

CV News

Newsletter of the Castle Village Owners Corporation

October/November 2008

Letter from the Editors

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CV News is the bi-monthly newsletter of the Castle Village Owners Corporation.
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With this inaugural edition of *CV News*, we're introducing a different format, with several new features aimed at building community. Our goals are to inform residents about what's going on at CV, connect neighbors to each other, and foster involvement with the surrounding neighborhood. With such an abundance of talent and accomplishment among us, we will recognize one resident each issue with a brief profile. Also included is a community calendar of events, as well as a featured area business or two. Classified advertisements are now unified in one section at the end.

We also wanted to alert everyone to the newly launched website for Castle Village, designed by residents Bob and Bri Matsuoka. Eventually, *CV News* will be published mainly online (with hard copies for those residents who prefer paper). We urge residents to visit the site—it's visually clean, user-friendly, and has great pictures and information.

In this edition, readers will find photographs of the reopened children's playground; a column by the newly convened and already very active Events Committee; a profile, in memoriam, of beloved, long-term resident Stanley Michels; and brief features on the YM&YWH and the art gallery around the corner on 181st.

Many thanks go out to Claire Stoddard for so wonderfully managing *All Around the Village*, the precursor to *CV News*, for these past seven years. We wish her the best in her new residence up the street.

—Stacy Spencer and Jennifer Dossin, Co-editors

A large-print edition of *CV News* is available on request. Please contact the CV office, 212-927-0600.



Property Values

By all reports, "Property Values" was the most popular feature of *All Around the Village*. We are pleased to continue this item and to thank Terry Crosley, Castle Village Assistant Property Manager, for providing the information.

Values listed below are averaged from sales of the past twelve months, unless noted otherwise. The number in parenthesis represents the number of sales within this time period. Please be advised that these values may not reflect the current market.

1-line	\$895,000 (1)
2-line	\$548,500 (3)
3-line	\$468,666 (3)
4-line	\$697,500 (2)
5-line	\$284,500 (2)
6-line	\$792,000 (4)
7-line	\$486,925 (4)
8-line	\$589,333 (3)
9-line	\$912,500 (2)

Based on sales July 07–September 08.

Cottage n/a

No Cottage sales within the past 12 months.

Around the Village

EXTERIOR MASONRY/SITE RETAINING WALLS

After a three-week delay resulting from the city's new filing procedures, L&Z Contracting has commenced masonry work on the facades of buildings 140 and 160. Work on the facades is expected to take about seven weeks. After completion, the sidewalk bridging will be removed, and L&Z will move to other sections of 140 and 160 before advancing to the other buildings. Phase VII of the masonry project has an estimated completion date of February 15, 2009.

RUBBLE WALL MONITORING & CONSTRUCTION

Weidlinger, the engineer of record for the rubble-wall project, approved the long-term use and maintenance of the existing monitoring system initially installed by Geo-Instruments to monitor the wall's behavior during construction. Cabling for the equipment in the north garden will be buried underground to protect it from UV rays.

PHASE II GROUNDS RECONSTRUCTION

The playground is open, and the cottages are now integrated with the rest of the property. Following a hectic week of construction, the contractor worked feverishly on Saturday, September 6, to prepare the playground and the grounds for their grand opening on Sunday, September 7, at the Annual Garden Party. There is still work to be done. Several trees will be planted around the playground and benches will be installed in and around the playground.

PERGOLA

Thanks to the generosity of the cooperative's sponsors Ed Sonn and Carolyn Blitz, a pergola will soon stand on the terrace between the turrets as a permanent memorial to Bill Sonn, the general partner of the partnership that converted Castle Village into a cooperative. The pergola was designed by the RBA Group, the same architectural firm responsible for the garden and playground. Columns are made of a synthetic stone, and beams and runners are made of cedar wood. The pergola will be wired for lighting with an additional outlet in the adjacent garden bed. Pergola seating will comprise of eight Adirondack chairs. Entwining the structure will be vines, to be selected and planted at a later date.

FRONT ENTRANCES

Reconstruction of the front entrances of buildings 140 and 160 to make them handicap accessible cannot begin until the masonry work

(continued on page 3)

CV Candidates Forum, October 23

There will be a Candidates Forum on Thursday, October 23, in the Community Room at 8:00 pm. The event will be aired live on CVTV, cable channel 999. If you would like to pose any questions to the candidates, please send them to the CV office. Like questions will be grouped and posed by the moderator.

CV Annual Shareholders Meeting, October 30

The Annual Shareholders meeting is scheduled for 8 pm, Thursday, October 30, in the Sanctuary of the Fort Washington Collegiate Church, 729 West 181 Street.

If you cannot attend the meeting, it is very important that you participate by sending in your proxy. It is necessary for the corporation to have a quorum of shares represented either in person or by proxy. The meeting cannot be conducted without a quorum.

