to 8pm
March 11 & April 15, 6-8pm

Art Minders Sundays, 2 to 4pm
March 20 & April 17

Community Potluck 5:30pm
Sunday, March 20

Coffee Break 10am to Noon
Wednesday, April 13

Jaws & Joints Water Exercise
Mondays and Fridays, 10 am
\$4/residents \$5/Guests

Tai Chi for Health Wednesdays, 10am
\$4/Resident \$5/Guest

Birth Matters Group
Wednesday, March 2 & April 6, Noon

Parkview Hills Discussion Group
Tuesdays, 10–11 am

Parkview Hills Community Forum
2nd & 4th Thursdays, 10:30 am

Journey on the Creative Path
Tuesdays from 7-8pm
3/22, 3/29/ 4/12, 4/19, 4/26, and 5/3

Long Term Care Seminar
Wednesday, March 2, 5:30 pm

Changes in the Estate Discussion
Thursday, March 24, 9:15-10:15am

Flower Order Deadline
Friday, April 8

News From The Board

- ◆ Parkview Hills Community Association 2011 dues were lowered for the third consecutive year. Oaks residences saw this reflected in the dues invoice they received last month. Apartment & condo residents may not see this reduction directly, but more resources are available to your association or owners as a result of your board "sharpening their pencils again."
- ◆ The fitness center has new flooring and three new treadmills. A few additional finishing touches are still to come. Please take some time and drop by.
- ◆ The Community Relations Committee has met and is planning to update social events for the coming year.
- ◆ Several additional capital improvement projects are planned for this year. We hope to launch a modest marketing campaign for Parkview Hills. Several elements are under consideration. Stayed tuned.

A Nominating Committee is forming for the board position opening in May. We are seeking volunteers for this and other positions of leadership in our community. Applications forms are available in the clubhouse, www.parkviewhills.net or by e-mail request. Subject "Volunteer" to: clubhouse@parkviewhills.net.

The next public board meeting is **Tuesday March 8 at 6:00 p.m.** in the clubhouse; all residents are encouraged to attend.



Willow Lake Club Hours

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

Keyless Entry Hours

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



The Clubhouse will be
Closed on Easter Sunday:
April 24th

Willow Lake Club: 372-4444
Parkview Hills Management: 375-0327
Web Site: www.parkviewhills.net



**Parkview Hills
Community
Association
Board of
Directors
Meeting
Tuesday,
March 8th,
6 p.m.**

WHAT'S THE BAD NEWS WE NEED TO KNOW? AND WHAT DO WE DO THEN?

By Tom Small

Most of the news these days is not encouraging. Most of us, if we stop to think a bit, can get pretty gloomy. Perhaps we grasp that much of what we love and depend on is at risk. Perhaps we feel there's not much we can do about it—that we can't really *make a difference*.

I sometimes feel that way. But most of the time I feel I *can* make a difference—a difference that I can *see*. Most of you know the native-plant garden beside the clubhouse. I'd say that's a visible difference. I can see there a small restoration of some of the native plants that are disappearing from the region; I can see a recreation of at least a small bit of the habitat required by birds, bees, butterflies, and all the other insects and small creatures imperiled by development, and *essential to our own well-being*.

Climate change—with all its stresses, uncertainties, and perils—puts almost everything we are familiar with at risk. James Hansen, our foremost climate scientist, believes that to avoid disaster we must eliminate *all* coal-fired energy production within ten years, and *lower* the current level of atmospheric CO₂ from 390 ppm to 350 by mid-century. Otherwise, we face a future on what may be a radically changed planet, with massive loss of species—from polar bears to bees, butterflies, and even the common backyard birds so familiar to us.

No doubt, a bleak prospect. Yet this is also a time of hope—what Rebecca Solnit terms in her book *Hope in the Dark: Untold Histories, Wild Possibilities* (2006). Her book is filled with stories of the events and the activists and the movements that might “make another world possible.”

For even more assurance that you're not facing the crisis alone, that there are millions working with you, turn to Paul Hawken's *Blessed Unrest: How the Largest Movement in the World Came Into Being and Why No One Saw It Coming* (2007). Hawken brings together in one compact volume the myriad communities involved in a global movement for restoration; he also tells how to get in touch with them and truly join the movement.

