



From the Green



Special Points of Interest:

- Spring tips from the Maintenance Crew...Pg 1
- Make your Apartment Your Sanctuary.....Pg 2
- Pool Opening.....Pg 3
- Resident VIP Program.....Pg 3
- "Three Spring Notations on Bipeds".....Pg 4

Regular Features:

Maintenance	1
Just the FAQ's...	2
From the "Concierge Desk"	2
N2N: Neighbor 2 Neighbor	3
Happy Spring From the Green	4

Volume II, Issue I

Spring, 2010

Hello, Neighbor!

Happy Spring!

We're back with the eighth edition of your community newsletter, "From the Green". We hope you will find it to be a useful vehicle for connecting with us and with your neighbors here at Erie Station Village.

Have a business? Want to share a recipe? Looking for a group to play cards or other games with? How about an editorial on current events? We encourage you to participate, so please feel free to email us or call

us with content suggestions.

While we can't promise to include them all,

this is your community and your newsletter, and we will do our best to incorporate as many ideas as possible.



From Your Erie Station Village Maintenance Team

Spring is here! It is time to put away the winter coats and enjoy the good weather. To make this spring as enjoyable as possible we will be making some improvements around the property.

We will be giving the trash rooms a good spring cleaning so please remove any personal belongings other than your bikes from these areas. We will also be painting hallways and replacing doors this spring so please pay attention to any signs that we may

have posted to inform you of wet paint.

To make the meadow as enjoyable as possible we will be doing some improvements in this area. As well, we will be placing top soil and grass seed down in various locations in early spring so please try to refrain from you or your pet walking on these areas as much as possible until the new grass is established.

For your safety please be aware of any cones or areas taped off until our work is

completed. Please throw us a bone (pun intended) and pick up after your dog. We will be adding two new dog stations to the meadow so please utilize them so everyone can enjoy walking or playing in the meadow or any grassy area.

We would also like to take the time to thank you for another successful and smooth winter. If you come across any areas that need attention please call the maintenance line and the area will be promptly attended to.



Just the FAQ's...

"Can I plant some flowers and vegetables that I like around my apartment or townhouse?" Yes! As long as you fill out a Garden Permit and have it approved by the landscaping staff. The reason for the permit is so that all staff members have knowledge of what residents are growing, and young plants will not be mistaken for weeds and dug up by the landscaping crew. These permits will be available starting April 15th.

Please call 334-6958 and one will be delivered to your residence.

"Dear Maintenance: I will be moving out at the end of the month. Is it OK to drive the moving van on the lawn to get closer to our door?"

Please do NOT drive on the lawn. Significant damage can result and you will be charged for restoring it to its proper state. Depending on the time of year, the vehicle could also become stuck in the mud.



Making your home your sanctuary...

Who doesn't want a peaceful place to come home to after a long, hectic day? To reduce stress and create your own private sanctuary, use these four tips:

Decorate for relaxation

Your physical environment plays a big part in determining your mood. Both the objects in your rooms and the colors on your walls can influence you to feel upbeat and positive or stressed and depressed. Colors play a large part in how your brain perceives a certain mood. Generally, warm tones make your brain

feel comfortable or energized while cool tones can actually lower your heart rate and calm you down. So if you feel antsy in your apartment, you may want to steer clear of very bright colors, which actually agitate you. But if you're prone to seasonal depression, for instance, you probably want to fill your apartment with bright, cheery tones.

Clear out the clutter

Another way you can alter your environment to reduce stress is by decluttering your apartment. Clutter affects your mood just like color does. It is chaotic, and looking at it day in and day out can make you feel frustrated or exhausted if you're already stressed.

The goal of decluttering is to create a peaceful place, not make you feel worse. So the best way to go about the process of clearing out your space is to start with one

small area. First celebrate the accomplishment of decluttering that one space and then move on to other areas, giving yourself a realistic time frame to finish your entire apartment. Just remember that successful decluttering doesn't necessarily mean clearing everything out: you can still keep treasured possessions around. After all, your favorite objects can enhance your mood too.

Practice relaxation techniques

Another way to reduce stress in your apartment is to learn some relaxation techniques and make a habit of practicing them for a few minutes each day. There's a wide range of helpful relaxation techniques — one to suit every personality type and budget. Options include lighting aromatherapy candles, meditating, deep breathing, and exercising among others.