Flu Shots at CV and Call for Volunteers, October 30

On Thursday, October 30, from 9:30–11:30 am, the Visiting Nurse of New York will administer flu shots free of charge to residents aged 50+ in the Community Room. Pre-register by calling the CV office. Volunteers are needed for the day to assist with completion of necessary paperwork and directing residents during the event.

(Around the Village, continued from page 2)

on their facades has been completed and the sidewalk bridging removed. We expect this front entrance work to start by November. Work on buildings 180 and 200 are expected to commence spring 2009 followed shortly thereafter by building 120.

ENERGY ISSUES

The Board has received a draft of the Energy Reduction Plan commissioned from PowerCon. It is presently under review by the Energy Committee and the Board. Based on the outcome of these reviews, it is anticipated that a report will be filed with NYSERDA for its review and approval. Once approval is received, we can start the next phase of the plan which includes further analysis, determining loan requirement and availability of funds, obtaining competitive bids, and, finally, implementation.

STORAGE

We will soon be able to offer from 50 to 60 new storage cages in buildings 160, 180, and 200. The relocation and abandonment of a few storage rooms allows for the construction of storage cages to accommodate the storage needs of many shareholders currently on the waiting list.

GYM EXPANSION

Three proposals are being considered for the expanded gym layout and the equipment it will contain. The expansion will allow for the following additional equipment: two treadmills, one upright and one recumbent bike, two different types of ellipticals, and a new strength training station. The increased number of pieces will reduce or eliminate waiting times experienced by the before- and after-work crowd for popular cardio exercises.

HEATING SEASON

October 1 marks the start of the heating season. Maintaining a comfortable temperature for all of the residents of a multi-family building is a difficult task. We must try to balance the comfort of our residents with the economical operation of the heating plant.

Due to the configuration of the buildings and their exposure to the elements from all sides, it is difficult to keep them warm on extremely cold windy days. There are several ways you can help maintain a comfortable temperature indoors.

(continued on page 4)

Welcome New Neighbors

Patrick Harper & Carmen Harper
29/160

Richard Keck & Eva Vazquez
116/120

Joshua Krinsky
108/120

Annaliesa Place
105/120

Oren Rawls & Ruth Weinberger
126/180

Gary Rosenthal & Ariane Zoroniotti
67/140

Energy Tip

Be sure to place the faucet lever on the kitchen and bathroom sinks in the cold position when using small amounts of water. Placing the lever in the hot position uses energy to heat the water even though it may never reach the faucet.

(Around the Village, continued from page 3)

- Please report overheating conditions in your apartments.
- Instead of opening a window to cool an overheated apartment, turn off the radiator by shutting the valve located under the flap on the radiator cover.
- Dress warmly while in your apartment.
- To help prevent air infiltration, make sure your windows are shut tightly and locked. Window air conditioners should be removed; where impractical they should be insulated and adjoining area sealed.
- Avoid placing furniture in front of the radiators as it may limit the circulation of warm air.
- Window curtains should be open during the day to permit the sun's rays to warm your apartment. Close them at night to act as a barrier against the cold.
- To ensure that the fins on the heating element of your radiator efficiently emit heat, remove dust accumulation on them by passing the vacuum cleaner hose through the opening at the bottom of the radiator cover.
- To introduce fresh air into your apartment, crack open a window in a seldom-used room.
- There are many factors that contribute to the temperature in one's apartment; therefore, complaints of insufficient heat cannot be fully addressed if staff is not permitted to first investigate the problem within your apartment.

We thank you in advance for your cooperation.

HEAT COMPUTER & TEMPERATURE SENSORS

We endeavor to provide adequate heat through the aid of computers that are connected to temperature sensors strategically placed throughout the buildings. The sensors relay the temperatures recorded both inside and outside of each building to a computer that controls the on/off cycles of the boiler. Many of the sensors are either not operating or have been removed from their original locations. The sensors must be repaired or relocated so that the computer has sufficient information to operate as it was designed. Please contact the management office if you wish to have a temperature sensor installed in your apartment. If your apartment is deemed to be a suitable location, one will be installed.

—Frank Nadal, CV Property Manager

New Castle Village Website: www.castlevillage.org

We've been itching to improve the Castle Village web presence for some time, and thanks to some prompting from the Castle Village Community Connections Committee and some board members, we were happy to dive in!

Our foremost goal was to create an environment where people would share and interact with one another. A place where committees, individuals and management would present information and exchange thoughts. And we also wanted to show the public what a wonderful place we have in our Castle Village grounds and community. So, we

built an environment that we feel is very user-friendly—easy to navigate and extend. The website allows you to subscribe to updates via email, so if you haven't already, go to the site and sign up! The subscription links are at the bottom of each page.

Fortunately, the quality of the low-cost or free tools and services that allow for the development of this type of website have improved tremendously over the last few years. The site is running on Wordpress, a very popular free website publishing tool, and we've created a private area using Google Apps, which is Google's service offering for office-like functionality (email, documents, calendaring, and more).

