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Cover Features



26 **BIKING THE POINTE**
Bike paths are coming to a street and road near you this spring and summer!



30 **NEW YEAR'S RESOLVE**
Grosse Pointe has plenty of places to get fit!



36 **SENIOR LIFE**
Roundup offers several living choices for seniors!

Pointe Personalities



10 **SARA**
Sara Haigh, student at Grosse Pointe North



18 **LISA**
Lisa Domas, wife and new mom!



40 **LOU**
Lou Fox, husband, father of seven and Grosse Pointe Senior Men's Club member



48 **LISA**
Lisa Amori, owner of Rainy Day Art & Framing Co.

Pointes on Cuisine

- 14** Pointe Magazine Restaurant Guide
- 20** Recipes by Beaumont's Chef Dan
- 52** Restaurant Review by Chef Frank

Pointe Extras

- 12** Woods designer goes the extra Nautical Mile
- 16** Yesterday: Dining Out
The Gift of Bambu
- 22** Drs. Rodriguez & Ottaway: Products of art and science
- 24** Classic Book Lecture Series
- 28** Women's Heart Health Month
- 33** in Harmony
- 37** Meals on Wheels
- 38** Services for Older Citizens
- 41** Senior Men's Club of Grosse Pointe
- 42** SERVE
- 47** Swans of Grosse Pointe
- 53** DIA Fakes, Forgeries & Mysteries
- 56** Michigan — Winter Wonderland

In Every Issue

- 08** On Pointe from the Publisher
- 17** Pointe of Law
- 23** Health Pointes
- 39** Pastor's Pointe
- 43** Pointe Papparazzi
- 49** Great Lakes Log
- 50** Pointe Pets
- 54** Calendar
- 58** Pete's Pointe

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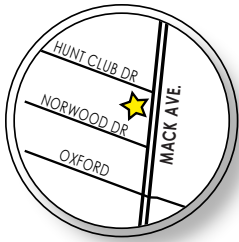
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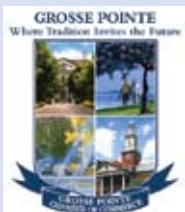
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On the Cover

“Nun’s Walk” by James Lady, www.StillwaterStudio.us. The “Nun’s Walk” is a 1/2-mile, double row of silver maples that provided a place for meditation and prayer for the Sacred Heart convent that is now the grounds of The Grosse Pointe Academy and St. Paul Catholic Church and School at the foot of Kenwood Road on Grosse Pointe Boulevard. The property extends to Lake Shore Road. Should you wish to contact James Lady, refer to the Stillwater Studio advertisement in this edition. James Lady is the father of two beautiful daughters and has considered Grosse Pointe his home for nearly 30 years. He currently lives in the Woods.

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GROSSE POINTE MAGAZINE



John Minnis
Editor and Publisher

a fitting resolution for a New Year!

*H*appy New Year! For real this time! While September was the beginning of the new school year, January is the beginning a new calendar year with all the hope and promise the New Year brings.

If you're like me, after reading this health and fitness issue of Grosse Pointe Magazine, you will feel energized to fulfill those New Year's resolutions. We have featured several — though obviously not all — private fitness facilities available to Grosse Pointers. We encourage

our readers to check them out and, more importantly, join one and begin working out!

Come warm weather, bicyclers will have safer, painted bike paths springing up throughout the Pointes. Ed Lazar and his Live Well in Grosse Pointe committee at the Grosse Pointe Chamber of Commerce and Wayne County Commissioner Tim Killeen deserve credit for making the bike paths happen. For years, we have been paying taxes toward Wayne County Parks and Recreation, and we are finally getting \$70,000 of those taxes back. Thanks, Tim!

We would also like to express our gratitude to Alicia Carlisle, the Ann R. Hudson Fund, Grosse Pointe Public School System and the Grosse Pointe Foundation for Public Education for their work to create SERVE, a resource for connecting students with volunteer opportunities. What a great idea! We encourage parents and students to take advantage of the new program.

It seems there is no shortage of Pointers willing to volunteer to help others, especially the elderly and homebound. These volunteer groups include SOC (Services for Older Citizens) and Meals on Wheels. Be

sure to thank these kind people who donate so much time to our seniors!

Speaking of seniors, did you know that the Senior Men's Club of Grosse Pointe boasts 1,000 members and hosts 200 members twice a month for luncheons in the picturesque Fries Ballroom at the Grosse Pointe War Memorial? If you are retired or age 65 and older, drop in on the second and fourth Tuesday of each month. Enjoy camaraderie, singing old, familiar songs and hearing interesting and varied presentations!

Last, but definitely not least, be sure to patronize our advertisers' businesses and tell them you saw them in Grosse Pointe Magazine! Without our loyal advertisers, this uplifting, colorful publication would not be possible.

As always, if your friends or neighbors have not received a copy of Grosse Pointe Magazine, forward their addresses to publisher@grossepointemagazine.com, or call (313) 640-8955, and I will make sure they get a copy and future copies!

Wishing you all a healthy, profitable, happy New Year!

“ *Happy New Year to all readers, advertisers and supporters! 2011 promises to be a 'fitter' year!* ”

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Meet Sara

Name	Sara Haigh
Age	17
City	Grosse Pointe Woods
School	Grosse Pointe North
Parents	Norma Haigh and Joe Moeller



Sara's Picks

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Rap or Rock?

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Pizza, Salad or Burger?

Pizza

Sports, Computers or Books?

Books

U-M or MSU?

U-M

Truck, SUV or Sports Car?

SUV

Movies or Video Games?

Movies

American Idol or Dancing With The Stars?

American Idol

Proudest moment? Getting accepted to Western Michigan University.

Ambitions? To lead a happy life in anyway possible.

Most embarrassing moment? Walking straight into a pole.

Who is your hero — why? My mom because she always has my best interest at heart no matter the situation.

Favorite teacher ever? Mr. Hicks.

About Sara:

Sara is unsure of what she will major in at Western, but is interested in photography and accounting.

When she's not busy with school activities she enjoys reading, watching movies, listening to music and browsing the Internet.

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Dr. Kerri is a Grosse Pointe Resident.
She has been practicing dentistry for 14 years,
8 specializing in pediatrics.

www.drkerri.com



Photo by John Minnis

Armed with colored pencils, interior designer Virginia Ficarra (a.k.a. the Color Wizard) made a full-size drawing of a custom stained glass window to incorporate a boating theme at the new Pegasus Taverna on the Nautical Mile in St. Clair Shores. At left, is one of her early sketches to show owner Jim Pappas.

Woods designer goes the extra Nautical Mile

Interior designer Virginia Ficarra may have felt like Jim Phelps of “Mission Impossible” when restaurateur Jim Pappas asked her to convert the old Tom’s Oyster Bar on Jefferson in St. Clair Shores into a sister restaurant of his popular Pegasus Taverna in Greektown.

“I’ve known the Pappas family for many years,” says Ficarra. “They called me and asked me to do the design for the restaurant.”

She, of course, took the challenge. “I suggested,” she recalls, “that’s since it’s the Nautical Mile, we do some kind of boating theme.”

The answer was literally right before them. While talking to Pappas in his downtown office, Ficarra spotted a model ship, a trireme, sitting on a table. “I immediately thought this is a good starting point for decorating,” she remembers. “So I just kind of ran with it.”

Ficarra had the idea of making a stained glass trireme and inserting it in the wall between the main entrance and the bar. With the nautical problem solved, Ficarra then worked in the dark paneling, lattice, grape leaves and Greek art characteristic of the Greektown restaurant.

“Then came the most exciting part,”

Ficarra says, “designing the stained glass window.”

Ficarra first did a hand sketch and then a full-size drawing colored in pencil. She chose Merry Go Round Stained Glass in Clinton Township to build the three-section window. It took two months from sketch to completion. “They did a wonderful job,” she says.

A published author and designer known as the “Color Wizard,” Ficarra has a teaching degree and has studied at the College for Creative Studies. However, it is not her formal education she credits most. “Most of my education came from working with my father, Sam Ficarra,” she says. “He was a builder.” ☐

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Bucci Ristorante

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Bucci Ristorante (originally named Maxine's) has been serving guests quality food at reasonable prices from its open-kitchen concept for 11 years. Owner Bujar Mamuslari named the restaurant after his childhood nickname – Bucci. The menu is full of delicious, classic Italian specialties as well as steak and seafood options. All entrees are served with soup or salad along with a bread basket. Bucci has an extensive wine list as well as a full bar. Now accepting private party holiday reservations. (40 person max in large dining room; 20 in smaller dining room.) Off-site catering is available for parties and a carry out specials can be found on the restaurant website. Reservations are recommended for Friday and Saturday. **We will be open for Valentine's Day, Monday, Feb. 14. Make your reservation today!**

Hours: Tues-Fri, 5-10 pm, Sat, Noon-10 pm, Sun, Noon-9 pm. Closed Monday. Web: www.ristorantebucci.com.



Photo by Lisa Cervone

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City Kitchen

(313) 882-6667 • 16844 Kercheval, Grosse Pointe
Located in the heart of The Village, City Kitchen prides itself as 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. City Kitchen recently announced the addition of Executive Chef Chris Thompson, previously head chef at Joe Muer's, and unveiled a new menu that includes salad and bread with all entrees, light-portion selections and fresh fish and seafood selections prepared your way.

Happy Hour: Mon.-Fri., 4:30-6:30 pm. Lunch: Mon.-Fri., 11:30am-3:30 pm; Dinner: Mon.-Thurs., 4:30-10:30 pm, Fri.: 4:30-11:30pm, Sat.: 5-11:30pm, Sun., 4-9 pm. Prime Rib every Sun. Late-Night menu available Mon.-Sat.
Web: www.city-kitchen.com



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Hours: Mon.-Thurs.: kitchen 4-11pm, bar 4pm-close. Fri.-Sat.: kitchen 4-midnight, bar 4pm-2am. Sunday: kitchen 5-10pm, bar 5pm-close.

Web: www.dylansrawbar.com.



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Lunch Hours: Mon-Fri, 11:30 am — 3 pm. Dinner Hours: Mon-Fri, 5 — 10 pm, Sat, 5 - 11 pm. Closed Sunday. Web: www.thehillgrossepointe.com

for more information.