(continued on Page 4)



WHAT'S NEW: POOL OPENING!

Believe it or not, the pool will be open before the next newsletter comes out, so we get to talk about it now!

Weather permitting, we will be open on weekends only beginning 05/29/09 (Mem. Day Wknd) until schools let out (towards the end of June). After that, the pool will be open daily from 8am until 9pm through the summer. Lifeguards will hang an "Open" flag in plain view whenever the pool is open, so just glance out your window or give the Leasing Office a call if you're not sure.

A note on parking: the cul

-de-sac in front of the leasing office is a fire lane and parking there is prohibited. Unfortunately, the Town will not allow us to create a parking lot on the other side of the stream without connecting the end of Hendrix Rd through to the "other" Hendrix Rd (near West Town Village). This will not be done until the vacant land in that area is developed and plans for Phase III are on hold until the economy completely recovers.

We hope that you will take the opportunity to say hello to your



neighbors, and make the short walk over to the pool. If you must drive, please park in an available space along Gilmour, or parallel park along the straight portion of Hendrix Road to avoid being towed by the Town.

ATTN: SENIORS!

On the first Friday of every month we invite you to come to the Community Center for coffee, donuts and good conversation with your neighbors!

Starts at 9AM



Erie Station Village, Swimming Pool.

NEIGHBOR 2 NEIGHBOR: VIP DISCOUNT PROGRAM

As a resident at Erie Station Village, you are automatically enrolled in our VIP DISCOUNT PROGRAM.

We appreciate your choosing to make your home here with us, and we will do everything we can to make your life here as convenient, comfortable and care-free as possible. Toward that

end, we have created the "Resident VIP Program". Over twenty local businesses have all agreed to extend a courtesy discount to you, our residents, which you can take full advantage of for as long as you live here.

Simply show the participating vendor your VIP Membership Card

and receive a terrific discount! On top of the savings, you can also be proud of supporting local neighborhood businesses and the community you live in.

Brochures and VIP Member cards are available at the leasing office. For a complete list of participating mer-



chants, please visit <http://www.eriestation.net/vip.html>.

-N2N

Happy Spring to All...

ERIE STATION
VILLAGE

290 Hendrix Road
West Henrietta,
New York
14586

Phone: 585-334-6870
Fax: 585-334-6938
E-mail:

esv@eriestationvillage.com

www.eriestation.net



Three Spring Notations on Bipeds

by Carl Sandburg (1920)

1

The down drop of the blackbird,
The wing catch of arrested flight,
The stop midway and then off: off for trian-
gles, circles, loops of new hieroglyphs—
This is April's way: a woman:
"O yes, I'm here again and your heart
Knows I was coming."

2

White pigeons rush at the sun,
A marathon of wing feats is on:
"Who most loves danger? Who most loves
wings? Who somersaults for God's sake in
the name of wing power in the sun and blue
on an April Thursday."

So ten winged heads, ten winged feet, race

their white forms over Elmhurst.

They go fast: once the ten together were a
feather of foam bubble, a chrysanthemum whirl
speaking to silver and azure.

3

The child is on my shoulders.
In the prairie moonlight the child's legs hang
over my shoulders.
She sits on my neck and I hear her calling me a
good horse.
She slides down—and into the moon silver of a
prairie stream
She throws a stone and laughs at the clug-clug.

Concierge, continued from Page 2

Most of these methods require very little
training and some can even benefit you
after just a few minutes' practice.

Keep the work at work

The key to keeping your apartment a
peaceful place is to compartmental-
ize: leave the stressful stuff at the
door. That means leaving work where it
belongs — at work. If you make a con-
scious effort not to discuss work in your
apartment or bring it home, your brain will
draw a positive association with walking
into your place.

If you absolutely must take work home, try
to create a special work area. Decorate
your workspace to create a calm mood and
do work only in this space. When you're
done, close the door on your office and
only participate in relaxing activities in the
rest of your apartment.

With just a few simple lifestyle and decorat-
ing changes, you'll make your apartment the
peaceful and relaxing sanctuary it's meant
to be.