Bob and I work in the tech field; Bob is a true technology expert. We have a company called MokaMedia whereby we create web projects for clients around the city. Bob also has a company in SoHo called Runtime Technologies that develops high-end backend technologies. I also have a company called Toodleoo Productions where I create and produce

broadcast television content. Our projects take advantage of powerful and innovative technologies and tools that have emerged from the Web 2.0 revolution to better an organization and serve our constituencies. The tools will allow an organization and its staff to work more productively, communicate more effectively, and reduce costs.

We are happy to provide the community with this tool and hope everyone uses it and finds it helpful, as well.

—Brigitte Matsuoka

Castle Village Website of the Castle Village Owners Corporation

Site search:

Home

Welcome to the Castle Village Website which is designed solely for the use of Castle Village residents. Among the features you will find are a Calendar of Events, The All Around the Village Newsletter, a phone directory of useful numbers and opportunities to exchange information and build new connections with neighbors.

Subscribing To Updates

We will post news and announcements on this page.

In addition to visiting the site, there are a number of ways you can receive updates published on this site. You can:

1. Subscribe to an RSS feed of all new content published on this site. This is useful if you use a feed reader to get updates from your favorite sites. Here is the Castle Village RSS feed link;
2. Get email updates daily. If you'd like to receive notices of updates in your email, please use this link; and
3. Subscribe to a calendar feed of all calendar events. If your calendar program (such as Google calendar or Outlook) supports the ICS standard, you can use this link to have Castle Village events automatically added to your calendar!

Recent Posts

RSS Casualty Losses Bill
Monthly Updates
September 12, 2008
Castle Village Newsletter
October
New Member Party
Gallery
CASTLE VILLAGE ANNOUNCEMENT
Subscribing to updates

Subscribe via Posts (RSS) - Posts (Email) - Calendar (iCal) - Log in

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CV REGULATIONS FOR HALLOWEEN

A Castle Village Halloween is a unique city experience! We hope all youngsters will join in this year for a really wonderful Halloween.

- ❑ Only Castle Village children and their guests (two per child) are allowed to go Trick or Treating on the grounds and buildings of Castle Village.
- ❑ Children 8 and under must be accompanied by an adult.
- ❑ Older unaccompanied children must produce some proof identifying them as Castle Village residents.
- ❑ There will be a list of apartments participating in the Halloween festivities in each lobby. You should sign-up if you wish to be visited. Trick or Treaters are asked to check this list and to visit only apartments on that list.
- ❑ Participating apartments may also be recognized by the orange and black streamers attached to their doors.
- ❑ If you experience problems with Trick or Treaters, please notify the doorman who will take appropriate action.
- ❑ Anyone found not complying with these regulations, creating disturbances, or misbehaving will be asked to leave the premises and will not be allowed to continue trick or treating on Castle Village grounds.

Events at Castle Village

You may have noticed “save the date” fliers in lobbies, laundry rooms, and under your door. These are all being produced by the Castle Village Events Committee. We’re a new group, having been formed specifically to produce events for Castle Village residents. Our purpose is to build our community by allowing residents to meet in public space, to give people a variety of activities close to home, and to have fun. Our goal is to create at least one event each year that you will want to attend, whoever you are.

We have three major themes: The Arts at Castle Village, CV Kids, and Changing Seasons at Castle Village. The arts series will seek to showcase the many actors, musicians, writers, and artists who live here and in the neighborhood. CV Kids will produce hours of art, music, and fun for the younger set. The Changing Seasons series will encompass a wide variety of events appropriate to the season—indoors and outdoors, rain or shine.

All events are the result of donated time and talents from committee members and Castle Village community members. Fortunately, there is a lot of talent here at Castle Village. Thank you to everyone who is making this possible: The artists and musicians. The parents who supervise games and races. The volunteer face painters. The cooks and bakers. The many, many volunteers who help wherever it is needed. The board members who approve the activities. And, of course, the Castle Village staff and office members.

The event committee members themselves are a diverse group, with a variety of interests and abilities. We have several parents working on events just for kids. The younger set can look forward to parades, craft workshops, plays, story hours, and singalongs. Our own talented artists and musicians on the committee are helping produce the Arts at Castle Village series—you can expect to see book signings, play readings, recitals and concerts. Then, there’s the “something for everyone” seasonal events—lawn parties, potluck dinners, arts and craft shows, wine tastings, flea markets and campouts!

Obviously, all this takes some coordination. That’s where I come in. If anyone wishes to donate time, materials, or ideas to the Castle Village Events Committee, please send me an email. I can’t promise we will do everything . . . but we can try.

—Renee Colwell, Events Chairperson, colwell@castlevillage.org

Be sure to check out the calendar events on our great new website, www.castlevillage.org.