But for all the hope these books offer, we still *need to know* how bad things are; we need a clear sense of what we're called on to do if we're to save enough of the earth's wonderfully diverse plant and animal life so that we'll all make it through the crisis.

For a very readable explanation of the causes and effects of climate change, there's no better book than Tim Flannery's *The Weathermakers* (2005). A famous Australian writer and scientist, Flannery places global warming within its political and evolutionary contexts, makes the science accessible and vivid, and considers carefully the pros and cons of various proposed remedies. His more recent book, *Now or Never* (2009), is much shorter, and much more urgent. *We must act quickly*.

For a visionary book that may change the way you imagine and relate to the earth, try Stephan Harding's *Animate Earth: Science, Intuition, and Gaia* (2006), a powerful dramatization of the planet's self-regulating energies, how we disrupt them, and how we can cooperate with them. Harding shows us how all the major “Gaian” processes work together, including “feedback” consequences of our disruptions. He guides us to *imagining* how the entire earth is part of OUR body and how we are destroying it. Finally, he calls us to a radical change in our values and in the way we live.

There are also pretty scary books out there. One of the best is Mark Lynas's *Six Degrees: Our Future on a Hotter Planet* (2008). Lynas, a “National Geographic Emerging Explorer,” takes us through future warming scenarios one degree at a time, culminating in the six-degree (Celsius) rise of the IPCC's worst-case scenario. In doing so, he weaves together the various effects at each stage of warming and the gathering feedback and synergy as the rise continues through two, then three degrees, at which point most consequences achieve unstoppable momentum, “natural systems begin to tear apart” and “social collapse accelerates.” At five degrees, “an entirely new planet is coming into being.” Perhaps the most impressive part of Lynas's analysis is his demonstration that we have less than a decade to change our ways and that most of the changes we currently are contemplating simply aren't enough to do the job.

(Continued on Page 3)



WHAT'S THE BAD NEWS WE NEED TO KNOW? AND WHAT DO WE DO THEN? (CONTINUED)

A recent book by the paleoecologist Anthony D. Barnosky, *Heatstroke: Nature in an Age of Global Warming* (2009), puts our current crisis in ecological and evolutionary perspective. It's a careful and well written book, the best book I've encountered in its focus not just on loss of species but, just as important, the loss of local populations and, globally, the loss of ecosystems. It doesn't sensationalize, but it's a scary book nonetheless.

If Lynas and Barnosky give you quite a scare (and they should), you'll need to turn to something more cheerful—something that might even be helpful.

If you want a cheerful guide to just getting through the day with minimum damage to yourself and the planet, try the Grist guide to "greening your day," *Wake Up and Smell the Planet* (2007). Not only is it light-hearted and witty, it will reinforce the need to change the way we landscape our own yards and properties with its injunction to "quit it with the lawns. Embrace native species and a less manicured look."

Other useful guides include Greg Horn's *Living Green* (2006), especially for its "Resource and Product Guide" to web sources, and Laurie David's *The Solution is You* (2006). Both handbooks stress cooperation, and both offer very useful information—including statistics—about the climate-change damage done by lawns and lawn-care machines (e.g., one hour of gas-powered leaf blowing equals 350 car-miles).

And, of course, there's the internet, with endless variety of resources. For sound scientific information, I've found especially useful realclimate.org (a first-rate blog), pewclimate.org, and www.metoffice.gov.uk/research/hadleycentre. For daily and reliable news about climate and all kinds of related concerns, go to climateprogress.org.

But if you want a book that will help you to understand why so many of your friends and fellow Parkview Hills residents are working to introduce native plants and species into the clubhouse grounds and their own properties, there are two essential books to consult: Sara Stein's *Noah's Garden: Restoring the Ecology of Our Own Backyards* (1993) and Douglas Tallamy's *Bringing Nature Home: How You Can Sustain Wildlife with Native Plants* (revised, 2009). You can also consult the local organization, Wild Ones—Native Plants, Natural Landscapes. See www.for-wild.org/chapters/Kalamazoo.

Dip into a book or a web site, and then pitch in to help with the clubhouse native-plant garden; or start your own. You'll see the difference that you can make in helping plants and creatures at risk to survive and prosper.

