

# Pittsfield Village News

January 2012 Edition | <http://sites.google.com/site/thevillageexchange> | [www.pittsfieldvillage.com](http://www.pittsfieldvillage.com) | <http://pvcondoboard.wordpress.com>

## Communications Committee Prepares to Launch New Community Website

**Jason Beckerleg**

Pittsfield Blvd.

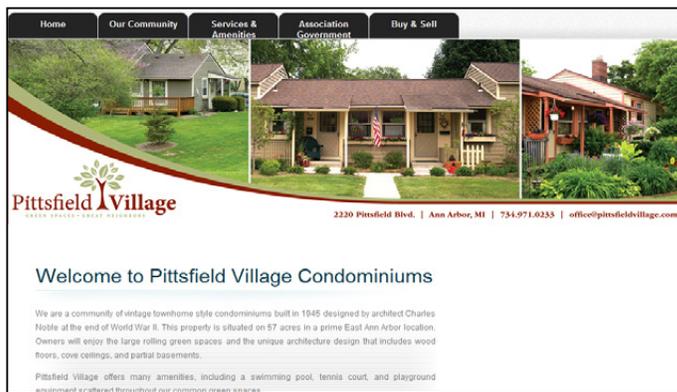
I am proud to announce that the Communications Committee is now putting the finishing touches on what will soon become the new and improved [www.pittsfieldvillage.com](http://www.pittsfieldvillage.com). It is our hope that the new site will accurately communicate all of the positive attributes of our community to prospective buyers, and be a helpful resource for current residents as well.

Our initial idea was to attempt an update of our current site to make it more reflective of where we are now as a community. Our current site hasn't really changed much since the conversion from Cooperative to Condominium. After trying to work with the current site, which allowed for some limited customization, we decided to start

from scratch, using the content from the old site that we felt was still relevant, and eliminating that which we felt to be unimportant.

The new site has really been made possible by to the recruitment of resident Andy Hickner to the Communications Committee. The Committee beforehand had been reduced to just myself and Linda Ross. The addition of Andy to our Committee has been invaluable.

We expect the site to be launched sometime next month (February). The site is a work in



A screenshot of the new version of [www.pittsfieldvillage.com](http://www.pittsfieldvillage.com).

progress and we encourage residents to voice their opinion of the new [www.pittsfieldvillage.com](http://www.pittsfieldvillage.com). Anyone who has suggestions or would like to offer help in developing the new site can email [pittsfieldvillage@gmail.com](mailto:pittsfieldvillage@gmail.com).

## HEALTHWISE

### STRESS

Stress is a normal physical response to events that make you feel threatened or upset your balance in some way. When you sense danger – whether it's real or imagined – the body's defenses kick into high gear in a rapid, automatic process known as the "fight-or-flight" reaction, or the stress response.

The stress response is the body's way of protecting you. When working properly, it helps you stay focused, energetic, and alert. In emergency situations, stress can save your life – giving you extra strength to defend yourself, for example, or spurring you to slam on the brakes to avoid an accident.

The stress response also helps you rise to meet challenges. Stress is what keeps you on your toes during a presentation at work, or drives you to study for an exam when you'd rather be watching TV. But beyond a certain point, stress stops being helpful and starts causing major damage to your

health, your mood, your productivity, your relationships, and your quality of life.

The body doesn't distinguish between physical and psychological threats. When you're stressed over a busy schedule, an argument, or a mountain of bills, your body reacts just as strongly as if you were facing a life-or-death situation. If you have a lot of responsibilities and worries, your emergency stress response may be "on" most of the time. The more your body's stress system is activated, the harder it is to shut off.

In 2008 the global effects of the economic crisis became an additional factor on the stress response. The monetary challenges have many of us doing more with less, attempting to be frugal and smarter with our spending. What can we do as consumers

during these troubling economic times?

After determining your budget, here are some suggestions to help you start living more frugal:

1. Buy used items instead of new. Check news papers, go to resale shops or use web sites like [www.UZAP.com](http://www.UZAP.com), which offer free listings.
2. Borrow books, CD's and DVD's from the library (The Malletts Creek branch of the Ann Arbor District Library is less than 2 miles from Pittsfield Village).
3. Consider do-it-yourself projects instead of hiring out. Home Depot offers free classes, or web sites like [DoltYourself.com](http://DoltYourself.com) can also be helpful.
4. Coupons, coupons, coupons from fliers, newspapers and online, and also exchange coupons.

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## Board of Directors

Justin Ferguson

*President*

(734) 353-4248

justin.ferguson@pittsfieldvillage.com

Laura Zeitlin

*Vice President*

(734) 677-6870

laura.zeitlin@pittsfieldvillage.com

Ken Sylvester

*Treasurer*

(734) 476-0041

ken.sylvester@pittsfieldvillage.com

Jessica Lehr

*Secretary*

(734) 891-6073

jessica.lehr@pittsfieldvillage.com

Aaron Pressel

*Member-at-Large*

(734) 678-4074

aaron.pressel@pittsfieldvillage.com

## Committee Chairs

Greg Witbeck

*Ad-hoc Governance Committee*

Jason Beckerleg

*Communications Committee*

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*Finance Committee*

Elizabeth Hunsche

*Landscape Committee*

Darleen Boynton

*Modification & Maintenance Committee*

## Management Office

Melissa Brown

*Community Manager*

2220 Pittsfield Blvd.

Ann Arbor, MI 48104

Email: office@pittsfieldvillage.com

Phone: 734-971-0233

Fax: 734-971-3421

Mon.- Fri. 8:30AM - 5:00PM

# January 2012 Community Calendar

## January 3<sup>rd</sup>

### Modification & Maintenance Committee Meeting

6:30PM - 8:30PM @ The Community Building

## January 17<sup>th</sup>

### Landscape Committee Meeting

6:30PM - 8:30PM @ The Community Building

## January 19<sup>th</sup>

### Finance Committee Meeting

6:00PM - 7:30PM @ The Community Building

## January 27<sup>th</sup>

### Board of Directors Meeting & Open Forum

6:15PM Open Forum, 6:45PM Meeting @ Community Building

## January 30<sup>th</sup>

### Communications Committee Meeting (**TENTATIVE**)

6:30PM - 7:30PM @ Village Pub, 3452 Washtenaw Ave.



Pittsfield Village

Communications  
Committee

# ... Bulletin

## WINTER SALT AVAILABLE

Visit the Community office to pick up your free basket of sidewalk salt. If you need more salt, you can return for refills.

## RESIDENT CONTRIBTORS NEEDED FOR NEWSLETTER

As always, we are looking for residents to contribute to this newsletter. We are looking for anyone interested in contributing writing, photography or anything you might find relevant to our neighbors. We are open to all ideas and opinions. If interested please email pittsfieldvillage@gmail.com

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5. Plan your weekly meals around what is on sale at the grocery store and stick to it.
6. Buy in bulk and freeze foods like bread, meats, veggies, milk and cheese.
7. Eat at home as much as possible. Getting the kids involved in meal planning and preparation makes it more exciting.
8. Schedule a leftover meal night each week.
9. You don't have to stop exercising, but do you really need a fitness center membership? Instead buy bands, balance disks, fitness balls, etc. to work out at home.
10. Plan ahead to do errands in the same area and save gas and time.

In order to make *HEALTHWISE* more relevant, I would like you, the readership to e-mail suggestion for topics. My e-mail address is bjweb7@netzero.com. Thank you.

To your best health,  
Brenda Webster,  
*Pittsfield Village Resident*