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Yesterday: Dining out

By Doug Cordier

I guess you could call me a “foodie.” I have been fascinated with food since I was a kid. Growing up in Grosse Pointe in an era of far fewer restaurants, any “fine dining” opportunities were pretty limited, especially if your family didn’t belong to a club. My folks did not belong to a club and rarely dined out.

However, I do remember being taken to the Stockholm Restaurant in downtown



Detroit for something called “SMORGASBORD.” Now, this was a big deal. I will never forget the dining room, a huge table loaded with strange food and a giant crystal bowl of unlimited jumbo shrimp. Now *that* was dining.

Thinking about that heavenly experience got me reminiscing about other dining establishments on the East Side. They were few and far between. There was Hucks on Jefferson & 9 Mile, Howard Johnsons (HoJos) and Francois on Mack, Koptskis on E. Warren, Little Harrys, London East and Janet’s Lunch on Kercheval, or Perinis on Whittier. About the closest place for “semi-fast food” was Kewpies (Warren/Conner) or our all time favorites, the two Toddle Houses (AKA “Club Toddle”).

It wasn’t until junior high that I discovered a real burger joint close to GP. It was called Dunkin’ Burger and it was located on Vernier and Kelly. My buddy’s sister used to reluctantly escort us there in her robin’s egg blue Dodge convertible. This was La Dolce Vita for a 14 year old male.

So, even if you’re not a foodie like me, I hope this quick culinary walk down memory lane has got you thinking about your own early memories of dining out in Grosse Pointe.



Photo by Michael Goodell

Chef Brandon Kahlich welcomes customer Elizabeth Chauvin.

The Gift of Bambu

By Michael Goodell

With the popularity of cable cooking shows, it seems like anybody who ever wielded a wok is hosting their own show. Bambu Executive Chef and owner Brandon Kahlich doesn’t appear on the Food Network, but he does star in his own cooking show. Usually twice a month the Grosse Pointe Farms native guides culinary aficionados through the intricacies of food preparation. Using his own eclectic menu as a resource, Kahlich aspires to “educate as well as entertain my customers.”

Before committing to a cooking class, Grosse Pointers can sample the product at the restaurant. The Bambu menu reflects Kahlich’s wide experience as a chef. Several years ago, after working at the opulent Whitney and Van Dyke Place restaurants, he headed for Mexico City to study at the Culinary Institute of America. From there his training took him around the world.

Menu offerings such as the Cubano panini and grilled Thai chicken wrap reflect Kahlich’s travels. Also, Bambu features artisanal pizzas and acclaimed crab cakes, as well as homemade cupcakes and ice cream. The selections are exotic without being intimidating, and each serving makes Chef Kahlich’s cooking classes all the more enticing.

Even the name Bambu is a reflection of Kahlich’s travels. “In Asia, bamboo is considered good luck,” he explains. “And I used the French spelling to emphasize the international flavor of my menu.”

It may be international, but Bambu is not pretentious, and that is a reflection of the owner’s philosophy, which he sums up as “Keep it simple. Keep it fresh. Keep it interesting.” ☐

Drinking away your paycheck

By Randall D. Cain

Drinking and driving? Don't even think about it. This foolish combination can cost you big bucks. An Internet search calls a first-time conviction for Operating While Intoxicated (OWI) a "financial wrecking ball" with costs totaling \$10,000 or more.



Let's start with the court costs. The court fees are assessed for fines, probation and other matters and add up to more than \$1,000.

Insurance rates? Chances are your insurance will be cancelled and you'll be placed in the assigned risk category. Count on your rates at least doubling.

Now let's look at the Secretary of State. Driving privileges will be suspended for 180 days (imagine how that will affect your employment) with a restricted license possible after 30 days. Say good bye to your chauffeur license even if the conviction occurred while you were driving your own vehicle. A one-year suspension of your driving privileges will also be imposed if you refuse the evidentiary breath test. There is also a civil infraction fine for refusing the preliminary breath test. The Driver Responsibility Program will also impose an annual \$1,000 penalty for two years. If you don't pay, you don't drive.

Attorney fees will usually range from \$2,000 to \$25,000 depending on the complexity of the case.

Do the math. Calling a taxi or a sober friend would certainly be financially prudent — not to mention the physical harm you may do to yourself and others.

Randall D. Cain is a partner at Wilson & Cain, P.A., Attorneys and Counsellors, in Grosse Pointe Farms.

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Meet Lisa

Name	Lisa Domas
Age	29
City	Grosse Pointe Farms
Occupation	Speech-Language Pathologist



Lisa's Picks

Little White Lie or Harsh Truth?

Harsh truth

Ice Cream or Chocolate?

Ice Cream

Winter or Summer?

Summer

Big City or Countryside?

Countryside

The Hill, The Village or Mack?

The Village

Golf, Tennis or Boat?

Boat

Walk or Jog?

Jog

White or Red Wine or Beer?

White Wine

Best thing about living in Grosse Pointe?

The beautiful neighborhoods, parks and all the family-fun activities.

Favorite restaurant?

The Hill

Item you cannot leave home without?

My wedding ring

Favorite store?

Pottery Barn

Biggest accomplishment?

My dream job at Barnes Early Childhood Center in the Grosse Pointe Public Schools.

Biggest regret?

Not knowing my husband my whole life.

Last book you read?

The Happiest Baby on the Block by Dr. Harvey Karp.

Best vacation ever?

Vacationing at the Grand Hotel on Mackinac Island right before our daughter was born.

About Lisa

Lisa and her husband Peter are the proud parents of Lucille (Lucy) Ann who was born in November.

Her hobbies include swimming, ice skating, gardening, cooking and volunteering for The Family Center and at St. Paul's Catholic Church. Her free time is spent enjoying the company of family and friends.



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Sweet and Savory

Sweet Potato Pecan Pancakes

Serves 6

Ingredients:

1 ¼ cup All-purpose flour
¼ cup Chopped pecans
2 ¼ tsp. Baking powder
1 tsp. Pumpkin-pie spice
¼ tsp. Salt
1 cup Fat free milk
¼ cup Brown sugar
1 tbl. Canola oil
1 tsp. Vanilla extract
3 oz. Egg substitute
16 oz (approx ¾ cup) Canned sweet potatoes or yams, drained and mashed

Directions:

1. Measure all ingredients separately.
2. Combine flour, two tablespoons of chopped pecans, baking powder, pumpkin pie spice and salt in a large bowl.
3. Combine milk, brown sugar, oil, vanilla and eggs and add to the flour mix. Stir until smooth.
4. Add sweet potato to the wet mix.
5. Spoon ¼ cup of batter onto a hot, non-stick skillet.
6. Turn pancake when the top is covered with bubbles and edge appears to be cooked.
7. Sprinkle pancakes with remaining pecans. Add your favorite maple syrup.

Calories: 290, Fat: 7g, Chol: 0 mg, Sodium: 260mg, Protein: 7g, Fiber: 3g



Roasted Almonds & Sweet Potatoes

Serves 6-8

Ingredients:

4 each Sweet Potatoes (medium size), cut in 1"x1" cubes
4 tsp. Olive oil
1 large Garlic clove, minced
1/3 cup Fresh thyme
6 each Fresh thyme sprigs, (for garnish)
½ tsp Kosher salt
1/3 cup Slivered almonds

Directions:

1. Pre-heat oven to 450 degrees
2. In a large mixing bowl, combine all ingredients and toss well.
3. Arrange all of the potatoes into a single layer on a heavyweight rimmed baking sheet or in a 9" by 13" inch baking dish.
4. Place on top rack of oven and roast until slightly brown, approx. 40 minutes.
5. On another baking dish/pan,



Dan Kellogg is Executive Chef, Nutrition Services, Beaumont Hospital, Grosse Pointe

spread the almonds in a single layer. Place in the oven and toast until slightly browned, about 5-8 minutes.

6. Remove the almonds from the oven. Remove the potatoes when done. Mix the almonds with the potatoes. Place in serving bowl and garnish with thyme sprigs. Serve warm or at room temperature.

Calories: 120, Fat: 4.5g, Chol: 0mg, Sodium: 190mg, Fiber: 3g, Protein: 2g



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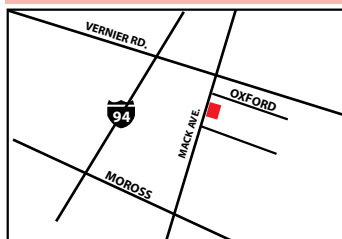
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... and science



Dr. Daniela Rodriguez

Dr. Paula Ottaway

Photo by Mary Ann Ismail/The Portrait Place

By John Minnis

*P*aula Ottaway and Daniela Rodriguez are products of their upbringing. Their mother was an artist and their father a scientist, a vascular surgeon still in practice. Today both daughters are doctors, Ottaway a cosmetic/family dentist, Rodriguez a cosmetic plastic surgeon.

“I think the concept of blending art and science is what brings us together,” says Ottaway.

Except for seven years when Daniela lived in New York City, the sisters have always been close, geographically. When Ottaway moves into her new dental office on Mack near Oxford, the two sibling doctors will have offices just 1.4 miles apart.

“The goal was for my sister and I to have a place together,” Rodriguez says, “but it didn’t work out. What we both wanted was to stay on Mack Avenue.”

Ottaway, who has been renting an office at Notre Dame and Mack, plans to move into her newly renovated, state-of-the-art facility in Grosse Pointe Woods by the end of January, beginning of February.

Rodriguez has been in her Mack Avenue office just inside St. Clair Shores since 2005. She knows the building well. “This building was the building my father worked in for many years,” she recalls. “I ran up and down these hallways when I was little.”

Growing up in Grosse Pointe, Rodriguez went to Barnes School, University Liggett School and Our Lady Star of the Sea. After graduating from the University of Michigan,


she went medical school in Arizona. She did her residency in New York City and practiced there for two more years before returning home to Grosse Pointe.

“My family brought me back,” she says. “Most of the my family and friends were still here.” She worked for another practice for a few years before she started her own. Today she is married to an anesthesiologist, Dr. Bob Boctor. They have four children, one at the University of Michigan and the younger ones in the Grosse Pointe schools.