Community Features

FEATURED BUSINESS

K.B. Gallery

875 West 181st Street, Unit A
212-543-2393

KHACHIC@BOZOGHLIAN.COM
www.bozoghlian.com

A year ago, artist and local resident Khachik Bozoghlian brought a bit of Chelsea to Washington Heights when he opened K.B. Gallery on the north corner of 181st and Riverside Drive. The gleaming white space, formerly a boarded-up print shop, has a stunning view of the Hudson and the GWB. Currently on display is the work of Nina Sidlar, a Croatian sculptor whose work also appears at the Vatican. Upcoming shows include local realist painter Bennett Vadnais in November and a collection of etchings in December. On October 23, K.B. is hosting a night of Cuban jazz from 8–11 pm, for a \$10 cover charge. Exhibit hours are by appointment only, though Khachik is happy to answer the bell.

Fall 2008 Schedule of CV Events Committee

Saturday, October 4

Village Flea Market

Call the CV office, 212-927-0600, to sign up for your own space, or donate gently used items to "Friends of the Village."

Time: 12 noon–5 pm.

Place: On the grass along the Cabrini Blvd. sidewalk between the buildings

Price: CV residents may purchase a spot for \$10

Event is open to the public.

Raindate: Saturday, October 11

Sunday, October 5

Three One-Act Plays

Three one-act plays by playwright Shannon Reed will be read by him. The plays are: *The Vicar, or Hesitancy*; *Rosa Krantz and Gilda Stern say "Attagirl!"*; *Horatio and Ismene*

Time: 7:30 pm

Place: CV Community Room

Price: \$5 to cover refreshments

Event is open to the public.

Halloween, Friday, October 31

Kids' Halloween Costume Parade

Whether or not you are the parent of a trick-or-treater, come and watch the flashlight parade! The kids will be showing off their costumes in the garden before trick-or-treating begins inside the buildings.

Time: 6:30 pm

Place: Garden

Will be cancelled in the event of strong rain.

Event is open to CV residents and 2 guests per apartment.

Friday, November 7

Wine Tasting

Cabrini Wines will conduct a private wine tasting for CV residents.

Time: 7:30 pm

Place: CV Community Room

Open to CV residents and their guests, 21 and over.

Stay tuned for . . .

December

- Tuesday, December 2: Book signing, author Gannon McHale, 7:30–9:30 pm
- Sunday, December 7: Holiday Arts & Crafts Fair
- Saturday, December 13: Kids' Holiday Craft Workshop

Winter & Spring

- Recitals and music; Arts and crafts; Storytime for kids; Potlucks and mixers

Questions: Please contact the CV office or visit the CV website.

Community Features

FEATURED EVENT

Uptown Treasures Day October 19, 11am–5pm

For further information:
www.uptowntreasures.org
212-696-7995
info@uptowntreasures.org

“An event-filled day of concerts, poetry readings, dance performance, art workshops, and guided tours to celebrate the rich variety of cultural offerings at the American Academy of Arts and Letters, the Cloisters, Dyckman Farmhouse Museum, Heather Garden in Fort Tryon Park, High Bridge Water Tower, the Hispanic Society of America, Morris-Jumel Mansion Museum, and the National Track & Field Hall of Fame Museum.”—from Uptown Treasures website.

FEATURED WEBSITE

Washington Heights and Inwood Online (WaHI online) www.washington-heights.us

“Washington Heights & Inwood Online is a project of Eduardo Gómez, a WaHI resident since 1998 who hopes to provide his neighbors with a space where they can find everything they need to thrive in the most beautiful neighborhood in Manhattan. WaHI Online will strive to be the most comprehensive source of information on Washington Heights and Inwood. Its mission is to encourage communication, empower our citizens, and help build community.”—from WAHI online website.

Community Calendar

Here is a selected list of upcoming events at Castle Village (CV) and within walking distance of Castle Village. CV-sponsored events are set in **boldface**. Please call the CV Office, 212-927-0600 or visit the CV website, www.castlevillage.org, for updated/additional information on events at Castle Village. Visit the Washington Heights and Inwood Online website, www.washington-heights.us, for additional neighborhood events and information.

October

- 4 CV Flea Market**, Cabrini Boulevard sidewalk, 12 noon–5 pm.
- 5** Coffee Bark, Sir William's Dog Run, Ft. Tryon Park, 8–10 am.
“Sunday Best: Readings at Hudson View Gardens” (HVG). The Lounge, HVG, 4 pm, \$7.
CV Play Reading, CV Community Room, 7:30 pm, \$5.
- 13 CV office** closed for Columbus Day.
- 19** Uptown Treasures Day, various locations, 11 am–5 pm.
- 20** Entry deadline for Hudson View Gardens 10th Annual Art Show. HVGArtsGroup1@aol.com.
- 23 CV Candidates Forum**, CV Community Room, 8 pm.
- 26** “Sunday Concerts at the Lounge,” The Lounge, HVG, 5 pm, \$12.
- 30 CV Flu Shots**, CV Community Room, 9:30–11:30 am. **Annual Shareholders’ Meeting**, Fort Washington Collegiate Church, 8 pm.
- 31 CV Halloween Kids’ Parade**, CV Garden, 6:30 pm.

