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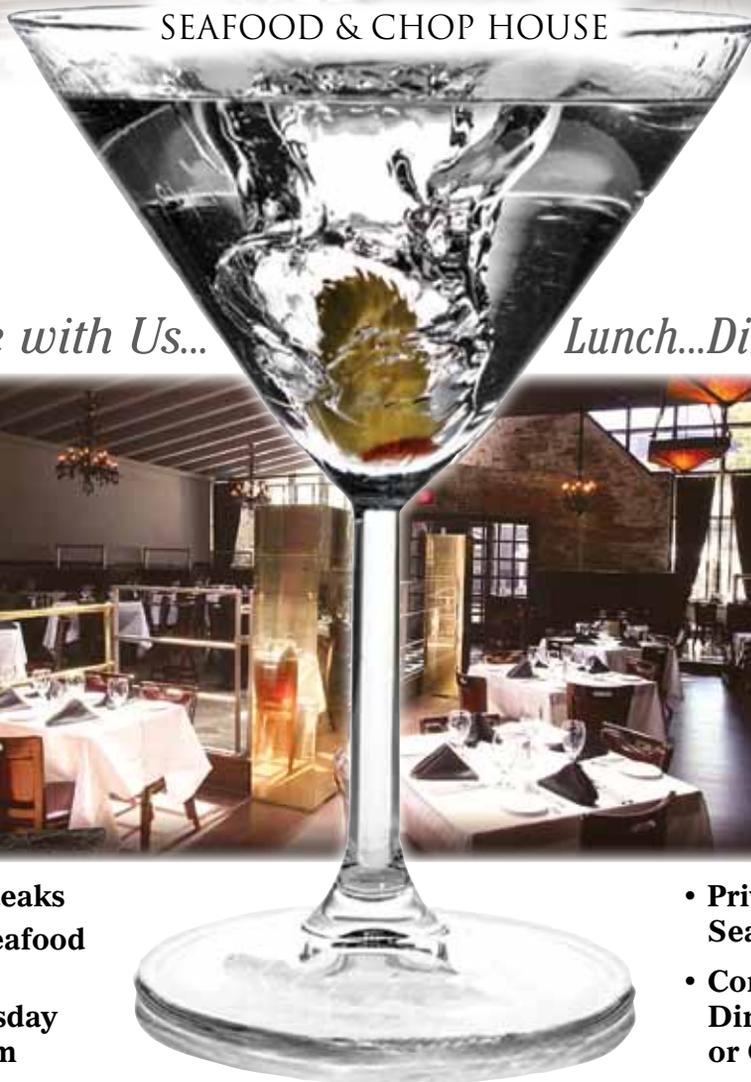
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Happy New Year!

*Wishing you a healthy and prosperous 2016*



## On the cover

Grosse Pointe North alumna Erin Kelly took this photo at the foot of Oxford Road when in town visiting family for Thanksgiving 2013. She works in Washington, D.C.



## Where in the Pointes?



Where in the Pointes is this object? On Monday, Jan. 25, we will ask this question on our Facebook wall. The first person to respond with the most specific answer will win a Family Four Pass 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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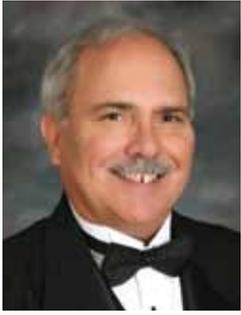


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**John Minnis**  
Editor and Publisher

# POINTE

## MAGAZINE

## Happy New Year!

*T*f time flies when you're having fun, then we must be having a ball! This is the sixth New Year celebrated by *Pointe Magazine*, and the outlook could not be better. The economy continues to add jobs, and Detroit remains the most talked about city in the country.

Speaking of Detroit, we are excited to announce a new publication we are starting to share the good news about the rebirth of the Motor City. *Detroit River Living Magazine* will debut in April. It will be a quarterly publication and will, of course, be premium quality and in full color, our specialty.

Just as *Pointe Magazine* celebrates the "Best of Grosse Pointe Life," *Detroit River Living* will celebrate the best of life along the Jefferson corridor, known affectionately as the "Sliver on the River." The idea for the publication came from a discussion with Grosse Pointe Shores resident Ted Nichols, a semi-retired agency man who loves *Pointe Magazine* and wants to help in some way.

It turns out that his boyhood chum is Chip Rohde, who has an office in the Rivertown area on Jefferson. He also happens to be head of the Rivertown Detroit Association, a Chamber-like organization representing the businesses from Grosse Pointe to I-375. Rohde thought a magazine celebrating all the great things happening along the river would be a great idea, and he is throwing his considerable influence behind

“

*If you build it does not necessarily mean they will come, but if you announce it in Pointe Magazine, they definitely will!*

”

the project. Also on our Editorial Advisory Board are Michele Hodges of the Belle Island Conservancy, Alexandra Franz of The Rattlesnake Club, Susan Leithauser-Yee of the Rivertown Condominium Association and Francine Pegues of the Belle Isle Driving Range. We are also working with the Detroit Riverfront Conservancy, Jefferson East Inc. and the Detroit Regional Chamber.

We're excited about this new venture. For more information, go to the website, [www.detroitriverliving.com](http://www.detroitriverliving.com), and, of course, Facebook. We hope you and the residents and businesses along the Sliver on the River enjoy the new publication as much as you enjoy *Pointe Magazine*!

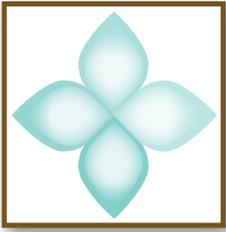
Speaking of new ventures, we are also excited to announce a strategic partnership with LunaTech 3D, a "Google Trusted Photographer." You are all familiar with Google Street View where you plug in an address on Google Maps, say your home, and you can then spin around 360 degrees and see your neighbors' homes. You can also click on the arrow and go up and down the street.

LunaTech takes the 360-degree photography indoors, where would-be customers can tour a business or residence from the comfort of their home or office computer or smart phone or pad. You can see LunaTech's work by Googling "The Rivers Grosse Pointe" and clicking on the "See inside" image. The Rattlesnake Club and Gilbert's Pro Hardware are other examples of LunaTech's "Spin Tours."

If you would like more information on getting a "Spin Tour" made of your business or facility, call or text me at (313) 682-7048. If you purchase a Spin Tour through us, you also get a story in *Pointe Magazine* inviting everyone to come and take "tour" of your business or facility. After all, if you build it does not necessarily mean they will come, but if you announce it in *Pointe Magazine*, they definitely will!

As always, in this coming New Year, we ask that you be sure to patronize our many loyal advertisers and businesses, without whom none of this would be possible and we would not be having so much fun!

See you around "the Pointe"! ☺



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# Meet Elliott

Name:  
**Elliott Silberstein**

Birthdate & time:  
**June 27, 2015 at 11:58 a.m.**

Siblings:  
**Nora, 2**

Parents:  
**Josh and Anna Silberstein**

Favorite toy or game:  
**Grabbing handfuls of his dog's face and mommy's hair**

Cute habit:  
**Squeals with excitement when Daddy says, "I love you."**

Photo by Distinct Expressions

## About Elliott *in Mommy and Daddy's words*

Elliott is a pro at drooling, napping and waking up throughout the night. He loves being tickled (especially under his chin) and cries when Mommy sings to him. Big sister Nora is his absolute favorite person in the world. He could sit and watch her for hours! Baby story time at the library is one of our favorite local events. Mommy and Daddy love his chubby thighs and silly laugh. Elliott melts our hearts with his adorable smile and we couldn't be happier to have this beautiful addition to our family.

# Meet Hannah

Name: **Hannah Carol Gunnell** Age: **10** School: **Trombly**

Parents: **Megan and Freeman Gunnell** Siblings: **Elliott, 14**

Interests: **Dancing, swimming, acting in school plays, baking, cooking and singing**

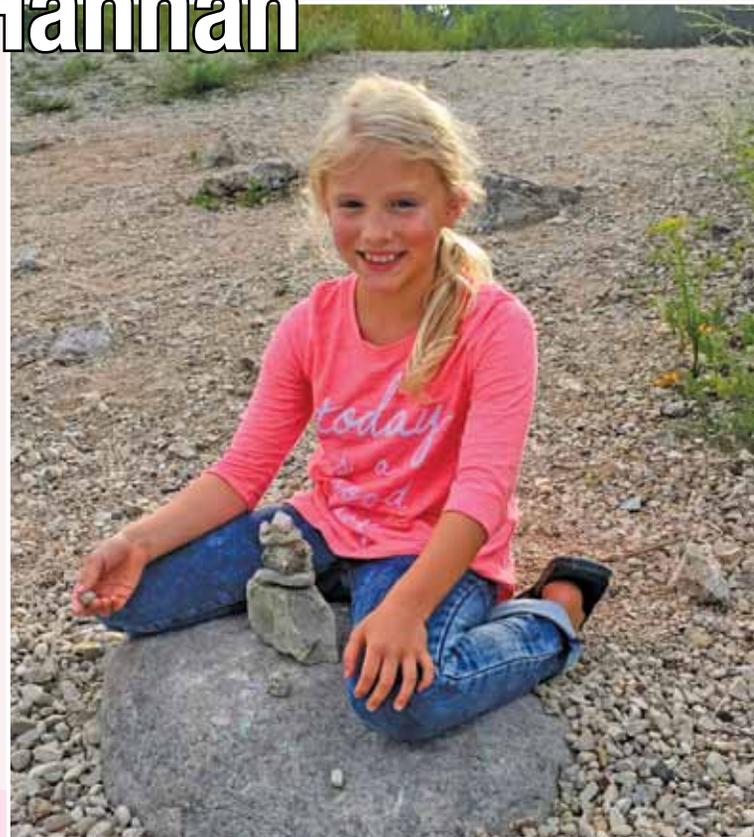
## Favorites

Book <b>Hugo Cabret</b>	School Subject <b>Science</b>	Family Activity <b>Baking</b>	Outdoor Activity <b>Swimming</b>
Vacation <b>Costa Rica</b>	Game <b>Telestrations</b>	Food <b>Seafood and sushi</b>	

Who is your hero and why? **Rosa Parks, because she never gave up and always kept her head up**

What do you want to be when you grow up?  
**A baker, an actor or a fashion designer**

What is your favorite thing about going to school?  
**Everyday is a new adventure!**



## About Hannah

As many of you know, my dad owns Cornwall Bakery. I enjoy working there, but I have to wait a couple of years until I can get a real job. This year, I am one of two Dorothys in the Trombly production of "The Magical Land of Oz." I wasn't sure that I was going to want the main role and was also interested in being on the art crew, but I'm very glad that I decided to try out. I hope you liked learning about me!

# Where technology meets tradition

Starting with its renowned Innovation and Design Center, which focuses on developing student interest and excitement in the fields of science, technology, engineering and math (STEM), The Grosse Pointe Academy is exposing students in Grades 1 through 8 to some of the most advanced technology found in an elementary school environment. Combined with an academic curriculum centered on literature, language, social studies, the arts and Christian life, the Academy is providing a strong foundation of learning, where each child is nurtured, challenged and inspired every day.

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# Spirit of Giving

By Lauren Pankin

The “Spirit of Giving” is alive and well in Grosse Pointe. Bringing over 100 nonprofits to South High School’s gymnasium, Spirit of Giving will be held on Wednesday, Feb. 3, from 6 to 8 p.m. to connect the community to organizations ranging from the Salvation Army to Gleaners.

As coordinator of the Grosse Pointe Public School System’s volunteer program, SERVE, Alicia Carlisle is organizing the event, which will match any Grosse Pointer to the nonprofit group best aligned with their ability to donate time and energy. In South’s main gymnasium, participating nonprofits will set up informational booths to share volunteer opportunities.

“We have just about every imaginable nonprofit dealing with disabilities, disease, literacy or homelessness,” Carlisle says.

Additionally, nonprofits will run activities before and during the event. Beginning at 2 p.m., the American Red Cross will take blood donations in South’s Cleminson Hall, and during the two hours of Spirit of Giving, Kids Against Hunger will work to bag 3,000 meals, one third of which will be distributed locally.

For their community garden, Full Circle, a foundation that supports Grosse Pointe Public School System



Students made blankets for distribution through Beaumont, one of the event sponsors.

Photos courtesy of Grosse Pointe Public School System

special needs students, will provide seeds and dirt for on-the-spot planting. These seedlings can either be taken home, nursed and returned to Full Circle in the spring or planted and sent to schools equipped with greenhouses.

In a concurrent event called Soup for the Soul, more than a dozen local restaurants will partner with sponsors Beaumont Hospital and the Grosse Pointe Chamber of Commerce. Each restaurant will provide a pot of soup, and customers will be asked to donate, even if their contribution is a penny. At the event’s close, proceeds of this fundraiser will be donated to a nonprofit.

Last year, the Chamber sponsored Spirit of Giving and coordinated soup collection. Chamber Director of Administration MaryJo Harris says the

Chamber sponsors the event because it is an excellent venue for exposure to volunteer opportunities.

“Volunteering helps students get involved in new activities, gain new skills that can’t always be taught in a classroom setting, and build relationships with people they may have never had the opportunity to meet,” Harris says. “Volunteers are one of the most important resources our community organizations have.”



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# Meet Jonathon & Andrew



<b>Name</b>	Jonathon & Andrew Hawring
<b>Age</b>	17
<b>City</b>	Grosse Pointe Woods
<b>School</b>	Grosse Pointe North
<b>Parents</b>	Dave and Dorothy Hawring

## Jonathon's & Andrew's Favorites

### Music Genre

Jonathon: Rap

Andrew: Rap/Rock

### School Subject

Jonathon: Spanish

Andrew: Math

### Vacation

Jonathon: Cabo

Andrew: Cabo

### Food

Jonathon: Pasta

Andrew: Mac n Cheese

### Book

Jonathon: Don't know

Andrew: Don't have one

### Teacher

Jonathon: Mrs. Kryminski

Andrew: Mr. Crimando

## About

### Jonathon & Andrew

Although Jonathon and Andrew are identical twins, they do not have identical interests. Jonathon enjoys working on cars. Andrew enjoys driving and playing the drums. They both enjoy boating and summers at Harsens Island.