Except for going to the University of Michigan for undergrad and dental school, Ottaway has been a homebody. Like her sister, she attended Barnes and Liggett. She married Drew Ottaway, a senior vice president with Comerica Bank. They have two children at Grosse Pointe South High School.

After 15 years with a group practice, and her children older, Ottaway started her own practice, Wellspring Dental. She wanted a name that reflected health and wellness. “It’s also the name of a sculpture I have of my mother’s,” she says, merging once again art and science.

Rodriguez always wanted to be a doctor, her sister says. A big influence in her life was going on medical missions. “I went back to Central America for many years helping children with cleft lip and palate,” she says. She speaks Spanish and French as well as English.

Both doctors emphasize the cosmetic part of their practices, but they share a commitment to being natural. In fact, their shared slogan is, “Enhance the natural you.” 

The deal with 'D'

By Dr. Saima A. Khan

I've been working on my vitamin D, Dr. Khan!" my patient exclaims, extending tanned arms toward me. I gently remind her that tanning is not a safe way to get her "D," even though it is made in the skin by sunshine.



Supplements (D3) and food sources such as salmon, egg yolks, dairy products and foods fortified with "D" are better.

Vitamin D is well-known for its role in building strong bones (it absorbs calcium) and has been associated not only with decreased risk of heart disease, diabetes and cancer, but also with improved memory and mood. Physicians prescribe it readily and people frequently request testing of their level.

Then, last month, the Institute of Medicine stated it wasn't clear that vitamin D had health benefits beyond building bones and that higher levels didn't necessarily mean more benefits. In fact, too much "D" can cause constipation, nausea, kidney stones and abnormal heart rhythms.

So what to do? More and better studies are needed but it is probably best to keep a level between 30-50 ng/dl and decrease your risk of heart disease, diabetes and cancer the old fashioned way: by eating a low-fat, high-fiber diet, getting regular exercise and stop smoking if you do.

And wear sunscreen.

Dr Saima A. Khan, MD, MPH grew up in Grosse Pointe Farms and presently lives in the Woods with her husband and three daughters. She practices Internal Medicine in Warren.

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Photo by John Minnis

Mary Beth (Mary Sanders Smith), pictured here with Grosse Pointe Public Library Director Vickey Bloom, is author of the recently released novel, *Escape*, which has received many favorable reviews. She also wrote *June*, a novel, and *Love Takes*, a collection of short stories. Smith runs the Classic Book Lecture Series for the Grosse Pointe Public Library.

Enrich your life with Classic Book Series!

By Donna Di Sante

The Classic Book Lecture Series sponsored by the Friends of the Grosse Pointe Public Library begins its ninth season in January and will again be presented by top literary scholars of the University of Michigan.

The series was initiated by Mary Beth Smith, who has been involved with the Grosse Pointe Public Library since fall 2002 as president of the Friends of the Library, a board member of the Grosse Pointe Library Foundation and as five-year member of the Grosse Pointe Library Board.

"I wanted to continue a course I had been taking at New York University on the Classic Book," says Smith, when asked why she started the lecture series. "There was no such continuing education course available in Metro Detroit or Ann Arbor, but thanks to Dr. George Bornstein, a professor

at the University of Michigan, we were able to start a series here at the Grosse Pointe Library. The series starts with the early classic books in literature and finishes with the modern. Everyone from teenagers to octogenarians and beyond attend the talks."

One does not have to have read the books to enjoy the Classic Book Lectures, because the professors bring so much information about the authors, the times in which they lived, comparison to other pieces of literature and insights into how and why the works were written.

"We need to appreciate the past to make the best of the future," Smith says. "The speakers are all University of Michigan professors who are notable scholars in their literary period."

Lectures are held at Grosse Pointe

2011 Classic Book Lecture Series

Thursday Jan. 27
(The Tragical History of) Dr. Faustus
by Christopher Marlowe
Professor Terri Tinkle

Thursday, Feb. 17
Shakespeare's Sonnets
Professor Ralph Williams

Thursday, March 3
Sister Carrie
by Theodore Drieser
Professor Gregg Crane

Thursday, March 24
Women in Love (sequel to *The Rainbow*)
by D. H. Lawrence
Professor John Whittier-Ferguson

Thursday, April 28
The Old Man and the Sea
by Ernest Hemingway
Professor George Bornstein

Thursday, May 5
Arthur Miller's last four plays
(*Finishing the Picture*, *Resurrection Blues*, *Broken Glass* and *Mr. Peter's Connections*)
Professor Enoch Brater

South High School, 10 Grosse Pointe Blvd., in Grosse Pointe Farms, at 7:30 p.m. Admission at the door is \$10, but the lectures are free for members of The Friends as well as for students and teachers with identification.

Membership in The Friends of the Grosse Pointe Public Library is \$25 for individuals and \$30 for families, so it pays to join if you wish to come to the lectures while supporting this auxiliary organization in support of the library. For more information about The Friends see their website at www.gpffriends.org. ☐

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Photo by Suzy Berschback

Elizabeth Vogel, Grace Scarsella and Brittany Paquette are looking forward to new, safer bike paths this spring and summer made possible by Live Well in Grosse Pointe, a new, community-wide initiative sponsored by the Grosse Pointe Chamber of Commerce, a \$70,000 grant from the Wayne County Parks and Recreation Department.

By John Minnis

This spring and summer, bicyclers will have their own painted paths along city streets and portions of Lake Shore Road thanks to Wayne County Commissioner Tim Killeen and the Grosse Pointe Chamber of Commerce.

The planned bike paths are the dream of the Chamber's Live Well in Grosse Pointe initiative headed by Grosse Pointe Farms State Farm Insurance agent Ed Lazar. He and his committee members — Liz Vogel, Ann Nearhood, Suzy Berschback, J. Carlos Borrego and Steve Roach (an attorney and a director of the League of Michigan Bicyclists for Detroit and the Pointes) — had the idea of designated bike paths throughout the Pointes. Coincidentally, or maybe not, the tagline for the Live Well in Grosse Pointe initiative is "Your path to healthy living in our community!"



"A great number of our folks were very interested in biking," Lazar says of the bike paths concept. "It came out of a sort of group think. Tim Killeen piped up, 'I think I can help.'"

For years, Grosse Pointe property owners have paid a millage for Wayne County Parks and Recreation; however, since the Pointe parks are for residents only, they could not make use of Wayne County funds. Bike paths on public streets are another matter, and Killeen fought to get funds approved. In September he succeeded. Some \$70,000 was approved for bike paths in Grosse Pointe.

Currently, the Live Well committee, with the help of Grosse Pointe Woods City Administrator Al Fincham and the Pointe public safety departments, is drafting a bike path map to include all the Pointes. Safety, local ordinances, traffic and myriad details need to be considered. Lazar points out that the bike paths project is a community effort, involving police, city councils, engineers, businesses, residents, schools and even Macomb County, since the goal is to have the Edsel & Eleanor Ford House "in the loop."

Even the creative community will be involved through Grosse Pointe Art Center, which will hold a bike rack design contest that will combine function and aesthetics. Benches for resting are even in the works.

"That's kind of where we are so far," Lazar says. "We want this funding to go as far as we can. Once, and if, the snow ever melts, we're going to want to get paint on the roads!"



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Feb. is Heart Health Month for Women

By Madhulata Reddy, M.D.

Heart disease often is thought of as a “man’s disease,” even by many women, who assume they’re at greater risk for breast cancer. Unfortunately, this is one of the many misconceptions about women and heart disease that has made it a silent killer.

Studies show heart disease is the leading cause of death in women. According to the most recent statistics



available through the American Heart Association, heart disease kills more than one in four women, and more than one in three has some form of it. Worse yet, 64 percent of women who die suddenly of heart disease never exhibit symptoms.

Fortunately, it’s easy to take steps to minimize your risk. Through simple lifestyle changes or treatment, you can help control risk factors such as high cholesterol, high blood pressure, diabetes, cigarette smoking, obesity, poor diet and alcohol use. But you should also be aware of unchangeable factors such as age, heredity and race. For example, women 55 and older, especially those who have gone through menopause, are at greater risk for heart attacks.

No matter how old you are, it’s never too early to choose a heart-healthy lifestyle or to talk to your physician about whether you should get a cardiac screening. And while chest pain is the most common symptom of a heart attack, you also should seek immediate medical attention if you feel even minor symptoms such as shortness of breath, lightheadedness or unusual fatigue.

To make an appointment with a Henry Ford cardiologist, call (866) 381-0005.



Try this “good for you” food. Served with fresh vegetables, pita bread or water crackers, this dip is a healthy alternative to traditional hors d’oeuvres. Enjoy our recipe for Heart Smart® Spinach Artichoke Dip!

Spinach Artichoke Dip

10 1/4 cup per servings

Ingredients:

- 4 tablespoons (2 ounces) 1/3-less-fat cream cheese, softened
- 1/2 cup reduced fat sour cream
- 1/4 cup fat free mayonnaise
- 1 tablespoon fresh squeezed lemon juice
- 1 (13.75 ounce) can artichoke hearts (8-10 count), drained and rinsed
- 1/2 (10 ounce) package frozen chopped spinach, thawed
- 1/2 cup grated Parmesan cheese
- 1/4 cup chopped onion
- 1 clove minced garlic
- 1/4 teaspoon black pepper

Directions:

In a large bowl, using an electric mixer, cream together cream cheese, sour cream, mayonnaise and lemon juice. Cut artichoke hearts into quarters and squeeze excess liquid from spinach. Using a large spoon, gently incorporate the artichoke hearts, spinach, Parmesan cheese, onion, garlic and pepper into the cream cheese mixture. Transfer the



dip into an oven safe dish and bake uncovered in a 375 degree oven until heated through and bubbly, about 25 minutes.

Calories = 70

Fat = 4 gm

Saturated fat = 2 gm

Trans fat = 0 gm

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Protein = 4 gm

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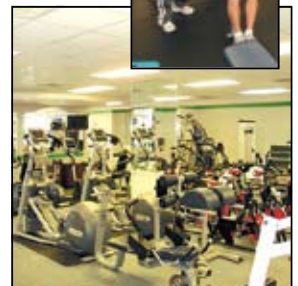
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Keeping fit ... that's the Pointe!