Seminar on Medicare and Long Term Care

—presented by Carl Popkey of Bankers Life & Casualty

Please RSVP to 352-0554 if you plan to attend. An informative presentation regarding Medicare and Long Term Care insurance will occur : **March 2nd at 5:30 p.m. in the Willow Creek Clubhouse.** There will be time for questions and answers as well as information regarding Long Term Care.

Free Samples!

Don't we all just love a free sample to really gauge whether we would like to invest further into a full pound of fudge or loaf of bread? It doesn't get any better than that—to be able to sample the goods before committing to a purchase.

If many of us could or would have sampled living with our marriage partner before committing to living in the same home with them for the rest of our life—would we have moved forward with our plans? I hope you answered YES.

With this thought in mind, I have decided to offer, to all residents and employees currently employed or residing in Parkview Hills, a free 5 to 10 minute sample chair massage in my office at the PVH Landmark House.

If that sounds like a reasonable offer to you and your loved ones, please call me to set up a time. I feel blessed to have my training in therapeutic massage and over 25 years experience serving the needs of people with muscle tension. It is a shame to waste the gifts/training that I have been given.

My offer is open to you!

Teresa Resnick CMT at (269) 372-0707.

GOOD NEWS!

Changes in the Estate and Gift Tax laws could actually benefit people with moderately sized estates.

Parkview Hills resident and elder care attorney Joseph R Hawver, along with Wendy Priest FIC, begin their second season of informative discussions with good news!

If you are planning to pass on an estate to your kids or grandkids, it may have just gotten a bit easier. Come out and listen to Joe explain the changes to the estate and gift tax laws that could actually benefit you.

This information filled discussion will include many examples of how the new law may affect you and your heirs. And, we will provide ample time to answer any specific questions you may have.

The discussion will be held in the Clubhouse on March 24th from 9:15 to 10:15 am.

Refreshments will be available.

ART MINDERS EVENT

Quilt Women Exhibit

*Pieces of lives, patches and tatters
all of the precious matters of our lives.
Pieces of lives, stitches and secrets,
pieces of women's lives.*

So the song goes from Molly Newman and Barbara Damashek's Broadway musical *Quilters*: a show that was inspired by the real life diaries and letters of pioneer women in the American West.

The stories were written as they braved the dangers and hardships of life on the frontier. In the work of their hands, they documented not only the world around them, but their inner world...a landscape of their loves, wounds, hopes, wishes, fears and dreams.

The quilt was their confession in cloth and provided essential warmth against the cold winds. They symbolized friendships and told stories within their pieces.

Luckily our **Quilt Women** aren't subjected to the rigors of pioneer life, but for twelve years they have kept the quilting tradition alive. (Many of the original members are still involved with the group). And luckily for us, they will be displaying their works from **March 3 - 30** in the Parkview Hills Clubhouse. For more information call 372-4444.

Members of the group include:

BILLIE GUNDERSON has been quilting since 1974 and has recently opened her own quilt supply store known as **LUCY in the SKY**.

NINA FEIRER described herself as mother, daughter, and a person of the earth.

NORMA LAIRD has "a wonderful stash and I am grateful for it." (Stash being a large supply of gorgeous fabrics!)

PARTRICK WHALEN (one of the male members of the group), is a professional machine quilter and assembles quilts of his own. He will have some of his **FANTASTIC** projects in the show!

RUTH PITKIN is with Quilt Women "to be with my friends."

BARB GALLIGER recently retired from **KPS**.

Free, open to the public.

ARTISTS' RECEPTION

March 11

6-8pm

Parkview Hills Clubhouse

3707 Greenleaf Blvd.

Kalamazoo

372-4444

QUILT WOMEN

Will have personally assembled items available at the reception: quilts, oven mitts, pot holders, cloth books, shopping bags, etc.

AND,

If you have a special project, they will assemble it for you.

Think Spring – order your flowers now!

The Annual Parkview Hills Flower Sale is underway. The prices are discounted this year! You will not find a better value, and flowers are delivered right to the clubhouse in mid-May, just in time for planting!