They are the younger set of identical twins born to Dave and Dorothy Hawring. Their sisters are Jennifer and Christine, both age 20.

### What song on your iPod would people be surprised by?

Jonathon: *Suddenly* by Billy Ocean

Andrew: *Don't Stop Believing* by Journey

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

Jonathon: 1. A lot of money 2. A Ford truck 3. A mansion

Andrew: 1. To be rich 2. To date Selena Gomez 3. To own a 2015 Dodge Challenger Hellcat

### Where do you see yourself in five years?

Andrew: Fresh out of college at a new job

### What did you want to be as a child and what do you want to be now?

Jonathon: I wanted to be a pediatrician, now I want to be a sales representative.

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# A Big Tilt for Grosse Pointe Community

By Melissa Walsh

*H*ockey is a game of mistakes played by folks who walk on water. Its power transcends the ice pad to the momentum of community.

While the Detroit Red Wings Alumni Association champions several charitable causes, the greatest gift they bring kid players and beer-leaguers is memories of sharing ice with hockey's elite.

Sandy MacMechan and the City of Grosse Pointe Foundation organized last month's charity game between DRWAA and the Grosse Pointe South High School boys' and girls' varsity squads at East Side Hockey Ice Arena (formerly the Grosse Pointe Community Rink).

Pointer Paul Boyer, who as the Red Wings equipment manager, is frequently away to get the team geared up, enjoyed the event as a hockey dad, as his son and daughter are South hockey players.

"It's really special that I can watch my kids play some of my good friends," says Boyer, who has strong ties with the Red Wings alumni. His pre-game prediction was "a lot of smiles." But Boyer's smile shone brightest, as he witnessed both daughter Maddalenna and son Paul Jr. score goals.

Former Red Wing Kirk Maltby, a native of Canada and



Kirk Maltby covering Marshall Vyletel

resident in the Pointes now for many hockey seasons, considers this "home."

"It's a community where you know people," says Maltby, "whether you go to a restaurant or to Kroger to buy your groceries, you see someone you know.... It's a great community to raise a family in."

Maltby's three kids have participated in the array of activities offered in the Pointes, from Little League to dance and swim team to, naturally, hockey. So Maltby's personal goal for this game was "to give back to the community."

"The Grosse Pointe City Foundation does a lot," says Grosse Pointe South Athletic Director Jeremy Hawkins, "but the biggest benefit for us is the game itself."

The South girls' squad faced the alumni in the first half, with Erin Brannagan scoring first, lifting the puck over Eddie Mio's blocker.

"It was awesome," she says. "I know they weren't trying too hard, but it was really fun."

"You can tell they're not trying 100 percent," says tendy Bella Strickler, "but it's still fast."

Mio, who was raised in an era when few imagined females playing hockey, says he's impressed with the girls' skating and passing game. "They got three goals. Kind of ruins by goals against, but I'm happy."

In the second half, the South boys played a quick, battling game to a 2-2 tie, goalie Dante Valente valiantly defending the GPSHS net.

On the score sheet first was Jack Flynn with a greasy goal, achieved by getting the puck through a defenseman, then deking the goalie to the left to slide it in. Flynn says, "I was just trying to show up my coach out there."

Paul Boyer Jr., a.k.a. "Junior," tuned out the chirps from his dad's buddies to score the second goal from a saucy rebound off the post.

The event concluded with the next best thing to a W — a shootout before cheering fans. 🇺🇸



Maddalenna Boyer scoring a goal on Detroit Red Wings goalie Eddie Mio

Photos by Michael S. Doré  
Detroit Red Wing Alumni Association

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# Kalie Pettet Ryan

## South senior riding into the future

By Beth Quinn

When Kalie Pettet Ryan packs up the family car in September for her freshman year in college, she will need to leave plenty of room for one very unusual and bulky item — a saddle.

The Grosse Pointe South High School senior hopes to turn her passion for horses into a career when she enrolls in the School of Equine Studies at Lake Erie College, a private liberal arts college outside Cleveland, Ohio. The college is renown for its equine studies program, which attracts students from around the world.

“A lot comes with it. Most people don’t realize what goes into becoming a successful trainer,” says Pettet Ryan. “I will be studying horse anatomy and physiology, barn management, course design and grain feed, in addition to my regular college classes.

She will also be a member of the school’s elite equestrian team, which won top honors at the 2011 Intercollegiate Dressage Association National Championships.

Pettet Ryan is ready to compete with and against the best. This past October, the 17-year-old became the youngest person in 30 years to win the coveted “Follow The Hounds” trophy during 2015 Hunter Trials at Metamora Hunt. Pettet Ryan competed in the highest level against 50 of her fellow Metamora members.

“I didn’t know I had won anything so I was just riding my horse, Red, back to the barn late in the afternoon,” she says. “A lady drove up to me along the road and told me I had won. I was in shock.”

The horse bug bit Pettet Ryan during a summer at the Grosse Pointe Hunt Club when she was 5 years old. “I would



Victoria Prizer, of Metamora Hunt Club, presents a silver platter to Kalie Pettet Ryan and her horse, Red, for winning The Follow the Hounds competition during Metamora’s hunter trials held in October.

pass by the barn every day on my way to swim practice and I would just stare at the horses,” she says. “They were so beautiful. I just knew I wanted to ride them.”

At age of 7, she got her first horse, Diego. The next 12 years have been one of fast paced achievement commemorated by several trophies, ribbons and silver platters.

The equestrian community is a small one. Unbeknownst to Pettet Ryan, Metamora sent scouts to watch her ride at the Grosse Pointe Hunt Club. On the spot, Metamora extended an invitation to the high school freshman to train in fox hunting. Within three years, she became the only junior to be in the highest flight at the club.

Despite all her accomplishments, Pettet Ryan is humble and matter-of-fact about her secret for success. “Overcoming the fear factor is the first thing I learned to do,” she says. “Once you get over that, then confidence is the secret.” ❖



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The American delegation at the airport



## FINDING COMMON GROUND IN A BIG WORLD

By Beth Newhart

When Mary Beth Coffey was 11 years old, she took a trip to Costa Rica that changed her life. Now a mother, she's hoping that her daughter will have the opportunity to visit the same place, at the same age, with the same program.

Coffey, of Grosse Pointe Park, spent more than ten years participating in the Detroit chapter of Children's International Summer Villages, or CISV. Founded in 1950, CISV engages young people in summer camps around the world, where they exchange ideas and create friendships as a way to foster world peace.

Her daughter, Natalie, will turn the starting age of 11 just in time for the program to return to Costa Rica. Natalie says she would like to communicate with people who don't speak English

and figure out how to get along.

Emily Summerfield, also of Grosse Pointe Park, was introduced to the program by Coffey. Her daughter participated last summer with a two and a half week week trip to Milan. Rachel, then 12, was part of the "Interchange" delegation for 12 to 14 year olds. When she returned home, she brought an Italian girl, Martina, to stay with her family.

"Rachel gained independence, a better view of herself in regards to the world [not revolving around her], cultural exposure, learning and acceptance," her mother says.

This year, Rachel is again applying for the Interchange delegation. If selected, the Summerfields will host a student from China for four weeks this year and Rachel would go to Guangzhou, China

for four weeks in 2017.

Her younger sister, Ellie, is applying for the "Village" delegation for 10 year olds. If selected, she and four children, two boys and two girls, will travel to Norway, Germany or Costa Rica for four weeks.

"I learned that the world was so much more than the bubble in which I lived," Mary Beth Coffey says of her more than ten years with CISV, including Village and Interchange delegations as well as staff work at worldwide CISV programs.

"In a time before the Internet, I learned that the world can be a fairly small place. We all have so many things in common, that it is silly to focus so much on the things that make us different," she says.

To learn more about CISV, visit [civsdetroit.wordpress.com](http://civsdetroit.wordpress.com).

Natalie and Mary Beth Coffey



Ellie and Rachel Summerfield, Martina (from the Italian delegation), and Cassie Summerfield





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Legacy students of Our Lady Star of the Sea School.

## *Diamonds and Stars — Shining Bright for 60 Years*

By Beth Newhart

All that glitters won't be gold at this year's annual auction for Our Lady Star of the Sea School. The school is marking its 60th anniversary, and since diamonds are the gift for that milestone, they are the natural theme for the event.

"Diamonds and Stars — Shining Bright for 60 Years" will take place Saturday, Feb. 27, at the Grosse Pointe Yacht Club. According to Auction Chair Danielle Brousseau, last year's auction raised more than \$157,000, a record high for the school. Proceeds from this year's event will be used for curriculum enhancements, classroom improvements and technological improvements as well.

Planning for this year's event started just as last year's auction was completed, Brousseau says. She is grateful to have many volunteers returning to help the process run smoothly and for new members who have joined in to help as well.

"Over the past 12 years of being part of the auction," she says, "one thing remains the same: There is no greater motivation than what I witness while visiting the school and seeing the benefits provided by auction funds within the classrooms. I wish all of the donors, sponsors, advertisers



Patron Campaign Chair Margaret Spindler with Monsignor Gary Smetanka

Photo by John Minnis

and sponsors had the opportunity to see how their support has positively impacted the education of our students."

Some of this year's items up for auction include jewelry, a suite at Comerica Park for a Tigers game, a vacation to Turks & Caicos and a full-size dollhouse for American Girls. Raffle items include a choice of a two-year lease on a 2016 Lincoln MKC or \$10,000 and a year of dining at premier restaurants around Detroit.

Leading the Patron Campaign is Margaret Spindler, Star's physical education teacher and coach for 42

years and the former athletic director as well. Working alongside Brousseau, Spindler has seen generations of Star families go through the school. In fact, one-third of Stars' current students are children of alumni, and some families are on their third generations.

"It is an absolute joy to see so many of our former students come back and visit and even enroll their children at Star," she says.

Star families and alumni are invited to the auction as is the entire community. Tickets are \$90 per person; for more information, visit [www.OLSOS-Auction.org](http://www.OLSOS-Auction.org). 

# Survey: Woods seniors active

By Anne Marie Gattari

Senior residents want to stay active, be entertained and help others, according to a 2015 survey by the Grosse Pointe Woods Senior Citizens' Commission.

The survey confirmed that Grosse Pointe seniors are an active group interested in a wide variety of educational, wellness and leisure activities and programs.

Of the many leisure activities asked about in the survey, the highest vote-getters are the following:

- Attending concerts: 95%
- Walking: 85%
- Computer education: 80%
- Travel club: 75%

- Hospital volunteering: 75%
- Health screening: 70%
- Historical education: 60%
- Baking / cooking: nearly 60%
- Cards: 60%
- Line dancing: 60%
- Homeless shelter volunteering: 55%
- Medicare information: 50%
- Bike riding: 45%

Because many of these activities and programs are currently held in the community by such organizations as Services for Older Citizens, Grosse Pointe War Memorial, Neighborhood Club, The Family Center, Grosse Pointe libraries, churches and hospitals, the commission will work on serving as a clearinghouse for such information.

"A good use of our resources would be to connect GP seniors with the services are currently available," said Sharon Maier, of Grosse Pointe Woods Senior Citizens' Commission. "We could do this through e-blasts, the Woods newsletter, links to on-going services and distributing information at events."

More than 400 local senior residents participated in the survey, which was sent to Woods homes as well as distributed via email.

The Grosse Pointe Woods Senior Citizens' Commission meets the third Tuesday bi-monthly beginning in January at City Hall at 7 p.m. All are welcome.

*Anne Marie Gattari is chairperson of the Grosse Pointe Woods Senior Citizens' Commission.* 



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# PRESERVING THE PAST, CREATING FOR THE FUTURE

By Beth Quinn

It's ironic that Grosse Pointe Park stained-glass artist Ann Baxter is recognized by the fans of Nicole Curtis's highly rated television show *Rehab Addict*. "I rarely watch TV," Baxter laments. "If I do watch at night, I become comatose."

Baxter's 30-year career as a stained glass artist started out as one of practicality and necessity. When she and her husband, David, bought her childhood home 30 years ago,

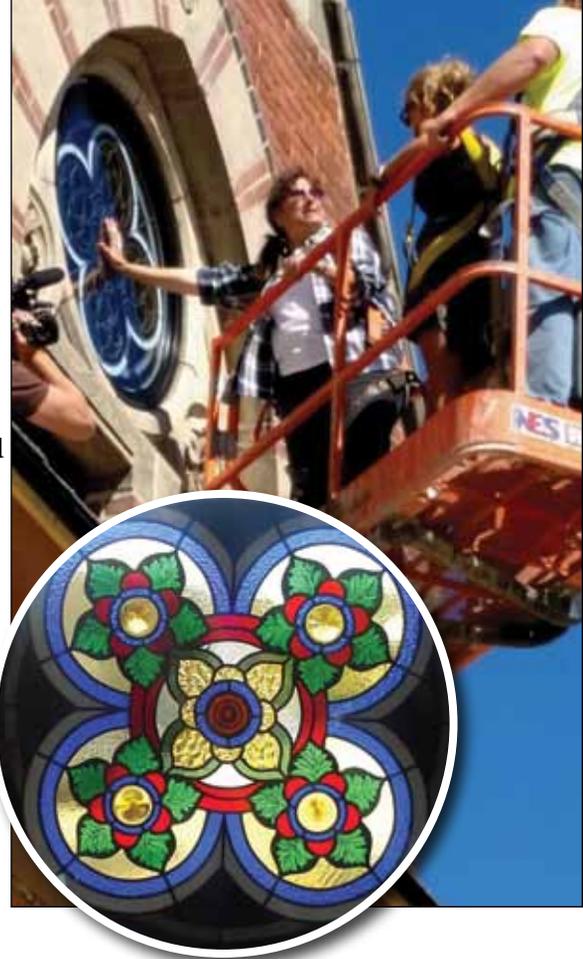
they realized the house's numerous beveled-glass windows were in need of repair. Having them professionally repaired was not in the budget.

Baxter remembers that her husband came up with the idea for her to use the art skills she acquired as a student at Michigan State University. "David knew I was able to draw and paint," she says, "so he said, 'If you can do that, why don't you learn how to work with glass?'"

While the classes were a launching pad, Baxter says learning to work with stained and leaded glass takes a willingness to make mistakes. "You have to get a feeling for the process. I've broken a lot of pieces of glass," she says. "It's very hands on. You can't learn it on YouTube."