By John Minnis

Grosse Pointers love their exercise! We walk. We jog. We run. We bicycle. But one thing too few of us do is take advantage of a knowledgeable trainer, and there's no excuse for it. Grosse Pointe and environs have plenty of places where people can lift weights, take advantage of modern exercise equipment and do so under the watchful eye of certified trainers.

Following are rundowns of just a few of the venues available to help you stay in shape. If you see one you like, join or take advantage of free trial memberships many have to offer. The important thing is to start. You may just find fellow Pointers you know or meet new ones.

Enjoy!

POINTE FITNESS & TRAINING CENTER

Pointe Fitness, the largest fitness facility on the east side, was recently voted as the BEST GYM in the Detroit area on WDIV's "4 The Best" contest. "We have one focus: your workout!" says owner Ken Welch. At 21,000 square feet, Pointe Fitness has 40 cardio options in the gym and cardio room. The weight room comprises close to 4,000 square feet, not counting three complete 10-piece weight circuits. This also doesn't include the fitness room, spinning room, basketball court, batting cage and Detroit Medical Center's physical therapy clinic. Pointe Fitness has been at its Harper, south of Allard, location since April 2002. For 2011, Pointe Fitness has purchased six new treadmills, three new ellipticals and additional bikes for the spinning program. Pointe Fitness also continues to offer its popular Elite Training program in the Village to encourage women to begin lifting weights. Pointe Fitness is also a site for American Red Cross to do Blood Drives and is looking to expand its relationship with the DMC. "We encourage people to begin working out as a family," Welch says, "and get them to embrace the benefits of being healthy."





CURVES OF GROSSE POINTE

After eight years in Grosse Pointe, Curves is making moves. In December, owner/trainer/instructor Shawn Burtch opened a new facility at Pointe Plaza. The new Pointe Plaza facility features 52 stations and 26 hydraulic machines. "It is much larger than what we had before at either place," Burtch says. While Curves will continue its patented "30-minute total body workout designed for women," something new has been added: Zumba: "hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away." Burtch describes Zumba as "kind of like a group party." "We're very excited," Burtch says.



NEXLEVEL

NextLevel Health and Fitness is the place where everyday people and aspiring athletes can maintain good health. NextLevel utilizes the latest techniques in health and specialized equipment within the same complex. Equipment includes free weights with power racks, Nautilus style machines, clean platforms, an area for stretching and medicine ball training, as well as an aerobic and spinning room. Complimentary towels, fresh fruit and valet parking are provided. Individual workout regimens are administered by board certified and bonded personal trainers. All trainers are highly knowledgeable in exercise science and the human body, are certified and have CPR and First Aid Certification. NextLevel is located on Mack Avenue at the Grosse Pointe Woods/St. Clair Shores border.



SCS PILATES CONNECTION

The Pilates Connection in St. Clair Shores offers a refreshing environment to pursue your fitness goals. Whether privately, semi-privately or in groups, SCS Pilates Connection's aim is to develop optimal musculoskeletal performance: strength, flexibility, and endurance. Its focus is on core stability resulting in a balanced and aligned body that looks fit, feels refreshed and moves with ease regardless of fitness level. The facility is fully equipped with "state of the art" Stott Pilates equipment. Instructors are certified, friendly and eager to help you achieve your goals. Owner Barb Chase believes that people of all ages, sizes and fitness levels can have their needs met and be comfortable at her facility on Harper near 12 Mile Road.



GROSSE POINTE ATHLETIC CLUB

For 15 years, the Grosse Pointe Athletic Club has been helping people obtain their fitness goals and enjoy a healthier lifestyle. The GPAC is centrally located to service all the Grosse Pointes. The facility offers a variety of fitness equipment, free weights, cardio equipment and personal trainers in a clean and friendly environment. Family owned and operated, the GPAC is also a great place for young athletes to stay in shape and receive conditioning to increase and enhance their performance, while decreasing the risk of injury. GPAC is located at 335 Fisher Road, across from Grosse Pointe South High School.

In Harmony for you

Infertility affects many couples. Estimates are as high as 1 in 6. What is not as well known is the devastation that accompanies infertility. The grief and suffering is crippling, which in turn, may acerbate success rates. But there is help. In Harmony LLC, a fertility wellness center in Warren, helps couples deal with the emotional, physical and spiritual strain, which may in turn, better their chances of becoming parents.

Dr. Carole Kowalczyk, of Grosse Pointe Farms, founder of In Harmony, has a vision: to deliver comprehensive care to women undergoing fertility treatment; care that treats the medical condition, as well as a woman's emotional and spiritual well being. She explains, "Bringing the body, mind and spirit into balance is key to women's health and wellness. At In Harmony, we strive to help restore a woman to optimal health, increasing her chances of having children."

In Harmony helps couples deal with their infertility journey. The services provided currently include acupuncture, massage and group support workshops. Kowalczyk believes strongly in the healing benefits of treating the whole person.

The healing power of holistic care has long been recognized, especially in Eastern medicine where the concept of health is defined as the dynamic balance of yin and yang; the inescapably intertwined duality of all things in nature, especially between an individual and his/her environment.

This Eastern influence is well represented at In Harmony. Everything from the artwork to the furnishings conveys its influence. There is even a garden fountain on the grounds. "Patients feel relaxed and supported in this environment," explains Judith Constant, Office Manager and Registered Nurse. "We help to restore them to optimal health."

In Harmony is located on the grounds of the Michigan Center for Fertility. A tour of the facility reveals state of the art service rooms in a warm and accommodating environment. The ultimate in one stop care.

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Photo by Suzy Berschback

From left at Beaumont, Grosse Pointe's Spirit of Women "Girl's Night Out" were Beaumont physicians Dr. Nancy Ajemian, family medicine; Dr. Jeanne Lewandowski, pediatrics; Dr. Anne Marie McCarren, OB/GYN; and Dr. Donna Hoban, family practitioner and physician in chief.

GIRLS' NIGHT OUT

'Spirit of Women' arrives at Beaumont

By Susan Bollinger

On Oct. 21, almost 400 women attended the first Girls' Night Out, hosted by Beaumont Hospital, Grosse Pointe, in partnership with Spirit of Women. The event brought out 25 area merchants and their wares, but more importantly, attendees gathered a host of valuable information about breast health, deep vein thrombosis, pulmonary embolism prevention, diabetes, integrative therapy and healthy sleep. Some took advantage of blood pressure and body mass index screenings and even got an annual flu shot.


Held at the Bon Brae Center in St. Clair Shores, the complimentary event included the best in Beaumont and area cuisine, with chocolate and wine tastings, hors d'oeuvres, and even cooking with chocolate demonstrations by Beaumont's executive chef, Dan Kellogg.

Audry Lawrie and Suzanne Deacon, both of Grosse Pointe Woods, volunteer at Beaumont and came out to show support for the hospital at its first community event. "It's just

delightful," says Deacon. "And there are wonderful goodies."

Among others in attendance were Beaumont physicians, also residents of Grosse Pointe, Dr. Nancy Ajemian, family medicine; Dr. Jeanne Lewandowski, pediatrics; Dr. Anne Marie McCarren, OB/GYN; and Dr. Donna Hoban, family practitioner and physician in chief.

"Women usually make health care decisions, not just for themselves but for their families," says Dr. Hoban. "This event was an opportunity to reach out to women and show them what Beaumont has to offer. I'm pleased to see such a high turnout and am happy to be a part of the Spirit of Women."

Spirit of Women is a national network of leading hospitals dedicated to improving women's lives with innovative health and community programs. For more information, log on to www.beaumont-hospitals.com/spirit-of-women. For more information about services at Beaumont Hospital, visit www.beaumont-hospitals.com. 

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Senior living roundup

By Patti Theros



Nestled in a St. Clair Shores residential community, **BEECHWOOD MANOR** opened in 1986 and is privately owned by 6 doctors and 3 business people. There are no other branches or affiliations. Beechwood Manor, a renovated elementary school on Greater Mack Ave., includes 50 studio apartments on one-level amongst landscaped courtyards. The senior assisted living facility recently became a MI Choice waiver vendor, says executive director, Candace Tylkowski. Beechwood can now accept residents on Medicaid via an agency. Through the MI Choice waiver program, Medicaid will pay for care only. Visit www.beechwoodmanor.net for more information.



SHOREPOINTE VILLAGE offers 90 apartments/suites on a shared campus with ShorePointe Nursing Center. Since 2007, ShorePointe Village has been owned and operated by Premier Health Care Management and Beaumont Hospitals. The campus is located on Jefferson Ave. in St. Clair Shores. According to Premier Health Care Management Marketing Director Sean Southers, because of ShorePointe's affiliation with Beaumont Hospitals, residents become part of the Beaumont system, providing easier access and coordination to Beaumont services. ShorePointe Village also offers a unique "neighborhood" living concept for residents. Each "neighborhood" includes no more than 10 residents and offers an elegant living room, family room, dining room and country kitchen. Their newest "neighborhood," The Homestead, opened in 2009 and is a restorative rehabilitation neighborhood. It helps ease the transition between the rehabilitation in a nursing facility or hospital setting, back to a resident's permanent dwelling. Check out one of the "neighborhoods" online at www.apremierlife.com.



SUNRISE ASSISTED LIVING of Grosse Pointe Woods on Mack Ave. opened in 2004 and offers 57 apartments/suites. It's located in a 2-story building with underground parking for residents and their guests, and is operated by Sunrise Senior Living that began in 1981 and is now the country's largest provider of senior living. Before a resident moves in, Sunrise meets with each resident and family to provide an Individualized Service Plan, according Kathy Ostrowski, executive director of Sunrise GPW. There are several parts to the assessment and it provides an opportunity for the staff to get to know each resident better and create a plan that is monitored on a daily basis. To create a resident-centered and home-like environment, none of the staff wear "scrubs" or uniforms, and at every Sunrise location there is a "resident" dog and cat; "Ellie" is the dog at Sunrise GPW and "Liam" is their cat! To take a virtual tour of the building, logon to www.sunriseseniorliving.com.

MEALS ON WHEELS *DELIVERS!*

By Margie Reins Smith

*M*arty Potter delivers. He's a volunteer with Services for Older Citizens' Meals on Wheels program.

Since he retired from Chrysler Financial, Potter has been delivering hot meals to some 8 to 10 people every Monday.