November

- 2** Coffee Bark, Sir William's Dog Run, Ft. Tryon Park, 8–10 am.
- 7 CV Fall Wine Tasting**, CV Community Room, 7:30 pm.
- 9** “Sunday Best: Readings at Hudson View Gardens.” The Lounge, HVG, 4 pm, \$7.
- 16** Fall concert: Marcella Calabi soprano, YM&YWA of Washington Heights & Inwood, 2 pm, \$5 in advance, \$7 at door.
- 22** Gala opening, Hudson View Gardens 10th Annual Art Show, The Lounge, HVG, 7–10 pm, \$10. Free entry on Sunday and Monday, November 23 and 24, 11 am–4 pm.
- 27 CV office** closed for Thanksgiving.
- 28 CV office** closed for Thanksgiving.
- 30** “Sunday Concerts at the Lounge,” The Lounge, HVG, 5 pm, followed by reception, \$12.

Recurring Events

Sundays

- Pilates mat class, CV Community Room, 10–11 am, \$10, drop-in.
- MELT, CV Community Room, \$15, 7:30–8:45 pm, drop-in. Starts 10/19.

Mondays

- Explore Yoga, CV Community Room, 7:30–9:30 pm.

Tuesdays

- CV Visiting Nurse**, CV Community

Room, 2–3 pm; house calls, 3–4 pm.
 Body Awareness Yoga, CV Community Room, 7:30–9:00 pm, \$15, drop-in.

Wednesdays

- Yoga, CV Community Room, 9–10:30 am, \$15.
- In Grandma's Attic Dance, ages 2–6, 4:00–4:45 pm & 4:50–5:30 pm, \$26.
- Explore Yoga, CV Community Room, 7:30–9:30 pm.

Community Features

FEATURED ORGANIZATION YM&YWA of Washington Heights & Inwood

(aka: The Nagle Avenue Y)

54 Nagle Avenue
New York, NY 10040
www.ywashhts.org
212-569-6200
info@ywashhts.org

The Y offers programs and services to the whole population of the Washington Heights area—from infant and toddlers and their families to seniors. Learning, recreational opportunities, and social services can all be found at the Y. The Fitness Center offers various exercise classes along with cardio equipment, weights, and full court basketball courts. The Ventures offers various activities for Baby Boomers. There is something for everyone at the Y!

CV Profile: Stan Michels (1933–2008)



On August 1, Castle Village lost a good friend with the passing of Stanley Michels. Stan, who served as Northern Manhattan City Council Member from 1978 to 2002, used to joke that he lived his life within seven blocks. He grew up in Washington Heights, first residing in a building demolished to make way for the GWB. In 1948, Stan, his sister

Ellen, and parents Anne and Lewis moved to 140 Cabrini Boulevard. After attending Hobart College and Cornell Law School, he married his wife of 48 years, Molly Michels. They spent a two-year stint in Yonkers, then returned to Castle Village, where they raised their three children, Jeffrey, Shari and Karen. Molly recently recalled how much Stan liked living here. He also enjoyed his neighbors. It could take him an hour to go from the parking garage to the 160 building, stopping to chat with everyone he met along the way.

Stan served the people of northern Manhattan with a rare passion, energy, and sense of mission. His signature issues were environmental protection and tenants' rights. As a legislator, Stan was remarkably effective. His many accomplishments include the Childhood Lead Poisoning Act, preserving the upstate watershed for NYC's water supply, and the Clean Indoor Air Act, the first comprehensive law restricting smoking in public places. He was a true public servant who embraced his work. "He loved the challenges, loved every day," said Molly Michels. "He did what he believed in, what he knew was right, and took the flak," she said. "That was Stan."

Our condolences go out to Molly Michels and the Michels family.

CV Consultant Is Awarded MacArthur Fellowship

Our congratulations to MIT professor John Ochsendorf, who was retained by Castle Village to advise us on the stability and maintenance of our retaining wall, for winning a 2008 MacArthur Fellowship, commonly known as a "genius" grant. Ochsendorf, 34, is a structural engineer and architectural historian who studies building techniques from the past and identifies ancient technologies that can be applied in contemporary construction. He has focused on masonry vaulting in ancient Rome, fiber suspension bridges in the Inca Empire, and newly designed energy-efficient domes in England. "In the 21st century," he said, "as we're faced with climate change and diminishing natural resources, our buildings may look more like buildings from the past."

CV Photo Album: CV Playground

On September 7, the long-awaited playground opened to throngs of excited children and their parents. The playground features a play structure with a climbing wall and monkey bars, a large sandbox, and water sprays for the hot summer months. It's so thrilling to see a new generation of children digging and climbing once again!