Nowadays, Baxter is considered one of the premier artists of this rigorous art form. Her company, Baxter Glass Art, has done projects ranging from creating original modern artwork for private residences to renovating a soaring antique stained glass in a cathedral.

She especially



likes working on stained glass windows in churches. She views them as one of the earliest forms of public art. "Churches starting using stained glass as a way of telling the stories of the religion to the illiterate," she says. "That is where it has its glory. It's not just something pretty to look at, but it has historical significance."

Baxter does take great pride in her original works of art, such as the stained glass windows she was commissioned to create for the Gillis Ransom Mansion on *Rehab Addict*.

Since there were no images of the original structure, Baxter painstakingly researched the history of the house, the owners and the neighborhood. She spent hours creating the design and finding materials that would accurately reflect the house's Venetian Gothic architecture.

"I wanted to answer the question, 'What could it have been?' and I think it does that," she says. "I signed my pieces. There's a lot of me in that house." ☐

**Ann Baxter with stained glass windows she created for the Gillis Ransom House, which was the latest Detroit home restored by on *Rehab Addict*. Above on the boom, Baxter with host Nicole Curtis.**



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Rebecca Peltz



Photo by Christine M.J. Hathaway

## Refurbishing Detroit's glorious past — in Grosse Pointe!

By Lena Carlile

The resurgence of downtown Detroit and adjacent neighborhoods is all the rage, making news in national and regional publications, such as the *Wall Street Journal* and *Crain's Detroit Business*.

The attention and growth have become contagious and are rapidly turning into an epidemic.

Adding to the excitement is the major refurbishment of a 5,300-square-foot home just east of the City of Detroit, at 15500 Windmill Pointe Drive.

Originally built in 1927 by architects Benjamin and Straight, the home was designed for Colonel Jesse Vincent, the inventor and vice president of engineering for the Packard Motor Car Co. An astonishing feature of this beautiful home is the boat well that extends from the lakeshore, bisecting the yard so that the owner's boat can be stored on the lower level beneath the living room. It is a sight to see!

While Detroit is receiving plenty

of recognition, the Junior League of Detroit is the forerunner of the Designers' Show Houses in this area, adding that woman's touch to the rehabilitation of these treasured properties. To fund its many endeavors, the nonprofit Junior League



stages a biennial Designers' Show House as one of its major fundraisers.

Though the event is not until May 7 through May 22, the League has already had in excess of 1,600 people pay to receive a "sneak peak" of the property. Members of the Junior League expect some 10,000 visitors to come and view the work of the area's

most talented interior and landscape designers.

Honorary co-chairs of this year's Designers' Show House are Richard and Jane Manoogian, who invite all to come and view this fabulous piece of Detroit — and Grosse Pointe — history. You must see it to believe it! ☺

*Lena Carlile serves on the 2016 Junior League of Detroit Designers' Show House Committee. She has been a member of the Junior League since 1973, serving in Columbus and Toledo Ohio, Chicago and Detroit.*

**2016 Designers' Show House Committee, from left, standing, Lena Carlile, co-chair Lisa Mower Gandelot, Sherry McRill and Jane Fox; seated, Cheryl Gauss, Elizabeth Klein, co-chair Pam Stanton Caulfield and Cynthia Hempstead. Not present were honorary chairs Richard and Jane Manoogian, Designers' Show House chairmen Ann Baxter and Sabine Iafate and committee member Barbara Weiss.**

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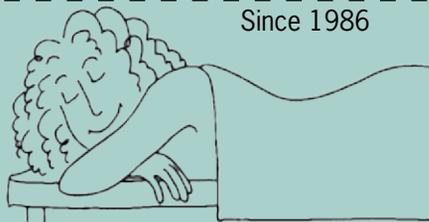
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# RIGHT @ Home

## *Couch Potato to Island in the Sun*

By Virginia Ficarra

With short winter days and long winter nights, our homes seem to close in on us. Daily routines shift and cabin fever sets in. If you are feeling blue or have Seasonal Affective Disorder, here is a simple solution.

Escape with the family. Pack up your sandals, ice skates and your camera and pile into the car for a quick respite. Once you cross the General Douglas MacArthur Bridge on Jefferson Ave., you will find yourself on a slice of Detroit paradise, Belle Isle.



Today, Belle Isle, situated on America's busiest inland waterway, affords spectacular views of the Detroit River, freighters and the Ambassador Bridge. A winding road guides you to the Anna Scripps Whitcomb Conservatory, a greenhouse and botanical garden. It is currently the oldest continually running conservatory in the United States.

The first wooden greenhouse was built on Belle Isle in 1903 from wood salvaged from the St. Louis World's Fair; it was rebuilt in 1950 with iron and aluminum. The complex covers 13 acres of the 982-acre island park.

Photos by Virginia Ficarra

As you enter the Palm House area of the Belle Isle Conservatory take a deep breath and savor the scent of the lush green tropics, maintained at 70 degrees Fahrenheit. Note the 85-foot dome including plant life from every corner of the globe, from South America to the jungles of Southeast Asia. Enjoy nature's creations, such as the Chinese Fan palm, Fishtail palms, Umbrella tree and Canary Island Date palm.

Adjacent to the Palm House area, is the Tropical House, containing fruit and flowering plants, common fig trees, Calamondin orange and Bloodleaf banana.

If you love desert flowers, visit the Cactus House. Lined with tufa rock, it holds a variety of cacti and succulents, jellybeans, silver dollar and jade plants.

The Fernery House, my favorite room, is a comfortable 62 degrees Fahrenheit and sunken to provide cooler conditions and higher humidity. Look for the Alsophilis, and a small waterfall located in the center.

For special occasions and seasonal plants, the Show House changes its colorful displays throughout the year.

Take an hour or take a day to also enjoy ice-skating and the Aquarium next door. The conservatory is free to the public, and operates Wednesday through Sunday from 10 a.m. to 5 p.m. For more information, contact the DNR at (313) 396-0217, the Conservatory at (313) 331-7760, or Virginia at [colorwizard@me.com](mailto:colorwizard@me.com).



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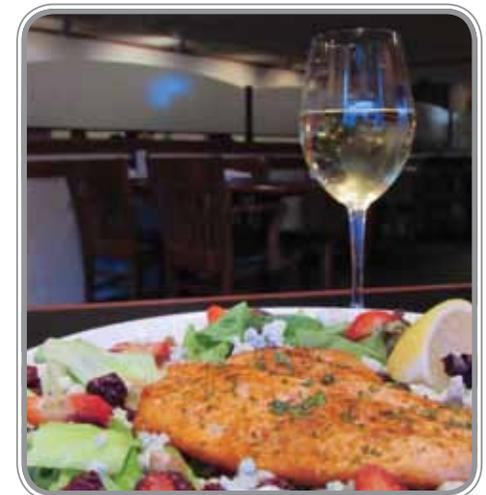
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Located in the heart of The Village, City Kitchen prides itself on being a unique neighborhood eatery that serves quality fare in an upscale, yet relaxed and casual setting, as well as carry-out and on- and off-site catering. The restaurant offers 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 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.

**VALENTINE'S DAY IS SUNDAY, FEB. 14. MAKE YOUR RESERVATIONS EARLY!**

**Hours:** Lunch: Mon-Fri 11:30am-3:30pm  
Dinner: Mon-Thurs 4:30-9:30pm, Fri 4:30-10pm, Sat 5-10pm, Sun 4-9pm

**Web:** [www.city-kitchen.com](http://www.city-kitchen.com)



Photo by Donald Schulte

## Dirty Dog Jazz Cafe

97 Kercheval, Grosse Pointe Farms • (313) 882-5299

Winner of *Hour Detroit Magazine* awards for 2010 Restaurant of the Year and Best Chef 2010 & 2011, the Dirty Dog Jazz Cafe features top guest musicians and award-winning food. Two-time "Best Chef" winner André Neimanis offers an American bistro menu in a well-appointed, 65-seat dining room with white-linen round tables surrounded by red-fabric walls with dark wood wainscoting, Tudor carriage lights and dog-themed paintings and sculptures. Favorites include Fork and Knife Burger with Foie Gras, Shrimp Paella, Smoked Tomato Soup with Brie Toast and Creekstone Farms Filet Mignon to name a few! Live Jazz Tuesday through Saturday offers patrons a unique and memorable experience (reservations are strongly recommended). Private dining is available for up to 25 people in The Boardroom, which also features full meeting and conference capabilities.



**Hours:** Tues 11:30am-8pm; Wed-Thur 11:30am-10pm; Fri 11:30am-11:30pm; Sat. 4pm-11:30pm

**Web:** [www.dirtydogjazz.com](http://www.dirtydogjazz.com)



## Harvard Grill

16624 Mack Avenue, Grosse Pointe Park • (313) 882-9090

Don't feel like cooking tonight? Stop by Harvard Grill for our delicious, home-cooked and affordable daily specials that include soup, salad or coleslaw:

### Monday:

- **Pot Roast** with mashed potatoes, vegetable and roll
- **Chicken Ala King** served over noodles with garlic toast

### Tuesday:

- **Chicken Pot Pie** with garlic toast
- **Short Ribs of Beef** with mashed potatoes, vegetable and roll.

### Wednesday:

- **Beef Stroganoff** served over noodles with garlic toast
- **Sloppy Joe** with potato chips

### Thursday:

- **Pork Chop** with mashed potatoes, vegetable and roll
- **Spaghetti**
- **Baked Spaghetti**

### Friday:

- **Tilapia** served with fries or mac & cheese, coleslaw and roll. Pan Fried, Deep Fried or Broiled.
- **Fish & Chips** — Cod served with fries or mac and cheese, coleslaw and roll. Pan Fried, Deep Fried or Broiled.

### Sunday:

- **Eggs Benedict**

**Breakfast served all day every day. Now serving beer and wine!**

**Hours:** Open 7 Days — Mon-Fri 7am-8pm; Sat 7am-4pm; Sun 7am-3pm



## Irish Coffee Bar and Grill HOME OF THE ORIGINAL BAR BURGER!

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 **35 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 \$2.96 with purchase of a beverage! The daily lunch special is the best in town: dine-in between 11 a.m. and 5 p.m. and for \$6.95 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 and hand-battered yellow-belly perch are particularly popular among seafood lovers. Numerous corned-beef sandwiches top off the menu with a true, Irish flare. The grill is open until 1 a.m., seven days a week! Hope to see you there! 

**BE SURE TO BRING YOUR SWEETIE BY ON VALENTINE'S DAY, SUNDAY, FEB. 14!**

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

GRILL OPEN UNTIL 1 A.M., 7 DAYS A WEEK!



## Little Tony's - Lounge in the Woods

20513 Mack Avenue, Grosse Pointe Woods • (313) 885-8522

Little Tony's is Grosse Pointe's favorite Bar & Grill. A place where families and friends have gathered for over 40 years for good food and good cheer. Cozy, quaint and warm, it's a throwback to when a business was run by an owner and not a corporation. A real neighborhood bar, where locals meet and everyone really does know your name. Serving only the freshest of Ground Rounds (they're delivered daily), Little Tony's has made a name for itself as "the place" to go on the east side for Great Burgers. Cooked to order and served with an array of extras, you are sure to have your burger craving satisfied here. Voted "Best Burger on the East Side" by the Detroit Free Press and Grosse Pointe Patch. The menu, although small, has a lot more to offer. Delicious Reubens, succulent Turkey and Ham sandwiches, Fish and Chips, Tuna Melts to die for, and don't forget Carol's Famous Chili. Our extensive bar is complimented by a great selection of beers, ales and wines. Dine on our beautiful, open-air patio during the summer months. Family friendly, so bring the kids, our great wait staff can't wait to serve you. 

Hours: Mon-Sat 11am-11pm

Web: [www.littletonysgp.com](http://www.littletonysgp.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. 

**LUXE BAR & GRILL IS A GREAT PLACE FOR A VALENTINE'S DATE!**

Hours: Daily 11am-1am (Kitchen closes at midnight.)

Web: [www.luxebarandgrill.com](http://www.luxebarandgrill.com)



## Mack Avenue Grille

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

As the Mack Avenue Grille enters its fourth year under the ownership of veteran restaurateurs Louie and Dino Ropotos, they would like to kick things up a notch to the compliment the fine wines and premium beers they began offering last year. The brothers are adding some new fine dining dishes to their menu, including pan-seared and broiled Alaskan Cod, broiled Salmon, Classic Lamb Chops, Chicken Piccata and Chicken Marsala and more to their standard fare, including 31 gourmet salads and breakfast favorites, such as the ever-popular Very Berry Crème Brûlée French Toast. And true to their heritage, the Ropotos Brothers are announcing Saturday evening **GREEK NIGHT**, featuring all classic and favorite dishes. Of course, they are not forgetting what made Mack Avenue Grille more than a diner. They will continue to offer three homemade soups du jour or freshly homemade chili daily, burgers and all manner of diner sandwiches, fresh-squeezed orange juice and three-egg, whipped omelets of all combinations. All ingredients are fresh — no frozen fish here!



**BRING YOUR SWEETHEART IN FOR BREAKFAST OR LUNCH ON VALENTINE'S DAY!**

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



## Morning Glory Coffee & Pastries

85 Kercheval, Grosse Pointe Farms • (313) 647-0298

It's Grosse Pointe Farms' favorite "go-to" spot! Morning Glory Coffee & Pastries boasts everything from torts, cakes and pies from its full-service bakery to delicious soups made fresh each day. A standout for the coffee shop is its liquor license — guests may enjoy specialty coffee drinks, such as Spanish and Irish coffee, wines by the glass and even a "spiked" lemonade and smoothies! Stop in early for that first fresh-brewed "cuppa" with a homemade pastry and come back for a house-made soup for lunch.