"Very rewarding," is how he describes the task. "I'm involved in some of these people's lives. For many, I may be their only contact (with the outside world) that day."

Through SOC, Potter and a pool of 75 volunteer drivers provide more than 50 hot meals five days a week to housebound seniors in the Grosse Pointes and Harper Woods. Meals on Wheels is a federal program run through Detroit's Area Agency on Aging. Funds come from government grants, corporate partnerships and donations.

Valley Foods provides the meals. SOC provides the wheels.

"The program helps older people stay in their homes," says Shirley Snow, coordinator of SOC's meals program for the last 22 years. "When we get a request, we promise a 24-hour response."

On a sunny fall day with dry leaves crunching underfoot, Potter delivered four meals to local seniors in their homes and was buzzed into an apartment building, where he delivered six more meals.

He keeps notes. Beside one name: "Hard of hearing. Knock hard. If no answer, walk in and hand-deliver." Beside another name: "Dog. Open door just slightly."

Deliveries are usually uneventful, Potter said, but if someone doesn't answer, a SOC volunteer checks later or notifies a designated relative or caregiver.

Meal deliverers' small talk and observant eyes often provide alerts for SOC about clients' other needs -- transportation to doctor's appointments, for example, or help with snow shoveling or assistance with household chores.

Potter knows who has vision or hearing or walking difficulties. He often gets a glass of water, or a fork, and helps someone peel the plastic cover off the meal and pry open the milk carton. He also remembers who is a Michigan football fan and who is a Michigan State fan, which often leads to lively banter.

Clara Szabo, 93, of Harper Woods greeted Potter at the door and invited him in. "If it wasn't for Meals on Wheels," she says, "I wouldn't have a nice hot lunch."

On one apartment door Potter found a note penciled on a scrap of envelope: "Meals on Wheels: Thank you so much for your kindness." On another door, a note asks that the meal be left outside, and adds "God Bless!" ☺



Photo by Margie Reins Smith

Meals on Wheels volunteer Marty Potter of Grosse Pointe delivers a meal to Clara Szabo of Harper Woods.

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22 YEARS SOCING IT TO SENIORS!

By Susan Bollinger

There's a one-stop shop where Grosse Pointe and Harper Woods seniors can count on everything from learning to light a gas fireplace to deciphering Medicare changes. Since 1978, Services for Older Citizens (SOC) has adapted to community needs and last year, served more than 6,000 area seniors.

Executive Director Sharon Maier explains, "Because we serve a small geographic area, we can adjust to offer what



Photos by Susan Bollinger


Patricia Nurse and Dolores Masiak find themselves at home at another SOC event.

seniors need now to help them maintain their independence." SOC's programs include Meals on Wheels, Fun and Friendship lunches, exercise classes, friendly visits, respite care, case management with experienced social workers, Medicare counseling, and individual computer instruction.

At the heart of the organization is SOC's Information and Assistance line. "Seniors or loved ones can call with any question or concern they have. If we don't know, we'll find out," says Maier.

This winter, a newly widowed resident called SOC to ask how to light her gas fireplace for the first time since her husband died. One of SOC's 400 volunteers headed over to show her how.

Another gentleman called SOC because he was hungry and out of food. "We immediately delivered a Meals on Wheels dinner and groceries," recalls Maier. "But that call connected him with the SOC family and all of our resources. He now receives Meals on Wheels and a social worker followed up later that week. We've reached out with resources and support."

With a full-time staff of 14, three full-time interns from Germany, and a cadre of talented volunteers, SOC offers rich and varied resources. Private donations are SOC's largest form of funding, and dedicated volunteers enable personalized, one-on-one care and assistance. 



SOC Information and Assistance
(313) 882-9600

9 a.m. to 5 p.m. weekdays

www.SOCservices.org

Donations may be made to Services for Older Citizens,
17150 Waterloo, Grosse Pointe, MI 48230.

Dwayne X. Riley and Patricia Kafcas

Resolve to pray more, worry less

By the Rev. Michael Varlamos

There is much to consider at the beginning of a new year. We've probably initiated our personal resolutions. We've embarked upon trying to somehow improve our lives. Some of us are looking for new jobs in a very difficult economy. Many of us are anxious about our job security and losing our homes. Most are concerned about the ever-growing decadence in a country that was once founded by and exemplified Judeo-Christian values. These are, without a doubt, disturbing, unsettling and anxious times.



Truly, there are many things to be worried and anxious about on a personal, local, national and international level. But it's not enough to simply worry about these things. In fact, worrying about them does nothing to alleviate or resolve these issues. I can assure you that we are better off praying than we are being anxious about something no matter what it is. Prayer intrinsically brings God into our concerns. It reinforces our relationships with Him, and often brings His peace into our troubled minds and hearts.

As people of God, let us do more than be anxious and worried about our personal lives and our world. Let us resolve this new year to pray more and worry less. Let us live a life that God expects us to live that is filled with love, repentance and forgiveness; that through our daily struggles in this life, we shall hear the Lord speaking to us everyday, "Come to me all of you who are tired and heavy burdened, and I will give you rest."

A truly blessed New Year to you all.

*Father Michael Varlamos
Protopresbyter
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• Memory care

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- If you are a veteran or a surviving spouse of a veteran, you may qualify for a monthly pension benefit to help purchase long-term care please check with the VA web site:

www.veteransfinancial.com

- MI choice waiver program

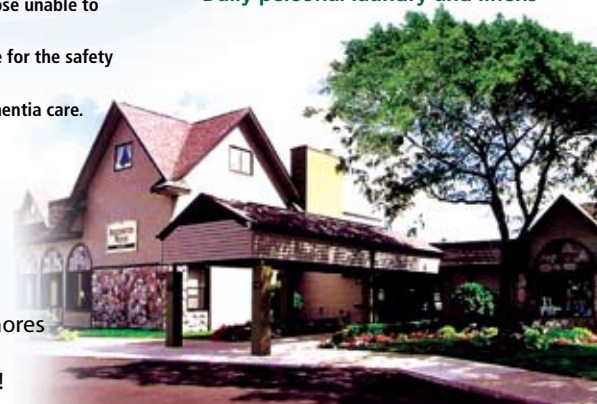
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JOHN F. MARTIN
PHOTOGRAPHY

19471 Mack Ave. Grosse Pointe Woods

Meet Lou

Name	Lou Fox
Age	83
City	Grosse Pointe Woods
Occupation	Retired



Lou's Picks

Newspaper or Television?

Enjoy both

Bridge or Casino?

Neither

Winter or Summer?

Summer

Dogs or Cats?

Dogs

Dine In or Dine Out?

Enjoy both

Golf, Tennis or Boat?

Trailing

E-mail or Snail Mail?

Snail Mail

What is your guiding principle or words to live by?

“For it is by God’s grace that you have been saved through faith”

Favorite book of all time?

Thomas Edison: The Inventor

Do you have a winter retreat — where?

At home in Grosse Pointe Woods after several winters in Florida.

Favorite movie?

Ghandi

Favorite restaurant?

Jack’s on the Lake

Biggest accomplishment?

First, our children are all college graduates and building a 20 foot travel trailer.

Biggest regret?

Not having finished college after serving two years in the U.S. Navy.

Most historical day in your lifetime?

The end of WWII, President Kennedy’s assassination, 9-11 and our 60th wedding anniversary!

About Lou:

Lou and his wife Jean are the parents of seven children: Dave, John, Larry, Tommy (deceased), Mary Ruth, Cathy and Paul.

Lou spends his free time woodworking, bicycling, traveling and ‘camping’ in the couple’s Airstream trailer.

He is also a member of the Grosse Pointe Senior Men’s Club.

Senior Men's Club of Grosse Pointe

... DOING LUNCH SINCE 1959



Some 18 retired men attended the second meeting of the Senior Men's Club of Grosse Pointe, founded by John Lake in 1959. Today, with 1,000 members, the GPSMC is probably the largest club in the Pointes. The club meets on the second and fourth Tuesdays of each month in the elegant Fries Ballroom of the Grosse Pointe War Memorial.

"The Senior Men's Club is a great way to stay in touch with the community, make new friends, hear excellent speakers and pursue some of the hobbies you put off while working 50 to 60 hours a week," says President Ben Burns. "We

Ben Burns, President have sub-clubs that cover everything from golf and tennis to bridge groups, bowling, investments, new technology and a book club. And we eat twice a month in one of the prettiest venues in Michigan — the Grosse Pointe War Memorial."

Between 180 and 200 members attend the twice-monthly meetings. Social events with spouses and special outings are also regularly scheduled.

To join, men must be retired or age 65, be a current or former Pointe resident and be sponsored by two members. For more information, go to gpsmc.homestead.com.



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Called to SERVE

By Rebecca Fannon

Even if you don't automatically recall what the SERVE acronym stands for (Students Electing to Respond to Volunteerism through Education), the intent is clear from the name. Launched this fall at Grosse Pointe South High School and already expanding to North High School and all three Grosse Pointe public



Help making the SERVE initiative possible, from left, were Dr. Suzanne Klein, superintendent of the Grosse Pointe Public School System, Liz Hudson Griffith and Jennifer Hudson Parke, of the Anne R. Hudson Fund, and Robert Bury, president of the Grosse Pointe Foundation for Public Education. Below, SERVE volunteer Anita Shah, from Grosse Pointe South, and Ian Krieger play at the Judson Center inside Memorial Church.

middle schools, SERVE was created to connect students with meaningful volunteer opportunities.

Students may obtain an updated list of opportunities at the SERVE office inside South's Wicking Library or on the SERVE web page at www.gpschools.org. Capitalizing on social media, such as Facebook and Twitter, the outreach is spreading.

Students have already been utilized in dozens of volunteer capacities. They have helped children with special needs on craft projects and yoga classes at The Judson Center of Grosse Pointe. They have slogged up and down food bank stairs with CARE. They have organized and assembled donations for many organizations, including Services for Older Citizens, Turning Point Shelter, and The Michigan Humane Society.

And the feedback from organizations utilizing their help has been positive.

"They were awesome," said Deborah Moffat of the Judson Center about the SERVE volunteers. "I was very impressed with their initiative and their willingness to jump in and help our students. Our program was much more successful because of the extra hands we had."