Classifieds

Ads for community events, organizations, and businesses, professional services, and personal notices may be placed in the Classifieds section of *CV News*, subject to approval. Contact Sasha Gaertner, 212-927-0600 or sashag@vzavenue.net, for rates and more information. Deadline for the December/January issue is November 7.

Millennium Smile Dentistry

Dr. Vitaliy Fabrikant, Dentist

120 Cabrini Boulevard, #10
Half-block from W. 181st Street
T: 212-740-7568
email: dr.fabrikant@gmail.com
We speak Russian, Ukranian, Polish.

Hours:

Monday 10:00 am–4:00 pm
Tuesday 12:30–8:00 pm
Wednesday 12:00–8:00 pm
Saturday 10:00 am–4:00 pm

- Emergencies
- Oral Surgery
- Root Canals in 1 Visit
- Teeth Whitening
- Cosmetic Fillings
- Fixed Crown and Bridges
- Full and Partial Dentures
- Prophylaxis for Gum Disease
- Restoration for Implants
- Adult Orthodontic (Invisalign)

Accept most insurances & Medicaid.

SPECIAL

Teeth Whitening with check-up, cleaning, and x-rays for only \$390.00 (regular price \$530.00)
Offer ends March 1, 2009.

ALISON K. BOWLES, MA, LMHC Licensed Psychotherapist

Hudson Heights & Midtown locations

205 Pinehurst Avenue, Suite 5L
New York, NY 10033

T: 917-213-1330
email: bowles.alison@gmail.com

Specializing in depression, anxiety, career change, chronic pain, and women's health and equality issues. Accept MHN and Aetna; will assist patients with out-of-network billing for other insurers; sliding scale for low income patients.

Job Search!

You Could Use A Coach . . .

A coach can provide the direction and feedback, as well as support and encouragement you need as you look for your first or your next job. Your coach can help you:

- Clarify your job target
- Build your resume
- Create that cover letter
- Prepare for interviews

Why face this process alone?
Working with a coach can be focused, faster, and even fun!

ROBERTA HERCHE, LCSW, is a personal and professional life coach who has mentored and coached individuals through the job search process for over 30 years.

SPECIAL

Call for a complimentary coaching session.
T: 212-927-7942

Septem Investments

GEORGE STRINGER

140 Cabrini Boulevard, #113
New York, NY 10033
T: 212-568-5019
email: gstringer@vzavenue.net

George Stringer is a registered investment advisor, providing assistance with stocks, bonds, mutual funds, and annuities in everyday language that you can understand.

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Call George for a complimentary consultation.

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Pyramid of Health

Classes: M/W 9:30 am & 6:30 pm

Fit Yoga and Power Yoga

Re~EnerChi- *breath in motion*

Lean, Fit & Focused

Studio classes/sessions on M/W.
Small & personalized 4–6 per class.
In-home training is available.
Credit cards accepted.

NEW CLIENT SPECIAL

In-studio ONLY until 10/31/2008.
3 personal training sessions for \$180 (\$240 value.)

Yoga | MELT

EDYA KALEV is a movement re-educator who helps people reveal their truest and healthiest selves. She teaches Body Awareness Yoga on Tuesdays from 7:30–9:00 pm, and MELT on Sundays from 7:30–8:45 pm at the Castle Village Community Room.

For more information, call 646-416-4270, or email Edyayoga@aol.com.

Pinehurst Healing Arts

A healing oasis in Washington Heights dedicated to the practice of Chinese medicine.

JEANNE ATKIN, MS, LAC

By appointment

T: 212-927-3640

email: info@pinehursthealingarts.com

www.pinehursthealingarts.com

Jeanne Atkin, M.S., L.Ac., is a licensed acupuncturist and board-certified herbalist. She utilizes Chinese medicine modalities in her treatment protocols to restore health, maintain well-being, and prevent illness.

Her patient base includes: women's and men's reproductive health issues, pediatric healthcare, autoimmune disease, musculo-skeletal/traumatic injuries, stress reduction, migraines, anxiety, depression, digestive disorders, supportive treatment for cancer patients.

Clinic Hours

M–Tu, Th–F 2–8 pm

Sa 9 am–2 pm

Oxford Provider | MC/Visa accepted

To read patient testimonials, visit Pinehurst Healing Arts at www.citysearch.com.

Visiting Nurse at Castle Village

RUTH CABALLERO

CV Community Room

110 Cabrini Boulevard

T: 1-888-VNS-1-CALL

- ❑ Tuesday, 2–3 pm: Blood pressure screenings
- ❑ Tuesday, 3–4 pm: Private office or in-home appointments

Events at Hudson View Gardens (HVG)

SUNDAY BEST: READINGS AT HUDSON VIEW GARDENS

Spoken-word performances by fiction writers, poets, and dramatists. All events take place at 4 pm in The Lounge at Hudson View Gardens, Pinehurst Avenue and 183rd Street. \$7 donation (admission and one free drink.) Reception after each event to meet the writers.