**WE'RE YOUR ONE-STOP SHOP FOR VALENTINE'S DAY SWEETS & TREATS!**

**Hours:** Mon-Sat 6am-6pm; Sun 9am-3pm

**Web:** [www.MorningGloryGrossePointe.com](http://www.MorningGloryGrossePointe.com)



## 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 two signature pasta dishes and a bottle of wine \$38.



**BE MINE ON VALENTINE'S DAY!**

**Hours:** Mon 4-10pm; Tues-Thurs 11am-10pm; Fri 11am-11pm;

Sat noon-11pm; Sun 3-9pm

**Web:** [www.pepperonigrillescs.com](http://www.pepperonigrillescs.com)



## Shores Inn

23410 Greater Mack St. Clair Shores MI 48080 • (586) 773-8940

Established in 1937 and under the same ownership since 1969, the Shores Inn has been a local favorite for generations. Featuring 150 craft beer selections, an enclosed heated patio (with fire pit) and Happy Hour 7 days a week (buy one appetizer, get one free of equal or lesser value with two beverage purchase), the Shores Inn is a popular gathering spot for all ages. Delicious, homemade pizza has just been added to the extensive menu and daily specials keep hungry guests coming back:

**Monday** - Burger Bash (burger and fries) \$4.99. Kids Day every Monday through January.

Come meet Olaf, and every kid under 12 eats free, 5-8 p.m.!

**Tuesday** - Fajita Frenzy \$10.99; **1/2 off pizza!**

**Wednesday** - All you can eat Perch \$12.99

**Thursday** - Rib Rave (1/2 slab with fries) \$9.99

**Sunday** - Prime Rib \$13.99

**Hours:** Mon-Sat 11am-2am; Sun Noon-2am

**Web:** [www.shoresinn.com](http://www.shoresinn.com)



## Sierra Station La Cantina

15110 Mack Avenue, Grosse Pointe Park • (313) 822-1270

The Sierra Station was established in 1977 and has transformed into a favorite Grosse Pointe Park destination. The Sierra Station prides itself as a family-style Mexican restaurant, offering affordable dinners. Most impressive is the food! Few restaurants survive 36 years unless they have great food. The entrée menu features more than 30 dishes served with the standard rice and beans. House specialties are the Verda Sauce and Chili Relleno. It is one of the few places you can sit down, eat authentic Mexican food, have a Margarita, enjoy the South-of-the-Border ambience and bric-a-brac and let your kids run free. The patio veranda is an ideal space to throw your wedding party, family celebration or business luncheon. Prefer an indoor setting for your event? Sierra Station has a private dining room filled with beautiful authentic decorated space capable of setting 40 guests. Join us on Thursdays for \$2 Margaritas. Carry-outs available.



*Prospero Año Nuevo!*

**Hours:** Lunch: Thurs-Fri 11:30am-1:30pm

Dinner: Open daily at 5pm

**Web:** [www.sierrastationgp.com](http://www.sierrastationgp.com)

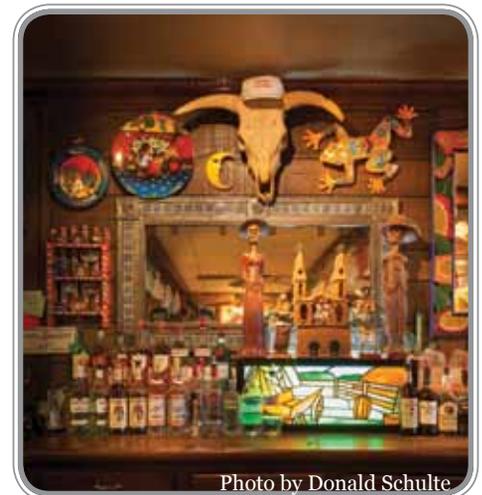


Photo by Donald Schulte

## Telly's Place — Est. 1982

20791 Mack Ave., Grosse Pointe Woods • (313) 881-3985

As a staple of the Grosse Pointe Woods neighborhood since 1982, Telly's isn't your normal bar and grill. Walk in off Mack and you'll instantly notice that with over 30 years of history, a sense of warmth, friendliness and contemporary atmosphere abounds. Look around and you'll see a couple on a romantic date, sharing an order of our signature spinach dip and chips, a group of friends celebrating a birthday with our specialty martinis, or people sitting at the bar, watching the game on our flat-screen TVs. Everyone is welcome at Telly's. Everyone is family at Telly's. Owners and native Grosse Pointers Ty and Jimmy are committed to bringing you the atmosphere, quality and service that has made Telly's an institution. **Telly's is the place to be on Super Bowl Sunday!**



**Telly's Specials:**

- Monday - \$4 Margaritas
- Tuesday - Bar Bingo 9 p.m.-Midnight  
WIN drinks & gift cards
- Wednesday - \$5 Specialty Martinis
- Wednesday-Saturday  
Live Entertainment
- Sunday - .50 Wings and \$2.50 Domestic Beers

**HAPPY HOUR 7 DAYS A WEEK 3-6 PM: \$1 OFF ALL DRINKS AND \$4.99 SELECT APPETIZERS**

**Hours:** Mon-Sat 11am-Close; Sun Noon-Close

**Web:** [tellysplace.com](http://tellysplace.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.



**LET US CATER YOUR SUPER BOWL PARTY!**

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

**Web:** [stevesbackroomjefferson.com](http://stevesbackroomjefferson.com)



## The Current Food & Libations

24026 Jefferson, St Clair Shores • (586) 773-7770

Located on beautiful Lake St Clair, The Current, is an American Fusion restaurant with a Great Lakes Twist! Featured in *Hour Detroit Magazine*, The Current's scratch kitchen focuses on Michigan-made products utilizing quality locally produced items in their recipes. From Eastern Market produce and meats and locally made desserts, to Michigan staples such as Faygo, Better Made potato chips, Michigan is sprinkled throughout the menu. The full service bar features only Michigan craft beers on draft and showcases Michigan's expanding distilling industry by featuring local spirits in specialty cocktails. Whether you are looking for a great lunch experience with a view or a nice dinner by the fireplace or a venue to host your next event, The Current's outstanding menu, coupled with its knowledgeable and friendly staff will be available year-round to accommodate your every need!



**HAPPY HOUR DAILY FROM 4-6 PM. \$2 OFF MICHIGAN DRAFTS AND MICHIGAN SPIRITS**

**Hours:** Dinner: Mon-Thur 4-9pm, Fri 4-10pm, Sat 3-10pm, Sun 3-8pm

Brunch: Sat & Sun 10am-3pm

**Web:** [www.thecurrentrestaurant.com](http://www.thecurrentrestaurant.com)



## The Hill Seafood and Chop House

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

Now in its 16th year, The Hill remains a premier dining destination on the East Side. Recently renovated, The Hill continues to deliver an exceptional dining experience. Menus are seasonally updated, but don't worry, the "Hill of Perch" is still a favorite! Popular menu items include Allen Brothers® USDA Prime New York Strip Steaks and Burgers, wild caught seafood. Dessert pastries are provided locally by Cornwall Bakery. Whether planning a special celebration or just looking for a great burger and fries, The Hill will exceed your expectations. The vibrant bar scene offers Happy Hour Monday-Thursday, 5-7 p.m., featuring 1/2 Off Domestic Beer and Wine, \$5 "Hill Martinis" and \$7 Appetizers. **Online reservations powered by OpenTable now offered at [www.thehillgrossepointe.com](http://www.thehillgrossepointe.com)!**



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

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

**Web:** [www.thehillgrossepointe.com](http://www.thehillgrossepointe.com)



## The Rattlesnake Club

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

**Locally Grown since 1988.** Watch “Bon Appetit, Detroit,” our new cooking video series in partnership with Eastern Market, on our website! 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 4-7pm

**Web:** [www.rattlesnakedetroit.com](http://www.rattlesnakedetroit.com)



Photo by The Rattlesnake Club/Joe Vaughn



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# Q&A *with endurance runner Robert Louis-Ferdinand*



**When did you start running and why?**

I started running when I was a teen. My dad used to take me running. It was something I did to relax and keep in shape all my life. I would always run 5 to 10 miles even through college.

**How many races have you run in? What were the longest, most challenging, or most interesting?**

Although I've been running all my life, I've probably only run in 1,015 races.

My first "race" was a 31-mile trail run. I then worked backwards. Each race has a different style and cardio zone.

The longest was a 100-mile trail run I did in the fall. It took me just over 25 hours straight.

It meant the most, not because of distance, but my dad died hours after I finished. He is my idol, and I'm glad to think he knew I finished. It's a gift he gave me.

The most challenging was a 50-mile race I did earlier in the year. I let myself get dehydrated and literally had to crawl the last couple of miles. My son, who finished eighth overall, carried me down the mountain side.

The most interesting thing I did was last summer. After helping a friend on a 100-mile attempt in Tennessee, my son and I traveled across the U.S. running Ultras, during which I also grew a scary beard to be funny. We finished hundreds of miles of races and spent a lot of time together.

While I really prefer trail/mountain runs, I also like the Detroit Marathon because I love Detroit.



Robert Louis-Ferdinand, left, began running with his father, right.



**What is the secret to long distance running?**

Preparation. I typically run between 70 and 100 miles per week. I burn through one pair of shoes per month. It's a blast being ready for a race and enjoying the ride. I also work for Lutheran Social Services of Michigan in Detroit and often run home, 24 miles.

**What are the health benefits of running?**

I have a condition called hypertrophic cardiomyopathy. Some doctors tell me not to run, but there is no medical evidence that it is dangerous for my condition. In fact, when I run, I do not require any medications for blood pressure. When I don't run, it creeps up to hypertensive.

**What is the biggest mistake people make when they decide to start running?**

People try to go fast or do too much. In fact, for most health benefits, the slower speeds burn more fat. An easy 15 minutes per mile pace helps you lose weight and you don't get injured as easily.

**Tell us a little about you.**

I am married and have five children and two grandchildren. All like running. My 16-year-old goes to International Academy in West Bloomfield. He currently runs 70 miles per week on his own and likes to condition. It is fun to have someone to do the long runs with.

I have a BS and MS in Chemistry and BSN in Nursing. Also, I get hungry and can eat like you have never seen before.

Next year, I'm heading out West for more difficult runs. ☑

Above: Robert Louis-Ferdinand with son, Noah, and fellow runner and friend Kevin Gearin

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# Q & A *with America's Holistic Heart Doc*

On Oct. 1, Dr. Joel Kahn, “America’s Holistic Heart Doc,” opened The Kahn Center for Cardiac Longevity on the Hill.

Through in depth programs and groundbreaking technology, the Kahn Center, the only center of its kind in the Midwest, diagnoses heart and artery damage at its earliest phase, addresses root causes and uses all modalities to stop and reverse it.

Dr. Kahn, whom you may recognize as a Fox 2 News Health Commentator, graduated Summa Cum Laude from University of Michigan Medical School and is the author of two bestselling books and a writer for Reader’s Digest, Detroit Free Press and Huffington Post, to name a few.

He answers a few questions about his new Grosse Pointe practice.

## **What made you decide to open a clinic in Grosse Pointe?**

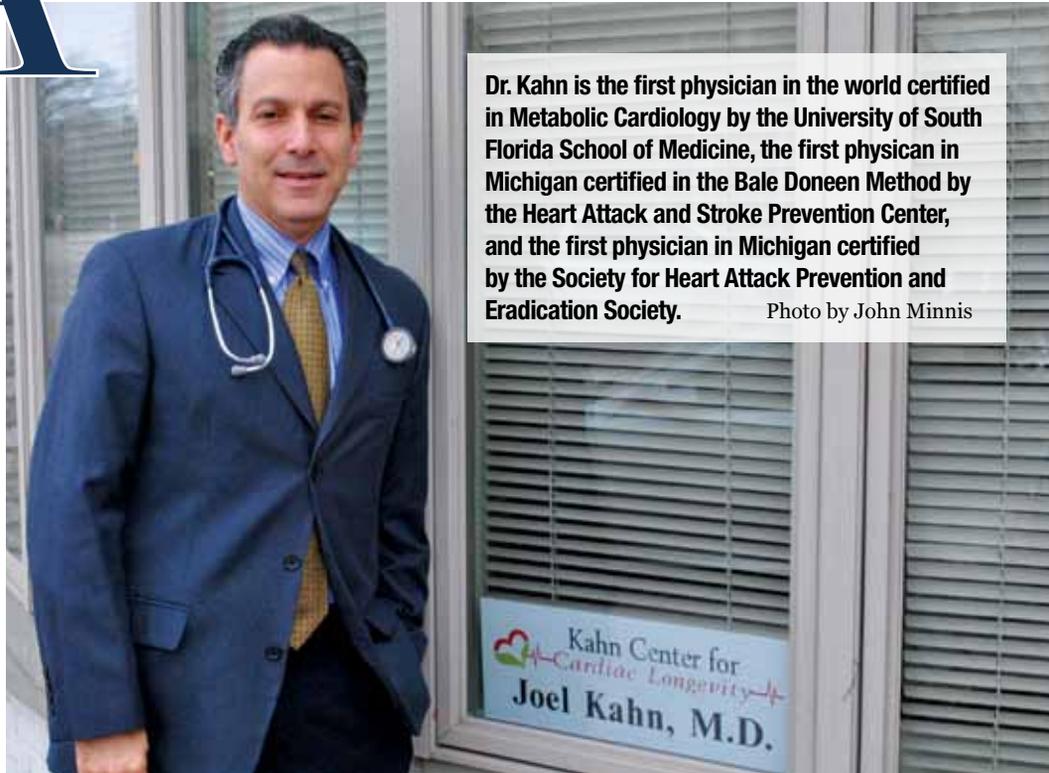
Although I grew up in Oakland County suburbs, my cardiology practice crossed into the east side long ago and my patients span all three major counties. I adore Grosse Pointe and couldn’t be more excited to be on the Hill, with friends at the Neighborhood Club, War Memorial and other great institutions in the cities (I cannot leave out Morning Glory!).

## **What is the mission of the Kahn Center for Cardiac Longevity?**

The Center combines Western medical approaches with natural and integrative therapies using, nutrition, supplements, sleep therapy, oral health and stress management. My mission is a national campaign to prevent one million heart attacks including thousands in the Grosse Pointe area.

## **Can anyone visit?**

*Anyone can see me.* In fact, I love



**Dr. Kahn is the first physician in the world certified in Metabolic Cardiology by the University of South Florida School of Medicine, the first physician in Michigan certified in the Bale Doneen Method by the Heart Attack and Stroke Prevention Center, and the first physician in Michigan certified by the Society for Heart Attack Prevention and Eradication Society.** Photo by John Minnis

seeing someone with no known heart disease that wants to be sure they are on a heart attack and stroke free path. Advanced testing of blood, urine and artery imaging will determine if they might benefit from a longer membership.