A variety of flats and hanging baskets are being offered:

- ◇ Flats of alyssum, lobelia, impatiens, begonias, dusty miller, salvia, marigolds, portulaca(moss rose), snapdragon and petunias are \$7.50 each.
- ◇ 10-inch hanging baskets of begonias, bridal veil, impatiens, wandering jew, petunias, and vinca are \$6.50 each. Baskets of non-stop begonias, New Guinea impatiens, fuchsia, and zonal geraniums are \$8 each; and baskets of Boston fern are \$9 each.
- ◇ Potted geraniums, spikes, vinca vine, and wave can also be ordered for \$1 each for a 4" pot.

Orders are due with payment no later than Friday, April 8. 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.

Community Forum Thursdays, March 10 & 24, 10:30 a.m.

Parkview forum invites you to join them as they discuss:

Is Consumerism Destroying America?

Drop-ins welcome!
-Different topics every month-

How much do you know about the Art Minders?

Art Minders has been producing art exhibits and related events since 2002! They are the driving force for all the different gallery pieces in the Willow Lake Club throughout the year!

You can be a party of Art Minders, and help with:

- ◆ Event Planning and/or Coordinating
- ◆ Artist Recruitment and Follow-up
- ◆ Art Show Installations
- ◆ Art Reception Hosting

... as well as many other 'good deeds', limited only by your creativity and stamina!

Come to a meeting and/or a reception and let us know you will join us! The next Art Receptions will be held on March 11 and April 15 from 6 to 8pm, with Art Minder meetings on March 20 and April 17 from 2 to 4pm.

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 form are encouraged to participate. Residence at Parkview Hills is not a requirement.



Parkview Hills Potluck Sunday, March 20, 5:30 p.m.

Lasagna is the featured entrée this month, so all you have to do is bring a dish to pass. This is a great way to meet a lot of the 'fun' residents from the community!

'Journey on the Creative Path' is coming to Parkview Hills!

Beginning March 22nd, 2011! Tuesday evenings 7:00 to 8:30.

Dates for the Upcoming Cycle: 3/22, 3/29/ 4/12, 4/19, 4/26, and 5/3

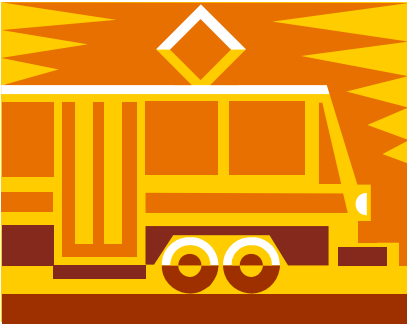
Journey is a transformational group for women. Within the supportive circle of the group, participants engage in expressive and experiential processes as a means of moving into a deeper connection with themselves and their creative potential. We explore and integrate aspects of mind, body, heart and spirit using a variety of approaches. These include: Collage, Movement and dance, Visual arts, Dreamwork, Body awareness, Mindfulness, Relaxation and imagery, Music and drumming, Sandtray, Journaling and writing, Mandala work, Voice, and Written and verbal interactive exercises.

Journey is an ongoing group throughout the year with six week sessions starting four times a year. Six weeks for only \$120. No previous experience in the expressive arts is necessary; activities focus on process rather than product. A sense of play and possibility is encouraged!

You must pre-register! Group size is limited to 15 women.

Please call: Judy White (269) 353-7607 or Michelle Klee (269) 552-9299.

Visit www.WholeLifeCounseling.org for more information or to print out a registration form.



TRAVEL

Call (269) 324-9239 for information on any of these trips and more!

with the Portage Senior Center

Dear Parkview Residents-

The Portage Senior Center has lots of exciting new trips for 2011. Here are just a few to wet your appetite.
Come travel with us!

Please call if I can answer any questions. Johanna Thompson (269) 324-9239.

DAY TRIPS

Detroit Institute of Arts, March 30. Engage in "detective work" through visual exploration and interactive activities on docent-led tour. \$80 members, \$90 others.

Royce Auditorium & Secchia Institute of Culinary Education, April 1. Enjoy music by Mozart & Sibelius performed by the Grand Rapids Symphony Orchestra, along with a culinary tour and lunch. \$65 members, \$75 others.

Ragtime Concert, April 15 in Frankenmuth. Experience Zehnder's 16th Annual *Ragtime* Festival plus dinner. \$95 members, \$105 others.

