

# Pittsfield Village News

August 2010 Edition

<http://sites.google.com/site/thevillageexchange/>

Pittsfield Village Communications Committee

## A Note From The Editor:

Dear Pittsfield Village Residents,

Here it is! Our third edition of Pittsfield Village News. As promised, with each edition we continue to make improvements. Our first issue was just two pages and distributed only through email. Our second issue expanded to four pages and was delivered to each home in our community with the help of some much appreciated volunteers. You may have gotten your copy later in the month, but that is something we hope to improve on.

As I had hoped, this newsletter is truly a community effort; from the photographs and writing to the design, printing, and distribution. Without the hard work of our residents, this newsletter you are reading would not be a reality. But we need more volunteers.

We are always looking for people to submit writing, photography, illustrations, story ideas, or to help with distribution. Any interested residents can send an email to [pittsfieldvillage@gmail.com](mailto:pittsfieldvillage@gmail.com) or stop by one of our Communications Committee meetings (see the calendar in this issue for more info), we would love to meet you and hear your ideas.

**Jason Beckerleg**  
Committee Chair



Pittsfield Village  
Communications  
Committee

## Washtenaw Farmers Market: Farm Fresh Produce Without Leaving The Neighborhood

by **Zakiya Luna**  
Fernwood

**W**hen was the last time you visited Arlington Square for some fresh produce? You may not know the name, but Arlington Square is the Washtenaw Avenue shopping center directly in front of the Village. You can buy some local fare during the Friday Washtenaw Farmers Market, a new venture by Gji's Sweet Shoppe owner Jim Kimble. The market has started small with a few stalls near Gji's, but the more people who frequent it, the more vendors who will be encouraged to come.

Just a few dollars gets you a colorful mix of summer bounty for trying new recipes (my pile of veggies cost a mere \$4)—and you don't have to worry about parking! The Market is open Fridays from 12:00PM to 5:30PM, followed by a classic car show, through October 29th. For more info on the inspiration and vendors of this market and car show, check out [AnnArbor.com](http://AnnArbor.com) or [eCurrent.com](http://eCurrent.com). Visit [gjisweet.com](http://gjisweet.com) for more information on being a vendor or showing a classic car of your own.



An example of what just a few dollars can buy at the Arlington Square Farmers Market



A flyer advertising the farmers market and classic car show taking place each Friday thru October 29th in Arlington Square



## Board of Directors

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### Elizabeth Hunsche

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### Darleen Boynton

Modification & Maintenance Committee

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# Don't Miss The Annual Pool Party!

A Unique Chance to Have Fun and Connect With Neighbors

by Greg Witbeck

Every year, the Village throws its Community Party at the pool. It's a great time to listen to the rockabilly stylings of former Village resident George Bedard and his band "The Kingpins", to munch on free sandwiches and drinks, and to meet your neighbors. This year, there's going to be an exciting new addition to the party—opportunities for social networking connections!

Are you a runner or jogger looking for a partner to help maintain motivation? Are you one of the many Villagers gifted with a green thumb, who would like to share gardening tips with other neighbors? Do you like to cook, watch football games or foreign movies, play cards, write poetry or discuss your favorite books? A Social Connections table will be set up at this year's party to gather suggestions for neighbors to connect to and enjoy the company of others with similar hobbies and avocations. Once these areas of interest have been identified, we'll help connect Villagers who would like to be involved with one another and let them take it from there!

Have you ever considered serving on one of the Village's committees? The Board relies on volunteers sharing their talents and interests, and offering their suggestions on how to make this community one of the best places to live in Ann Arbor. Representatives from each committee will be on hand to encourage involvement among our neighbors. Come learn about how your interest in landscaping, your financial background, your knack for marketing, or curiosity about governance can give you an opportunity to serve your community and make it the kind of place you're proud to call home.

## The Details:

**Event Date:** Friday, August 20th

**Location:** The Community Pool

### Schedule of Events:

Children's Activities and Social Networking starts at 5:00PM

Food and drink will be available at 6:00PM

Concert at 6:30PM

## The Village has 6 very different committees who do amazing things for our community!

» Modification & Maintenance Committee

» Ad-hoc Governance Committee

» The Board of Directors

» Communications Committee

» Landscape Committee

» Finance Committee



These committees are always looking for your input, ideas, and your hands. Your talents and perspective would be a welcome addition to our committees.

**Join us at the Pool Party on August 20, 2010 from 5 pm to 6 pm to talk with committee members and learn more about what our committees do and the impact that you can have on The Village!**

**We will be raffling off several door prizes just before the band starts at 6 p.m. So don't miss this great opportunity to get involved.**



# HEALTHWISE

## **Revving It Up: Preparing for the 5K**

The 5k, which is equivalent to 3.1 miles, is one of the most popular race lengths in the world. Because the 5k is one of the shorter road races, it's very popular among beginning runners who want to give racing a try as well as advanced runners who like to have short-term goals.

There are many different reasons for running, it could be a stress reliever, you want to challenge yourself, you enjoy running with others, you want to support a specific charity, you are trying to lose weight, or it is something you have always wanted to do. Regardless of the reason, here are helpful hints to you getting started, so you can pace yourself, avoid injury, and be successful.

### **TRAINING TO RUN THE RACE**

It is important to check with your doctor before starting any fitness/exercise program and please follow their recommendations.

As with any exercise, the first part is "warming up". Simple stretching at the beginning will help to prevent muscle injury during the exercise. If it has been a while since you have exercised, start your program with an eight-day training program of walking to build up strength and stamina. For the first four days of training, walk for 20 minutes, then increase the walking to 30 minutes for the last four days. Remember to stretch before walking.

