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Courtesy of The Portrait Place

Happy New Year!

From all of us at Pointe Magazine!

Cover photo, *Grosse Pointe Yacht Club in Christmas Fog*, courtesy of James Lady of Stillwater Studio, www.stillwaterstudio.us.

Where in the Pointes?



Where in the Pointes is this object? On Monday, Jan. 27, we will ask this question on our Facebook wall. The first person to respond with the most specific answer will win a family four-pack to the Michigan Science Center. Participants MUST wait for the question to be posted by Pointe Magazine. Good luck!

To find us on Facebook, search "Grosse Pointe Magazine"

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POINTE MAGAZINE



John Minnis
Editor and Publisher

Happy New Year!

*W*ow, a New Year already! It seems like this year particularly flew by. As I write this column, it's five days before Christmas and I have barely started my shopping. I like to blame it on deadline pressure, but that would not be the truth. Sure, getting this issue of Pointe Magazine out did keep me at my computer with my backside firmly planted to the chair, but I am a procrastinator by nature. Even without the magazine, I would have found a way to put off shopping as long as possible.

“
We always hear the lament that there is no hotel in the Pointes. Perhaps B&B's can fill a need.
”

My New Year's resolutions are the usual suspects: lose weight, stop procrastinating, play more golf. The first two I can do something about. I already dropped 15 pounds just so I could get into my tux as co-chair of The Family Center's HOLLYFEST fundraiser at the Little Club. Terry joined me as co-chair, and once again it was a fabulous event!

Being publisher of the Grosse Pointe Magazine is a tough job — The Taste at Our Lady Star of the Sea, South Choir Members Gala, Friends of the Grosse Pointe Santa Parade, Grosse Pointe Woods Foundation Fundraiser at the Vermets and Woods Beautification Awards dinner at Lochmoor. Some weeks there's an event every night of the week. It's a tough job, but someone has to do it!

Lots of interesting stories in the inaugural 2014 issue of Pointe Magazine. I was particularly interested in doing the story on the Middlesex home that is being sold by the Stricklers. It has a great history and all that, what with once being the home of Detroit mafia enforcers, but what is interesting is that this house would make a great bed and breakfast. But

Grosse Pointe, as far as I know, does not have any bed and breakfast and does not allow them in their zoning ordinances.

We always hear the lament that there is no hotel in the Pointes. The reason cited is that our location will not support a hotel seven-nights a week, 52 week a year. Perhaps B&B's can fill a need. True, they would have to be zoned and regulated, but I am sure we would not have to reinvent the wheel here. We've stayed in B&B's in Ontario and northern Michigan. They have always been quiet, idyllic stays, not loud and rambunctious. I would think many of our larger houses, even some along Lake Shore, would fit the bill.

At any rate, I'll climb off my soapbox. If you agree, let your councilmembers know you favor such an idea. If not, that's fine. Most important thing is that I wish you and all our fellow Grosse Pointers a happy and prosperous New Year! ☺

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UPCOMING AUCTIONS

JANUARY 17TH-19TH FEBRUARY 14TH-16TH



Meet Quinn

Name: **Quinn Antonina Maras**

City: **Grosse Pointe Woods**

Mom & Dad: **Christopher and Karen Maras**

Favorite toy or game: **I like jumping on our indoor trampoline, dancing like a ballerina and reading books to my family.**

Birthdate & time: **July 11, 2011 at 1:42 a.m.**

First words: **Spicy, Nene (Serafina) and thank you**

Cute fact: **Quinn enjoys pretending she is a cat or little baby.**

About Quinn

Quinn is a quirky two-year-old who keeps our home buzzing with activity. She loves adventures like climbing on stacked items, building blanket forts with her sister, and attempting solo ventures on foot around the block. Quinn is a joyful mix of opposites, chattering and busy or quiet and focused. If she is in chatter mode, entertainment is guaranteed. If she is quiet and focused, she is probably buying items on our Kindles or playing in mom's make-up. Another activity Quinn enjoys is dressing up like a 'Quincess' and playing hair salon with her sister 'Seraqueena.'

Name: **Serafina May Maras**

Age: **4** Parents: **Christopher and Karen Maras**

City: **Grosse Pointe Woods** Siblings: **Quinn, 2**

School: **Assumption Nursery & Toddler School**

Interests: **Coloring, ballet and tap dancing, gymnastics, school**

Favorites

Game: **Hide & seek** School subject: **Coloring, painting flowers** Family Activity: **Going to the park**

Food: **Big, pink cupcakes** Book: **Purplicious** Outdoor activity: **Play in big pile of leaves**

What is your favorite thing about going to school? **Sitting down during group time when the teacher reads us a book**

What do you want to be when you grow up? **A teacher**

Who is your hero and why? **My teacher Ms. Joni because she teaches me about bones**

Meet Serafina



About Serafina

I like drawing, writing, taking pictures, having fires in the fireplace. I have a salon in my room and I like to do people's hair. I can be goofy.

OPEN ENROLLMENT FOR FALL 2014-2015 SCHOOL YEAR

A Lifetime of Learning Begins at Assumption Nursery School

It's open enrollment time at Assumption Nursery School & Toddler Center! Developmental programs are available for children Toddler ages 12 months-2 ½ years, Transition 2 ½- to 3-year-olds, preschool 3- and 4-year-olds and Young 5's. Year-round flexible scheduling is available, including half-day and full-day programs with the opportunity for extended hours from 6:30 a.m.-6 p.m. Monday through Friday.

As the recipient of the Governors Award of Excellence, Assumption provides an age-appropriate educational environment where children are encouraged to engage in activities to discover and explore new areas of interest. The curriculum is aligned with the State of Michigan Early Childhood Standards of Quality. It provides children the opportunity to develop friendships, problem solving techniques, decision making skills, independence and self-confidence.

Several community building events are offered during the school year, including yearly Family Art and Science Exploration Days where children and their families participate in related activities with school staff.

The school prides itself with a professional and loyal staff of teachers and assistants who, like the school's philosophy, are "dedicated to the development of each child as a total individual — socially, emotionally, physically and cognitively — in a secure and caring atmosphere."

Located on 3 acres, the newly renovated facility is scaled to size for children and includes 12 self-contained classrooms, a school-size gym, nature trail with gardens and a large outdoor play yard with playground equipment. It is the ideal environment for children to experience, learn and grow.

Assumption also offers exciting summer camps for children ages 1-6 and youth ages 7-12, to be held June 16-August 21. The theme of the summer program is "Explore Your World!" For the younger set, ages 1-6, children will have the opportunity to discover the wonder of the arts, provoke a sense of curiosity through scientific exploration, instill a desire to learn and develop lasting friendships with other campers! They will enjoy activities including creative art, science, music, dance, storytelling, cooking, games, sports and outdoor fun.

Youth 7-12 will engage in multiple hands-on activities that will increase awareness of physical and creative self-expression. Sports clinics will include soccer, basketball, volleyball and yoga. Theater and Art instruction activities are also included. Celebration activities, open to family and friends, include a parents vs. campers basketball game and a yoga inspired healthy lifestyles meal. Field trips will be incorporated throughout the summer.

For Summer Camp, parents may elect to enroll for the entire summer or to enroll in a 5-week session. Session 1 will run from June 16-July 18. Session 2 will run from July 21-August 21. Hours are 9 a.m. to noon for a half-day or 6:30 a.m.-6 p.m. for a full-day. The registration fee is \$75. This is a great opportunity for your child to "Explore Your World!" Registration begins March 17, at 8 a.m. Application forms are available in the school office.

Located at 22150 Marter Road, the school calendar follows that of the Grosse Pointe Public Schools. Call 586-772-4477 to schedule a tour with Director Melissa Sharp and be sure to visit our website at www.assumptionnursery.org.



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Register Now for 2014-2015 School Year



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Photos by Karly Didocha

GIRLS ENJOY HOCKEY'S GREAT ADVENTURE

By Melissa Walsh



for girls of all ages, from the novice level to competitive “travel.” Both the Grosse Pointe Hockey Association and MIH are part of the rapid growth of girls’ hockey in Michigan. In this first USA Hockey-sanctioned season for the MGHL, Grosse Pointe’s two hockey clubs field two of the MGHL’s 12 U10 tier-3 teams and six of the 55 MGHL teams in all.

“Hockey is such a unique sport for girls,” says U10 Grosse Pointe Lady Bull Dogs Head Coach Sarah Post, “because it’s an excellent confidence builder. You start hockey and you can barely skate. But the girls see such improvement in their skills only after a few skates.”

“I find that girls develop hockey skills very fast,” says Boyer, adding that girls, more than the boys, will want to know the why behind a concept being taught.

It’s not girls’ hockey. It’s girls who play hockey, many of whom enjoy other activities, such as soccer and dance, says Mica Reardon, Lady Ice Hawks U10 head coach.

“The girls love being around each other. They’re becoming a little family,” Reardon adds.

“There’s a party in my locker room,” says Boyer. “Those girls can’t wait to come to the rink to see each other.”

Not only is the social side of hockey memories important to girls, but also

the opportunity to be led by female coaches, who become significant role models.

Reardon says, “I think the girls just take [my direction] better and there’s a lot more excitement in that. And it’s nice having the dads out there on the ice supporting me.”

Boyer urges parents not to be afraid to sign their daughter up for hockey. It no longer has to be an all-consuming “travel hockey” commitment.

“There’s a place for everybody to play,” he says. ♡

Like boys, girls love adventure, exploring new environments, learning new concepts and acquiring new skills.

For boys, the adventure of learning to play hockey has always been in a setting of making friends with other boys. Girls could learn to play hockey, too. But until recently, the mix was few girls to many boys.

Now girls can join the adventure of hockey development with other girls.

“Everyone’s paying more attention to girls’ hockey now,” says Detroit Red Wings Equipment Manager Paul Boyer, who directs Michigan Ice Hawks (MIH) girls’ hockey.

Boyer is also a strong supporter of the Michigan Girls Hockey League (MGHL), which has recently paved the way for developmental hockey options

Contact Information

Michigan Girls Hockey League
www.mghlhockey.com

Lauren Lobert
MGHL Hockey Director
Lhlobert@gmail.com

Michael Wainwright
MGHL League Commissioner
mw@sporttechshop.com
(586) 246-7175

Lady Ice Hawks
www.michiganicehawks.org

Lady Bull Dogs
www.gphockey.org

Melissa Walsh, of Powerplay Communications, is the head coach of the U10 Troy Honeybees.

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Meet Lilly

Name	Lilly Blake
Age	15
City	Grosse Pointe Farms
School	Mercy High School
Parents	Anne and Chris Blake



Photo by Dana Kaiser Photography

Lilly's Favorites

Music Artist

Coldplay/Zac Brown Band

TV Show

Psych

Movie

Ferris Bueller's Day Off

Actor/Actress

Steve Carell

Food

Apples

School Subject

Math

Book

The Help

Vacation

Ireland

Extracurricular Activity

Sports

What funny skill do you possess and what skill would you like to learn?

I can wiggle my ears and I would love to be able to play the piano.

What did you want to be when you were a child and what do you want to be now?

When I was little, all I wanted to be was a mom. Now, I want to go into architectural engineering or nursing. I still hope to be a mother one day.

If you could have three wishes granted what would they be?

1. I wish for more wishes
2. I wish for the ability to fly
3. I wish that every person in the world could see every other person in the world as valuable and important

Where do you see yourself in five years?

In college

About Lilly:

Lilly runs a small non-profit called Blanketed with Love. "We make blankets for the homeless, homebound, poor, ill and disadvantaged.

Lilly loves spending time with her family, is strong-willed and a people person. In her free time, she enjoys lacrosse, golf, ice hockey, boating, skiing and traveling.

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Gary Abud, around the schools in 80 days

You've likely seen or heard Gary Abud's name around town. He's a science teacher from North High School who was named Michigan Teacher of the Year. Since September, Abud has been working with teachers, instead of students, as the new Instructional Coach for the Grosse Pointe Schools.

What set him apart from other candidates for this esteemed honor included hands-on teaching methods, engineering projects and mobile learning. Abud's students craft boats out of cardboard and use mobile devices to collaborate on class assignments. Although technology has been an important part of his classroom, according to Abud, "it's not about technology, but how it supports great instruction."

Grosse Pointe has a tradition of excellence in education, and they have reinvented that excellence with their new learner profile, outlining career,

college-ready and technology skills successful students need in addition to knowledge. "Mobile devices and computers allow teachers to interact with every student, meet their learning needs and monitor learning even beyond the school day," says Abud.

As Abud works with many Grosse Pointe classrooms piloting mobile devices with students, he observes classrooms making the most of technology; however, most students do not have equal access yet. Abud thinks the district is ready for a technology bond that would provide even-handed access to modern learning in all classrooms.

In addition to his district duties, Abud travels throughout Michigan working with state policymakers, visiting other schools and speaking about Grosse Pointe Schools. What he's seen in other districts has affirmed that Grosse Pointe has the right vision.

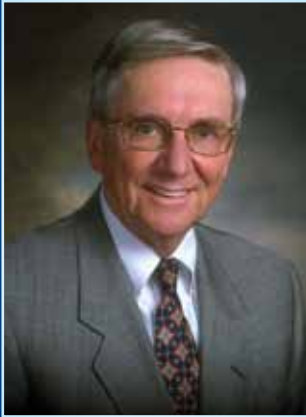


The district is putting a technology bond on the ballot February 25, 2014 to update infrastructure and access for all students. "Based on the direction the state is going with online learning and computer-based assessments, the district's goals for technology and learning are in the right place," Abud says. [P](#)



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WAR MEMORIAL SKI HI

By Amy Andreou-Miller

Whether you schuss down hills on skis or shred on a snowboard, it is time to sign up for the Grosse Pointe War Memorial's Ski Hi group for 6th- to 10th-graders.

At more than 40 years old, Ski Hi is one of the War Memorial's oldest and most popular clubs, boasting 200 members each year. On Friday afternoons, January through March, luxury buses — which can hold 50 people each — stage in the parking lot ready to transport youth skiers and snowboarders to Pine Knob resort, an hour north in Clarkston.

Tami O'Shea, of St. Clair Shores, and Liz Smith, of Grosse Pointe Park, share coordinating duties for Ski Hi. O'Shea got involved 10 years ago when her kids Kaitlin and Kevin joined the club. "I love the program so much that I've stayed involved," she says.

O'Shea said there's at least three

parent volunteers per bus; kids are encouraged to bring a favorite DVD movie to view during the bus ride from 4:30 to 5:30 p.m. "On the way there, the energy is palpable, the kids are so excited," O'Shea says. "And on the way home, (from 10 to 11 p.m.), you can hear a pin drop on the bus, it is so quiet. The kids have thoroughly worn themselves out with fun on the slopes."

Club membership is \$37. Each Friday trip costs \$71 with equipment rental and lift ticket or \$52 for those who have their own equipment. By Wednesday prior, members elect to join the Friday trip. In addition, Ski Hi is offering trips to Mount Holly Jan. 20 and Feb. 19.

The kids earn patches through lesson completion certifying their skills on skis or a board. Throughout the years, the patches have become iconic, sewn on the shoulder or



sharing the wire hanger and/or zipper pull with the lift tickets jingling on members' coats.

"Lessons are required, and almost all Ski Hi members wear helmets," O'Shea says.

Blades Bikes and Boards manager Rick Teranes, a Park resident, offers ongoing discounts all season to Ski Hi members for helmets and other equipment and apparel. Pine Knob provides a special area for Ski Hi members to gather for hot cocoa, putting on and taking off equipment and socializing.

"Ski Hi is great. I have a lot of fun with my friends as well as make new friends," says Natalia Szura, 13, a Pierce Middle School 8th-grader. Her older brother, Sasha, is also a member, and their parents Pam and Del ski too and help chaperone.

"If you live in Michigan, you might as well enjoy winter sports," Pam says.

O'Shea says the most important thing to remember is that "even if you see no snow outside your window in



Grosse Pointe, there's snow at Pine Knob, so sign up for the upcoming trip and join the fun!"