Anne Nearhood, community organizer specialist/special projects coordinator for CARE said, "Sometimes it's difficult to get people to do the heavy lifting at the Emergency Food Assistance Program, but I actually had to slow the South boys down to ensure the other volunteers were pitching in."


A network of parent volunteers has led the SERVE initiative so far. Among them are Alice Kosinski, who has focused on the communication efforts, Helen Srebernak who

is working on expanding the program district wide, Diana Croce, who has kept track of the paperwork, Shaun Fennessey who helped develop the volunteer forms, and program coordinator Alicia Carlisle.

"Students can choose to participate in a one-time event, or interview for long-term opportunities," Carlisle said.

The interview experience and record keeping are part of what makes SERVE unique.

"Not only does SERVE link organizations throughout the Tri-County area with an army of volunteers, but through a generous gift by the Anne R. Hudson Fund for software, students will have a record of their volunteer service opportunities to use when they apply for college acceptance or jobs," Carlisle added.

If you are called to SERVE or have a volunteer opportunity to post, call (313) 432-3770 or email serve@gpschools.org. 

Photos by Lisa Vreede



Chamber Tailgate Party September 24 @ Grosse Pointe North

Photos by John F. Martin



Spirit of Grosse Pointe North High School



Spirit of Grosse Pointe South High School



Will Conway and daughter Maureen.

Grosse Pointe Santa Claus Sleigh 'Rudolph' Unveiling November 16

Photos by John Minnis



Tom and Eileen Dharte and Collin, Daniel and Anallies O'Brien



Jordan Buisch



Molly Walsh and Olivia Baratta

Grosse Pointe Santa Claus Parade November 26

Photos by John F. Martin



Emma Roy holding her cousin, Emerson Gant



Addison Wakefield



Laura Hetzler, Matt Hetzler, Alex Hetzler, Craig Hupp and Ginger Hupp

Concours d'Elegance September 26-Pier Park

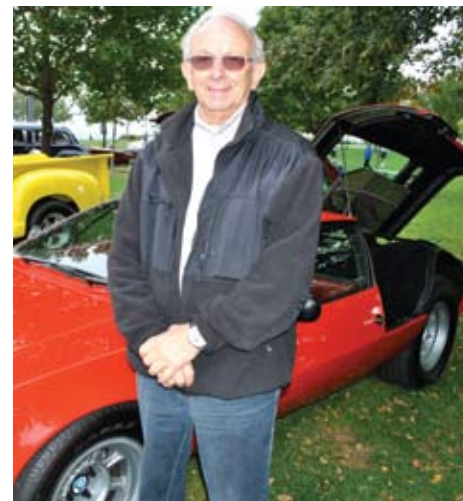
Photos by John Minnis



Jim Farquhar and Tom Davis



Corinne and Paul Martin



Dick Ruzzin

Chamber Tailgate Party September 24 @ Grosse Pointe North

Photos by John F. Martin



Elizabeth Connors, Julie Van Hove, Gale Merrill



Suzanne Klein and Jim Farquhar



Michelle and Erik Anderson

Judith Ripka Roadshow @ Tapper's-Orchard Mall October 28

Photos by Beth Hoxie



Kathy Nader, Ron Jones, Linda Jennings, Diane Janis, Sharon Pine, Marilyn Waldmeir, Shelley Wegner and Carol Fischer.



Shelley Wegner, Kathy Nader, Ron Jones, Sharon Pine and Marilyn Waldmeir

Detroit Historical Society Exhibit September 24 @ Country Club of Detroit

Photos by John Minnis



Bob Bury and Sean Cotton



Nancy Cotton, Alicia Krall and Mary Ann Bury



Megan and Morgan Mathews.



Chris Blake and Tracy Irwin



David and Shery Cotton and Blake Ellis



Kevin and Cecilia Brennan

Rudolph Unveiling November 16 @ Tompkins Center

Photos by John Minnis



John Danaher and Betty Stevens



Ed Russell and Bruce Burton



Marita Grobbel and Dick Ruzzin



Steve Schulte and Father Rick Bartoszer



Ryan Ermanni, Sadie Ermanni Rhoda Garverick and Rob Ermanni.



Ryan Ermanni and John Stevens

Hob Nobble Gobble November 20 @ Ford Field

Photos by John Minnis



Photo by Robert Chase

Tony Michaels and John Minnis



Chris Ahee and Theresa Vicari



Susan, Emily and Andrew Richner

Grosse Pointe Santa Claus Parade November 26

Photos by John F. Martin



Chace Wakefield, Will Conway and Andy Bayster — Grosse Pointe Lions Club



Ed Russell



Bill Bresser and his sleigh



Beth Brancalone



Budweiser Clydesdales



Santa Claus

A Great Night to Be a Devil Fundraiser October 30

Photos by Mandy Wegner



Peggy Shine and Donna Sattelfield



Vicki Clevenger and Kelee Teddecki



Monica and John Barbour

Plenty of butts about it ... swans love the Pointes!

By Mary Beth Smith

Too bad they can't buy houses. Perhaps you've noticed an increase in the swan population. Why should this be? Nature relies on chance and contingency to maintain its balance.

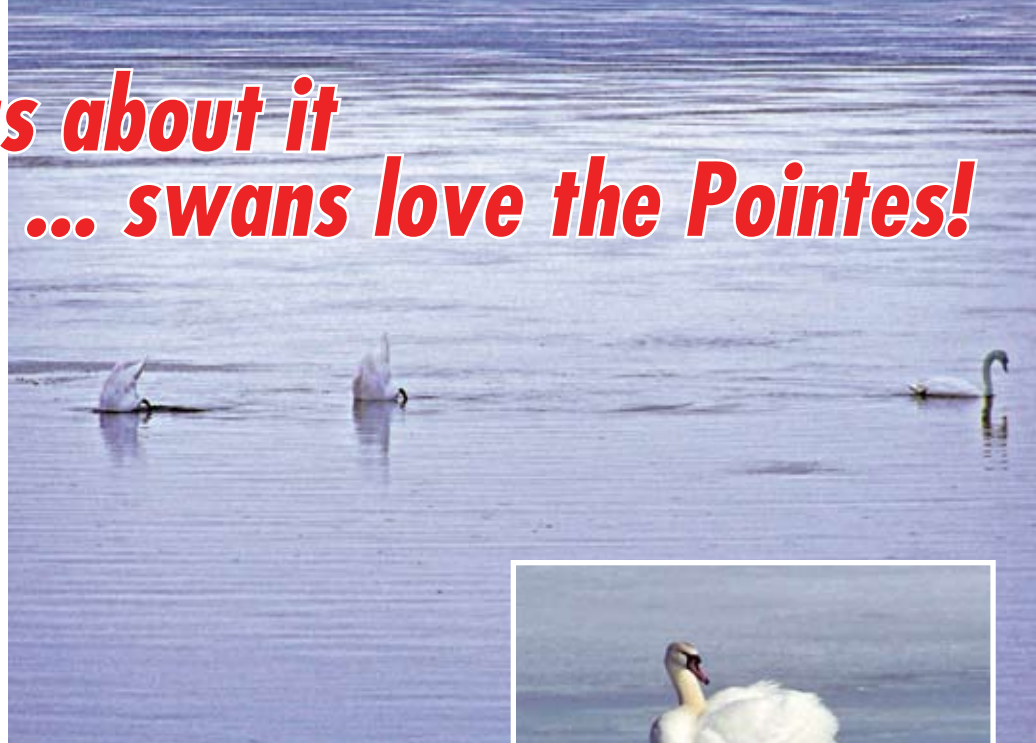
Lake St. Clair water level is low; so not only can the swans reach their food, but greater sunlight produces an abundant crop of marine vegetation, aquatic insects, for foraging. Recently, a mild climate has created protected open water areas.

There is no mass swan migration. Therefore, in winter there may be more than 100 individuals in sheltered bays, lakes and ponds. Exponential growth takes over from there. Clutches of five to seven eggs are common. They nest in early March or April. Incubation lasts about 38 days, and swans are able to fly in about 60 days.

Cygnus Olor, or mute swans, are the most common swans in the wild. They are large birds measuring 144 to 158 cm with a wingspan of 2 to 5 meters. Males and females look alike with males generally larger. They are distinguished from the trumpeter swan by a black knob above an orange bill with a gracefully curved neck whereas the trumpeter swan has a longer straight neck and black bill. Mute swans have keen vision and hearing and are usually silent. They communicate by posturing. Males often arch their wing feathers over their backs.

Adults do not mate for life, contrary to the 'pining swan' that has lost its mate. Some have been observed with as many as four mates, or "divorcing" one mate in favor of another. Established pairs are more successful breeders, tending to form monogamous pairs for at least a season. An average life span is 321 months in the wild.

Nests are strongly defended. Swans have been known to attack other waterfowl and even people. Blows from their powerful wings are



Photos by Ron Jed

dangerous.

For more information, go to animaldiversity.ummzumich.edu. Or, better yet, visit your Grosse Pointe Public Library, where much of the foregoing information was found, both online and on the shelves! ☺

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Meet Lisa

Name	Lisa Amori
Age	53
City	Grosse Pointe Woods
Occupation	Owner of Rainy Day Art & Framing Co.



Rainy Day Art & Framing Co.

Located at 20507 Mack in Grosse Pointe Woods, Rainy Day Art & Framing Company is a full-service art and framing center.

They feature a full line of art supplies, workshops and quality products from trusted, reputable suppliers.

Open six days a week, the dedicated staff offers personalized and friendly service with professional on-site assistance and training.

Something about you that most people don't know?: Jay Leno has a painting of mine hanging in his home.

What was your first job? Skidmore Sahratian in Troy - apprentice advertising illustrator.

Your most often used phrase? "Well, to be honest with you..." and "I love you" (used most often with our one year old grandson)

Best advice you have received? As a business owner, a good friend advised me to be involved in the community.

If you weren't a business owner what would you be? An art teacher

What is your next goal? To grow our business and expand art awareness in the Grosse Pointe communities.

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

Words to live by? Enjoy and appreciate life and know that God walks with you every step of the way.

About Lisa:

Lisa and husband Bob are the proud grandparents of one grandson, Henry, thanks to daughter and son-in-law Mark.

Lisa enjoys painting, charitable work, cross country skiing, golf, cooking and entertaining in her free time.