## **As the first cardiovascular prevention practice in Michigan, what is the need for care like this?**

This is the ultimate personalized vascular care based on your genetics, inflammatory markers, nutritional stores and detailed artery anatomy. I have had the privilege to train with the few advanced heart attack prevention clinics in the United States and am proud to bring those skills to Grosse Pointe. Everyone should have this type of evaluation.

## **What sort of results can a patient expect to see?**

My visits begin with education on the causes of artery injury. Then we search for silent heart and artery disease using advanced imaging protocols only

found at my center. The search for inflammation and other root causes like sleep apnea, food intolerances, hidden infections, environmental toxicity, genetic predispositions and more is pursued. Finally, optimal goals are set with a plan of medication if needed, supplements and diet and exercise. The studies are repeated quarterly to track progress and disease reversal.

## **The Kahn Center boasts groundbreaking technologies. What makes you particularly proud of these offerings?**

CIMT (Carotid Intimal Medial Thickness) is an ultrasound technique endorsed by the American College of Cardiology that can image soft and hard plaque in the arteries *years* before a failed stress test, heart attack or stroke. I am proud to have a quality program in Grosse Pointe. 

*The Kahn Center is located at 114 Kercheval Ave. For more information or to schedule and appointment, visit [kahnlongevitycenter.com](http://kahnlongevitycenter.com).*

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Sherry McRill, President and CEO, Northeast Guidance Center

Photos by Matt Wentworth



## The Northeast Guidance Center

By Matt Wentworth

Total wellness. That's the goal of the Northeast Guidance Center.

Problems with mental illness are all around us, and the numbers are staggering. One out of every five people suffers from some sort of mental health problem. The NEGC is there to help.

"We provide community mental health counseling and support services," says Sherry McRill, President and CEO of the Northeast Guidance Center. Located on Conner Avenue on Detroit's east side, the NEGC, a non-profit, treats thousands of people of all ages, suffering from all types of mental health problems. These services are especially valuable in one of the poorest regions of one of America's poorest cities.

With mental health problems so widespread, and treatment so readily available, keeping an issue like this a

secret should no longer be necessary. "Mental health was not always something people talked about," says McRill. "We're really trying to work on the anti-stigma issues. It's not an embarrassment."



The driving message McRill and the NEGC wants people to learn is that mental illness is just like any other medical illness. "If you had diabetes, you would get treatment for it, and it's not something you'd be afraid to share.

People are less likely to admit they have a bipolar disorder. People can recover from mental illness, and live regular lives."

One constant struggle for the Northeast Guidance Center is fundraising. "We do not receive a lot of support from the community when we're trying to get funding," says McRill. The government has made major cuts to non-profits, like the NEGC, over the years. The center has many sponsors and fundraising events, but the donations don't always meet the needs.

The Northeast Guidance Center has been in operation since 1963. McRill is one of many who have been improving lives there for years. "Helping people live regular lives is what drives many people in behavioral services," she says. "It's just a marvelous experience." 

# You can survive a heart attack!

By Dr. Saima A. Khan

Is the chest pain you're feeling due to the spaghetti dinner you just ate or something a lot more serious? Heart attacks are not always fatal if treated promptly. To survive a heart attack, you have to recognize when you could be having one. Know your own personal risk factors and the symptoms of a heart attack — both "typical" and uncommon symptoms.



Pressure or heaviness-type pain in the middle or left side of the chest, sweating and shortness of breath are typical symptoms.

Women, however, are more likely to have atypical symptoms: fatigue, nausea, upper abdominal pain, pain or numbness in the neck or jaw, pain in one or both shoulders, arms or back. Symptoms are not always related to activity, can occur even at rest, be mild, start slowly, and can come and go over several hours — even days.

Risk factors include high blood pressure, high cholesterol, smoking, obesity, diabetes, advanced age, sedentary lifestyle and personal or family history of heart disease. The more signs and symptoms you have, the more likely it is that you're having a heart attack, especially if you have many of the risk factors.

If you suspect that you are having a heart attack, chew 4 baby aspirins (81 mg each) or one whole regular aspirin (325 mg) and call 911. If you have been prescribed nitroglycerin pills to place under your tongue, follow your doctor's recommendations. Armed with awareness and knowledge of your risk and possible symptoms, you can survive a heart attack.

Dr. Saima A. Khan, MD, MPH grew up in Grosse Pointe Farms and lives in the Woods with her husband and three daughters. She practices internal medicine in Warren, 28351 Schoenherr, (586) 393-6500.

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Photos courtesy of the Pietrowsky Family

## National Congenital Heart Defect Month *Louisa's Story*

By Susan Bollinger

*W*hen Louisa Pietrowsky made her entry into the world, her family already knew the road ahead would be rocky.

“Louisa was diagnosed with hypoplastic left heart syndrome (HLHS) at 16 weeks gestation,” says mother Andrea Pietrowsky. “The left chamber of her heart hadn’t formed.”

In recognition of National Congenital Heart Defect month in February, the Pietrowsky family wanted to share Louisa’s story and reach out to other families experiencing congenital heart defects.

Just 30 years ago, Louisa’s condition was fatal within the first few weeks of life. But thanks to advances in medical technology and an early and accurate diagnosis through a

routine ultrasound at St. John Providence, she has a future.

The Pietrowskys were referred to C.S. Mott Children’s Hospital at the University of Michigan, where Louisa spent the first seven months of her life. Beginning at just nine days old, she underwent open heart surgery and several other major surgeries and procedures, including a tracheostomy for a threatening but temporary airway condition.

Pietrowsky says Grosse Pointe friends, neighbors and members of the community have provided valuable support. “When we’ve taken Louisa — on her ventilator — out in Grosse Pointe, people have been so accepting and inclusive,” says Pietrowsky.

Louisa is part of the Grosse Pointe Early Childhood Center’s Birth-3 program, and Andrea describes their



**Clockwise starting from opposite page, Andrea, Sam, Louisa and Tom Pietrowsky finally together at home after Louisa spent her first seven months hospitalized; Louisa after her first heart surgery for HLHS; Getting stronger and more active, Louisa will soon be weaned off the home ventilator and have the nasal feeding tube removed; Louisa enjoying family time while watching a University of Michigan football game**

services as “amazing.”

“By her first birthday, Louisa learned to sit and now, we’re working on helping her stand,” says Pietrowsky. “She plays with toys, responds to verbal requests, has a sense of humor and is so smart. She has some delays, but by the time she goes to school, she’ll be on track with her peers – typical for HLHS survivors.”

While Louisa’s defect is not repairable, her long-term prognosis is good. A three-stage series of open heart surgeries will redirect Louisa’s blood flow in and out of the heart. At 17 months old, she’s already had two of the surgeries, and the third will take place when she’s three or four years old.

“Congenital heart defects occur in one in 100 births,” says Pietrowsky, “and while Louisa’s story is very complicated, lengthy and kind of frightening, it’s also incredibly remarkable. Everyone is hopeful and people have been deeply inspired.”

Visit [heartsofhopemi.org](http://heartsofhopemi.org) for more information and support for families affected by congenital heart defects. 





# Life is good — after double lung transplant

By Matthew Wentworth

*J*amie McGarvah wakes up every morning and hugs his wife. “Every day is a gift,” he says. When you come as close to death as he did, you tend to value every moment on this earth.

McGarvah, 55, has lived his entire life in the Pointes. He drove a cement truck for a living. He was married with three children. He hunted, fished and rode his Harley. He was a seemingly healthy man. But then, sometime in 2007, he began to notice something was wrong. “I just started getting out of breath and

wondered why.”

The news was shocking. McGarvah was suffering from idiopathic pulmonary fibrosis, or, IPF, a devastating lung disease. IPF doesn’t allow the body to absorb oxygen. There’s no known cause, and no cure. Within three years, most patients are dead.

McGarvah had only one hope, a double lung transplant. The news was hard to comprehend. “Shock and denial,” says his wife of 26 years, Becky.

By 2010, McGarvah’s condition worsened. He went to University of

Michigan hospital. “The doctor told me I wasn’t leaving until the lungs came,” he says. Doctors put him on a ventilator. “I was three to five days from death.”

Finally, the lungs came. McGarvah underwent a 13-hour surgery. “They cut me from here to here,” he says, pointing to a spot under each arm, and going completely across his chest. “They call it the clam shell,” says Becky.

Just one week later, he went home.

McGarvah appears healthy, but he knows potential problems are never far away. He has no immune system. Many times, he walks around with a mask covering his mouth. Last year, he came down with the stomach flu and spent four days back at U-M hospital. He also takes 19 pills a day, many to fight the side effects of the others.

McGarvah now dedicates his time to encouraging people to sign up for organ donation. He goes to U-M to talk to people once a month. Another focus is the need for flu shots. “A flu shot isn’t just about your health, it’s about everybody else’s.”

This winter, he hopes to get back on his snow skis, hit the slopes and breathe in that cool winter air. “I try to live a normal life,” he says. “I was really lucky. Really lucky.” ☺



Becky and Jamie McGarvah

# Courage

By Ken Welch

*Courage: "Is simply the willingness to be afraid and act anyway."*

I have a lot of admiration for people who start a work out plan who have never worked out before. They didn't grow up with it; they weren't jocks in school.

Many think breathing hard and sweating is something you should see a doctor for, not something that is actually good for you. Lifting heavy things is something you



hire done. No matter what age, people who make the decision to begin and develop a training program when it's never been part of their orientation are pretty special and brave.

Taking on intimidation, being in a position of vulnerability, mentally and physically, and working at overcoming fears and insecurity in order to change your life are a very big deal.

I've been working out since I was 16 and was also involved in competitive sports. Working out is second nature to me and something I enjoy, but I had an early start.

What if one day everyone told me, "From now on, if you don't learn to speak Italian, your life will only get worse and you'll die an early, unpleasant death." Wow! Now what? I have no desire to learn Italian and wouldn't even know where to begin.

That's how it feels when people read, "Start working out or else." It can feel hopeless. It takes a lot of courage to say, "This workout thing is going to be hard, but I've got to do it."

The first step? Google it. Search: "Working out, where to start." You'll uncover dozens of suggestions about how to begin. Be bold and turn yourself into a better, stronger, healthier you.

*Ken Welch is owner and trainer at Pointe Fitness on Harper south of Allard. Online: [pointefitness.com](http://pointefitness.com).*

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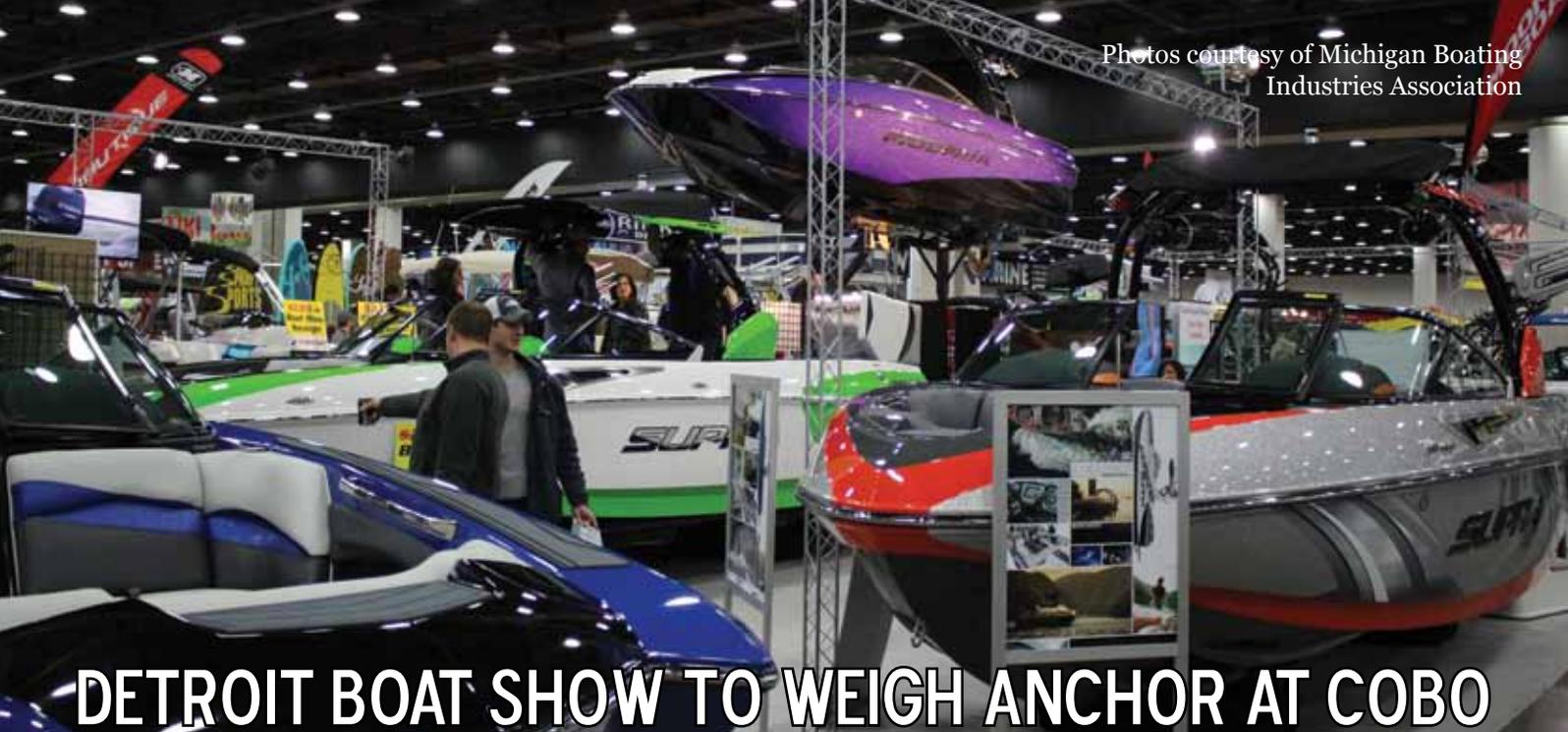
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# DETROIT BOAT SHOW TO WEIGH ANCHOR AT COBO

By Ted Everingham

The 58th annual Detroit Boat Show is coming to Cobo Center Feb. 13-21. With an impressive 350,000 square feet of everything boating, the show will stand in sharp contrast to its humble beginnings in 1958.