For more information on Ski Hi, call the Grosse Pointe War Memorial at (313) 881-7511. [📞](#)



“GREAT LAKERS...GREAT TIMES” ST. PAUL CATHOLIC SCHOOL’S AUCTION

By Patti Theros



St. Paul Catholic School will host Auction 2014 at The Grosse Pointe Yacht Club on Saturday, Feb. 1.

“We’re excited about having our auction this year in the community,” says auction chair Kerry Moylan. “The Yacht Club offers a beautiful lakeside setting and fits with our auction theme, ‘Great Lakers...Great Times.’”


Emcee for the evening will be Paul W. Smith. Bob DuMouchelle of DuMouchelle Art Galleries will be the auctioneer. The evening will include cocktails, dinner, silent and live auction items and raffles.

“It’s because of the auction that we are able to purchase our textbooks and supplies, enhance our technology and ensure that we have field trips and special programs for the students as well as professional development and enrichment programs for our faculty,” says Moylan. St. Paul has been hosting auctions since 1988.

This year’s honorary chairs are Beth and Howard Crane. Throughout the years, the Cranes have been very committed to Catholic education. Howard attended St. Paul School.

“Our belief in the excellence of St. Paul School regarding its academic and Catholic faith foundation building is demonstrated by our family’s present enrollment of eight grandchildren,” says the Cranes. “Formerly, two of our sons and daughters-in-law, many nieces and nephews and friends have realized the benefits of an education at St. Paul’s.”

In addition to trips and jewelry, St. Paul’s live auction will feature some items from the historic parish house that was razed this summer. “We’ll have some decorative pieces from the library and other rooms in the former parish home,” says Moylan.

Auction sponsors are Absopure, Beline Obeid Realty, Dr. Lisa Manz-Dulac of Eastside Dermatology and The Blake Company. For auction information and to purchase tickets, call (313) 885-3430 or visit stpaulonthelake.com. 



John and Kerry Moylan, auction chair; Paul and Ellen Gormley, patron campaign chairs; and Howard and Beth Crane, honorary auction chairs
Photo by Robin Stiyer

OUR LADY STAR OF THE SEA SCHOOL HOSTS AUCTION “THE PREPPY STAR”

By Patti Theros



Our Lady Star of the Sea School will host Auction 2014 “The Preppy Star” this March.

“In choosing this year’s theme, we embrace and celebrate all who make Grosse Pointe the amazing community that it is,” says Star’s auction chair, Danielle Brousseau.

Our Lady Star of the Sea has hosted auctions since 1985. Present chairs Denise Miller and Danielle Brousseau have been part of Star’s auction team for eight years; four of which they have served as Auction Chairs.

“It is difficult to stop when you are raising funds for such an inspiring cause! Above operational needs, auction funds are used to keep our school updated with the latest in technology and curriculum enhancements,” says Miller.


Serafina Schorer has been chosen as this year’s Honorary Auction Chair. Her late husband, Howard, attended Star when the school first opened, and the Schorers sent their four sons to the school as well. Two of Schorer’s grandchildren are currently attending, making them third generation Star students.

“OLSOS Catholic Community is nestled in the heart of the larger community of Grosse Pointe Woods. Both communities share so many common values and are the perfect place to raise and nurture a family,” says Schorer. “I’m so honored and proud to be the Honorary Chairperson for OLSOS Auction 2014, The Preppy Star. I am so blessed to be a part of this dynamic parish, school and community.”

This year, the live auction will include a “Preppy Star” inspired custom designed piece by edmund t. AHEE jewelers, a Comerica Park suite, a custom built playhouse and several trips.

The auction will take place on Saturday, March 1 at the Grosse Pointe Yacht Club. The entire community is welcome. A ticket price of \$85 per person includes strolling dinner, cocktails, silent and live auctions and raffles.

Auction Sponsors include Bob Maxey Ford Lincoln, Beline Obeid Realty, Century Plastics, Inc - Plastic Service Centers, Christian Financial Credit Union, Meridian Health Plan, Michigan OMS, Detroit Custom Framing, Flowers by Gabrielle and The Portrait Place.

For more information, call (313) 884-1070 or visit OLSOS-Auction.org. 

Real Estate Deed Solicitation Letters

By Jon B. Gandelot

Attorneys general and consumer protection groups across the country are warning owners of both residential and commercial property about letters from companies offering to do the research and secure a certified copy of the deed to their real estate for fees far exceeding the actual cost. Many of our clients have reported receiving these letters. The letters typically provide information specific to the property, including addresses, dates of recording and other information that is readily available to the public.



While it is advisable to have a copy of the deed to your real property for your personal records, these letters often overstate the importance and urgency by injecting words like “U.S. Government,” “official” and “certified copy.” These letters are typically sent immediately following events like the buying or selling of your house, refinancing your mortgage or transferring title to your house, often arriving before the original deed has been returned to you after recording.

Normally, in most real estate transactions you will be provided the original deed after it has been recorded. However, if the need for a copy arises, your county’s register of deeds office can provide a copy of your deed for a fraction of the cost that these “services” require. Many counties, including Wayne County, provide the opportunity to search for, and print, a copy of your deed online. If you do receive a solicitation, do not respond. Simply ignore it.

Jon B. Gandelot is founding principal of GANDELLOT & ASSOCIATES, an estate planning and trust administration firm in Grosse Pointe Farms.

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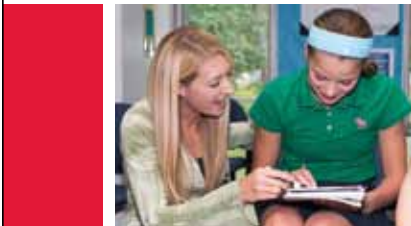


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Meet Prudence

Name Prudence Cole-Klimisch

Age 65

City Grosse Pointe Shores

Occupation Consultant



Photo by John F. Martin

What is the best thing about living in Grosse Pointe?

The community in general and our close proximity to Detroit and all the events downtown

List two of your best personality traits.

I care about people and I try not to judge others.

What was the best trip you've ever taken?

My recent mission trip to Morocco was pretty amazing, as was a recent

trip to Israel.

The best gift you've ever received?

My husband

Words to live by?

"Strive to live like Jesus."

What accomplishment are you most proud of?

Starting my coaching/consulting business 13 years ago and heeding God's call to the seminary. I am also proud of the work I have done on the GP Library Foundation.

Prudence's Favorites

Spot in Grosse Pointe

Any estate sales

Music genre

Christian praise music

Book

Whatever I'm currently reading - *What the Dog Saw* by Malcolm Gladwell, *Does Jesus Really Love Me?* by Jeff Chu and *Living Together* by Gloria Whelan

Restaurant

Antonio's

Vacation

Visiting our kids in California and Washington

Dessert

A glass of wine

About Prudence:

After a successful corporate career including work at GM and EDS, Prudence started her own coaching and consulting business. "I love the opportunity I now have to support the development of high-potential performers and companies committed to growth and success."

Prudence is married to Richard L. Klimisch, who supports all her interests, including a return to school. She is currently in her third year at Ashland Theological Seminary.

In her free time, Prudence enjoys cuddling with her two beautiful cats, school work, shopping estate sales and resale stores, gardening, cooking and decorating.

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Pan Seared Salmon, Hoisin Sauce, Fried Rice and Feta Cheese and Black Bean Dip

Pan Seared Salmon

Ingredients

- 4** 6-ounce filets of salmon
- 2 tbs** olive oil
- 1/8 tsp** salt
- 1/8 tsp** pepper

Directions

1. Preheat a large, heavy skillet over medium heat for 3 minutes
2. Coat salmon with olive oil. Place salmon in skillet and increase heat to high. Cook 3 minutes
3. Sprinkle with salt and pepper
4. Turn salmon over and cook for 5 minutes or until browned. Salmon is done when it flakes easily with a fork

Hoisin Sauce

Ingredients

- 12 ounces** Hoisin
- 1/4 cup** soy sauce
- 1 cup** honey
- 2 tbs** rice vinegar
- 1 tbs** crushed red pepper flakes
- 3 tbs** Sriracha
- 3 tbs** chopped cilantro
- 3 tbs** sesame seeds

Directions

1. Mix all ingredients in a sauce pan
2. Reduce to half (until thick)

Fried Rice

Ingredients

- 2 cups** cooked brown rice
- 2 tbs** sesame oil
- 1** small white onion, chopped
- 2** carrots, chopped
- 3** celery stalks, chopped
- 1-2 tbs** soy sauce (to taste)
- 1** egg, lightly beaten
- 1/2 tsp** pepper

Directions

1. Preheat a large skillet to medium heat. Pour sesame oil in the bottom. Add white onion, carrots and celery and fry until tender
2. Slide the onion, carrots and celery to the side and pour the beaten egg onto the other sides. Using a spatula, scramble the egg. Once cooked, mix egg with vegetables
3. Add rice and soy sauce to the vegetable and egg mixture
4. Stir and fry the mixture until heated through



Feta Cheese and Black Bean Dip

Ingredients

- 1 can** black beans, drained and rinsed
- 1/2 can** white corn
- 6 ounces** crumbled feta cheese
- 1** small red onion, chopped
- 1/2** English cucumber, chopped
- 1** lemon, juiced
- Salt to taste

Directions

1. Combine black beans, corn, cucumber, onion and crumbled feta
2. Pour lemon juice over ingredients and toss
3. Let chill, then serve with whole grain tortilla chips

Ethan Steiner, a 2008 graduate of De La Salle Collegiate High School, graduated from Le Cordon Bleu College of Culinary Arts with an Associates of Occupational Studies Degree in Culinary Arts and a Bachelor of Arts Degree in Culinary Management in Las Vegas, Nevada.

After working the Las Vegas hotel circuit, Steiner decided to return to Michigan. He has worked with, and for, Chef Jose Andres, Chef John Hilton, Chef Rick Moonen, Chef Gordon Ramsay and Chef Wolfgang Puck.

He is currently executive chef at T-Bones Steak and Seafood. Follow him on twitter@Chef_Ethan.

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Have a *Pointe Personality* you'd like to nominate for a future issue of *Pointe Magazine*? How about a short story for our *Pointe Prose* series? Here is a list of all features for which we are accepting submissions:

Pointe Personalities

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Or any unique Grosse Pointe story you believe needs to be told

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Photos by Lauren McGregor



Portion Distortion

By Michelle Folden, RD

Over the past two decades, food and drink portion sizes have increased tremendously, leading to overeating, excessive calorie intake and ultimately weight gain.

The expansion of restaurants and fast food franchise locations competing for business may be partly responsible for these ever growing portions. Offering value sizes that provided more food for only a small increase in price was a way to entice the rising number of consumers eating outside the home.

Twenty years ago, one cup of spaghetti with sauce and three small meatballs provided approximately 500 calories. Today the serving size has grown to two cups of spaghetti and three large meatballs. The calories are now doubled, providing a whopping 1,025 - half of what many people should eat in a day!

Studies show that when served larger portions, people tend to eat more, regardless of hunger. Just 100 extra calories per day can lead to a 10 pound weight gain in one year!

In addition to consuming the correct portion size, it is also important to consume the right proportion of each food group.

MyPlate, which replaced the Food Pyramid, is a visual guide for what

The plate on the left holds the incorrect portion of foods. Notice that protein, beans and lentils, constitute more than half the plate, the leafy greens less than a quarter, and whole grains the remainder. The plate on the right is a more balanced meal. The whole grain bread correctly takes up a quarter of the plate, the leafy greens and asparagus fill half the plate, and a quarter of the plate is a bean and lentil protein salad.

a healthy plate should look like. Fill half of your plate with fruits and vegetables. They are low in calories but high in fiber to keep you fuller longer. A little more than a quarter of your plate should be grains (don't forget to make half of your grains whole!). A little less than a quarter of your plate should be protein (three ounces, or the size of a deck of cards, is a proper serving).

Try out the following helpful tips to ensure you don't fall victim to portion distortion or overeating:

Eat slowly and chew thoroughly. It takes 20 minutes for your stomach to tell your brain it is full.

Eat with smaller plates and utensils. This tricks the eye into thinking the amount of food on your plate is larger than it actually is.

When eating out, split a meal with a friend or family member. Meals are often served in portions large enough to feed two or three people.

Ask for a carry out box when your meal is served. When food is packaged and out of sight it is not as tempting to eat or pick at when you are already full.

Read food labels. Food can be packaged to look like one serving size but in reality contain two or three.

Do not snack out of the box. Portion out the appropriate serving size and put the package away. Mindless eating can lead to overeating.

Eliminate sugary beverages. They are considered empty calories (contain very little nutrient value) and include pop, 100% juice, sports drinks, sugar laden coffee drinks, energy drinks, etc. One serving of juice is 4 oz. and a serving of pop is a small 8 oz. can. Drink water and low fat milk (or dairy milk alternative) instead. ☺

Michelle Folden, RD is a registered dietitian and works at Henry Ford Hospital.

Right attitude key to success

By Ken Welch

There are two mistakes one can make along the road to truth ... not going all the way, and not starting.

— Buddha

So you waited until January to start working out. Statistically, the odds are against you, but maybe this year you will actually make the change for good.



Developing your attitude is the very first thing you should do to prevent being a January dropout.

- Make it easy and simplify. Don't try to do too much too soon. This is a big-picture endeavor requiring patience, practice and research; we're talking about a life change not "guaranteed results in 30 days." Frankly, as you get older, your health gets worse or better. The choice is yours.

- Make this a project you want to do — not a task that has to be done. Don't make it about exercise; make it about starting something new; not about a physical challenge but one that's more of a puzzle. Piece by piece, you're going to find ways to rebuild a better you. Discover, learn and once you get the hang of it, invent different approaches to working out. It can be pretty fascinating and far from boring.

- Don't compare yourself to others; this is personal. It's completely about you and how much better you can be.

- Accept that you'll have lapses and interruptions; plan for them. Don't get discouraged, quit and then dread starting over.

Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending. — Carl Bard

Ken Welch is owner and trainer at Pointe Fitness on Harper south of Allard. Online: pointefitness.com.

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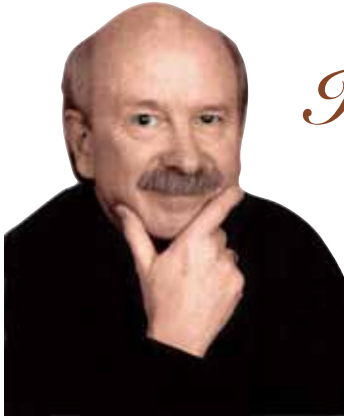
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Healthy goals & limoncello shrimp

By Doug Cordier

our past mistakes and press on to the healthier achievements, we will feel better about ourselves. Aren't New Year's Resolutions all about that anyway?

The following recipe is very simple. You'll love preparing the healthy shrimp for your family or as a special appetizer to show off at a party.

Limoncello Shrimp

Limoncello is a delicious dessert liqueur from the south of Italy. It is made from Sorrento lemons and has become the second most popular drink in Italy.

Serves 3-4

16-20 large raw shelled shrimp
2-3 tbs lemon juice
1 tsp lemon zest
2 tbs chopped green onions
½ cup limoncello
1 large clove of garlic, minced
2 tbs olive oil
Pinch of sea salt & fresh ground black pepper
20 toasted crostini

Olive oil for anointing
Chopped parsley for garnish

1. Heat oil, add onions and garlic (do not brown)
2. Add shrimp, sauté 1-2 minutes, turn over
3. Add limoncello (off heat), lemon juice and zest
4. Add pinch of sea salt and pepper and reduce
5. Evenly divide crostini (toasted bread ovals)
6. Anoint with oil and garnish with parsley

Wellness Chef Doug Cordier, is a food writer, TV cook, Certified Nutrition Wellness Consultant and business man. Doug is the owner of Cascom Group Travel and has been teaching corporate and Italian cooking classes for twenty years, plus leading culinary tours to their villa in Tuscany. For more foodie thoughts and recipes, visit www.cookingwithcordier.com.

Each January we begin the new year with good intentions and a new list of resolutions.