- ❑ **October 5:** Carol Goodman, Mermer Blakeslee, Marcia Golub. Carol Goodman won the 2003 Hammett Prize, and her work has been translated into 8 languages. Mermer Blakeslee was awarded three fiction fellowships from NYFA. Marcia Golub has been a finalist for the PEN/Nelson Algren Award.
- ❑ **November 9:** Lore Segal, Jeffrey Renard Allen, Philip Miller. *The New York Times* has praised Lore Segal (a Pulitzer finalist) as “charming . . . astute.” Junot Diaz thinks Jeffrey Renard Allen is “one of our most important writers.” Philip Miller is the unofficial poet laureate emeritus of the Kansas City poetry scene.

HUDSON VIEW GARDENS 10TH ANNUAL ART SHOW

- ❑ **October 20:** Entry deadline. Juried event for artists and crafts workers north of 125th Street, \$25 fee if accepted. Contact HVGArtsGroup1@aol.com or phone 212-927-8086.
- ❑ **November 22:** Gala opening, The Lounge at Hudson View Gardens, Pinehurst Avenue and 183rd Street, 7–10 pm, \$10 admission includes wine and finger food.
- ❑ **November 23–24:** Free entry to exhibition, The Lounge at Hudson View Gardens, Pinehurst Avenue and 183rd Street, 11 am–4 pm.

SUNDAY CONCERTS AT THE LOUNGE

- ❑ **October 26:** “Friends and Neighbors” extravaganza concert. It does not take much digging into our “upstate Manhattan” ‘hood to find some of New York’s top talent. This amazing presentation features the works of composers Kirk Noreen, Steve Horowitz, Daniel Levy, Gordon Green, Charles Ives, and such performers as soprano Lauri Wallace, flutist Daniel Reading, violinist/violist David Wallace, and pianists Sandra Noreen and Evelyne Luest. Works range from Ives’ Sonata #4 for violin and piano, to Levy’s “Intimate Shift” for violin, viola, cello, piano and video.
- ❑ **November 30:** In 1864, the conductor Hermann Levi told Brahms that his Piano Quintet in f minor was “beautiful beyond words . . . a thing of great beauty, a masterpiece of chamber music.” Violinist Eriko Sato and cellist Daire Fitzgerald return to HVG to present this magnificent work, with pianist Ruth Alperson, violinist Theresa Salomon, and violist Kim Foster. The group will also perform a contrasting piece, composed in 2006—the piano quintet by Gabriela Lena Frank, entitled “Tres Homenajes: Compadrazgo,” a work that utilizes imagery from Latin America, including motifs from Peru and Bolivia.
- ❑ **January 25:** Back by popular demand, Cellist Amy Sue Barston returns to perform with pianist Evelyne Luest in a program including Beethoven and Barber. Barston has performed as a soloist with, among others, the Chicago Symphony Orchestra and Prometheus Chamber Orchestra and has premiered works by such composers as Aaron Jay Kernis and Ned Rorem, among others.

All concerts are at 5:00 pm. \$12 admission includes a post-concert buffet with the performing artists.

Did you know that acupuncture can enhance fertility?

Tatjana Newman, M.S., L.Ac.

is a licensed acupuncturist and board-certified herbalist. In her private practice she treats a wide variety of complaints with an emphasis on re-productive health: fertility, post-partum, menstrual disorders, peri-menopause, to name a few. The treatment modalities of Traditional Chinese Medicine (TCM) are safe and effective. Visit www.whhealthcollective.com to read any of Tatjana's articles; most recent is on enhancing fertility with acupuncture and Chinese herbal medicine.

For more information:

T: 212-591-2087

email: AcupunctureAlive@verizon.net

15-minute consultations are free of charge.

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1 hour private. \$40

1 hour, 2 players. . \$30 per person

1 hour, 3 players. . \$25 per person

1 hour, 4 players. . \$20 per person

Racquet stringing (per racquet)

\$17, string supplied by customer

\$25 with Prince Synthetic Gut

Original 16g OR Eagnas Perfect

Spin 16g

See you on the court!

YM&YWHA of Washington Heights & Inwood

CALLING ALL BABY BOOMERS!

VENTURES is a new program for baby boomers that offers classes, workshops, recreational activities, trips, and support groups for baby boomers designed to enrich the cultural, educational, and spiritual needs of its participants.

OCTOBER 5, 11 am-1 pm

☐ Kickoff Event and Brunch featuring

Dr. Sam Menahem, author of *When Therapy is Not Enough*, will speak on "Revisiting the '60s and the Impact It Had on the 'Me' Generation."