The average annual income in the United States that year was \$4,600, and a gallon of gasoline cost 25 cents. Dwight D. Eisenhower was in his second term as president. In April, unemployment in Detroit reached 20 percent, marking the height of the Recession of 1958. Nevertheless, the Michigan Boating Industries Association, then known as the Greater Detroit Marine Dealers Association, held its first boat show at the old Detroit Artillery Armory on Eight Mile Road.

The boat show was moved to Cobo Center — then known as Cobo Hall Convention Center — in 1972. Over the decades that followed, it expanded and contracted with the economy and the health of the marine industry in Michigan. However, with today's recovering economy, lower fuel prices and more favorable water levels, the sales of boats and accessories are

booming, and the 2016 Detroit Boat Show is expected to attract some 65,000 consumers during its nine-day run.

“This show is the premier boating event in the state of Michigan with many exciting new model introductions to the Detroit market,” says MBIA Executive Director and Show Manager Nicki Polan. “Attendees will be pleased to see more boats again this year, with more boat sizes and lines represented to see and purchase.”

Many marine dealers say that they attribute up to 50 percent of their annual sales to sales and leads generated at this annual rite of winter.

The Detroit Boat Show also offers exhibits selling boating accessories and services including motors, dockage, water toys, skiing and wakeboarding gear, boating and fishing accessories, electronics, boat gear, nautical gifts, artwork and much more.

A variety of special features will make the show interesting for the whole family. For information about the show and special features, or to buy tickets in advance, at a discount, visit [www.DetroitBoatShow.net](http://www.DetroitBoatShow.net). 





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Grosse Pointe Find Us On 

# So what's the big deal?

By Sarah Stahl

I recently became flustered while scouring the city for just the right gift for my husband to take on his travels to Japan.

Because the Asian culture, even in business, values relationships above all, the specific gift you choose carries several meanings, positive and negative.

For instance, wrapping a gift in white paper or offering a gift in sets of four represents death. Who knew? These simple mistakes could result in a long and awkward business trip!

Japanese view gift giving as a method of communicating respect, appreciation and friendship. To turn this challenge into a shopping adventure, consider these guidelines:

- Although there is no need to be extravagant, be certain the gift is of unquestionable quality.
- For a more formal meeting, take the extra time to beautifully wrap the gift, avoiding flashy bright colors or white.
- Subtly alert the recipient that you would like to present a small memento when appropriate, to avoid any surprises.
- It is proper to downplay the importance of the gift. What this conveys to your Japanese recipient is that your relationship with them far exceeds the value of the gift you are presenting.
- Whether offering a gift or a business card, always present with two hands.
- Avoid giving monetary gifts or gifts displaying company logos. This is not personal.



Sarah Stahl and Yoshiteru Kamada

Gift ideas for Japanese colleagues:

- Products that are difficult to obtain in Japan.
- A framed photograph from a



previous interaction will go a long way.

- Surprise them with a painted portrait. These are almost unheard of and not easily obtainable.
- Fine edibles, especially representative of your hometown. In our case, Sander's chocolate would be a very special treat.
- Art from our community. Pewabic Pottery and the Grosse Pointe Art Center carry gifts.
- Fine gifts that reflect the recipient's interests and tastes. A wide array of such gifts are available at The League Shop.
- A pen is symbolic of knowledge in the Japanese culture and is also lightweight for traveling abroad. [P](#)



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# Meet Natalie



Photo by the Paul Briles

**Name** Natalie Briles

**Age** 26

**City** Grosse Pointe Woods

**Occupation** Hair Stylist

## Natalie's Favorites

**Season**

Nothing beats Michigan summers

**Movie**

*Mad Max: Fury Road*

**Music Genre**

Alternative electronic

**Vacation Spot**

My family cottage on Harsens Island

**Spot in Grosse Pointe**

Lake Shore Drive

**Outdoor Activity**

Boating and walking my dog

**Restaurant**

Telly's Place

**Dessert**

Mom's chocolate cream pie

## About Natalie

In her eighth year as a hairstylist, Natalie and long-time friend Jill Maks opened their own business, My Salon Suites, in the Village a year ago.

Natalie enjoys trying new styles and trends and says there is nothing more rewarding than watching a client walk out of her salon feeling amazing and excited to show off their new "do."

"I love Grosse Pointe for many reasons," says Natalie, daughter of a hairstylist, John Briles, and mother, Cynthia, "but the most important of all is that it's where my family calls home. Without the love and support from them I wouldn't be where I am today."

Another of her loves is her dog, Wendy, who she refers to as her "fur baby."

**What is your favorite thing about living in Grosse Pointe?**

Lake St. Clair

**What are two of your best personality traits?**

Creative and confident

**What is the best trip you've ever taken?**

Cruising on a houseboat on Lake Cumberland

**What is the best gift you've ever received?**

My first pair of professional shears, engraved from my parents.

**What is one thing not many people know about you?**

I love to play keyboard and sing.

**You win the million dollar lottery. What do you do?**

After taking care of my family, I would open an animal shelter.

**What accomplishment are you most proud of?**

Starting my hair business at the age of 25

**Words to live by?**

Everything happens for a reason

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# COOKING

## with CHEF ETHAN STEINER

### *Grilled Shrimp and Vegetables*



This is a nice simple recipe to start the New Year off on a healthy foot. I originally was going to do a pizza recipe. I bought the ingredients, made the pizzas and then thought my recipe was really not very healthy! I could add a lot of vegetables on the pizza, but the cheese and the crust really add a lot of calories. So I scrapped that idea and decided to go with shrimp and vegetables. After a busy holiday season when everyone is running on fumes, this recipe is quick and easy, and will help those vowing to shed a few pounds as their New Year's resolution, stay on plan.

Any vegetables will do, I chose okra and wax beans. The okra has that jalapeno flavor without the heat, while the wax beans give the recipe a nice crunch. The seasoning adds all the right spice and the butter sauce has just the right amount of lemon. I enjoy

grilling in the winter. It reminds me that summer is just six short months away! As I write this article, I am 30,000 feet in the air on my way to my twin brother's graduation from UNLV. He'll be getting his Master's Degree in geology. It's funny because he loves to study rocks, salt and water and follows recipes to do his experiments. I use salt and water and recipes to make meals. So even though we went different ways for college, we are very similar!

### Grilled Shrimp and Vegetables

#### Ingredients

- 3 tablespoons of sugar
- 2 tablespoons plus 2 teaspoons Seasoning Rub (recipe at right)
- 1 1/2 pounds shell on jumbo shrimp
- 1 teaspoon olive oil
- 1/4 pound of okra
- 1/4 pound yellow wax beans cut in half
- 4 scallions
- 1 stick of unsalted butter, melted
- 1 tablespoon of Worcestershire sauce
- Juice of 1/2 lemon

#### Directions

1. Preheat grill to medium
2. Whisk 2 cups of water, the sugar and 2 tablespoons Seasoning Rub in a large bowl until the sugar dissolves. Add the shrimp and marinate for about 10 minutes.
3. Remove the shrimp from the marinade and pat dry with paper towel.
4. Toss the shrimp with the olive oil in a large bowl and season with 1 teaspoon seasoning.

5. Thread the shrimp, okra, wax beans and scallions onto eight 10-inch skewers and set aside.
6. Combine melted butter, Worcestershire sauce, lemon juice, and the remaining 1 teaspoon seasoning in a small bowl. Grill the kebabs until marked and the shrimp are just cooked through, about two to three minutes per side.
7. Remove from the grill and brush with some of the butter.
8. Serve with remaining butter.

### Seasoning Rub

#### Ingredients

- 1/2 tablespoon ground dried bay leaves
- 1 tablespoon celery salt
- 1 1/2 teaspoons dry mustard
- 1 teaspoon black pepper
- 1 teaspoon paprika
- 1/2 teaspoon white pepper
- 1 teaspoon crushed red pepper flakes.

Place all ingredients in a container. Mix until all ingredients are thoroughly blended.

*Chef 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.*

*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. Today, Steiner is Sous Chef at Antietam in Detroit Eastern Market in Detroit.*

*Follow him on twitter@Chef\_Ethan.*



# Pride of rentership

By Anna Bartolotta

Whether a single family home in the Shores, a town home in the Village or a flat in the Park, renting has gone mainstream.

Good or bad, it's all part of a national shift away from home ownership and toward renting.

But the home ownership decline is not entirely as tragic as you may think.



Whether a free spirit, college freshman, risk-averse local hospital physician resident here for a few years, renting makes complete sense.

The new shift to smaller living and living within one's means has also had a huge impact on purchasing a piece of the American Dream. Think about these concepts:

Mobile living means the ability to take that dream job in another state or not being tied down with a mortgage.

Smaller living means making a smaller footprint on the Earth. It also means smaller utility bills and incredibly less rent monthly. Smaller also means saving more and using your hard earned money for adventures and not for paying a mortgage.

The U.S. home ownership rate peaked 10 years ago at over 69 percent. Today it is under 64 percent, with each percentage point representing more than 1 million households.

I really believe our housing market bubble bursting had much to do with this decline, but people's minds have changed too. Do what makes you happy in 2016! Happy New Year from Grosse Pointe Apartments!

*Anna Bartolotta is owner of Grosse Pointe Apartments and Property Management. This area's only dedicated, full service, full time rental agency staffed with licensed agents.*



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# Seniors applaud the work of the Ralph C. Wilson, Jr. Foundation

By Karen Pope

The Ralph C. Wilson, Jr. Foundation — funded by the trust of the Grosse Pointe Shores resident following his death on March 25, 2014 — announced in November a series of Southeast Michigan grants totaling \$17.4 million. Of that, \$6.7 million went to four organizations offering services to help seniors age in place.

The grants were designated for endowments, capital expenses and operating expenses, a unique mix reflecting the complex challenges that nonprofit organizations face, and to address critical areas for which Ralph Wilson cared deeply throughout his life.

“The Ralph C. Wilson, Jr. Foundation took the time to understand that in addition to support for programming, we needed to make capital improvements and build endowments to ensure continuation of services,” says Jennifer Lepard, president and CEO of the Alzheimer’s Association Greater Michigan Chapter.

The Alzheimer’s Association received \$200,000 for current capital needs and \$800,000 for an endowment to meet future capital needs. A similar approach was used for the association’s respite scholarship program. The association received \$50,000 for current respite care scholarships and \$1 million to endow the program for the future.

“Ralph and Mary really understood how difficult it can be to care for someone with dementia,” Lepard says. The association’s respite program provides \$500 scholarships to caregivers, enabling them to find alternative care for their patients so they can have some time for themselves.

With half of its \$2 million grant, the St. John Hospital and Medical Center is establishing a senior assessment for independent living center at the Ralph C. Wilson Jr. Campus on Kercheval in the Village.

The assessment center will provide three-hour evaluations specifically designed to cover the health and wellness issues of older people. The patient, his family and his doctor can use this information to develop an action plan for the future.

With the other half of its \$2 million grant, St. John will reconfigure one of its medical-surgical units to

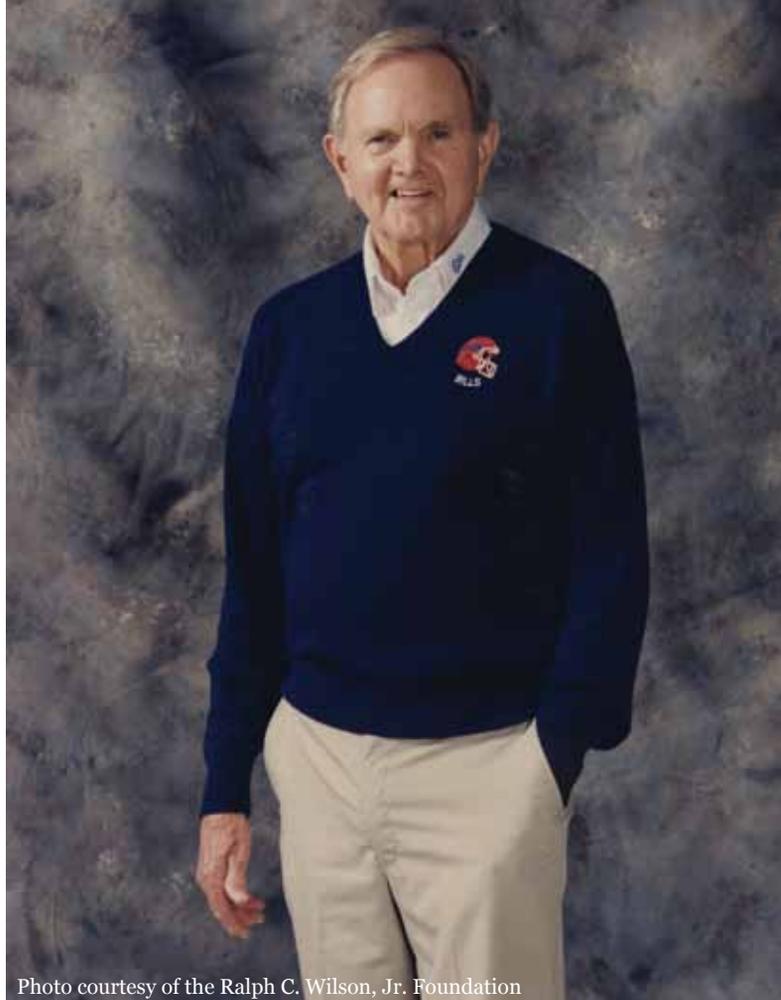


Photo courtesy of the Ralph C. Wilson, Jr. Foundation

accommodate the special needs of those 65 and older.

Angela Hospice will use its \$2.1 million grant to put telecommunication devices in the homes of its patients, allowing them and their caregivers 24/7 access to realtime, face-to-face contact with an interdisciplinary team of professionals trained in hospice care.

“The idea of telemedicine has been around for more than 15 years. Adoption in hospice has been slow, but we think the time is right. People feel more comfortable with technology now,” says Margot Parr, Angela Hospice president and CEO.

Bringing all this good news together and sharing it with the aging community and its caregivers is the Services for Older Citizens on Ridge Road in Grosse Pointe Woods.