We promise ourselves to do the obvious: lose weight, stop smoking, work harder, make more money, etc. Unfortunately, most of us fail in the first few months. So this year I would like to suggest a paradigm shift. Let's develop a list of health resolutions that we can easily implement. These resolutions will help us to achieve our goals and become healthier in 2014.

Five easy health goals for 2014:

- 1. Drink more water.** Staying hydrated is one of the best ways to improve your health. Quit the soda habit. Sweet drinks can contain high fructose corn syrup which could increase chances of diabetes and widen your waist.
- 2. Walk more.** Climb stairs. Walking will increase your metabolism, improve breathing, reduce stress and make you more aware of your surroundings.
- 3. Stand up straight.** Improve your posture. Sitting or standing properly will increase blood flow to all organs, improve your breathing and make you appear younger.
- 4. Quit the fast food.** Snack on veggies and fruit. Take a cooking class to learn new healthy recipes.
- 5. Get more sleep.** Promise yourself at least seven hours a night. You'll find that you will have more energy, be more productive and less of a "grump" during the day.

Goal setting is in itself a positive resolution. If we promise to forget

Photo by Doug Cordier



Theodore C. Hadgis, DDS

General Dentist
 University of Detroit, School of Dentistry
 Lifelong Grosse Pointe Resident



Dr. Theodore Hadgis graduated with honors from University of Detroit, School of Dentistry, and is a former Assistant Clinical Professor in Restorative Dentistry.

As an Accredited Member of the American Academy of Cosmetic Dentistry, and an LVI Fellow of the Las Vegas Institute for Advanced Dental Studies, Dr. Hadgis is one of a select few cosmetic dentists nationwide to have passed the arduous requirements for both of these awards. He combines neuromuscular dental techniques with state-of-the-art cosmetic dentistry to treat TMJ and myofascial pain, while restoring a beautiful smile. He is unique within his field as the only Accredited

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**Closet Connections on Mack Avenue
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Photos by Lauren McGregor



New Year Organizing with the Pros

By Lauren McGregor

The beginning of the year gives many homeowners the itch to minimize - from the pile of new holiday gifts with no place to store to the general leisure afforded us by the season. Though it may not be time for spring cleaning, the New Year's Resolution attitude abounds, and with it, vows to make homes cleaner and more organized.

Christine Wurm of Closet Connections and Carrie Briskin of Shelf Genie offer readers some basic tips on getting organized in the new year.

Briskin's first tip is to set aside a day or two to remove everything from the kitchen cupboards. "I know that's daunting," she says. "But it offers a fresh perspective. It gives you the opportunity to clean that space."

This also allows the homeowner to reorganize the items, placing important items such as spices and cooking utensils nearest the stove.

"It's amazing how many homes we work in that have their essential kitchen appliances on the other side of the room," says Briskin. "Everything should be at hand."

Briskin's second tip is to put many of

your belongings into storage or boxed and far from reach. If after a year you haven't used items in the box or gone searching for them, "it's time to let them go."

Another handy tip along the same lines is the flipped hanger method. "At the beginning of the year, flip all your hangers backward, or facing away. When you use an item and hang it up after, face it toward you," says Briskin. "After a year, any items still facing backward should be donated."

Briskin's third tip is to make optimal use of strangely shaped spaces. Shelf Genie in particular works to create shelving configurations around drainage pipes under sinks. "Risers are a great way to make use of that space," says Briskin. Risers are small, customized shelves that perfectly fit around drainage pipes.

"If you want a clean closet, invite a friend over and go through your stuff," says Wurm, for her first tip. "It's a source of unbiased opinion from someone with no emotional attachment to your belongings." Friends can help in weeding out the unnecessarys, and you can do the same for them.

Wurm's second tip is to devote 15 minutes per day to whatever daunting task you've been avoiding. "Just set a timer. It can be just 15 minutes. But use those 15 minutes to clean the closet, organize the drawers. By doing it every single day, you can accomplish a huge amount."

Her third tip is to install closet units that make everything visible. "The closet is prime real estate. You should only keep the things you regularly wear, and each of those things should be visible," says Wurm. She notes that 80 percent of the time people wear 20 percent of their clothing. This is mostly to do with visibility and accessibility of pieces. "Make sure everything is visible, otherwise the majority of your belongings at the back of a closet, the ones that are not visible, go unused and waste space."

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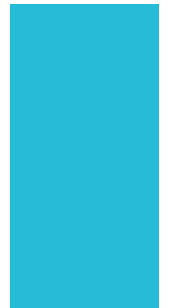
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RIGHT at Home

The Color of Design

By Virginia Ficarra



Color is always fluid, moving forward creating negative spaces, shapes, shadows and hues suggested by nature. This year the color forecast envelops that excitement, soothing environments and the hues that describe them. Because color is one of the most important selling points, pundits research and gather influences from around the globe.

Since the millennium, the chromatic trends are reminiscent of the past and their message is in preserving the earth, yet embracing all that technology can give us. Ignite your mood and inspire your senses with the rich natural hues of this tree at sunset.



Think about the rich hues in this demolition site as a guide for decorating. Extracting the hues from the twisted steel and deep shadows creates a perfect palette. Look for the imagery in new paint colors such as Relic Bronze, West Highland White, Earl Grey, Sawdust, Malted Milk, Capri, Blue Peacock or the royal tones of Concord grape.

So why are we so interested in which colors will be popular? In the industry of home decor, we rely on the professionals in the color industry and the fashion runways to guide us in selecting paint,

floor tiles, sheets and other household goods that will attract our attention. It is interesting to note that fashion runways have an influence on home decor. In fact, home furnishing lines used to follow the fashion industry by a couple years, though this may not be the case any longer.

In addition, the automobile industry does not take a back seat to color model research either. Of course, no matter the product, when it comes to purchasing, 60 percent of the decision is predicated on color, and the remaining 40 percent on the reputation of the manufacturer.



Regarding relaxing and soothing hues, this year highlights misty green, blue-greens and gray-blues replicating aquatic hues as displayed in this piece of translucent cullet glass.

Whether shopping for clothing, cars, or decorating, gray is the new black.

Arrange an hourly consultation, available at your home or place of business which includes Making Color Work, my 200-page home journal and decorating guide. Call (313) 330-9800.

Own your credit!

By Anna Bartolotta

You have lived in your home for quite some time now; your automobile is long since paid off and after college you closed all those credit cards you ran up on gas and pizza for study time. You haven't needed your credit in a very long time and it's obvious that your credit report is going to be pretty dusty. It is best to find out how dusty it actually is before you are sitting in a car dealership, in front of a mortgage broker or attempting to rent that larger home for your growing family.

An establishment pulling your credit will give you an idea of what other consumer agencies are saying about you, but wouldn't you like to know ahead of time? Surprises were fun last month, but this is the New Year and it's time to get the finances straight.

As the owners of the homes I manage know, I enjoy saving money. There are numerous ways to view your personal credit without spending a dime. Our government provides us all a free yearly report from all three agencies (Transunion, Equifax and Experian) at AnnualCreditReport.com. With the government route your actual score is not included but you can view and dispute any and all discrepancies. The site that I use myself, CreditKarma.com, is also free to use and you receive a free weekly credit score and report update. There are also numerous paid subscriptions services, I am sure after research you can find a good fit for you.

Having an idea of what your report says about you will give you confidence or the valuable time to repair before judgments are passed on your credit worthiness.

Anna Bartolotta is broker/owner of Grosse Pointe Apartments and Property Management. She may be reached at (313) 505-0456.

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The Grosse Pointe Friends & Neighbors Club

By Rebecca Papas

Ladies, if you're looking to take some time out for yourself, meet new people or be involved without making a commitment, the Grosse Pointe Friends and Neighbors Club is the place for you.

The Friends and Neighbors club started in the 1970s as the Grosse Pointe Welcome Wagon and is welcome to all women in the Grosse Pointe school district. There is no fundraising or any other mission other than to be social and have fun.

"The Grosse Pointe Friends and Neighbors Club is a great way to meet other women in the community, whether you're a new resident or someone who has lived here for a long time," says Susan Budrys, this year's president. "I especially like the mix of age groups and the variety of activities."

The group meets for lunch on the first Thursday of every month at the Grosse Pointe War Memorial at 11:30 a.m.


Along with lunch, some 60 to 70 members are treated to

programs featuring a variety of topics. A cooking class at The Hill restaurant, a talk with Katherine Diamond of the Detroit Institute of Arts and a style session with Ken Dewey from Neiman Marcus are just a few of the upcoming programs on the 2014 schedule.

While the Holiday Luncheon and Bazaar is held in the War Memorial's Crystal Ballroom, the annual Kick Off and Spring Luncheons are held at other venues.

New members are encouraged to become involved in smaller group activities, such as the monthly salad luncheon, book club or gourmet group. "It's easier to meet people in these smaller settings, and less intimidating than some of our larger luncheons," Budrys says.

For membership information and a schedule of activities, visit the website at www.gpfnc.com.

You may also contact Susan Budrys at (313) 882-9816 and suebudrys@gmail.com or Lianne Lyne at liannelyne@gmail.com. 



Photos courtesy of Grosse Pointe Friends and Neighbors Club

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After

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A MURAL THAT MATTERS | AN INCREDIBLE TREASURE AT CENTRAL LIBRARY

By Elizabeth Vogel

It is difficult to discuss the artwork within Central Library separately from the architecture. In fact, one should not think of them as independent from one another. The library was designed by Hungarian-born Marcel Breuer, a renowned Bauhaus architect, with an integrated approach to design.

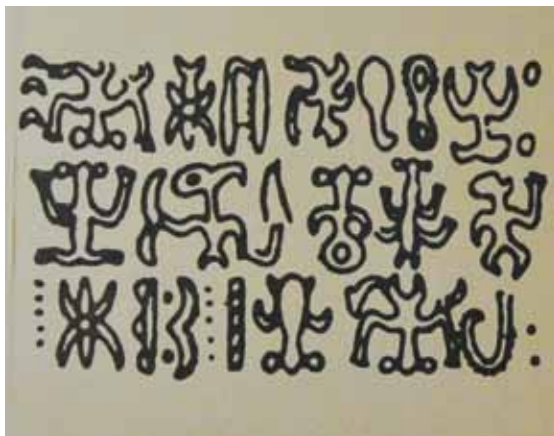
This is referred to in German as *gesamtkunstwerk* or “total work of art,” which was a hallmark of the Bauhaus movement and aesthetic.

A gift to the Grosse Pointe Community from Murray Sales and Dexter M. Ferry, Breuer attended Harvard with W. Hawkins Ferry, Dexter’s grandson.

In a lecture by Ferry in February of 1954, he explains that Breuer “visualized the building not as a mere repository of books but as a social, cultural, and civic crystallization point. Literature and art were to be made more accessible in an inviting home-like atmosphere...In addition

to designing the building, Breuer also furnished it and laid out a plan for embellishing it with works of art.”

Of course, patrons of Central are familiar with the artwork that Breuer selected. In the main room, the Calder mobile gently sways and the Kandinsky tapestry is visible from almost every vantage point. Yet a lesser known work of art is tucked away in the Adult Reading Room. Standing at 25 feet across and 9 feet high, the library has been the home of



Left, Mysterious Script of Easter Island, specimen of Kohau - Rongo - Rongo tablets, Rapanui; Right, top, The Latin Alphabet, Roman capitals, detail from Trajan column in Rome, 114 AD; Right, bottom, The Greek Alphabet, Greek inscription on marble, Athens, 5th century BC

Photos by John Minnis





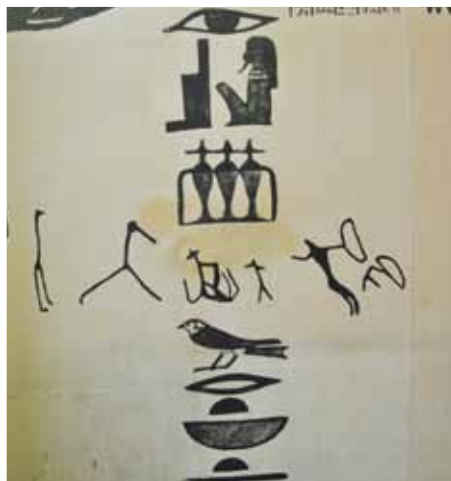
a significant mural called The History of Writing, designed by Herbert Matter.

Matter, a graphic designer from Engelberg, Switzerland who studied in Paris, shared his vision for the mural with Ferry in a letter: “For the mural, I would not like to use local scenes. I would prefer to see something more appropriate for a library: for instance picturing the inspiration or revelation one gets from reading books by showing revealing things in nature, science, and art. Or another idea to show some of the highest achievements of the human mind in science and in the arts. Or showing strange costumes and scenes from faraway lands the world over to which one never gets and only reads about.”

The mural was installed in 1955 and features symbols and writing examples from around the world from various stages of human communication through writing. On the top left side of the mural we find an image of painted pebbles from Mas D’Azil, Aiego, Southern France, dating to the Paleolithic period 12,000-8,000 BC. There are also Heiroglyphics from Queen Nefatari’s Tomb, Cretian Script, Chinese and Japanese script. Matter also features Greek and Latin, and the letter S from the Gutenberg Bible. From left to right, one witnesses

the evolution of written human communication.

Up until recently, Matter’s



The vertical pattern is Heiroglyphic Writing in the tomb of Queen Nefertari in the valley of the Queen, Thebes 19th Dynasty, circa 298-1235 BC; the horizontal pattern is prehistoric figures from North African rock paintings

significance in the art world was not widely known. Noted designer Michael Beirut lamented in a 2007 essay that “Even within the world of art and design, Herbert Matter is relatively unknown, and unfairly so. I would argue that Matter was as important a figure in the field of graphic design as Jackson Pollock was in the world of

art.”

Others agree with Beirut’s assessment.

Reto Caduff, who wrote, directed and produced the The Visual Language of Herbert Matter, a 2012 documentary on the life and influence of Matter’s works, shared his opinion about the value of our mural through e-mail correspondence, “I have talked to many great minds who think the mural is one of the most genius depictions on the history of civilization ever made. And I agree.” Continuing, “The longer you look at it the more it tells you.”

When Ferry and Sales gave Central Library to Grosse Pointers as a gift, they gave us more than a library; they presented the community with priceless works of art, all of which has captured the imagination of Pointers for many generations.

The mural, which has yellowed over time and has suffered some damage, is being repaired in January 2014 by paper conservationist Valerie Baas. Baas was the Head Paper Conservator for the Detroit Institute of Arts from 1980-2009.

The Grosse Pointe Public Library Foundation has established a Breuer Preservation Fund to protect and preserve Central Library and the artwork within. ♡

DuMouchelle

FAMILY BUSINESS TIES



By Beth Newhart

When Joseph DuMouchelle struck out on his own in 1927, he did it to provide for himself. Little did the French-Canadian transplant know he was making a name for his family as well.

“Grandfather was a Depression Era person,” says Bob DuMouchelle, grandson of the founder and an auctioneer and general manager in the family business. “He started just before the Depression. Grandpa and Grandma worked together after they were married and they just built a business.”

First selling art and antiques in a Victorian house on East Jefferson (since demolished for the freeway), DuMouchelle moved around downtown until it finally settled into its current location on the corner of Jefferson and Brush Street in 1936, in

a building which was originally the first Cadillac car dealership.


Joseph died in 1957, leaving the business in the hands of the young family he left behind. Brothers Lawrence, Ernest and Norman along with sisters Joan Walker and Rosemary DuMouchelle grew their father’s business.

Now, Lawrence’s children Bob, Nannette Poole and Suzanne Lynch make up the third generation and Ryan and Katelyn McCarron, Lawrence’s grandchildren, round out the fourth generation. Many other family members work there part time.

Over the years, the famed auction house has handled estates of Detroit families of equal fame, Blue Book names such as Whitney, Bagley, Fisher and Fruehauf.

“He would have never believed that we would have stayed together,” says Ernest DuMouchelle of his father. “I don’t think he ever envisioned there would be so many of us who gravitated back to the business.