Dr. Menahem will discuss the most turbulent decade of modern times and touch upon the historical events of that era—the Viet Nam War, the Civil Rights movement, the Women's Liberation movement, the political climate of the '60s, Woodstock, etc. This program will be interactive with special '60s music. Relive and revisit the '60s, and share your memories and experiences.

VENTURES Trips

Friday October 30–November 2

☐ **Spa and Fall Foliage Getaway Weekend:** The Spa at Grand Lake, Lebanon, CT. \$479 early bird special, \$499 after October 27, all inclusive, based on double occupancy.

Sunday, November 9

☐ **Day Trip to Philadelphia:** One-day outing includes roundtrip transportation, lunch, and tour of the Philadelphia Museum of Art's private collection. \$55 early bird special, \$65 after October 20.

VENTURES Classes

Classes are held on Monday, Tuesday, and Thursday evenings, mostly at 6:30–9:00 pm, and cost \$65 for eight weeks or \$50 for 4-week mini-courses. The following classes are offered:

- ☐ **Monday:** Dance It Off(NIA); Introduction to Drawing and Painting; Kaballah (mini-course)
- ☐ **Tuesday:** Financial Planning Seminar (free); Eating Healthy, Living Healthy (mini-course); Introduction to Spanish; Intermediate Spanish.
- ☐ **Thursday:** International Folkdancing; Jewelry Design.

For further information, please call Linda, 212-569-6200, ext. 233, or to register, ext. 200.

YM&YWHA of Washington Heights & Inwood

54 Nagle Avenue
New York, NY 10040
www.ywashhts.org
212-569-6200
info@ywashhts.org

**You are invited to
Saturday morning workshops at
PINEHURST HEALING ARTS**

Learn about the art of Chinese medicine and its many benefits.

Discussion will include:

- A brief history of Chinese medicine philosophy
- The topic of the day
- How you can incorporate Chinese medicine into your life to prevent illness and enhance well-being

Hand-outs will be given on the topic of the day

SCHEDULE & TOPICS

- Saturday, October 4**
The physical effects of stress: what you can do to reduce it and prevent disease.
- Saturday, October 11**
Musculoskeletal/traumatic injuries: the Chinese medicine approach to treating these conditions and its miraculous results.
- Saturday, October 18**
Increasing your fertility and enjoying a healthy pregnancy.
- Saturday, October 25**
Pediatric healthcare: the myriad benefits of gentle, holistic treatment for your children.

All workshops are complimentary and are from 10:00–11:00 am. Reservation required as class size is limited. Please RSVP or request November’s schedule at: info@pinehursthealingarts.com

Jeanne Atkin, M.S., L.Ac., is a licensed acupuncturist and board-certified herbalist. She utilizes Chinese medicine modalities in her treatment protocols to restore health, maintain well-being, and prevent illness.

T: 212-927-3640
info@pinehursthealingarts.com
www.pinehursthealingarts.com

PROFESSIONAL OFFICE TO RENT

- Large sunny room, waiting room, bathroom
- Beautiful environment
- Pinehurst Avenue near 187th Street
- Ground floor entrance / Handicapped accessible
- Furnished for psychotherapist, massage therapist, physical therapist . . .

Please call 646-489-3927 for further details.

SUPPORT THE CASTLE VILLAGE FRIENDS OF THE VILLAGE

CASTLE VILLAGE VIEW BY HUGH FERRISS



Digital replicas of Hugh Ferriss’ rendering of Castle Village shown at left are available for sale. A trained architect, Ferriss specialized in producing architectural renderings of other architects’ work. You’ve probably seen his renderings of the Woolworth Building and other famous New York City landmarks. Ferriss was commissioned to produce renderings that were originally used to advertise or promote projects. His drawings frequently were destined for annual shows or advertisements. As a result of this, his works were often published, and Ferriss gained renown. He found himself much sought after for commission work. Original Ferriss renderings are quite valuable. We offer digital replicas approaching the likeness of the original.

Size	On archival paper	On art paper
8 x 10"	\$60	\$100
11 x 14"	\$100	\$150
16 x 20"	\$150	\$250
20 x 24"	\$200	\$300
20 x 30"	\$250	\$400

ENGRAVED BRICKS FOR PLAYGROUND PATH



Over sixty orders for engraved bricks have been placed to date. We are about to submit our first bulk order. The bricks will be placed in the path around the new children's playground and will be an enduring commemorative of the generosity of the CV residents who buy one. The bricks are available in two sizes, 4 x 8" and 8 x 8", at prices of \$135 and \$175, respectively. The 4 x 8" brick accommodates three lines of text with a maximum of 13 characters on any one line and 12 on the other two. The 8 x 8" brick will accommodate up to six lines of text with similar character restrictions. If you would like to buy a brick, call the CV office for an order form. Since orders can only be placed in bulk, you may not have another opportunity to order your brick for several months—and probably at a higher price!

CASTLE VILLAGE T-SHIRTS and MUGS are also available from the CV office.

Please call the CV office, 212-927-0600, to place your orders.