If you have already been exercising, you will need to allocate about four workouts per week to a mixture of running and walking. The run/walk method is simple: after you complete a warm-up with a 5-minute walk, run for a short segment and then take a walking break. Beginners can alternate very short run segments with short walks, such as 1 minute running, 7 minutes walking. Keep repeating your run/walk pattern until you've covered your goal distance or time. For example, if you want to run/walk for 16 minutes, you can run/walk at a 1:7 ratio for two cycles.

Don't stare at your feet, make sure that your eyes are focused on the ground 10-20 feet ahead of you so you can see what's coming. You should start your walk portion before you're running because muscles can get too tired. This will allow your muscles to recover instantly, which extends the time and distance that you can cover. If you wait until you're very fatigued, you'll end up walking slowly and it will be difficult to start running again.

If you want to time your running and walking intervals, you can use a watch or other device that beeps to signal when you need to switch. A simple running watch that has an interval timer feature that can clip onto your shorts, shirt, jacket, or hat can be of help. For the walk portions, make sure you're not taking a leisurely stroll. You should pump your arms, so that your heart rate stays elevated. That way, you'll still be getting a good cardiovascular workout and it will make the transition back to running easier.

As you continue with your run/walk program, try to extend the amount of time you're running and reduce your walking time. An example is run for four minutes and walk for two until you can run for 30 minutes without taking a break. You don't have to do your runs on specific days; however, you should try not to run two days in a row. It's better to take a rest day or do cross-training on the days in between runs. Cross-training can be walking, biking, swimming, or any other activity (other than running) that you enjoy.

Once you can successfully run for long stretches, don't feel as if you have to abandon the run/walk method. Some long-distance runners use it in training runs and races to help reduce muscle soreness and fatigue. Also walking or a slow jog is a good way to warm up and cool down to prevent injury and lessen muscle fatigue and cramps.

### **DRESSING TO RUN THE RACE**

To stay comfortable and to prevent injuries, choose clothes and shoes wisely.

The wrong shoes can make running hard on your knees, legs, and feet. Wearing too much or too little clothing can make it uncomfortable if you're overly warm or too cold. Keep these tips in mind, go to a running shoe store, and ask a sales consultant to help you pick the best shoes for your feet and stride. Look for shoes that are well cushioned, offer good stability, and are designed for running. If you plan on doing the walk/run inform the sales consultant. Make sure there is a little bit of extra room (about an inch or so) left between the end of your toes and the tip of the shoe. Always shop for shoes later in the day, when your feet are swollen a bit and are larger.

When it comes to clothes, always dress for warmer weather by using layers. In cold weather, make sure that your skin is covered while you run, wear a hat (or some type of head covering) and gloves. Do not pile on heavy clothing, which can cause you to sweat too much. Make sure that the layer closest to your skin is made of material that draws sweat away from the skin (polypropylene or thermal materials). The next layer should help insulate and keep you warm, such as cotton. The outermost layer should help protect you against wind and rain.

### **GETTING SUPPORT**

If you need help in getting started or help to stay motivated, consider running with a friend. There are also local running clubs and organizations that you might find useful for planning group runs or are needed for support. Check online for information about local running clubs/groups or ask the sales consultant at the running stores.

Now you can lace up your shoes, hit the track/road, and sign up for the 5k. Give yourself enough time for proper training and preparation, and then enjoy your run.

To your best health  
**Brenda Webster**

# Around the Community . . .

by Jason Beckerleg  
Pittsfield Blvd.

One of my favorite places to visit is less than a couple of miles from Pittsfield Village. A short drive down Packard Rd. to Eisenhower Pkwy., on your left, you will find the Malletts Creek branch of the Ann Arbor District Library.

Opened in January 2004, the Malletts Creek Branch is a unique model of sustainable design, featuring solar heating, natural day lighting, a vegetated green roof, convection cooling, naturally captured and filtered storm water, native plants and grasses, and many uses of materials that are renewable resources. The Malletts Creek Branch was awarded the 2005 American Institute of Architects Michigan (AIA Michigan) Award for Sustainable Design.

Besides the remarkable beauty of the actual building, the Malletts Creek Branch also serves as a true community center. The facility includes a vending area with seating for 20 people and a program room for groups of up to 120 people. The branch contains a collection of approximately 35,500 items. Electronic resources include 28 computer terminals, 18 of which are located in an Electronic Training classroom.

For myself, the best thing about living so close to Malletts Creek Branch is the amazing selection of books, movies, and music. You can browse the vast selection online at [aadl.org](http://aadl.org), where you can sign up for an account and request items to be held from the comfort of your own home. When they come in, you get a reminder email and have an entire week to pick up your items. They have everything from the newest releases to all of your favorite classics. And best of all, as a resident of Ann Arbor it's all free!

To learn more, just stop in and ask for a tour, or check out [aadl.org](http://aadl.org) on the web.

## August 2010 Calendar

### August 3

Modification & Maintenance Committee Meeting  
6:30 PM - 8:30 PM AT THE COMMUNITY BUILDING

### August 12

Communications Committee Meeting  
7:00 PM - 9:00 PM AT THE COMMUNITY BUILDING

### August 17

Landscape Committee Meeting  
6:30 PM - 8:30 PM AT THE COMMUNITY BUILDING

### August 26

Finance Committee Meeting  
6:00 PM - 9:00 PM AT THE COMMUNITY BUILDING

### August 20

Annual Pool Party!!!  
\*SEE PAGE 3 FOR MORE DETAILS!!!

### August 27

Board of Directors Open Forum / Meeting  
6:15 PM - OPEN FORUM / 6:45 PM MEETING



A view of the Malletts Creek Branch of the Ann Arbor District Library, an outstanding example of sustainable design and a valuable resource for residents of Pittsfield Village.