“He would have been shocked to come back today,” he continues. “When he was auctioning, you had to be present to bid. Of course, today, we have phone bids, the Internet,” including sales to buyers in Dubai, Beirut, Saudi Arabia and China.

“Back in those days,” Bob says, “you ran auctions out of the home, going room to room.” Today, DuMouchelle is one of the few brick-and-mortar operations left in the country. And with a family to maintain the name, it’s a business that should never hear the final tap of the auctioneer’s gavel. 



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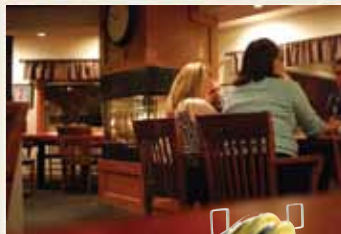
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The RIVERS

of Grosse Pointe

By John Minnis

The Rivers, Grosse Pointe's first "resort community" for active seniors, is planning to open soon and is now taking applications for "members." With all 40 surrounding cottages quickly sold and eight already

occupied, The Rivers Grosse Pointe laid footings for its main building last March 13 and is ready to start leasing its independent living private suites.

"As you can see, it's come a long way from the Children's Home," says Richard Levin, CEO of Riverview

Health, the owner of The Rivers Grosse Pointe, the continuing care retirement community being built on the 15 acres on Cook Road formerly occupied by the Children's Home of Detroit. "We take this as a real responsibility to transition from

children to adults.”

Levin takes that responsibility seriously. “We’re redefining what used to be called independent living,” he says. “That is what it is all about.”

The main building will house 77 independent living suites, 80 licensed assisted living units and 86 licensed skilled nursing beds — all under one roof, that’s key. “Under one roof means families can come here and stay together because of our ability to provide varying levels of care,” Levin says. “Families shouldn’t be split up because they have different needs. That’s important.”

The Rivers Grosse Pointe is anything but a “nursing home.” It is more like a five-star hotel complete with concierge service or a private club with “members” rather than residents. Forget buses. Members will be transported in sedans. Forget cafeteria eating. Members will enjoy by-reservation fine dining prepared by The Rivers’ own executive chef. For lighter fare or entertainment, they may prefer the cocktail lounge and café or patio during pleasant weather. “People will be treated here like members of a club,” Levin says. “You will enjoy going out to dinner.”

Of course, the weather will always be pleasant inside the three-story-tall, 106-foot-long, glass-ceiling grand atrium. Like an upscale mall, three levels of suites surround the atrium and look out over the restaurant and salt-water pool, complete with tropical foliage year-round.

“What I really like about the project is we’re bringing something unique to the community,” Levin says. “We want our members to feel like they are in a beautiful hotel or on a cruise ship. We want our service to meet those expectations.”

Members will also enjoy many recreational options, including cooking classes, yoga, pilates, exercise facilities with members and guest locker rooms and a beauty salon. The park-like setting also offers a pond, gazebo and extensive walking paths. “This really isn’t for ‘old people,’ it’s for ‘active people,’” Levin says. “They’re going to come here and have fun and be well. When grandchildren

come to visit, they can let them go swimming and have fun.”

The amenities continue into the private suites, complete with 9-foot ceilings, full gourmet kitchens, luxury baths and washers and dryers. The independent-living suites range from the 12 deluxe, 985-square-foot, two-bedroom, two-bath corner units

the community,” he says. “It’s a win-win for everybody. It’s good for the community and good for the tax base.”



Photo by John Minnis

Richard Levin, CEO of Riverview Health, the owner of The Rivers Grosse Pointe, and Tim Kamego, director of operations for The Rivers Grosse Pointe are ready to start taking “member” applications at The Rivers, Grosse Pointe’s first senior “resort.”

to two bedrooms/one or two-bath to one-bedroom and studios. All suites have independent heating and cooling. “We offer a full price range to meet most budgets,” Levin says. We want this to be a location that all members of the community can enjoy, and we encourage everyone to come in to see if we can find the right place for them.

Through his own family experiences, Levin knows the shortcomings for folks looking to downsize. “I don’t think adults have been well-served in later years in having good options,” he says. “I wanted to find a way to change that.”

Grosse Pointe Woods building inspector Gene Tutag, who has spent a lot of time at The Rivers, is impressed. “I think it’s a real asset to

Tim Kamego, director of operations for The Rivers Grosse Pointe, has been overseeing an army of some 200 contractors onsite daily to complete the work on time. “Quite a stunning building, isn’t it?” he says. “We’re quite happy with the progress.”

So is Levin. “It’s everything I wanted and I expect the community to be pleasantly surprised,” he says. “You don’t want to feel like you’ve been ‘sent here.’ This will be a great place to live, and we will maintain and operate it to the highest standards.”

For more information or to pick up an application, visit The Rivers Grosse Pointe office at 900 Cook Road or go to www.theriversgrossepointe.net or call (313) 570-2375. ☎



Pickleball

By Margie Reins Smith

*M*arcie Dudeck, self-described non-athlete, was searching for an exercise program that was actually enjoyable.

“I had just retired. I had some health issues and my doctor said exercise is important,” she says. “I tried yoga. I tried aerobics. I took a weight class.” Her husband, Bob, encouraged her to try his favorite sport, pickleball.

Pickleball is similar to tennis, but it’s played on a badminton-sized court with a perforated plastic ball and a composite paddle. The net is lower than for badminton, the serve is underhand, and a non-volley zone near the net is called “the kitchen.”

“At first, I was terrible,” Dudeck says. But the game has only a few basic rules. She improved rapidly and now plays four times a week.

“I love teaching pickleball to people who never thought of themselves as athletic,” says Peggy Murphy Kurza, Beaumont Hospital’s coordinator for health education and community

outreach. Kurza and Ken Gutow, a retired math teacher and former tennis coach, are USA Pickleball Association (USAPA) ambassadors for southeast Michigan.

Kurza praised the sport for its health benefits. “A tennis background is absolutely *not* necessary,” she says. “It can be played indoors or outdoors. It’s a great cardio workout. It strengthens reflexes and improves balance and agility. It’s low impact, has a low risk for injuries, it’s easy to learn, and it’s a social game. Most people can be successful at pickleball.”

Gutow says it’s an excellent game for people 50 and older. “It’s easy to learn, but for experienced players, it can be quite competitive.”

Gutow and Kurza give free clinics to get people started. Most learn how to play in one session.

Both ambassadors wish there were more pickleball courts in and near the Grosse Pointes. Currently, drop-ins can play at Bon Brae Fitness Center, Assumption Cultural Center and The



Top, Marcie Dudeck directs her partner to play the shot; Above, Ken Gutow and Peggy Murphy Kurza Photos by John Minnis

Neighborhood Club. Some players play on the platform tennis courts at the Farms and Shores parks. “One of my goals is to see our cities establish more outdoor and indoor pickleball courts,” Kurza says.

“People think it’s not a serious game, that it’s a kid’s game,” Gutow says. Hardly. “It’s the fastest growing sport in the country for people 50 and older.” Some 150,000 in North America play, and an average of 41 new places to play pickleball spring up each month, according to the USAPA.

For information about clinics and court availability, call Bon Brae Fitness Center at (586) 779-7900, Assumption Cultural Center at (586) 779-6111 or The Neighborhood Club at (313) 885-4600. ☐

Countdown to launch day

By Ted Everingham

There is much in these dark months to occupy the seasoned boater, the nautical “wannabe” and those who just like being near the water.

The Detroit Regional Yacht-Racing Association, or DRYA, has organized another outstanding DRYA Winter Seminar Series that begins at



Grosse Pointe Yacht Club on Jan. 8, from 7-9 p.m., with “Voyages for All Ages: Life on the Water.” Capt. Luke Clyburn takes us aboard *Pride of Michigan* with the Sea Cadets for a real life experience in Great Lakes maritime and underwater exploration.

The Jan. 8 program continues with Rich and Cheryl Odendahl, who trailered their 25-foot tug, *Roam*, from Sterling Heights to Anacortes, Wash., last summer. From there they cruised their tiny vessel for 88 days — nearly 3,000 nautical miles — up the Inside Passage to Glacier Bay National Park. It is an engaging saga, filled with spectacular scenery, a few laughs and a surprise or two.

The DRYA Series continues every Wednesday (except Feb. 19) through April 2 with a variety of free programs held at various area clubs, but the public is welcome. For locations, times and a description of each presentation, visit www.drya.org/Seminars2014.

The 56th annual Detroit Boat Show returns to Cobo Center on Feb. 15-23. The show’s website, detroitboatshow.net, is bursting with information. Watch for our preview on *Great Lakes Log*.

Ted Everingham’s Great Lakes Log can be seen daily at 1:30, 5:00 & 10:30 p.m. and 2:00 a.m. on WMTV, a service of the Grosse Pointe War Memorial, on Comcast channels 5 & 915 in the Pointes and Harper Woods, on WOW channel 10 in Grosse Pointe Woods and on AT&T U-verse in seven counties in Southeast Michigan.



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Meet Edward

Name	Edward Zaiglin
Age	89
City	Grosse Pointe Woods
Occupation	Retired from retail at J.L. Hudson and Sears



Edward's Favorites

Season

Fall

Book

Prophet by Kahlil Gibran

Musical Artist

Mozart

Restaurant

Ferlitos

Vacation

Fishing

Movie

Silver Linings Playbook

Food

Eggplant

Dessert

Strawberry rhubarb pie

About Edward

Edward came to Detroit in the late 1940s and found it be a bustling, enjoyable city. He got a job at J.L. Hudson downtown, which marked the beginning of a 40-year career in retail between J.L. Hudson and Sears.

After serving in the Pacific with the U.S. Navy, he married and raised three children, David, Karen and Nancy. After his second wife passed away, Edward found Services for Older Citizens. "I met the nicest people who make a superb effort to help seniors and provide avenues for activities and friendships."

Edward also has two cats, Webster and Jasmine, and enjoys puzzles, word games, and mental and physical health issues.

What did you want to be when you were growing up?

A pilot

What do you miss about being a kid?

Boundless energy and bike riding

What is one skill you'd like to learn?

I would like to learn to play the guitar.

What was your first job?

A steel mill

What's the best trip you've ever

taken?

Prince Edward Island

Words to live by?

"Imperfect ourselves, we must be tender toward others." -Gandhi

What accomplishment are you most proud of?

Helping raise three children into good, mature adults I am proud of

What is the most historical day in your lifetime?

FDR speech about fear, Kennedy's assassination and Japan's surrender

No more winter blues

By Nancy Piatek

Winter Blues, or is it your shoes? As winter envelopes us, let us embrace it with warm thoughts and warm clothes. Many people often complain of the winter blues. Is it merely because they are not wearing boots, resulting in shoes and socks that are absorbing the slush and mush of winter? Yuk!



Also, as they rub their red, chapped hands together to keep them warm, I can't help wonder why they aren't wearing gloves or mittens.

Do you dress for the weather? Did you know that you can lose 10 percent of your body heat from not covering your head? Wearing new, high-tech Thinsulate or old-school silk-based layers (i.e., long underwear) will insulate you on those Chilly Willy days, and no one will know the difference.

Just as long underwear insulates your body, so can positive, happy thoughts insulate your mind. Live in the moment! Dress for the moment! Don't let your own negative thoughts and improper clothing choices rob you of the beauty of the season.

If you examine your winter time blues and depressing thoughts, you will learn that choosing to live in the present will definitely help. Living in the moment, and becoming more here-and-now oriented is the answer.

Looking at winter through a child's perspective may be the solution. Snow days were the best! So don those hats, scarves and galoshes and go walking in our winter wonderland.

If you or a loved one needs assistance this winter, call Nursing Unlimited at (313) 642-1122 or (586) 285-0300. We will be happy to help.

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Fit at Any Age

Services for Older Citizens offers wide array of fitness programs and gears up for Positive Aging Month

By Lauren McGregor

An inspiring trend has sparked in the Pointes, one that may surprise some. It's the enormously increased demand for senior citizen fitness programs. Services for Older Citizens (SOC) illustrates this trend.

SOC offers a variety of fitness classes at different skill levels. Senior yoga,

chair yoga, enhanced fitness and seated enhanced fitness are among the offerings. Director of Food & Friendship Susan Kopf says that they are now looking for a tai chi instructor and also hope to add a Zumba class in the future.

The current classes are well attended, including senior yoga.

"Proper alignment, which can be achieved through yoga, benefits the nervous system," says SOC's registered yoga instructor Tammy Tocco. "In partnership with nutrition, this is a practiced way of taking care of the body. It requires a deepening of breath and aids the

healing process as we age."

"Yoga is such a good thing for people our age. It allows us to stretch and feel flexible. You can touch your toes after class," says Josie Dehelean of Grosse Pointe Woods. "But you work within your limits. There is no pressure."

"Everyone needs to exercise," says enhanced fitness instructor Carol Piper, whose E-fitness class is just after senior yoga. "It's good for your brain, for your emotions, and at SOC it's a community that brings people together."

Piper's enhanced fitness classes (E-fitness 1 and 2) include a variety of exercise techniques, from cardio and strength through weight training to flexibility and balance.

Each class is \$4 and drop-ins are welcome.



Top and bottom left, Josie Dehelean of Grosse Pointe Woods in SOC's yoga class; top right, registered yoga instructor Tammy Tocco.

Photos by Lauren McGregor

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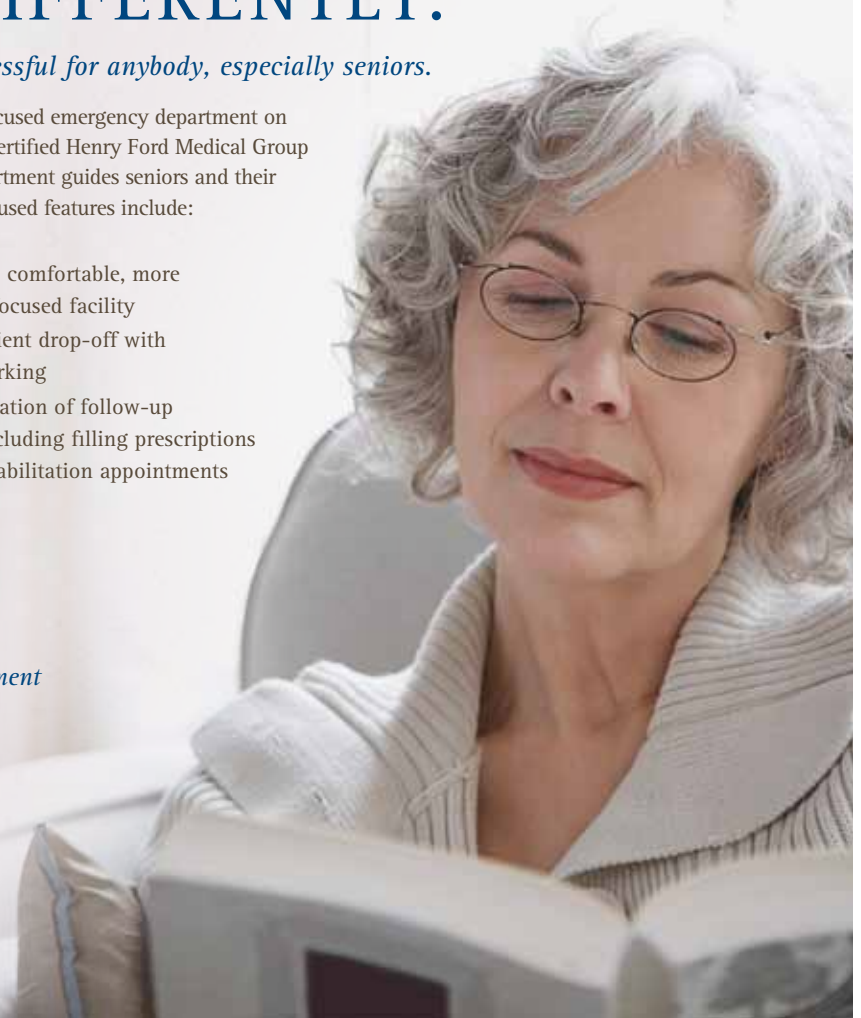
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Positive Aging Month Events

TED Talks: Short videos of the world's most fascinating thinkers and doers

Ramona Pierson: An Unexpected Place of Healing - Thurs., Feb. 6, 12:30 p.m.