Tip Toe through the Tulips, May 2. This trip to Holland features visits to Holland Museum, Cappon and Settlers House, and your choice of Windmill Island or Veldeer Tulip Farms. \$60 members, \$70 others.

Nunset Boulevard, May 12 in Munster, Ind. In this performance the Little Sisters of Hoboken are invited to sing at the Hollywood Bowl. They are thrilled at the prospect until they realize that they are booked into the Hollywood Bowl-A-Rama! Lunch included. \$92 members, \$102 others.

Red, Hot & Blue! June 16 at Bear Creek Farms, Bryant, Indiana. Enjoy a nostalgic journey through Big Band 40's Era, Rockin's 50's, eclectic 60's, disco flash 70's and an All American salute to our veterans. \$104 members, \$114 others.

Don't Hug Me, June 28 at Cornwell's Dinner Theater in Turkeyville. Award-winning musical comedy show with lunch. \$65 members, \$75 others.

Broadway Bound, July 13 at Drury Lane Theater in Oakbrook, Illinois. Among the very best of the many great Neil Simon's comedies, this semi-autobiographical play is expectedly funny and unexpectedly moving! Show with lunch \$105 members, \$115 others.

EXTENDED TRIPS

Discover Columbus, Ohio, April 6-8. Enjoy city tour, visit Franklin Park Conservatory and Botanic Gardens, Columbus Museum of Art, German Village and much more. \$385, double.

Mystery Trip, May 18-19. \$210, double.

Trains & Canyons of the East, August 20-27. Motorcoach and scenic train excursion, Grand Canyon of Pennsylvania, Corning Museum of Glass, Rockwell Museum of Western Art, Sonnenburg Mansion and Gardens, Belhurst Castle, Lucas Vineyards, Watkins Glen State Park, Lucy-Desi Museum and more. \$1,258 double.



We have WALKERS ... WILDLIFE.... and OTHER DRIVERS....

Please drive twenty-five!

The Shoppes at Parkview Hills

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.

Please bag your pulled plants, roots and all, and PHCA grounds staff will pick up your bags if you call the Club staff @ 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.



Free Hour Counseling Session!

Bridgeway Wellness Counseling
(Located in the Landmark House)

Stressed out? Call today to schedule a free session to explore any issues in your life and decide if counseling is right for you.
269-370-3822.

~Martell's

3501 Greenleaf Boulevard

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! *Thursdays after 4p.m. all house Martini's just \$4!*

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 Integrative Massage Therapy, Massage Cupping Therapy, Rain Drop Therapy, and Ashiatsu Oriental Bar Therapy.

Visit us online at www.balancemassageandbodywork.com

Hours:

M, W, Th, F	11:00a.m. – 7:00p.m.
Tuesdays	10:00a.m. – 5:00p.m.

To schedule an appointment or get more information, call (269) 808-1855 or e-mail to tamangcmt@yahoo.com

~Awake and Aware

3331 Greenleaf Boulevard

Thursday Evening Yoga 5:30p.m. – 7:00p.m.

Cost: 7 sessions / \$64.00 Drop in cost: \$14.00 per class

Enjoy an evening practice! Open your being to a new kind of flow!

If you think it sounds delightful to be in a supported space, to move your being with full presence, to stoke your energetic fire, to luxuriate in soft stretches and deep relaxation. Well. This class is for you.

Visit www.awakeandaware.net to see more class types and schedules.

Contacts: Gina Greene 269-544-0310 Cynthia Hoss 269-352-7323

~Certified Massage Therapists

3217 Greenleaf Boulevard (in the Landmark House)

Teresa Anne Resnick, CMT since 1984

Teresa offers Therapeutic Massage, Reflexology (foot work) and relaxing, basic facials (no extractions) at her office. She specializes in pain management, trigger point therapy, Swedish and deep tissue massage. Please call Teresa at 269-372-0707 for explanation of any of these services. Classes for self-care provide stretching and joint mobilization. Limited seating.

Margaret Bruder, CMT

Margaret offers Swedish massage, Trigger Point Therapy, and Craniosacral Therapy. She has over 20 years experience in Kalamazoo and Nationally Certified. . Call 269-271-1977