Anchors aweigh in Jan.-Feb.!

By Ted Everingham

With the long, dark months of winter still ahead of us, those who crave the water, boats and boating are wondering how to feed their passion until spring. Here are a few ideas:

Wednesday Seminars — The Detroit Regional Yacht-Racing Association, or DRYA, is sponsoring a weekly series of seminars that target sailors and those who have always wanted to sail but were not sure where to start. The seminars will be held at various yacht clubs, but the public is welcome and they are free. The series begins on Jan. 5 at Grosse Pointe Yacht Club and continues the next 11 Wednesday evenings, all from 7 to 9 p.m. For details, go to the DRYA website at www.drya.org.



BAM! — The non-profit Boaters' Association of Michigan, or BAM, might have some answers for ice-bound boaters. BAM's website — www.boatmichigan.org — is said to offer "boating enthusiasts a comprehensive resource of all things boating". The organization is new and growing rapidly. Check out the BAM website for lots of ideas to help brighten these dark months.

Boat Show — The 53rd annual Detroit Boat Show will be at Cobo Center on Feb. 12-20. Great Lakes Log has previewed the last five Boat Shows, and we will be doing that again this year. In the meantime, go to www.mbia.org and click on "Shows".

Ted Everingham's Great Lakes Log can be seen daily at 1:30 & 4:30 a.m. and 1:30 & 10:30 p.m. on WMTV, a service of the Grosse Pointe War Memorial, on Comcast channels 5 & 915 in the Pointes and Harper Woods.

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pets



Lorie Johnson welcomes your hi-res Pointe Pets pictures at P.O. Box 36429, Grosse Pointe, MI 48236 or e-mail lorieleejohnson@sbcglobal.net

Maestro



Maestro is an 8-year-old cockapoo rescued two years ago by Sal and Julie Semola of Grosse Pointe Shores.

Sophie



Sophie, a 3-year-old miniature Dachshund loves sunning at her Grosse Pointe home with her dad, Michael Floer, and best buddy, Bob Font.

Red



Retired winning racehorse Irish Red, a thoroughbred, is 15-years-old. He is pictured with his owner, Lisa Cook of Grosse Pointe Park.

Foster



This smiling fellow is Foster the English Setter. He lives with Elaine Walker and Craig DeRosier in Grosse Pointe Woods.

Alexander Jeremiah Murray



A/K/A Alex, an 8-year-old border collie and Australian shepherd mix, lives with Judy and Howie Murray in Grosse Pointe.

In Memory of Carly and Simon



Recently departed companions of Bill Habib and Madeline Nantis of Grosse Pointe Farms, Carly and Simon are remembered with great affection.

Zoey



Zoey is an 11-year-old cockapoo who lives in Grosse Pointe Farms with Rhonda Stevens and Tom Reyaert.

Mila



GPAAS-Mila is a female treeing walker coonhound, 3 years old, 55 pounds.

Daisy



GPAAS-Daisy is a female DSH brown tabby/white, 3 years old.

Libby



Libby, a 9-year-old Brittany spaniel, makes her home with the Bernardi family of Grosse Pointe Woods.

Glacier



GPAAS-Glacier is a male American Eskimo, 10 months old, 20 pounds.

The Grosse Pointe Animal Adoption Society (GPAAS) pets shown here may have found loving homes by the time Pointe Magazine is printed. Go to gpaas.org for pet availability.

Koko and Cookie



The Fowlkes family, of Grosse Pointe Park, share their home with Shih Tzus, Koko and Cookie.

Penny



GPAAS-Penny is a female boxer, Fawn, 7 years old.

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CHEF FRANK

BLUEFIN SUSHI ON A ROLL!



Frank Cherro is Head Chef at the Grosse Pointe Hunt Club

A recent Mack Avenue expedition led a colleague and I to the quaint Grosse Pointe Farm's restaurant Blufin Sushi. Formerly known as Mac Daddy's, owner Joel Radu and head chef Simon Bennet, hailing from Ferndale restaurant Nami, have transformed a neighborhood diner into a pleasant Asian dining experience. Aesthetically, the restaurant's interior walls are decorated with a number of trophy fish and bamboo accents, while the small dining room allows only a few tables adjacent to the sushi bar, making for a welcomed and intimate setting.

The menu is accessible to all dinning types offering go to options such as classic miso soup, spicy tuna, California rolls, and barbecued eel. Each roll or combo platter is neatly placed on its tabeyo (traditional serving tray). Blufin chooses to take inspiration from it's surroundings--dishes incorporate Grosse Pointe themes such as Lake Shore Road, the Norsemen and the Blue Devils. Always pleasing to see is the option to let the chef choose for you with their Chef's Choice Combos 1-2-3 priced

Blufin Sushi

Grosse Pointe Farms



Chef Frank's rating

\$14, \$21 and \$31, respectively. Even an omakase option blesses this menu, in which the customer tells the chef they are "entrusting" he or she and expecting the creative juices to flow.

For those not interested in sushi, or even the sushi lover looking for a different stroke, Blufin has several non-Japanese style appetizers and entrees that are sure to satisfy any palette. Items like crab cakes, classic stir-fry, and baja tacos are sure to make your mouth water. Blufin also serves a delicious upscale take on the slider. Additionally, children will find friendly items to suit their taste buds. Servers were knowledgeable and friendly. I recommend enjoying a tempura fried Oreo or a complimentary ginger cookie after your meal. Blufin supplies classic dishes with a no fuss attitude. 

Fakes, Forgeries and Mysteries at the DIA

By Margie Reins Smith



Photos by John Minnis

Which of the above is the original *Madonna and Child* sculpture by Lorenzo Ghiberti? Neither! Left is c.1480 copy while the one at right is 100-year-old forgery. At left, Grosse Pointers Bonnie Woods, left, and Jean Rudolph are Interpretive Programs Volunteers at the DIA. At right, from left, are Grosse Pointer Andrew Camden, managing director, JPMorgan Chase and a DIA board member, DIA Director Graham W.J. Beal and Salvador Salort-Pons, associate curator of European Paintings.



How does a world-class museum like the Detroit Institute of Arts determine the authenticity of the 60,000 items in its collection? Is that really Claude Monet's signature? Was that saint actually painted by Botticelli or is it a fake, created by a clever imitator? Is that etching a Rembrandt or merely in the style of Rembrandt – that is, an imitation not intended to deceive?

The germ of the idea for the DIA's current exhibition, "Fakes, Forgeries and Mysteries" was born when newly hired DIA Director Graham W.J. Beal visited the DIA's storage rooms for the first time 10 years ago. "I saw stuff that was not what it was thought to be," he said.

"The DIA has been collecting and displaying art for more than 125 years," he said. "Alongside many masterpieces . . . there are some that are not what they were thought to be."

In the past, those mistakes and misattributions were hush-hush.

"We're moving away from that sense of omnipotence," Beal said. "Museums are now places for query, debate and discussion."

The "Fakes, Forgeries and Mysteries" exhibition was organized by Salvador Salort-Pons, associate curator of


European Paintings. It features 59 items. Fifty-seven of them are from the DIA's own collection.

The exhibition highlights some of the DIA's mistakes and shows how science, technology, and dogged research have been used to reassess some of the museum's works.

One gallery includes a mock laboratory for visitors to learn about techniques used to authenticate works of art: dendochronology, thermoluminescence dating, pigment and chemical analysis, x-ray imaging and more. Magnifying glasses are available so visitors can examine the art close-up, hands-on.

"Even sophisticated collectors make mistakes," said Grosse Pointer Andrew Camden, managing director, JPMorgan Chase, a DIA board member. "Today, extreme research goes on before something comes into our collection."

"We have advantages that scholars in the past didn't have," Salort-Pons said. "Nothing is written in stone."

"Fakes, Forgeries and Mysteries" continues until April 10. DIA hours are 10 a.m. to 4 p.m. Wednesdays and Thursdays; 10 a.m. to 10 p.m. Fridays; 10 a.m. to 5 p.m. weekends. Tickets for the exhibition (which include museum admission) are \$12 for adults; \$6 for children 6-17. Members are admitted free. 

January

Calendar

01 SATURDAY

- Edsel & Eleanor Ford House – Holiday Tours, 10 am – 4 pm

02 SUNDAY

- Edsel & Eleanor Ford House – Holiday Tours, 12 – 4 pm

03 MONDAY

- Grosse Pointe Public Schools Return to Class

05 WEDNESDAY

- Grosse Pointe South High School “South Band-O-Rama” at South Main Gymnasium, 7 pm

08 SATURDAY

- Grosse Pointe Historical Society – Izzy’s Second Sunday, make your own snowman fleece hat!, 1 – 3 pm

09 SUNDAY

- Grosse Pointe Woods Toy Swap and Sell at the Grosse Pointe Woods Community Center, \$1 entrance fee, 9 am – 2 pm
- Grosse Pointe Chamber Music Concert in the Grosse Pointe War Memorial Ballroom, 2:30 pm

11 TUESDAY

- Grosse Pointe Chamber of Commerce Business Before Hours hosted by Home Instead, 8-9 am

12 WEDNESDAY

- Brownell Vocal Winter Concert in Brownell MPR Auditorium, 7 pm

13 THURSDAY

- Grosse Pointe Woods Senior Lunch and a Movie, *Crazy Heart*, registration required, 12-3 pm
- Grosse Pointe North High School “North Band-O-Rama”, North Gymnasium, 7:30 pm

14 FRIDAY

- Grosse Pointe Public Schools – District String Extravaganza in Grosse Pointe North Gymnasium, 7:30 pm

16 SUNDAY

- Grosse Pointe Theatre presents *Relatively Speaking* at the Grosse Pointe War Memorial

17 MONDAY

- MLK Day - No School

18 TUESDAY

- Grosse Pointe Public Libraries – Crafts from Around the World, Swedish Crafts, Woods Library, 4-5 pm

19 WEDNESDAY

- Grosse Pointe Chamber of Commerce Business After Hours hosted by Scott Advertising Inc. at John F. Martin Photography, 5:30-7 pm

20 THURSDAY

- Grosse Pointe Theatre presents *Relatively Speaking* at the Grosse Pointe War Memorial
- Parcels Winter Vocal Music Concert in Parcels Auditorium, 7 pm