Kelly McGonigal: How to Make Stress Your Friend - Thurs., Feb. 13, 12:30 p.m.

Jane Fonda: Life's Third Act - Thurs., Feb. 20, 12:30 p.m.

Charlie Todd: The Shared Experience of Absurdity - Thurs., Feb. 27, 12:30 p.m.

Movies

"Healthy Aging: Redefining America" - Mon., Feb. 3, 1:30 p.m.

"Food Inc." - Tues., Feb. 4, 1:30 p.m.

"Forks Over Knives" - Tues., Feb. 11, 1:30 p.m.

"Fresh" - Tues., Feb. 18, 1:30 p.m.

"Fast Food Nation" - Tues., Feb. 25, 1:30 p.m.

Presentations

Ways to Manage Back and Neck Pain and free luncheon - Tues., Jan. 14, 11:30 a.m.

Don't "Fall" into a Statistic, Maintain your Independence - Wed., Jan. 15, 12:30 p.m.

Train Your Brain with Brain Neurobics
Get Your Head in the Game - Part 1
Tues., Jan. 21, 12:30 p.m.

Brain Health - Part 2
Tues., Jan. 28, 12:30 p.m.

Memory Tricks - Part 3
Fri., Feb. 21, 12:30 p.m.

Simple Techniques for Healthy Aging
Wed., Feb. 5, 1:30 p.m.

Meet our Yoga, Seated Exercise, Aerobic and Tai Chi Exercise Instructors!
Wed., Feb. 19, 1:30 p.m.

Call (313) 882-9600 for event reservations.



Carol Piper instructs her E-fitness 2 class using cardio, weight lifting, stretching and balance.



It's an extremely exciting time for fitness programs at SOC Kopf says. "Not only are we looking to expand our fitness offerings, but we will be having our first Positive Aging Month this February."

Positive Aging Month will feature a plethora of health-related presentations. "We're featuring health movies, such as Food, Inc., Wayne State University is visiting to do brain neurobics presentations, we will show TED Talks videos on aging," Kopf lists the upcoming Positive Aging Month events, "Self massage lessons will be offered and a life coach will speak." And that's not everything. For a full schedule of Positive Aging Month's programs, see page 49 or the Calendar on page 79.

But don't forget about the year-round fitness programs. Senior yoga takes place Monday, Wednesday and Friday at 9 a.m., chair yoga takes place Monday, Wednesday and Friday at 10:15 a.m. and 11:30 a.m., E-fitness 1 takes place Tuesday and Thursday at 10:30 a.m. and E-fitness 2 takes place Monday, Wednesday and Friday at 10:15 a.m. [Ψ](#)

Fire safety for seniors

By Mike Barnhard, Jason Groth and Bob Mlynarek

When it comes to the well-being of seniors in their home, time is of the essence in case of fire.

On average, families have less than three minutes from the first smoke alarm to safely escape. It is more difficult for senior citizens to react and therefore they are most at risk of death and injury from fire.

- Each year 1,100 Americans over age 65 die in a fire.
- Seniors between the ages of 75 and 84 are four times more likely to die in a fire.
- 85 and older are five times more likely to succumb to a fatal fire.

Because no one can anticipate the type of fire that could occur, it is critical to ensure seniors have these three devices.

1. Ionization smoke alarms detect fast flaming fires — more flames and less smoke (e.g., a cooking fire).
2. Photoelectric smoke alarms detect smoldering fires — fewer flames and more smoke (e.g. an electrical fire).
3. Carbon monoxide detectors identify the presence of this deadly, odorless gas emitted from faulty gas appliances that smoke alarms will never detect.

Mike Barnhard, Jason Groth (not pictured) and Bob Mlynarek are professional firefighters and co-owners of Preferred Care at Home, a senior home care company serving Macomb Oakland and Wayne counties.



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Come dine in an atmosphere that is relaxing and comfortable. For lunch we have an array of salads, sandwiches and hot entrees and new specials daily. Some of our wonderful dinner menu items include steaks, lamb chops, stuffed salmon and much more. Dinner specials now include 1/2 roasted duck, lobster tails, surf and turf and evening specials. We offer beer, wine and cocktails from our full bar. New this fall: **Formal WINE TASTING and FOOD PAIRINGS!** Hark back to the time when dining was an elegant, relaxing affair. What better place than the historic Ardmore Park Place? Our next 7-course Wine Tasting Dinner is Wednesday, Feb. 12, 7-10 p.m., featuring **German foods and wines from surrounding countries.** Cost is \$64 (tax and gratuity included). Make reservations early as seating is limited. Finally, you won't want to miss enjoying a fine libation in our new **"Piano Lounge"** during dining hours, 6-9 p.m., featuring pianists Don Farrhh on Thursdays and Pam Kruczek on Fridays and Saturdays. Ardmore Park Place — it's more than dining; it's a shopping experience. **And don't forget your sweetheart on Valentine's Day, Feb. 14! All ladies receive a complimentary flower.**


Hours: Lunch: Mon-Sat 10:30am-4pm Dinner: Thurs-Sat 5-9pm

Web: www.ardmoreparkplace.com



Blufin Sushi

18584 Mack Avenue, Grosse Pointe Farms • (313) 332-0050

Blufin is located on Mack just south of Moross. We have a great atmosphere in a cozy setting. At Blufin, we offer fresh, healthy foods using only the finest ingredients. We offer a wide variety of sushi, including our signature rolls like the Blufin, Las Vegas and Grosse Pointer made with only the freshest Alaskan King Crab. All our rolls are plated with amazing artistry, led by head sushi chef Lucky. Also on our menu are entrees such as Japanese fried chicken, ahi tuna, Mongolian Beef, fried rice and tempura vegetable. Blufin Sushi has so many items to choose from we can't list them all. We also offer salads, soups, sliders, desserts and a kids menu consisting of chicken fingers, grilled chicken, fish tacos, etc. We now have our liquor license serving sake, wine, beer and cocktails. \$250 Reservation fee up to 6 guests. \$ covers food and drink. 

Hours: Mon-Thurs 11:30am-10pm, Fri-Sat 11:30am-11pm, Sun 3-8pm

Web: WWW.BLUFINSUSHI.COM



Champs Rotisserie & Spirits

20515 Mack Avenue, Grosse Pointe Woods • (313) 886-7755

Champs is located on Mack just three streets south of Vernier. Our soups, sauces and dressings are made daily using only the freshest ingredients from Michigan companies when possible. Champs is known for its Rotisserie Ribs and Chicken, served with our homemade BBQ sauce for which Champs has been known for the past 40 years since it was the BBQ House of Grosse Pointe. We also offer an exquisite variety of seafood, salad entrees, sandwiches, appetizers and a full children's menu. We also offer daily specials that we have become known for. For those warm nights, enjoy our patio with a big screen TV or you may choose to stay inside and snuggle by our beautiful fireplace. With this unique atmosphere, comes a full-service bar to make your dining experience complete. Call ahead on those busy days for a carry-out. Our specially designed carry-out boxes will ensure your food gets home fresh and hot. We will cater your next event. Call and speak to one of our catering specialists after 4 p.m. Order off our catering menu or create your own.

Hours: Mon-Thur 4-10pm, Fri-Sat 4-11pm, Sun 3-10pm

Web: www.champsrotisserie.com



City Kitchen

16844 Kercheval, Grosse Pointe • (313) 882-6667

Located in the heart of The Village, City Kitchen prides itself on being a unique neighborhood eatery that serves quality fare in an upscale, yet relaxed and casual setting, as well as carry-out and on- and off-site catering. The restaurant offers fresh seafood from Foley Fish Co., Boston's famous fish house, as well as Great Lakes perch, pickerel and Lake Superior whitefish delivered daily. From the grill, try "Certified Angus Beef" New York strip or tenderloin steaks and some of the best burgers in town. Also enjoy seasonal salads, desserts, appetizers and wood-fired pizza. Join us at our NEW BAR for Happy Hour Monday–Friday from 4:30 to 6:30 p.m. and enjoy your favorite cocktail, beer or wine of your choice at our special Happy Hour pricing.

Hours: Lunch: Mon-Fri 11:30am-3:30pm

Dinner: Mon-Thurs 4:30-10:30pm, Fri 4:30-11:30pm, Sat 5-11:30pm, Sun 4-9pm

Web: www.city-kitchen.com



Photo by Donald Schulte

Detroit's Finest Coney Island

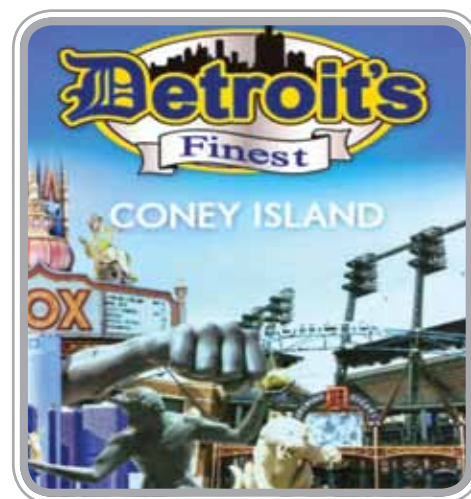
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Hours: Mon-Sat 7am-10pm; Sun 7am-4pm

Web: www.jjbmich.com



Green Zone Pizza

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Hours: Mon-Thur 11am-9pm, Fri & Sat 11am-10pm
Sun Noon-9pm

Web: www.greenzonepizza.com



Irish Coffee Bar and Grill

18666 Mack Avenue, Grosse Pointe Farms • (313) 881-5675

Irish Coffee Bar and Grill has been a staple on Mack Avenue in Grosse Pointe Farms for 33 years, notable for their fantastic bar burgers (1/3 lb ground rounds) and numerous coffee cocktails. Three high-definition TVs make this neighborhood bar a great place to watch the game. Swing by after the game or any entertainment event in the area, bring your ticket stub and your burger is only \$1.96! The daily lunch special is the best in town: dine-in between 11 a.m. and 5 p.m. and for \$5.95 have a ground round, fries and your choice of beverage (domestic draft beer or pop). This is also good for a fish sandwich or a grilled chicken sandwich. This family-owned restaurant is a great spot for young and old, and there is something on the menu for everyone. The homemade onion rings are a local favorite, and the fresh, hand-battered yellow-belly perch is particularly popular among seafood lovers. Numerous corned-beef sandwiches top off the menu with a true, Irish flare. The grill is open until 1 am, seven days a week! Hope to see you there! 

Hours: Mon-Sat 11am-2am; Sun 5pm-2am



Jungle Juice Bar

14929 Charlevoix, Grosse Pointe Park • (313) 571-3075

Jungle Juice Bar — “JJB” to our regulars — is more than a smoothie and juice bar. We are a neighborhood gathering place for people who value an active, healthy, vibrant lifestyle. Let our high-quality smoothies, juice blends and menu offerings nourish your body while our workshops and social events feed your soul. We are a juice bar with raw, vegan and vegetarian food. We offer guilt-free and gluten-free desserts, sandwiches and salads with no processed sugars or additives. This fall, we plan to offer soups and hot/ice teas and may expand on some of our desserts, sandwiches and salads. Whether you need a quick afternoon pick-me-up or are on the lookout for a healthy new lunch spot, stop by and see what Jungle Juice Bar has to offer.


- Menu items and grab-and-go snacks prepared in-house, using fresh fruits and vegetables, and other raw, unprocessed ingredients.
- Free Wi-Fi
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Hours: Mon-Fri 7am-9pm; Sat 9am-9pm; Sun 10am-5pm
Web: www.jjbmich.com



Luxe Bar & Grill

115 Kercheval, Grosse Pointe Farms • (313) 924-5459

Luxe is the neighborhood spot that serves quality food, drink and atmosphere — without pretense. Hospitality is our passion — quality and taste are the priority. We believe the character of a bar is its patrons, and we welcome all seeking food, company and friendly conversation to enjoy our charmed local bar. An eclectic menu features fantastic Prime Burgers on homemade brioche buns, as well as scratch soups, salads and entrées, including chicken, salmon, lamb chops and steaks in a variety of different daily preparations. Chef Christina Stanco embraces various elements of traditional and new American cuisine. 

Hours: Daily 11am-1am (Kitchen closes at midnight.)
Web: www.luxebarandgrill.com



Mack Avenue Grille

19841 Mack Avenue, Grosse Pointe Woods • (313) 886-0680

The new Mack Avenue Grille, under the ownership of veteran restaurateurs Louie and Dino Ropotos, offers fine dining at diner prices! Choose from three homemade soups du jour or freshly homemade chili daily. Or choose from 31 salads that come with warm pita bread and tomato vinaigrette. Of course, burgers and all manner of diner sandwiches are offered on the extensive menu. True to the owners' heritage, Greek specials include gyros, souvlakis and spinach pie, to name a few. To start your day, Mack Avenue Grille offers fresh-squeezed orange juice and three-egg, whipped omelets of all combinations. Dinner specials are offered daily, so you never know what culinary treats you will have to choose from besides the menu regulars. All ingredients are fresh — no frozen fish here! For a fresh change of pace, give the new Mack Avenue Grille a try!



Hours: Mon-Sat 7am-8pm, Sun 8am-3pm



Pepperoni Grille

22411 Greater Mack, St. Clair Shores • (586) 774-3998

As its name implies, Pepperoni Grille is a cheerful spot set in a welcome, casual atmosphere. The eatery features a small bar and dining room on one side of the central open kitchen, and a second dining room on the other side. It offers notable pizza along with a number of popular dishes from Calamari, Chicken Picatta and Lake Michigan Perch to Filet Mignon and New York Strip Steaks and Baby Back Ribs. The staff is friendly and courteous. The full bar offers wine, liquor and beer. Our Reverse Happy Hour from 8 p.m. to close 7 days features \$2 domestic beers, \$5 martinis and 1/2-off appetizers. Tuesday is half-off pizza all day, dine in or carry out. Wednesdays feature 2 signature pasta dishes and a bottle of wine \$38.



Hours: Mon 4-10pm; Tues-Thurs 11am-10pm; Fri 11am-11pm; Sat noon-11pm; Sun 3-9pm

Web: www.pepperonigrillescs.com



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Hours: Mon- Thur 11am-10pm; Fri 11am-10:30pm; Sat Noon-10:30pm; Sun Noon-9pm

Web: www.salvatorescallopini.com



Steve's Backroom

24317 Jefferson, St Clair Shores • (586) 774-9337

Since the 1980s, Steve's Backroom has been providing quality Mediterranean Cuisine. Old World recipes are prepared under the careful eye of Bouchra Raffoul. Many traditional favorites, such as Stuffed Grape Leaves, Cabbage Rolls, Lamb Kabobs, Chicken Tawook, Fattosh Salad, Steve's Backroom Chicken Salad and the more popular Steve Salad with homemade Pomegranate dressing, just to name a few. In 2010, Steve's won the Small Business Award from the Macomb Region of the Small Business Administration, and in 2012 Macomb Daily readers awarded Steve's as its favorite Middle Eastern restaurant. Steve's bakes fresh pita bread for dine-in customers, and serves a limited pizza menu baked in a stone oven. A full bar is available as well as a banquet room that seats up to 40. Carry out catering is available. Steve's also serves breakfast seven days a week starting at 8 a.m. 

Hours: Mon-Thurs 8am-9pm; Fri-Sat 8am-9:30pm; Sun 8am-8pm

Web: stevesbackroomjefferson.com



The Hill Seafood and Chop House

123 Kercheval, Grosse Pointe Farms • (313) 886-8101 • (313) 886-9653

The Hill, in its 13th year as the premier dining destination on the east side, is UNDER NEW OWNERSHIP and is DEBUTING A NEW MENU. Don't worry, the Hill of Perch is still there! But new menu items include **Allen Brothers® USDA Prime New York Strip Steaks and Burgers**, Zingerman's Desserts. The Hill continues to satisfy its guests with the finest steaks, seafood and Michigan-grown produce. Whether you're out for a "night on the town" or just looking for a great burger and fries in our upscale bar, The Hill's diverse menu will please the most discerning diners. The vibrant bar scene offers Happy Hour Monday-Thursday, 5-7 p.m., featuring \$3 Beer, \$5 Well Drinks and \$6 Appetizers.