“We realize that SOC is considered a trusted safety net,” says a case coordinator at the organization. “We have a great reputation and we do everything we can to live up to expectations.”

It was that spirit that won SOC the support of the Ralph C. Wilson, Jr. Foundation. Its \$525,000 grant will set up a \$300,000 endowment fund and provide \$25,000 for general operations, \$100,000 for an operating reserve and \$100,000 to support a campaign to further build the endowment. 



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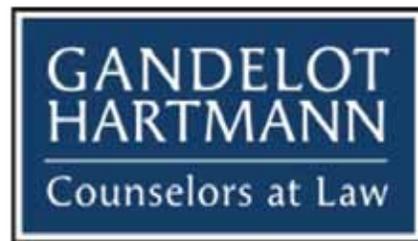
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# Taxes are less taxing at SOC

By Karen Pope



*A*gain this year volunteers in the AARP Tax-Aide Program will be working with the information and assistance team at Services for Older Citizens to provide free, confidential tax preparation services to low and moderate-income people.

The AARP volunteers are IRS-certified, which means they have completed an extensive initial training program and to maintain their certification they attend yearly updates on changes in the tax code.

According to one of the AARP volunteers, they will also represent the taxpayer if the IRS has questions after the filing.

The service is available to all ages with an emphasis on those 60 years and older. Last year the AARP volunteers at the SOC location assisted 200 seniors with their tax filings.

According to the AARP volunteers, the SOC information and assistance team goes the extra mile for the taxpayers by helping them prepare

for their appointments.

The basics that must be brought to the meeting are:

- Last year's tax return(s)

need, please check the American Association for Retired Persons website, [www.AARP.org](http://www.AARP.org), or ask the information and assistance expert at SOC when you call to schedule an appointment by calling (313) 882-9600.

Appointments will be on Thursday from Feb. 4 through April 14.

**Please note:**

Taxpayers with complex tax returns containing rental properties, business income with more than \$10,000 in expenses or a large number of stock transactions should seek professional tax assistance. ⓘ

*To learn more about the tax preparation services or to register, visit [socservices.org](http://socservices.org) or call Services for Older Citizens at (313) 882-9600. SOC is located at 158 Ridge Road, Grosse Pointe Farms, Mich. 48236.*



• Social Security cards or other official documentation for yourself and all your dependents.

• Photo I.D. required for all taxpayers.

• Checkbook if you want to direct deposit any refund(s).

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# COME REMINISCE WITH BUTCHER / ARTIST EUGENE MULIER



By Karen Pope

William "Uncle Bill" Henkel

Four years ago this March, Eugene Mulier hung up his butcher's apron, turned off the lights at Mulier's Market on Kercheval in the Park, then went across the alley to his art studio in the basement of his home.

It was the end of an era. He had sold the food market that had been in his family for almost 100 years. He had worked there for 65 years. Now he was ready to focus on his favorite pastime — making art.

When he was a kid, he had been intrigued by what his uncle William Henkel did in his commercial art studio, and even now more than 70 years later he talks about "Uncle Bill" as the artist in the family. Samples of the uncle's

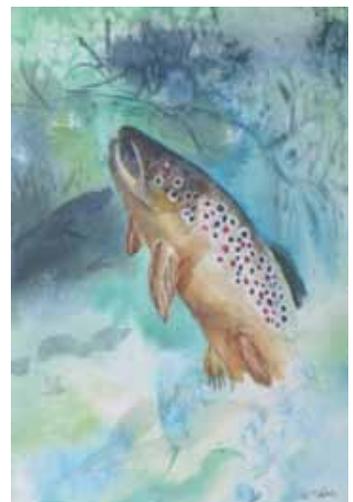
commercial work and his fine art, done in his spare time, hang in Eugene's living room, photos of him at work taped to the frames.

Among his own works, one of Mulier's most popular paintings is the one he did of the "Happy Cow." It was propped up on the market's meat counter during an outbreak of Mad Cow disease in the U.K.

It was a tradition for the Mulier men to exhibit their handiwork in the grocery market. The stuffed animals that used to hover over the produce counter were done by Mulier's father, Omer, a trained taxidermist.

Mulier also does woodburning and has experimented with scroll saw relief carving.

Mulier and his sons, Mike and Paul, are planning an evening to exhibit Mulier's art and share old stories with former customers and friends. It will be held from 5-7:30 p.m. on Thursday, Feb. 4, at Rustic Cabins next to the old Mulier's Market, now Cornwall Bakery. Everyone is invited. ☎

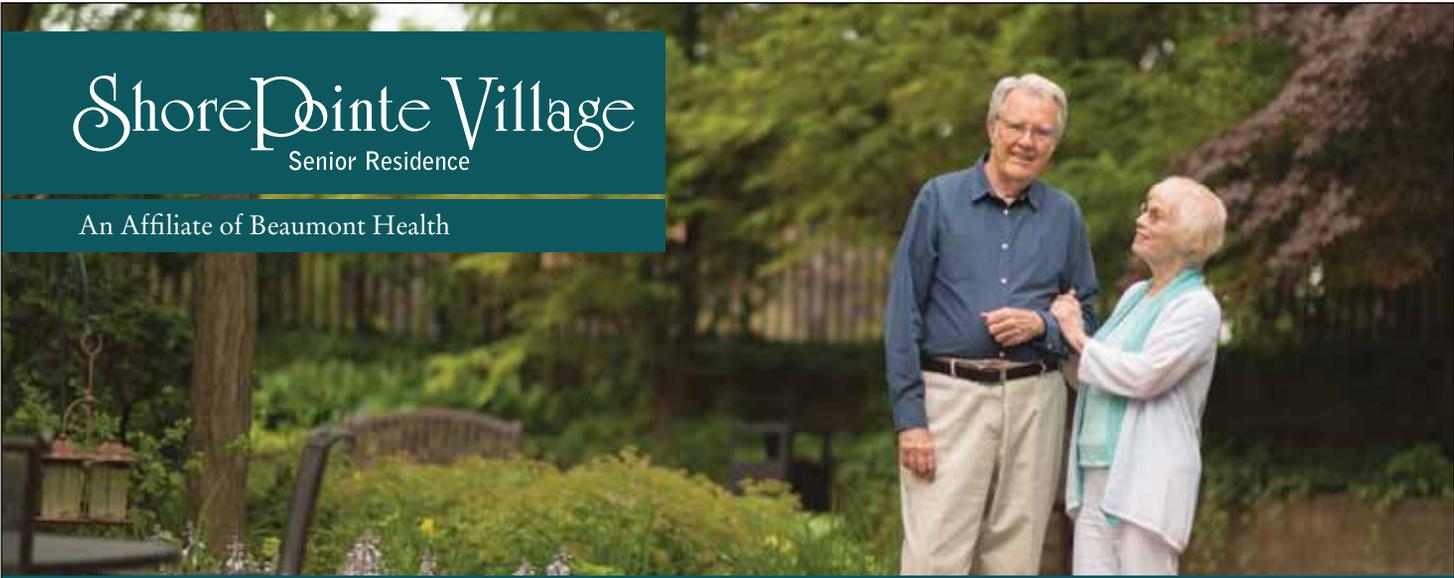


"Happy Cow" and "Brown Trout," by Eugene Mulier.

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Photo by Beth Newhart

By Beth Newhart

In the legal community, forum shopping is a derogatory term, as it describes a lawyer searching for a court that will look most favorably on the client. However in the Detroit legal community, The Forum Shoppers aren't just looked upon favorably, they're a highly sought after source of entertainment.

Formed in 1991, The Forum Shoppers got its start as a barbershop quartet performing parodies about the legal profession for the Detroit Bar Association annual revue. It was so well received, it returned every year and has since branched out into performing at churches, community events and even luncheons at the Country Club of Detroit.

Of the original four members, only William J. Giovan, a retired Wayne County chief judge from Grosse Pointe Farms, remains. The bass of the group, Giovan is joined by tenor Euel

W. Kinsey, baritone Raymond O. Sturdy and lead David J. Montera. Giovan credits founding member Mike Donahue with coming up with the name.

"We had four lawyers trying to come up with a name," he says, "and I shot out, 'Forum Quorum.' Mike then came up with 'Forum Shoppers.'"

Their original parodies poke fun at the members' given profession. *Don't You Call Me Sweetheart* is a tune sung from the perspective of female barristers, and *Save Me from Discovery*, sung to the tune of *My Bonnie Lies Over the Ocean* is from the perspective of a young lawyer crawling through one of the profession's most tedious tasks.

Although dapper and buttoned up in their dark suits and matching ties, the quartet is certainly in it for the fun. Montera jokes that they are in it for the free meals.

"One of the coolest things is we've

never taken a dime," he says. "We sing for food and eat at some of the best restaurants."

All kidding aside, their honors are many. They leave their parodies behind and pick up gospel sheet music when invited to neighborhood churches in Detroit. They can be found singing the *National Anthem* at investitures, courthouse dedications and flag-raisings for Memorial Day. They are also annual guests on Paul W. Smith's St. Patrick's Day show on WJR.

Their biggest thrill, however, was singing the National Anthem at Comerica Park on 9/11 in 2009. The largest crowd to date, they were joined on the field by both baseball teams as well as police and firefighters.

The group will continue *in perpetuum*. Sturdy says that no one can leave the group unless they have found their replacement. He also adds, "We're always shopping for a forum to sing." ☐

# Resolve to review

By Jon B. Gandelot

It's a new year. I set yearly goals, broken down by calendar quarters. I don't like to call them "resolutions" since resolutions are frequently forgotten in a few weeks.

One goal you can set for the first quarter of 2016 is to review your estate planning documents.



Make it a point to check those individuals or institutions you have named to be in charge if you are not able to act, due to incapacity or death. Who are the agents and successor agents under your Durable Powers of Attorney for financial and health care decisions? Who is the successor trustee of your Living Trust and the Personal Representative of your Will? Are these individuals still willing and capable of stepping in for you if you are unable to act? Have Durable Powers of Attorney and Health Care Directives been updated in the past 2 to 3 years? If not, they may not be honored when needed.

Carefully review your wishes for the distribution of your assets after you are gone. Are your current wishes for the named beneficiaries the same as in the documents? Have there been marriages, divorces or deaths among the beneficiaries that may alter your distribution plans?

It's a good idea to take time to review your documents and make a list of any changes you may want to discuss with your estate-planning attorney.

Most importantly: Do your loved ones know where you keep these critical documents?

Happy New Year!

*Jon B. Gandelot is founding principal, GANDELOT HARTMANN, an estate planning and trust administration firm in Grosse Pointe Farms.*

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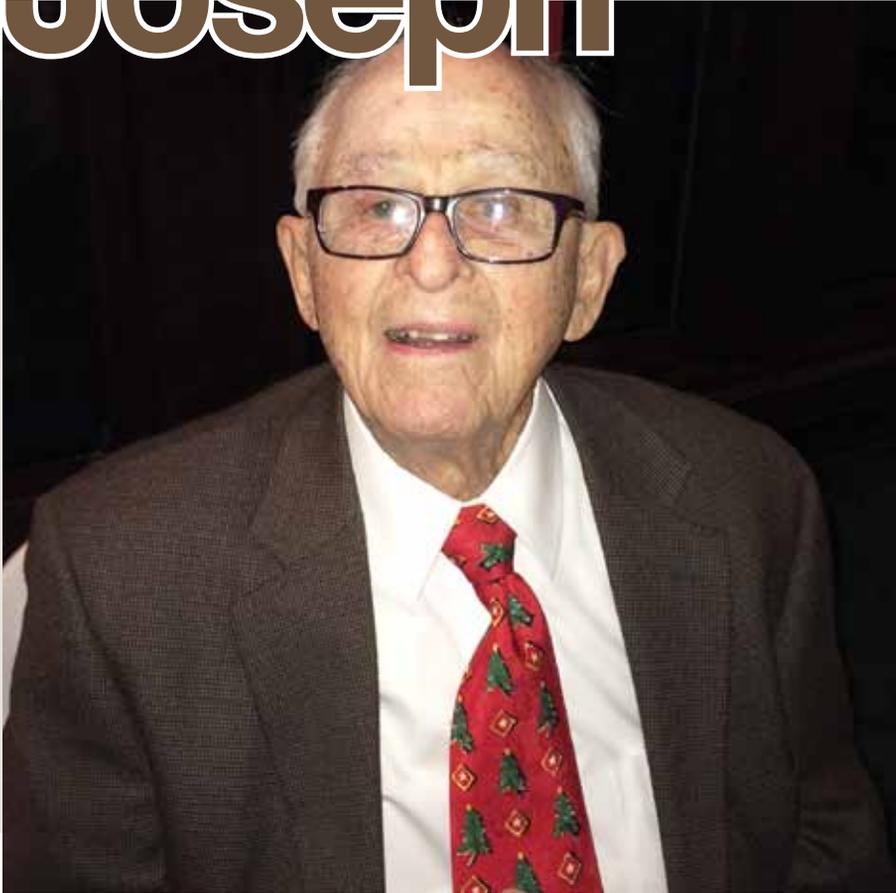
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# Meet Joseph



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**Age** 95

**City** Grosse Pointe Woods

**Occupation before retirement**  
Entrepreneur

## Joseph's Favorites

**Season**

Summer

**Movie**

*Gone with the Wind*

**Food**

Perch

**Musical Artist**

Frank Sinatra

**Vacation**

Cabin at Lost Lake Woods Club

**Activity**

Golf

**Dessert**

Chocolate sundae

**Restaurant**

Sindbads

**What was your first job?**

Wiring panels at General Electric

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

Football player

**What is the best trip you've ever taken?**

Taking my family to the west coast

**Are you a collector of anything?**

No

**What is the most historical day in your lifetime?**

V-J Day

**What's one skill you'd like to learn?**

How to be a good investor

**What accomplishment are you most proud of?**

Sending my children to Catholic colleges

**Words to live by?**

Never give up!

## About Joseph

Ever the entrepreneur, Joseph's businesses included Electronic Door Company, Vemco Product Inc., and Operator Specialty Company. He sold Vemco Product to Stanley Works in 1975 but continued working until 1997, retiring at the age of 77.