21 FRIDAY

- Grosse Pointe Art Center presents Resolutions, through Feb. 26.
- Grosse Pointe Theatre presents *Relatively Speaking* at the Grosse Pointe War Memorial
- Grosse Pointe Public Libraries – Films of the Heart, “Good Woman” in the Ewald Program Room, 2-4 pm

22 SATURDAY

- Grosse Pointe Theatre presents *Relatively Speaking* at the Grosse Pointe War Memorial

23 SUNDAY

- Grosse Pointe Theatre presents *Relatively Speaking* at the Grosse Pointe War Memorial

25 TUESDAY

- Grosse Pointe Chamber of Commerce 6th Annual Membership Dinner, 5:30-9 pm

26 WEDNESDAY

- Grosse Pointe South Tri-M Concert at South Auditorium, 6:30 pm
- Grosse Pointe Theatre presents *Relatively Speaking* at the Grosse Pointe War Memorial

27 THURSDAY

- Grosse Pointe Theatre presents *Relatively Speaking* at the Grosse Pointe War Memorial
- Classic Book Lecture Series at Grosse Pointe South High School, *Dr. Faustus* by Christopher Marlowe, \$10 admission, free to students, teachers and members of The Friends of the Grosse Pointe Public Library, 7:30 pm

28 FRIDAY

- Grosse Pointe Theatre presents *Relatively Speaking* at the Grosse Pointe War Memorial

29 SATURDAY

- Grosse Pointe Woods 10th Annual Winterfest at Lake Front Park, registration required, 10 am – 2 pm
- Grosse Pointe’s Own Antique Road Show at the Grosse Pointe War Memorial, \$8 per item, 6 item maximum, 10 am – 4 pm
- Grosse Pointe Theatre presents *Relatively Speaking* at the Grosse Pointe War Memorial

31 MONDAY

- Grosse Pointe South Choirs Solo Concert at South Auditorium, 3 pm
- Grosse Pointe War Memorial Lecture Series: Songs of the Great Lake Sailors, \$24 per person, 7-8:30 pm

February

Calendar

02 WEDNESDAY

- Groundhog Day
- Grosse Pointe North Solo and Ensemble Concert at North PAC, 7 pm
- Grosse Pointe Public Libraries – Crafts from Around the World, Celebrating Chinese New Year in the Ewald Program Room, 4-5 pm

03 THURSDAY

- Grosse Pointe War Memorial Lecture Series: An Evening in Tuscany, \$24 per person, 7-9 pm

04 FRIDAY

- St. Paul on the Lake Catholic School's Annual Auction at the Grosse Pointe Yacht Club

06 SUNDAY

- Edsel & Eleanor Ford House – Don't Bug Me! Design and Applique Workshop with Suzanne Marshall
- Edsel & Eleanor Ford House – Pieced Together: Inspirations in Collages and Quilts, runs from Feb. 6 – Mar. 28, 11 am – 5 pm

08 TUESDAY

- Grosse Pointe War Memorial Introduction to the World of Tea, \$33 per person, 2 – 4 pm
- Grosse Pointe Public Schools - North End Choirs "An Evening of Song" in Parcels Auditorium, 7 pm

10 THURSDAY

- Grosse Pointe Woods Senior Lunch and a Movie, Valentine's Day, registration required, 12-3 pm

11 FRIDAY

- Grosse Pointe Woods Edsel & Eleanor Ford House Trip, registration required, 9:45 am – 2 pm

12 SATURDAY

- Grosse Pointe Public Schools – Brownell, Pierce, South Choirs Concert in Brownell Multipurpose Room Auditorium, 7 pm
- Grosse Pointe Historical Society – Izzy's

Second Sunday, come make heart-shaped soap!, 1-3 pm

13 SUNDAY

- Edsel & Eleanor Ford House – Enchanted Evening, sold out event, 5 – 8 pm

14 MONDAY - Valentine's Day

- Grosse Pointe War Memorial Valentine's Day Dance, \$15 per person, 8 – 11 pm
- Grosse Pointe Public Libraries – Crafts from Around the World, Celebrating Valentine's Day in the Ewald Program Room, 4-5 pm

17 THURSDAY

- Grosse Pointe Public Libraries – Oscar Nite featuring Corey Hall, film critic for the Metro Times news magazine in the Woods Program Room, 7:30 pm
- Classic Book Lecture Series at Grosse Pointe South High School, *Shakespeare's Sonnets*, \$10 admission, free to students, teachers and members of The Friends of the Grosse Pointe Public Library, 7:30 pm

19 SATURDAY

- Grosse Pointe Theatre presents ART at the Purdon Studio Theatre in the Ford House Activities Center, for mature audiences only, 8 pm

20 SUNDAY

- Edsel & Eleanor Ford House Bird Walk, \$7 per person, reservations required, 7:30 – 10 am
- Grosse Pointe Chamber Music Concert in the Grosse Pointe War Memorial Ballroom, 2:15 pm
- Grosse Pointe Theatre presents ART at the Purdon Studio Theatre in the Ford House Activities Center, for mature audiences only, 8 pm

21 MONDAY

- President's Day – No school, beginning of Midwinter Break
- Grosse Pointe Theatre presents ART at the Purdon Studio Theatre in the Ford

House Activities Center, for mature audiences only, 2 pm

24 THURSDAY

- Grosse Pointe War Memorial Tea featuring an Audience with Queen Elizabeth I, reservations required, \$23 per person, 12:30 – 2:30 pm

26 SATURDAY

- Beaumont Hospital Day of Dance, a program dedicated to improving the lives of women, at the Grosse Pointe War Memorial, 10 am – 2 pm
- Grosse Pointe Theatre presents ART at the Purdon Studio Theatre in the Ford House Activities Center, for mature audiences only, 8 pm

27 SUNDAY

- Grosse Pointe Theatre presents ART at the Purdon Studio Theatre in the Ford House Activities Center, for mature audiences only, 8 pm
- Grosse Pointe Shores Winterfest Chili Cookoff, 2-4 pm

28 MONDAY

- Grosse Pointe Theatre presents ART at the Purdon Studio Theatre in the Ford House Activities Center, for mature audiences only, 2 pm

Send Calendar items to Lauren Beaver at lbeaver1@grossepointemagazine.com.

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Winter

Wonderland

Photo by Randall McCune/Courtesy Pure Michigan

There isn't a better place to enjoy the season than right here in Michigan. Whether you plan to stay home here in the Pointes or venture outside the metro area your choices for winter fun are wide and varied.

Grosse Pointe City – Neff Park Ice Rink is open everyday noon to 7p.m. through March 2011 except holidays. Also offering beginner skating lessons, call the park office for more information (313) 343-5257. Don't miss the Neff Park Winter Fest and Pig Roast on Saturday, Jan. 29 at 1p.m.

Grosse Pointe Farms – Kerby Ice Rink is reserved for ice hockey playing throughout the season. Pier Park is open for skating only – no hockey. Warming area and restrooms available at both locations M-F 4-10 p.m. and weekends and holidays 10 a.m. - 10 p.m.

Grosse Pointe Park – Patterson Park winter activities include ice skating, sledding and cross-country skiing. The city's Zamboni keeps the ice in great shape all winter

Grosse Pointe Shores – Winterfest Chili Cook-Off takes place on Feb. 27 from 2-4 p.m. at Municipal Park.

Grosse Pointe Woods – Lake Front Park offers leisure ice skating and hockey on two separate rinks as well as cross-country skiing, snowshoeing, sledding and platform tennis on two heated courts.

Boyne Mountain • Boyne Highlands • www.boyne.com
The Boyne ski resorts offer two mountains including the highest vertical in Lower Michigan. Between the two mountains there is a total of 114 downhill trails, two pipes, high-speed lifts and cross country trails. Other offerings include ice skating, snowshoeing, snowboarding and zipline adventures.

Grand Traverse Resort • www.grandtraverseresort.com
The Clubhouse serves as the Winter Activities Center every weekend through Sunday, Feb. 27. Open to the public and resort guests activities include snowmobile rides, ice skating, snowshoeing, cross-country skiing and non-competitive kid's outdoor activities.

Nub's Nob • www.nubsnob.com
Located in Harbor Springs, Nub's Nob offers first class skiing and snowboarding on 53 ski slopes and trails on three separate peaks.

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VOLUNTEERISM

YOU'RE IN THE ARMY NOW?
NOT FOR THIS JARHEAD!



*Pete Waldmeir,
long-time columnist,
lives in Grosse Pointe
Woods.*

“

*They say that when
you volunteer to
help others, you gain
more than they do.*

”

When I left for a stretch in military service during the Korean War, my big brother Joe, offered a piece of advice from his years with the U.S. Army in Europe during World War II: “Never volunteer for anything!”

So when I got to the induction center at Ft. Wayne and the Army sergeant there asked 300 of us draftees if anyone wanted to “volunteer” for the U. S. Marine Corps, I kept my mouth shut.

Then a grizzled old Marine sergeant came to the podium to “read a few names.” Miraculously, he got through the W’s without calling mine. Alas, he wasn’t finished.

“All youse guys who’s names I just read,” the Marine shouted, grinning, “you’re all in the Army! The resta you idiots, COME WITH ME!”

It wasn’t until later in life that I learned just how rewarding and satisfying volunteering can be. I recently completed almost a decade as a volunteer, altar boy and “head (the only) usher” for Sunday Mass at the

St. John Senior Center.

The Senior Center was a great place for telling, over and over, every old joke I ever knew. It’s kind of like working a lounge act in Las Vegas: I had a “new” audience every day. And the best part, as I told my captive crowd: “No collections at church.”

Monday is my Meals on Wheels delivery day at SOC. Another great place to get to know nice folks. When I was running for the Woods City Council some years back, a Meals client in the Park said I could put up a lawn sign. “But I live in the Woods,” I said, smiling. “So what?” she responded. “George Bush lives in Texas, and I had his sign.”

Marge, another elderly resident, was raking leaves one day when I delivered her meal, so I said I’d put it in her kitchen. “I’ll take it,” she said. “I’m going inside in a few minutes to say the Rosary. I say it for you every Monday.”

They say that when you volunteer to help others, you gain more than they do. Try it sometime. It really works. ☺

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—Charles C., Grosse Pointe



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