Hours: Lunch: Mon-Sat 11:30am-3pm





Dinner: Mon-Thur 5-10pm, Fri-Sat 5-11pm; Closed Sunday.

Web: www.thehillgrossepointe.com



The Rattlesnake Club

300 River Place Drive, Detroit • (313) 567-4400

Locally Grown Since 1988! Detroit's finest riverfront dining experience celebrates over 25 years of innovative cuisine and outstanding service in our exquisite setting. We take pride in providing diners with an unparalleled, unforgettable culinary experience. Memories are made here as Executive Chef Chris Franz and his renowned team creatively prepare the highest quality local and seasonal foods using Prime Certified Angus Beef and non-farmed, sustainably-harvested seafood. The wine list shines with rare and boutique wines as well as an extensive craft beer list which complements a bar stocked with the finest local-to-global products. The award-winning restaurant's elegant dining rooms offer picturesque views of the Detroit and Windsor skylines, and in the warm weather months, the lovely Garden Terrace is a lush retreat. The Rattlesnake Club's beautifully-appointed private dining rooms add an intimate ambiance to special celebrations and meetings, and the Stroh River Place Atrium, with its breathtaking blend of marble, brick & glass, is the ideal setting for corporate functions, vehicle displays and charity auctions. The Rattlesnake's stunning riverfront patio sets the stage for lavish wedding ceremonies and receptions. *We'll see you at the 'Snake!*    

Hours: Tues-Thurs 11:30am-10pm; Fri 11:30am-11pm; Sat 5:30-11pm

Happy Hour: Thurs-Fri 4-6pm

Web: www.rattlesnakedetroit.com



Photo by Joe Hakim/The Hungry Dudes

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Valentine's Day

We asked married Grosse Pointe couples about their loves stories in celebration of Valentine's Day.

Shail and Laurie Arora | Married 22 years
of Grosse Pointe Park | 3 children, Simone, Erika and Evan

Laurie is the Director of Member Relations at a non-profit health care organization and serves on Grosse Pointe Park City Council. Shail is president of a technology company.

Center the next day. Our first ceremony was held on Laurie's parents' wedding anniversary, so it made the occasion extra special.



How did you meet?

We met at the Detroit Institute of Arts in our early twenties. We were both volunteers on the Founders' Society committee. Our job was to sell memberships to DIA visitors. One Saturday, we were scheduled to work together for a three-hour shift. As we talked for that length of time, we realized we had a lot in common. The following Saturday, we were both working at the museum again and Shail asked me out to a Detroit Symphony Orchestra concert. I went, of course.

How did he/she propose?

It was unmemorable. We're not sure who proposed. We dated for five years while we were both working on our Masters degrees and beginning our careers. Marriage just seemed like the next logical step. While it sounds unromantic, the decision was authentic and heartfelt.

Describe your wedding.

We actually had two weddings, a traditional American ceremony at the Grosse Pointe War Memorial and a Hindu ceremony at the Tompkins

What do you appreciate the most about one another?

We feel very fortunate to have found each other given that we were born half way around the world from each other. Shail is the "big picture" person, and Laurie tends to the details. Beyond that, it's the little things of everyday life; Shail will go out and warm up the car for Laurie on a cold morning. He's a great cook, attentive father, and the best dance partner a girl can ask for. Laurie's energy and charm provide the spark and excitement to the marriage.

Describe a favorite story from your marriage.

In early 2002, we took our first family trip to India. Shail had not seen his extended family in over 25 years and Laurie and the children had not met most of them. It was a magical trip that included a train tour all over northern India and a trip to the Taj Mahal. We attended a traditional Indian wedding for Shail's cousin, which was a delight to all of the senses. That trip broadened our world perspective

and brought us closer to Shail's family. And the children have fond memories of playing with the monkeys.

What piece of advice would you offer other married couples?

Support each other's passions. Develop shared interests. And remember, marriage is fun!

Harold and Cynthia Chyz of Grosse Pointe Woods

**married 59 years
2 children, Grant and George
1 daughter-in-law, Laurie
2 grandchildren, Helen and Paul**

Harold is a retired supervising design sculptor of the General Motors Design Staff and Cynthia is a homemaker. They are most proud of their children - Grant T. Chyz, DDS who received a degree at University of Michigan, daughter-in-law, Laurie, an attorney who graduated from Harvard University, son George W. Chyz, who received his Master's degree at M.I.T. and their two grandchildren, Helen and Paul.

How did you meet?

We met at the Detroit News Hikers Dance, which was an organization that the news sponsored for young adults.

How did he propose?

More than a proposal, it was truly a mutual decision. We met in May of 1954 and were married in October that same year.



Describe your wedding.

Our ceremony was in Detroit and our reception was at a Ukrainian Hall. The dinner reception was for 700, so we had to have two different dinner seatings. We honeymooned in Gatlinburg, Tennessee, in the Smoky Mountains.

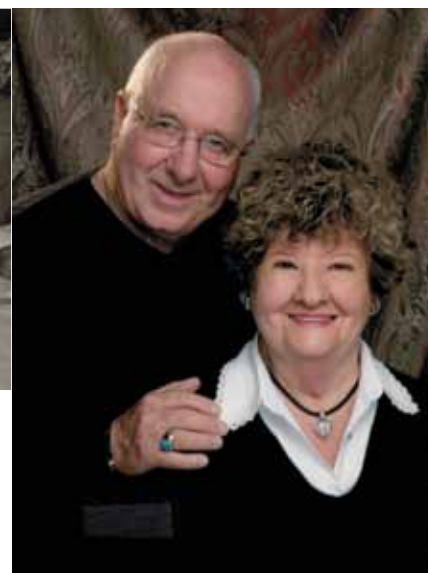
What do you appreciate the most about one another?

Harold: The way Cynthia communicates with people, whether it's serious or happy.

Cynthia: Harold is reliable and multi-talented.

A favorite anecdote from your marriage?

Six months prior to his retirement, in 1992, General Motors sent Harold to Holden, a subsidiary of



General Motors, in Melbourne, Australia for the start of a new program. Cynthia joined him in February of that year. It is a spectacular country full of people who are fond of Americans. They made a lot of friends there, some of which, they still keep in touch with.

What piece of advice would you offer other married couples?

Compromise and do not go to bed angry.

Devin and Corey Scillian | Married 27 years of Grosse Pointe Park | 4 children, Griffin, Quinn, Madison and Christian



Devin is a news anchor at WDIV-TV and Corey is an artist.

How did you meet?

We met in the first class on the first day of the school year in 1979 at Junction City Senior High School. We were in drama class together.

How did he propose?

Devin: I proposed in terribly unromantic fashion on a highway near Topeka, Kansas. I had no plan and no ring. I just suddenly realized I couldn't spend the

rest of my life without Corey and blurted it out.

Corey: I didn't really believe it at first, so I decided I just wouldn't say anything to anyone until we talked more about it. We were on our way to a party and both our brothers were going to be there. Immediately, Devin told them both, so I figured, wow, I guess we're really going to do this.

Describe your wedding.

Devin: Corey never paints her nails, but she did for the wedding. When we joined hands I looked down and we both broke into a beautiful laugh.

Corey: It was a cool and misty fall Friday evening. The waning light and the color of the foliage was just beautiful. Our wedding was fairly small and we were surrounded by lifelong friends and loved ones which made it feel very intimate and personal.

What do you appreciate or love the most about one another?

Devin: I love what Corey brings out of me. We've been together so long and yet I find myself continually trying to impress her. She pushes me - as a father and husband, as a journalist, as a musician, as a writer. Her standards are impeccably

high. What a gift.

Corey: I married my best friend and he is always sweet and loving to me. He steps up when I need him to, and he knows when to step back and let me take charge of the things I need to do. He supports me by talking through ideas and taking care of things so I can work through my ideas and projects.

Describe a favorite anecdote from your marriage.

Devin: We love to travel and many of our best stories come from our journeys. I especially remember a long walk in New York City when it began to rain. We tried for a while to hail a cab (no luck). The rain kept coming harder and harder and finally we were so soaking wet we just decided to embrace it. We ran laughing through the rain. Corey ruined a nice pair of shoes, and she was drenched, but I thought she looked just beautiful (and so happy).

Corey: We had just moved to Detroit, and we weren't even allowed to tell anyone that we'd moved here for Devin to fill Mort Crim's position as he was ready to retire. We were so new to the

community, we hardly knew anyone and I was pregnant. We had moved here with our then 4-year-old Quinn and 6-year-old Griffin and had no family here. A little overwhelmed by the move, I didn't feel very good. I went to the doctor and they decided I should have an ultrasound to make sure everything was alright. What we found were

TWINS. I went from overwhelmed to full out shock. When I got home and told Devin the good news, he absolutely beamed with joy and excitement. That's when I knew it was all going to be alright.

What piece of advice would you offer other married couples?

Devin: I wholeheartedly endorse the idea of marrying your best friend.
Corey: My thoughts exactly, and I can't tell you how often that happens. We can be sitting in silence, lost in our own thoughts and when one of us says something we realize we were just thinking about the very same thing.



Patti and Louie Theros | Married 17 years
of Grosse Pointe Farms | 2 children, Jon and Evan

Louie is a lawyer, the Partner, Vice President and Director of Butzel Long. Patti is the owner of Extra Pointe Communications and a marketing professional and freelance writer.

How did you meet?

A blind date arranged by Patti's stepsister who worked at the same Detroit law firm as Louie. We had dinner at TGI Friday's in Troy by Patti's apartment. We were both 26 years old at the time but didn't get married until we were 32.

How did he propose?

Louie proposed over dessert at Carlucci's in Chicago, where he was living at the time. It was Sweetest Day. Louie, however, had no idea about this "Hallmark" holiday but his friends still rib him for being so corny. He had the ring in his pocket and looked like a "deer in headlights." Patti thought he might propose but after dinner, she wasn't sure if he was still up for it. Thank goodness for dessert! After he proposed, drunken guests at the restaurant celebrating Halloween, congratulated them.

Describe your wedding.

It was our own Big Fat Greek Wedding at Assumption Greek Orthodox Church & Cultural Center, 400 people complete with a Jamaican steel drum band. During our reception, Louie reminded us to pause for a moment to take in the scene of our families and guests who came to celebrate our wedding with us. It was amazing! When we were picking the date for our wedding, Louie made sure it didn't conflict with Michigan football home games so his fraternity brothers wouldn't miss the wedding. Go Blue!

What do you appreciate about one another?

Louie is funny and has a great sense of humor. Patti's loving hand with our kids.

A favorite anecdote from your marriage?

For our 10th anniversary, Louie had flowers delivered to Patti every hour, on the hour, for 10 hours. For their 15th anniversary they took the kids to Greece and introduced them to Louie's aunts, uncles and cousins. They spent their anniversary dinner in Athens that year at a rooftop restaurant at the Hilton hotel overlooking the Acropolis.

What piece of advice would you offer other married couples?

Before we got married we met with Father Leo Copacia, a priest at Assumption. He had been married for some 35 years at the time (Orthodox priests can marry) and one of the things he advised us to do: Never to go to bed angry with one another and tell each other you love them every day. We have lived his advice every day.

Grant and Julia Wachler | Married 6 years
of Grosse Pointe Park | 1 child, Lila

Grant is a President's Club Mortgage Banker at Quicken Loans and Julia is a Senior Project Manager at Rock Gaming

How did you meet?

We met in a training class while working together at Quicken Loans in August 2005.

How did he propose?

Grant proposed to me on the swing in our backyard.

Describe your wedding.

We got married at St. Mary's Catholic Church in downtown Royal Oak. Our favorite part about our wedding was having all of our friends and family there to share it with us. We had a lot of people come in from out of town so we had a huge rehearsal dinner on Thursday which allowed us to

include our extended families, our wedding and reception were on Friday, and we wrapped the weekend up with a golf outing and get together on Saturday.

What do you appreciate the most about one another?

We are both 100% in this marriage and friendship. We have a ton of fun together, but we are also strong enough to overcome life's challenges together.

A favorite anecdote from your marriage?

Our favorite vacation was when we went to Aruba for ten days for our honeymoon. During that time we relaxed on the beach, went on an ATV ride all over the island, went snorkeling, went on a catamaran ride at sunset and got massages on the



beach on an island off of Aruba. It was the perfect combination of relaxation and adventure.

What piece of advice would you offer other married couples?

Laugh often and treat each other with at least the same amount of respect and compassion as you treat your best friends.

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Meet Aileen

Name	Dr. Aileen Hernandez
City	Grosse Pointe Woods
Age	48
Occupation	Physician, owner of Just Breathe



What was your first job? Stroh's Brewery biochemistry department, creating synthetic hemoglobin during the AIDS epidemic in the 80s.

Your most often used phrase? Sometimes all you can do is "just breathe."

Best advice you have received? You make a living by what you earn, you make a life by what you give.

If you weren't a physician what would you be? Restaurateur/chef

What is your next goal? To open an alternative weight loss/Bariatric center

Favorite thing to do outside of work? Spend time with family

Why did you become a physician and owner of Just Breathe? I saw great potential in pilates - health benefits of improved mobility after injuries and feelings of well being.

What is the best feedback you've ever received? "Thank you for changing/saving my life."

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Just Breathe provides a stress-free workout environment in a comfortable and relaxed atmosphere. While the focus is based on the Pilates method, Just Breathe offers a variety of classes to keep client conditioning diverse and refreshing.

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Just Breathe specializes in sports conditioning and rehabilitation. Dr. Hernandez says, "I love pilates and its potential in helping with back pain (which I had after pregnancy), sports injuries, osteoporosis and neurological diseases. My certified trainers can create an individualized program specific to your needs. The mind-body connection and focus needed to achieve each exercise along with increased resistance can keep the mind sharp and body strong."

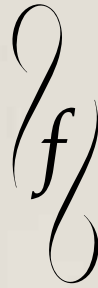
About Aileen

Aileen and her husband Bart are the proud parents of Benjamin and Lucas.

They are avid travelers and sports enthusiasts and combine both interests by traveling to different cities following the World Cup soccer venues. They also enjoy visiting museums and attending concerts in their free time.

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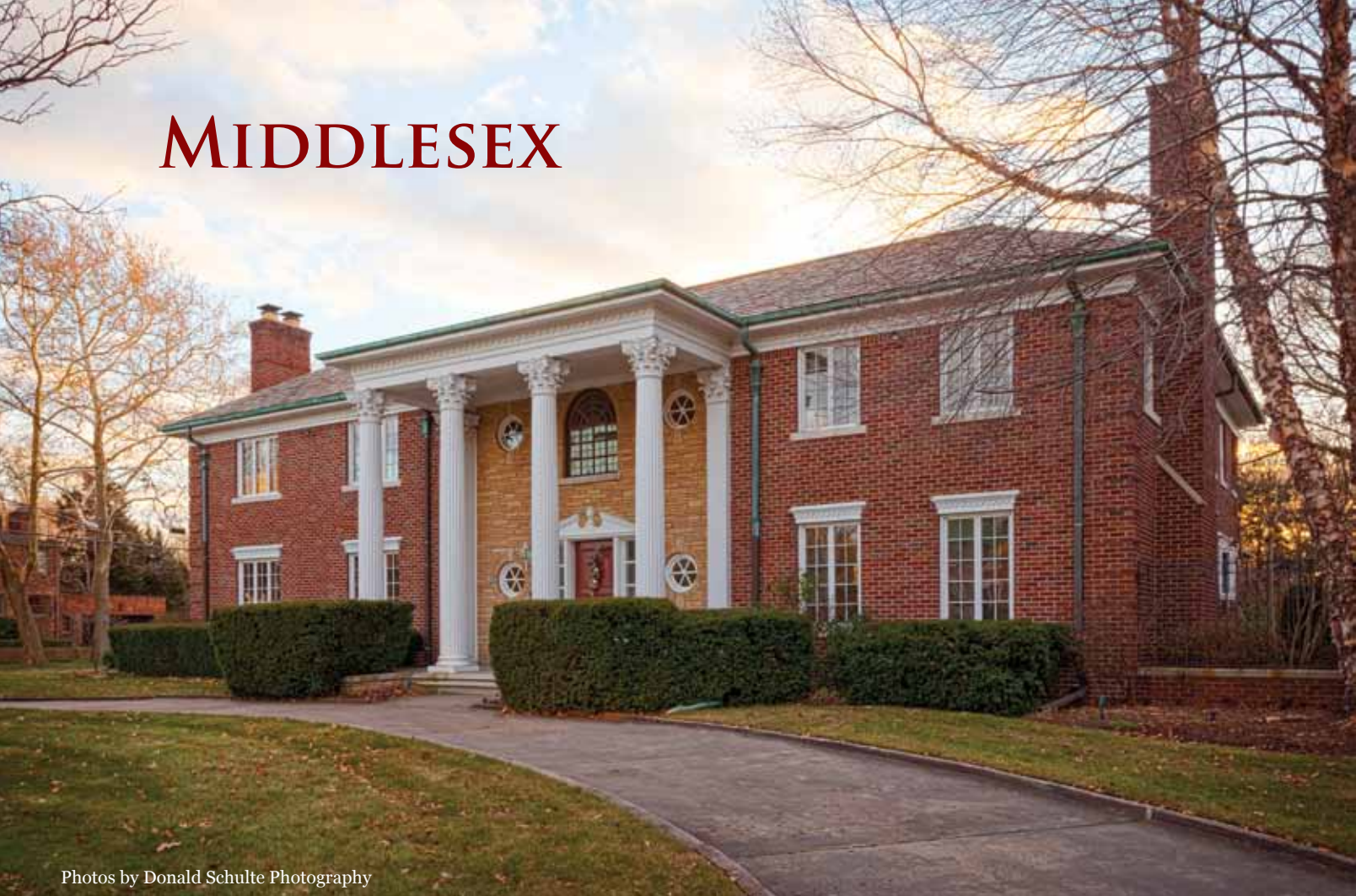
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MIDDLESEX



Photos by Donald Schulte Photography



By John Minnis

*I*f a house could talk, what a story 701 Middlesex would tell. Built in 1951 on a double corner lot at Avondale Avenue in Grosse Pointe Park, 701 Middlesex was the home of reputed Mafia enforcer Dominic Peter Corrado. Directly across the boulevard at 701 lived the “boss,” Anthony Joseph Zerilli. Corrado married into the “family” to Patrina Zerilli.

The street, Middlesex, has a rich Mafia history and was made famous by a Pulitzer Prize novel of the same name by Jeffrey Eugenides, who once lived on the street.

Owners Diane and Ron Strickler have done much to the 7,481-square-foot, two-story Georgian colonial purchased in 1997 from Detroit Tigers legend Kirk Gibson. While a Grosse Pointe resident, Gibson never lived

in the home, though he oversaw its rehabilitation for a group of investors.

According to the Stricklers, their home was originally built as a “party house” for the mob, and the home’s amenities and the backgrounds of its original inhabitants bear that out. 701 Middlesex has three bars, two game rooms, a wine cellar, a spa and card-and poolrooms. The basement bar is equipped with commercial-grade fixtures. “Most speakeasies at the time would have been envious,” observes Ron Strickler.

“Everything in this house was made for entertaining,” says Diane Strickler, who should know. As founder of The Family Center of Grosse Pointe & Harper Woods, she and her husband, head of obstetrics and gynecology for Henry Ford Health System, hosted many parties in the home —with a far

Right, the paneled den, which had built into it a “hidey-hole” just large enough for a handgun; bottom left, the kitchen; bottom right, the jail door, which guards the exterior basement and where it is thought a tunnel once led to the underboss’s home across Middlesex

more genteel crowd than its original owners. “It’s great for circling around. You could lose 100 people in here.”

The kitchen, which was gutted save the original glass-front cabinets, is completely modern and continues the extensive use of tile throughout the house. “It is a very functional kitchen,” Diane Strickler says. “I’ve had cooking classes in here.”

When not entertaining, the original owner, “Machine Gun Pete” Corrado did the don’s bidding in his paneled den, complete with a “hidey-hole” just big enough for a handgun. The capo’s anteroom has a working Pewabic tile fountain. Button men, numbers runners and the like entered the “tile room” from its own entrance off the side driveway or the heated, three-car, reinforced-concrete garage. Corrado’s wise guys could come and go without anyone in the home being the wiser.

Security came built in. All doorframes are steel reinforced and



alarmed. The entrance door at the pillared front entrance is inches thick and has a peephole sized to accommodate a gun barrel. Entrance sidelights are one-way mirrored glass. Six eave-mounted floodlights can turn night into day, and the 30 phone lines leading into the home were buried to avoid the feds’ eavesdropping. “They had direct phone lines from home to home,” says Ron Strickler, “so they couldn’t be tapped.”

A “jail door” guards the exterior basement entrance where it is thought a tunnel entrance once led to the underboss’s home across Middlesex. There is even a suspected “secret

room” in the middle of the home that the Stricklers have not deemed to break into.

Two generations of Corrados lived in the home. Anthony “The Bull” Corrado followed in his father’s footsteps in the “family” business.

The senior Corrado spared no





Clockwise from top left, the basement bar and letter “C” for Corrado on the fireplace; wine barrels; the foyer with marble flooring from Lavanto, Italy; a tiled bathroom



chandelier and the lion statues that graced the front entrance. He used shelving from the closets for firewood. Gibson oversaw the rehabilitation of the home.

The Stricklers are the home’s fifth owners. They’ve put substantial work into the property as well, including replacing three shower floors and rebuilding the front porch columns and slate and copper roofs. An avid gardener, Diane Strickler oversaw the installation of a garden patio and walkway, a fountain, landscape lighting, a berm and perennial plantings.

Having finally gotten the house in perfect condition, they decided it was time to downsize. They renovated a smaller home on Colonial Road in Grosse Pointe Shores and have listed “Middlesex,” as the family always called the home, with Higbie Maxon Agney for \$849,000.

“It’s been a very joy-filled home for us,” says Diane Strickler, “and it has a great history.”

With its four bedrooms with their own full baths, living and game rooms, three-car garage

with a driveway for a half-dozen more cars, beautiful landscaping and sitting areas and maid quarters that can be used by the owners, Ron Strickler suggests 701 Middlesex would make a great bed and breakfast. Alas, Grosse Pointe Park zoning does not allow for B&B’s. Perhaps it’s time to rethink that zoning restriction. [Ψ](#)

expense. Italian marble was used throughout. In fact, when the Stricklers hired an older Italian craftsman for repairs, he dropped to his knees and wept when he saw the marble flooring in the foyer from Lavanto, Italy, near where he had lived. The four bedrooms upstairs come with their own baths with every surface tiled. The numerous closets all have lights that come on anytime the doors are opened. The basement bar is leather upholstered, and a large initial “C” adorns the fireplace above the hearth. (The initials “PC” are also found in a custom intercom speaker grille in the den.)

A financial manager/stockbroker who purchased 701 Middlesex from the Corrado family, lost all his fortune in the Black Monday 1987 crash. After divorce and bankruptcy, he lived in the home, a hermit, broke and without heat or electricity. He sold off what he could, including a Rosenthal



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When he is not building things, Steve is an avid outdoorsman who enjoys skiing, hunting and fishing. His favorite toys are his tools, his truck and his restored Dodge Challenger.

Asked to describe himself professionally he is unhesitating. I am, at heart, a craftsman. I take great pride in each of my projects and believe that the only satisfactory approach is to do it right the first time. The Pointes have their own unique architecture. Whether replacing a window or door, adding or renovating a room, doing a complete remodel or building a new home, we respect the character and tradition of where we live. Much of our work is on homes that were built to last. The quality of our workmanship needs to be done in that same tradition — built to last.



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Tony and Lora Eckrich and Corie and Sean Conroy

Chamber Foundation Fundraiser Oct. 28 @ Marais

Photos by John Minnis



Cathy Wynne, Betsy and Doug Fox and Harry Kurtz



Cyd Kinney, Jenny and Chris Boettcher and Charlie Bishop



Jim Wynne and Cathy Champion



Kathleen and Hon. Matthew Rumora



Ron DiCicco and Jim Bellanca



Marcia and Ted Everingham

Liggett Knight Nov. 2 @ Detroit Athletic Club

Photos courtesy of University Liggett School



Chairs Kris Mestdagh and Patty Ilitch



Doug Wood bids on a package.



Alysia Laetham and Julie Wesley

Woods Foundation Fundraiser Nov. 8 @ Dr. Edward & Chris Vermet Home

Photos by John Minnis



Hosts Dr. Edward and Chris Vermet



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Mary and Dennis Hyduk, Todd McConaghy and Annie Warnez



Barb Hendrick and John and Pam Mowatt



Sandy Fossee, Bettejean Ahee and Liz Rader

Friends of G.P. Santa Claus Parade Nov. 13 @ Pier Park Community Center

Photos by John Minnis



George Short, Donna Hoban and John Stevens



Mayor Palmer Heenan, Naomi Dumbleton and Geri and Jack Daly



Don Parthum, Chris Walsh, Skip Fincham and Shane Reeside

Veterans Day Nov. 13 @ Service for Older Citizens

Photos by Lauren McGregor



World War II veterans Jean Gilbert and Bob Aitchison

Vietnam veterans, right, Brian Bobek, Steve Bago, Jerry Fleetwood, Leo Lalonde and Ralph Kolb.



GPW Beautification Awards Nov. 13 @ Lochmoor Club

Photos by John Minnis



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Bob and Connie Brooks, Monsignor Gary Smetanka and Joyce and Dennis Janowski



Monsignor Gary Smetanka, Mayor Robert Novitke and Connie and Bob Brooks

South Choir Membership Gala Nov. 16 @ Home of John & Elizabeth Bruno

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Hosts Elizabeth and John Bruno



Elizabeth Connors, Sue Martin and Sue and Chip Stieber



Carolyn and Dr. Mikehl Hafner



Jim Aretakis and Dr. Brian Hunt



Jennifer and Dan Flanigan and Mary Hunt



Maurya and Howard Kay

The Taste Nov. 19 @ Our Lady Star of the Sea

Photos by John Minnis



Amy and Kenn Bakowski and Chris and Scott Morrison



Dennis Hyduk and Monsignor Gary Smetanka



Diane and Reg McIntyre, Joe and Maureen Mathews and Dave and Dorothy Hawring



Rick and Jenny McAtee and Jennifer and David Barthel



Sean and Barbara Byrne



Tony and Beline Obeid and Vicki and Bob Nesom

Chamber Business EXPO Nov. 20 @ Grosse Pointe War Memorial

Photos by John Minnis



Jennifer Boettcher and Matthew Cullen



Jim Neumann, Allison Larkowski and Antonio Lentine



Judy Latcha, Jane Miller and Allen Fender



Patti Austin, Sharon McMillan, Jeri Unger and Filip Szalewicz



Russ Wilcox, Niki Peltier and Dan Aitken



Wayne Manchester, Diane Strickler, Mike Carmody, Paul Rentenbach and Ted Everingham

pets

Molly welcomes your hi-res Pointe Pets pictures at 18530 Mack #106, Grosse Pointe Farms, MI 48236 or e-mail lbeaver1@grossepointemagazine.com.



Maggie Mae

Maggie Mae makes a home with John Simmerer, but spends every day with her aunt, Marney Ramsey. Each day they stop by the waterworks building on Moross so Maggie can get her drink of water after a two mile walk.



Toby

Toby is a 7-year-old golden doodle. He lives with and sometimes seems to run the household of Jim and Pam Solomon of Grosse Pointe Woods.



Maxwell

Maxwell is an English Springer Spaniel, who lives with Linda and Jerry Bernardi. He has a very handsome brother named Rocky, a golden retriever, and his hobbies are playing tug-of-war and trying to eat his way through the couch.



Rufus

Rufus Murray lives with William and Katharine Murray in Grosse Pointe Farms.



Abby

Abby lives with her two kitty sisters and parents Lynn Bernardi and Andy Schwartz in the Park. She likes to cuddle during thunderstorms and thinks her cousin Maxwell needs to learn some manners.



In Memory of Raleigh

Raleigh, an 80-pound German shepherd, served with Sgt. Michael Almeranti as part of the City of Grosse Pointe Public Safety Department's K9 Unit and passed away Nov. 12.

Cold weather safety for pets

Dr. Matthew Capitanio

Cold weather conditions can impose added concerns to your pets' health. Pets with diabetes, heart disease, kidney disease or hormonal imbalances (such as Cushing's disease) may have a harder time regulating their core body temperature, making them more susceptible to problems from temperature extremes. The same goes for very young and very old pets.



Below I have provided some tips from the American Veterinary Medical Association to help keep your pets safe during the Michigan winter months:

Cars: A car can rapidly chill in cold weather, leaving unattended pets at risk. Pets should never be left in cold cars for extended periods of time.

Clothing: Sweaters are a great idea for animals with short hair coats. I know several pet owners whom also use booties to protect their dog's feet; if you choose to use them, make sure they fit properly.

Identification: Snow and ice can effectively hide recognizable scents that normally assist pets in finding their way back home. Make sure your pet has a well-fitting collar with up-to-date identification and contact information. A microchip is a more permanent means of identification, but it's critical that you keep the registration up to date.

Winter wellness: Cold weather may worsen some medical conditions such as arthritis. Pets should be examined by a veterinarian at least once a year, and it's as good a time as any to have them checked out to make sure they are ready and as healthy as possible for cold weather.

Dr. Matthew Capitanio is with Harper Woods Veterinarian Hospital's after-hours clinic: Animal Urgent & Critical Care Center.

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Sgt. Michael Almeranti and Raleigh with children

Photos by Carlson Productions

K9 SAFETY PARTNERS

By John Minnis

It is common knowledge that Grosse Pointers love dogs ... and if dogs can make the community safer, all the better. One such dog was Raleigh, the 80-pound German shepherd who served with Sgt. Michael Almeranti as part of the City of Grosse Pointe Public Safety Department's K9 Unit. Unfortunately, Raleigh died Nov. 12, leaving a void in public safety — not just in the City, but also in all the Pointes.

“Raleigh’s passing is truly a

tremendous loss for the Grosse Pointe community,” says Grosse Pointe Woods City Administrator Skip Fincham, who as director of public safety in the City at the time was responsible for establishing the K9 Unit seven years ago. “Sgt. Mike Almeranti did an outstanding job not only in working with Raleigh in police situations to keep our communities safe, but in his interactions with the young people in our schools.”

Raleigh’s record speaks for itself:

- 305 narcotics recoveries
- 59 perpetrators found tracking for crimes such as arson, home invasion, armed robbery, stolen vehicles and fleeing and eluding
- 52 locker sweeps at various schools
- 6 perpetrators found hiding in buildings during searches
- 145 public appearances at schools, parades and other civic events.

Unfortunately, Raleigh has not been replaced. A trained dog is expensive, about \$12,000, plus another \$12,000

a year in food, lodging, veterinarian bills and ongoing retraining and recertification. Add another \$31,500 to purchase and equip a suitable SUV, and the cost to start a K9 Unit reaches \$50,000.

With the passing of Raleigh, Harper Woods has the only K9 Unit in the area. However, Xander and officer Dan Schewe are so busy that the department is looking to add a second K9 team ... if it could afford it.

“Everybody’s got a budget problem. That’s where all the cities are right now,” says former Grosse Pointe Councilman John Stevens. “The hang-up is all budget now. City councils are all cutting. That’s why we’re appealing directly to the public.”

To assist cities in forming and maintaining K9 Units, Stevens and a handful of community leaders — former Park Councilman and State Rep. Andrew Richner, Park Mayor Palmer Heenan, retired City Public Safety Director James Fox, Lev Wood,




Fincham, James Fitzgerald and Park Councilman Greg Theokas — formed a nonprofit, 501(c)3 organization K9 Safety Partners of the Grosse Pointes. The organization is dedicated to preserving and expanding canine units throughout the Pointes and Harper Woods. Its mission is to raise funds to promote public safety by supporting local police dog programs. The contributions will be used for acquisition of the dog, training, medical care, canine safety vehicle and equipment.

Stevens points out that retailers like K9 walking patrols. Police dogs enjoy near universal public support and, of course, children love the animals. “The general intent of dogs is to give a sense of security,” Stevens says. “Dogs are most effective as a deterrent. Dogs have a way of keeping communities safe ... period.”

Police dogs also go in harm’s way and protect their handlers and the public. “Raleigh saved Almeranti’s

life once,” Stevens says. “In my opinion, that’s the most compelling, saving the life of a police officer. What’s the price of that?”

For more information or to contribute to K9 Safety Partners of the Grosse Pointes, go to K9SafetyPartners.org or e-mail info@K9SafetyPartners.org. Tax-exempt donations may be sent to K9 Safety Partners of the Grosse Pointes, c/o Northern Trust, 120 Kercheval Ave., Grosse Pointe Farms, MI 48236. 



Xander and officer Dan Schewe
Photo by John Minnis

11 SATURDAY

- GPHS Open House at the Provencal-Weir House, 1-4 p.m.
- GPHS Izzy's Second Saturdays at the Provencal-Weir House, create a no sew fleece reindeer pillow, ages 7 and up, \$15 per member, \$20 per non-member, make reservations by Thurs., Jan. 9, 1-3 p.m.
- Birdwalk at Edsel & Eleanor Ford House, \$7 per person, also Feb. 8, 8-10 a.m.

14 TUESDAY

- Parcels Choir Concert in Parcels Auditorium, 7 p.m.
- SOC presents "Ways to Manage Back and Neck Pain" by Laura Solomon of HealthQuest, free lunch, reservations required, call (313) 882-9600, 11:30 a.m.

15 WEDNESDAY

- Brownell Choir Concert in Brownell MPR, 7 p.m.
- Pierce Drama presents James and the Giant Peach in Pierce Auditorium, through Jan. 17, 7 p.m. and Jan. 18 at 1 p.m.
- Pasta in the Park, pasta buffet by Mary Lou Muer and Blue Pointe Restaurant at Tompkins Center, bring your own wine, \$10 per person, also Feb. 26, reservations at delmegec@grossepointepark.org.
- SOC presents "Don't Fall into a Statistic, Maintain Your Independence" with Stephanie Price, PT, DPT, of ATI Physical Therapy, learn risk factors, preventative measures and exercises that can help decrease your risk for falls and improve balance, make reservations as (313) 882-9600, 12:30 p.m.

16 THURSDAY

- North End Band-O-Rama in North Gym, 7 p.m.
- GPPSS Kindergarten Info Night, 7 p.m.

17 FRIDAY

- North Choir Solo & Ensemble in North PAC, 7 p.m.

18 SATURDAY

- Grosse Pointe City's 10th Annual Winter Fest at Neff Park, including curling, ice carving, ice skating, broomball, a pig roast and catered meal, \$5 per person, 1 p.m.
- Ford House Inner Rhythms as Seasons Change: Relaxation and Stress Reduction,

90-minute outdoor session, discussion, experimental techniques for deep relaxation and stress reduction, mindfulness walking meditation, with Jill Wrubel, tickets at fordhouse.org, \$15 per person, 9:30-11 a.m.

- Ford House Winter Inspiration Walk for children, \$10 per child, free to accompanying adults, 10 a.m.

19 SUNDAY

- Grosse Pointe Theatre presents "A Grand Night for Singing" in the War Memorial's Fries Auditorium, 2 p.m.

21 TUESDAY

- GPCC Business After Hours at Village Palm, 5:30 p.m.
- SOC presents "Train Your Brain with Brain Neurobics" Part 1: Get Your Head in the Game, interactive session of learning about brain structure and functions that challenge old routines, make reservations at (313) 882-9600, 12:30 p.m.

22 WEDNESDAY

- SOC presents "An Unfinished Song" movie and optional pizza lunch, pizza and movie are \$6, pizza only is \$4, movie only is \$2, lunch begins at 12 p.m., movie at 1:30 p.m.

23 THURSDAY

- Friends of the Grosse Pointe Public Library Book Sale at Woods Branch, 10-11 a.m. for members, 11 a.m. - 8 p.m. for non-members
- Grosse Pointe Theatre presents "A Grand Night for Singing" in the War Memorial's Fries Auditorium, through Sat., Jan. 25, 8 p.m.
- Family Center Meet & Greet for Professionals at St. Michael's Episcopal Church, optional 45-minute stress management workshop by Jill Wrubel, register at familycenterweb.org or (313) 432-3832, 9 a.m. - 12 p.m.
- GPPSS All-Age Info Night at Trombly Elementary School, 7 p.m.

24 FRIDAY

- Friends of the Grosse Pointe Public Library Book Sale at Woods Branch, 10 a.m. - 4 p.m.

25 SATURDAY

- Friends of the Grosse Pointe Public Library Book Sale at Woods Branch, BAG DAY, \$5 per bag of books, 10 a.m. - 2 p.m.
- Grosse Pointe Park Fun Skate with Lunch and Music at Patterson Park, Blue Pointe

Restaurant providing hot dogs, chili and chips, lodge open for hot chocolate and warming up, 12-1:30 p.m.

- Ford House Behind the Scenes Tour, make reservations at fordhouse.org, \$13 per member, \$15 per non-member, \$22 for addition of House Tour, 11 a.m.

26 SUNDAY

- Grosse Pointe Theatre presents "A Grand Night for Singing" in the War Memorial's Fries Auditorium, 2 p.m.
- Ford House Specialty Tour: Metal Detail in Architecture, examples of metalwork in the Ford House collection, tea and cookies following the tour, make reservations at fordhouse.org, \$25 per person, 1 p.m.

27 MONDAY

- SOC presents Readers Digest's America's Most Scenic Drives: From Texas to Yellowstone (Part 2) Travelogue, 1:30 p.m.

28 TUESDAY

- Preschool Fair at GPPL Woods Branch, 6 p.m.
- SOC presents "Train Your Brain with Brain Neurobics" Part 2: Brain Health, stress, nutrition, physical activity, activities, sensory triggers and interactions to promote new brain connections, make reservations at (313) 882-9600, 12:30 p.m.

30 THURSDAY

- GPCC 2014 Annual Membership Dinner & Pointer of Distinction Awards at Country Club of Detroit, 5:30-8:30 p.m.
- South Choir Benefit Concert, featuring Brownell, Pierce, and South, at Brownell MPR, 7 p.m.
- Grosse Pointe Theatre presents "A Grand Night for Singing" in the War Memorial's Fries Auditorium, through Feb. 1, 8 p.m.

February

01 SATURDAY

- Winterfest on the Hill, 11 a.m. - 3 p.m.
- Woods Winterfest at Lake Front Park for Woods residents and friends, register by Jan. 25 at (313) 343-2408 or parks@gpwmi.us, free of charge, 12-2 p.m.
- Great Lakers...Great Times, St. Paul Catholic School Auction at Grosse Pointe Yacht Club

03 MONDAY

- SOC presents “Healthy Aging: Redefining America” movie as part of Positive Aging Month, 1:30 p.m.

04 TUESDAY

- SOC presents “Food, Inc.” movie as part of Positive Aging Month, 1:30 p.m.
- GPPSS Tech Showcase in Brownell Multi-Purpose Room, 6-8 p.m.

05 WEDNESDAY

- SOC presents Simple Techniques for Healthy Aging with Ro Coury, RN, who will teach ageless techniques to assist with body awareness and relaxation, make reservations at (313) 882-9600, 1:30 p.m.

06 THURSDAY

- Friends of the GPPL Classics Books Lecture Series in the Ewald Program Room, Professor George Bornstein on Thucydides’ Peloponnesian War in America, \$10 per non-member, 7 p.m.
- The Family Center presents Taking Care While Giving Care: Coping with the Challenges of the Sandwich Generation at Assumption Cultural Center, includes three presentations: “Survival Tips for the Sandwich Generation,” “The 10 Warning Signs of Alzheimer’s and Dementia” and “Comfort Care: Understanding Palliative Care and Hospice Services,” light dinner, free of charge, register at familycenterweb.org or (313) 432-3832, 5:30-8:30 p.m.
- SOC presents TED Talks “Ramona Pierson: An Unexpected Place of Healing,” an 11 minute video about Pierson’s coma and recovery, 12:30 p.m.

08 SATURDAY

- GPHS Open House at the Provencal-Weir House, 1-4 p.m.
- GPHS Izzy’s Second Saturdays at the Provencal-Weir House, dip strawberries in white chocolate, decorate with Valentine sprinkles and put in a decorative container, ages 6 and up, \$15 per member, \$20 per non-member, make reservations by Thurs., Feb. 6, 1-3 p.m.
- Grosse Pointe Park Chilly Fest at Windmill Pointe Park, snowman building, dog sled rides, ice fishing, free movies, Blue Pointe Restaurant chili and hot dogs, 12-4 p.m.

10 MONDAY

- The Female Athlete, hosted by University of Liggett Athletic Department, 7 p.m.

11 TUESDAY

- DIA Art Lecture presented by the Speakers Bureau of the DIA, The Renaissance, \$18 per person, at the Grosse Pointe War Memorial, 10:30 a.m. - 12 p.m.
- South Band Pre-Festival Concert at South Auditorium, 7 p.m.
- SOC presents “Forks Over Knives” movie as part of Positive Aging Month, 1:30 p.m.

12 WEDNESDAY

- GPCC Business After Hours at Beaumont’s New Breast Care Center, 5-7 p.m.

13 THURSDAY

- SOC presents TED Talks “Kelly McGonigal: How to Make Stress Your Friend,” a 14-minute video about the positive effects of stress, 12:30 p.m.
- Walk Through the Doors of History at the Grosse Pointe War Memorial, docent-led tours from 1-3 p.m.

14 FRIDAY

- Grosse Pointe War Memorial Valentine’s Day Luncheon in the historic Alger House, enjoy lunch and a performance by the Doxa Chamber Ensemble, \$25 per person, reservations required, 12 p.m.

18 TUESDAY

- SOC presents “Fresh” movie as part of Positive Aging Month, 1:30 p.m.

19 WEDNESDAY

- Meet SOC Yoga, Seated Exercise, Aerobic and Tai Chi exercise instructors to learn more about their classes, 1:30 p.m.

20 THURSDAY

- Friends of the GPPL Classics Books Lecture Series in the Ewald Program Room, Professor Theresa Tinkle: Chaucer’s Knight’s Tale, \$10 per non-member, 7 p.m.
- SOC presents TED Talks “Jane Fonda: Life’s Third Act,” an 11-minute video about the extra 30 years added to our life expectancy, 12:30 p.m.

21 FRIDAY

- SOC presents “Training Your Brain with Brain Neurobics” Part 3, Memory Tricks, learn memory tips, what affects memory and how to preserve them, make reservations at (313) 882-9600, 12:30 p.m.

22 SATURDAY

- Ford House Winter Inspiration Walk, make reservations at fordhouse.org, \$10 per child, free to accompanying adults, 10 a.m.

24 MONDAY

- SOC presents Readers Digest’s America’s Most Scenic Drives: Arizona to the Alaskan Coast (Part 3) Travelogue, 1:30 p.m.

25 TUESDAY

- South Orchestra Pre-Festival Concert at South Auditorium, 7 p.m.
- SOC presents “Fast Food Nation” movie as part of Positive Aging Month, 1:30 p.m.

26 WEDNESDAY

- Parcels Battle for the Mic, 7 p.m.

27 THURSDAY

- GPCC Business After Hours at Blue Bay Fish & Seafood, 5:30-7 p.m.
- The Family Center presents Ask the Experts Multi-Program Night at Barnes School, choose from one of four presentations: “Kindergarten Essentials” or “Infant Massage” at 6:30 p.m. or “FAMILYoga” or “Building Better Brains” at 7 p.m., register online at familycenterweb.org or (313) 432-3832
- SOC presents TED Talks “Charlie Todd: The Shared Experience of Absurdity,” a 12-minute video about public scenes of improvisation, 12:30 p.m.

March

1 SATURDAY

- Our Lady Star of the Sea School Auction “The Preppy Star,” 8-11 p.m.
- Hunger Games Survival School at the War Memorial, ages 9 and up, fun for child/adult duos, learn fire starting, useful plants, rope making, archery, bow hunting & more, \$60, 9 a.m.-1 p.m. or 2-6 p.m.



Grosse Pointe Mompreneurs

Sarah Boyd, Amanda Armitage, Andrea Daniell and Kelly Konieczki at the Hot Chocolate Photo Booth by Distinct Expressions Photography & Design in Santa's Village on Kercheval

Photo by Lauren McGregor

By Lauren McGregor

An innovative organization, formed on the ideal of being simultaneously a successful mother, entrepreneur and community member, has stepped out into the community in big ways.

Founded just this June, Mompreneurs has already participated in six Grosse Pointe events, ranging from Village Association happenings to Sing & Sign at Grosse Pointe Public Library.

While they aim to support and promote each other's businesses, they also strive to give back to the community. They've done so in numerous ways, including a children's card making workshop, the cards from which went to Services for Older Citizens. Proceeds from their Hot Chocolate Photo Booth in Santa's Village in the Village went to a local charity, Detroit Institute of Children.

"The four of us saw the opportunity to share practices, as a way we could reach out to many families," says Andrea Daniell. "Being a mom and an entrepreneur can get tricky. We are a little voice in a big community, but we have power in numbers and use our numbers to help other mothers."

Amanda Armitage adds, "We not only support each other behind the scenes, but on the front lines as well, I'm continuously sending my own clients to other moms."

It's more than networking; It's a way to support each other's businesses and keep the families using Grosse Pointe resources. In fact, all of the Mompreneurs' children are enrolled in member Sarah Boyd's Hummingbirds Music Together program.

"Everybody brings their own element," says Kelly Konieczki. "We all have different backgrounds, personalities and unique skills that we bring to the group. It makes us stronger."

Speaking of different backgrounds and skills, Armitage, mom to Olivia, 2, and a boy due in January, started Distinct Expressions Photography & Design after five years as a photographer and journalist in the U.S. Navy.

Boyd, mom to Julia, 5, and John Paul, 3, boasts a degree in music education and started Music Together after having her first child. "It's important to begin early in music, ideally between the ages of two and five." She compares music to learning a new language, and explains that it's easier to learn at a young age. Her classes are available 11 times per week at Grosse Pointe Music Academy.

Daniell, mom to Abigail, 3, edits the Grosse Pointe edition of a national publication called Macaroni Kid. It's a free newsletter with recipes, crafts,

activities and event notifications. "It's a one-stop shop for moms," says Daniell.

Konieczki, owner of Momcat's Signing Academy, started signing with her daughter, Matilda, 3, when she was just 7 months old. She teaches ASL and is an advanced signing time instructor through Signing Time Academy.

"Signing can be a form of early communication," says Konieczki. "It can be done before children can speak and provide that bonding and offer confidence." Konieczki teaches ASL to children 2 1/2 and up, of any and all abilities, including special needs. Other Mompreneurs' children are enrolled in her classes.

"Your own business is strengthened when other businesses support and validate you," says Boyd. "That's what Mompreneurs do for one another." ♣

www.facebook.com/GPMomPreneurs
info@gpmompreneurs.com

Amanda Armitage - Distinct Expressions
Photography & Design
www.dephotodesign.com

Sarah Boyd - Hummingbirds Music Together
www.hummingbirdsmt.com

Andrea Daniell - Grosse Pointe Macaroni Kid
www.grossepointe.macaronikid.com

Kelly Konieczki - Momcat's Signing Academy
www.momcats-signing-academy.com

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