Joseph (now widowed) and his wife Frances were married in Boston where he served as an Ensign in the Navy. They had six children, Kathie Hickel, Jackie Aumer, Marybeth Grosfield, Jeff, Tom and Jim Vaughn.

Devout Catholics, Fran graduated from St. Charles High School and Joseph from University of Detroit with a BS in Electrical Engineering. He is most proud of sending all six of his children to Catholic high schools and colleges.

# 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? Yuck!



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.

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Orville



Wilbur

# THE WRIGHT BROTHERS

By Margie Reins Smith

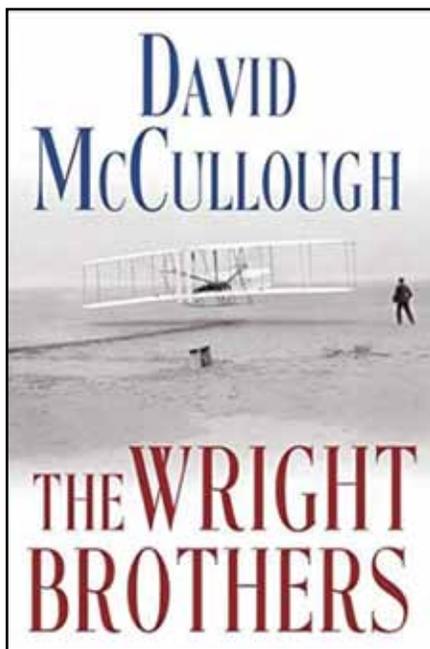
We often speak of the Wright brothers with one word WilburandOrville as if they were conjoined twins. One wore a mustache, but who remembers which one? David McCullough, winner of the Pulitzer Prize for biographies of Harry Truman and John Adams, surgically separates the brothers in his latest biography, *The Wright Brothers*.

Contemporaries considered the brothers eccentric. Wilbur, the unflappable one, didn't care what others thought. Orville was sensitive, contemplative, painfully shy. Wilbur was more mature and measured while Orville had imagination and mechanical genius. Their abilities were different, but they complemented each other.

Orville contracted typhoid when he was 25 and nearly died. During his long recovery, Wilbur read aloud to him about mechanical and human flight. Both were intrigued. Wilbur wrote to the Smithsonian Institution and requested everything published on the subject.

They built their first biplane, a large kite, in 1899, in a room above their bicycle repair shop in Dayton, Ohio. McCullough tells how they tested it — tweaked it — tested it again — learned from their failures and successes. Both were intelligent, determined, patient men with extraordinary problem solving abilities. Neither married — both were good cooks. They pooled their money in one bank account.

The steady winds and sandy beaches of Kitty Hawk, North Carolina, suited their requirements for experimenting, so they carted their flying machines back and forth by train from Dayton four years in a row.



Wilbur Orville made the first manned flight of a motor operated heavier-than-air craft on Thursday, Dec. 17, 1903, at Kitty Hawk. He was aloft for 12 seconds. McCullough also tells readers about the other four flights they made that morning. The longest lasted nearly a minute.

Wilbur and Orville celebrated their 1903 success, but they didn't rest. Two years later, they had developed the Flyer III, which was considered the first practical airplane. By 1905 they were able to circle a pasture near Dayton 29 times and demonstrate for admiring onlookers flights as long as 38 minutes.

McCullough follows the brothers through the next few decades of accolades, successes, recordsetting flights and the inevitable mishaps. Orville was critically injured in a 1908 crash that killed Lt. Thomas Selfridge and gave

Selfridge the distinction of being the first air casualty.

Wilbur died in 1912 at age 45. Orville died in 1948 at age 77. By then, the sound barrier had been broken and he had witnessed jet propulsion, rockets and the dedication of the Dayton bicycle repair shop and Wright family home in Greenfield Village, Dearborn. 



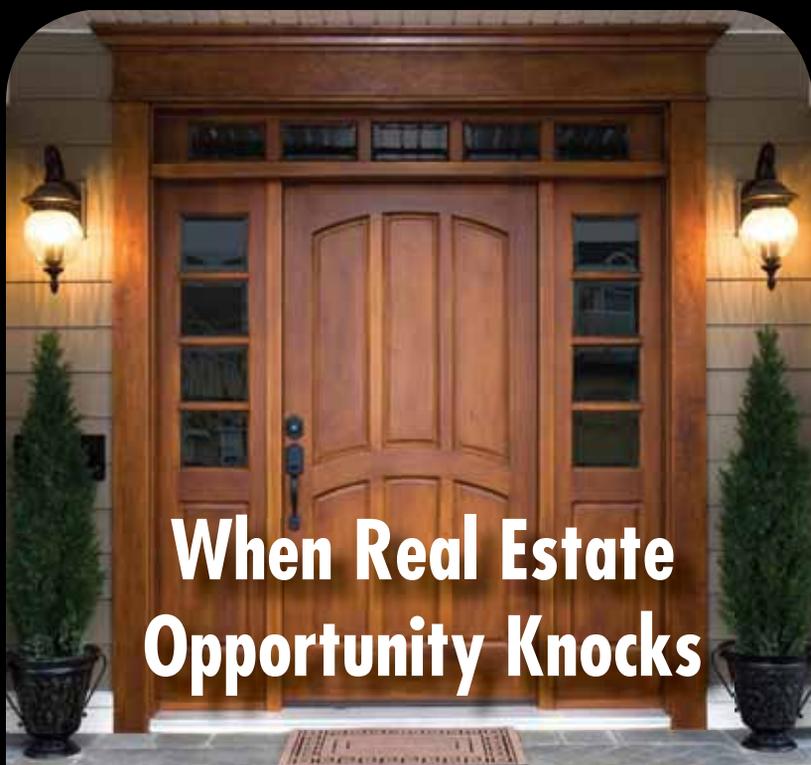
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Photos by Donald Schulte Photography

**By Chris Waldmeir**

*A*s Grosse Pointers' appetite for sushi has grown, so has Joel Radu's popular restaurant, Blufin Sushi Bar.

In fact, Radu's dream establishment went through a complete renovation, doubling the interior space, adding a full bar as well as an outdoor dining area along with renovated restrooms and rear entrance. Radu capitalized on an opportunity that he hopes Pointers will appreciate and enjoy.

"The community kept asking us to expand, and their continued patronage supported the idea that it was time to grow," says Radu. "We wanted to give our customers a relaxed, comfortable setting that would allow them to enjoy their time here."

Radu, 41, had always dreamed of

owning his own restaurant, something he finally saw come to fruition in 2010 when Blufin Sushi Bar first opened. "I always wanted to get into this business," says Radu. "I've had a passion for food for a very long time."

An entrepreneur at heart, Radu started a property maintenance business when he was 21 years old and in 2010, after 15 years in business, was able to sell a portion of his company and use the proceeds to finance his dream. "It's been quite a learning experience," Radu admits, "but I've enjoyed every part of it."

Sticking with the popular trend of using reclaimed materials to create a rustic, warm feeling, the remodel utilized items such as discarded bricks from old Detroit buildings to create the

newly added bar and wood paneling that came from a 150-year-old barn in South Lyon to cover the walls and ceiling.

From grilled salmon to lamb chops to burgers and sliders, Blufin offers far more than what most expect to find in a sushi bar. With a full menu of food and beverages to accompany the vast sushi menu, Blufin also offers a gourmet Sunday brunch.

"We're so much more than just a sushi restaurant and we wanted the ambiance to reflect that," says Radu. "It's awesome to see the community support our business, I can't thank them enough."

Radu lives in Grosse Pointe Farms with his wife, Kathlyn, and their three children, Jackson, 12, Stella, 8, and Sonny, 5. [P](#)



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**Butterfly Bench Auction** Sept. 7 @ Grosse Pointe War Memorial Photos by Christine M.J. Hathaway



**Brian and Yvette Hershey, Kristin and K.C. Ross**



**Carolyn Dall, Jeanne Lizza, Ginny and Dan Lezotte**



**Chuck Donaldson, Theresa Spalding and Kirk Garey**



**Jenny Boettcher, Bob DuMouchelle and Mary Jo Harris**



**Jon Stasevich, Rosann Kovalcik and Zach Robert**



**Rob and Julie Wesley, Katie Taylor and Dan Kerstetter**

**Clambake for the Cottage** Sept. 12 @ Edsel & Eleanor Ford House Photos by Christine M.J. Hathaway



**Angela Aufdemberge, Ophelia Perdu and Christina Pitts**



**Bob Riney and Capt. Ed O'Malley**



**Howard and Susan Buhl and Tom Buda**



**Mary Alice Annetharico and Bob Simpson**



**Melisa McEnroe, Tina Craparotta and Maggie Vyletel**



**Randy Podeszwik, Fernando Melandez and Mike and Erin Roberts**

**Paddle Around Lower Michigan** Aug. 28 @ Farms Pier Park

Photos by Andrew Dieterich



**Greg Barton and Nick Murray**



**Brian LeFevre and Ulli Sherer**



**Joel Brammeier and James Dagg**



**John Locy, Kim Schulte, Cliff Alfiche and Walt Kirchhoff**



**Alex Davila, Missy Campau, Mallory Schieman and Sarah Martin**



**Steve Plaisted, Billy Bellinger and Charlie Larnard**

**Park Foundation** Sept. 24 @ Patterson Park

Photos by Carrie Hall



**Shery Cotton and Barb Detwiler**



**Eric Fox, Deacon Tom Nguyen and Jaci Fox**



**Dan and Maureen Follis Jr. and Nancy and Tony Tewes**



**Kimberly Burke and Jerry and Ann Rock**



**Tom and Diane Schoenith**



**Marty and Belinda Tibbits**

# Meet Naszreen

**Name** Naszreen Gibson

**City** Grosse Pointe Woods

**Occupation** Purveyor of Fine Tea



## The Rendezvous With Tea

The Rendezvous With Tea, at 20792 Mack Ave., north of Vernier, is synonymous with fine teas from the world's top growers. We currently stock over 350 loose and packaged teas, including rare teas. In addition, we carry tea ware, teapots, cups and saucers and tea gadgets in porcelain, glass and stainless steel.

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My teas are named for places and people I love!

We conduct monthly educational tea tastings (by reservation only) and include cake infused with tea.

### What was your first job?

A start up...to purchase and equip a hair salon and nail studio

### Why did you want to become the owner of a fine tea shop?

A 16-year dream to introduce people to the world of tea

### What is the best advice you've received?

My father always said, "Treat people well on your way up the ladder of success, one day you will meet them on your way down!" RESPECT and INTEGRITY above all.

### What is the best or most memorable feedback you've ever received?

When a major Michigan tea distributor visited and said, "There's nothing like this shop in Michigan."

### Tell us something about you that most people don't know.

I survived ovarian cancer and learned that when God gives you a second chance, grab with both hands and do good. I talk tea and its benefits.

### What is your most often used phrase?

So, what to do! A wonderful Malaysian phrase.

### What is your favorite thing to do outside of work?

Shop!

### If you weren't a purveyor of fine tea what would you be?

The managing director of an energy saving company in Malaysia.

### Words to live by?

My personal motto: It's never about one, but for the good of all.

## About Naszreen

Naszreen is from Sri Lanka, home of Ceylon Tea. She and husband Bernie Vincent and their two children, Kareem Benjamin, 24, and Sabrinne Helen, 22, are considered a multi-cultural family with third culture kids (the children having grown up outside their parents' culture(s) for a significant part of their developmental years).

Having always lived in a hot/humid climate, people warned Naszreen of the Michigan winters. Her response, "Wow, I love it, I am in the tundra now!"

When time permits, Naszreen enjoys watching swim and track meets, reading, Detroit history and lately U.S. politics.

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# pets

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



## Lincoln & London

Lincoln and London are 2- and 3-year-old Whippets. They love chasing squirrels, going for walks, lure coursing, running at the track while Mom exercises there, cuddling all day long and receiving treats! They recently moved to the Woods with their mom, Amy.



## Buddy

Buddy was adopted from the GPAAS in March 2015. He is a 4-year-old who loves to cuddle, go for walks, bark at squirrels and go boating!



## Samson

Samson is 7 years old and loves walking down Lake Shore, playing with other dogs, visiting people and eating. He also enjoys sleeping in the Russell family's bed. They even bought a new bed so he would fit!



## Annie & Pippi

Annie and Pippi, two sweet girls make their home with the Edelstein family in Grosse Pointe Park.



## Luigi

Luigi is a 4-year-old Shih-pookie who lives with the Walsh family in the Woods. He loves family walks, tummy rubs, car rides, playing with his favorite toy "Pig" and protecting his yard from sinister squirrels and wascally rabbits.



## Lucy

Lucy, a 10-year-old Goldendoodle, was born in Ontario, but is a lifelong Grosse Pointer with the Stapleton family. She does her job faithfully; barking at passersby, always ready for her walks, chasing squirrels, car rides, greeting visitors by sitting on their feet so she can be petted and just being the best dog in the world!

# Dental disease in dogs, cats

By Dr. Nancy Pillsbury

Just like humans, routine dental care is very important in dogs and cats. While we sometimes think bad breath in our pets is normal, it can signify periodontal disease. Some signs to look for to indicate your pet may have a problem with the teeth include:



1. Halitosis (bad breath)
2. Red or swollen gums, or discharge around the area where the teeth meet the gums
3. Thick tartar buildup or missing teeth
4. Trouble eating, decreased appetite, or weight loss

If you notice any of the above, you should have your pet seen by your veterinarian to evaluate the teeth and gums as a professional dental cleaning may be needed. The cleaning is generally done under anesthesia, and in some cases dental extractions may be necessary. Leaving dental issues untreated can be dangerous as infection from the teeth and gums can spread to other organs, such as the heart, liver, and kidneys, causing life-threatening conditions.

Once the teeth are cleaned, preventive measures can be taken to help keep the mouth healthy. Sometimes it takes a while for your pet to get used to it, but brushing the teeth at home with special pet products can help reduce and prevent plaque buildup. There are also chew treats that can help prevent buildup: be sure to check with your veterinarian on their recommendations for these products.

Our pets will appreciate us helping them to start the New Year off right with cleaner teeth, healthy gums, and fresher smelling breath!

*Dr. Nancy Pillsbury is a 1993 graduate of Michigan State University. She joined Harper Woods Veterinary Hospital in 2011.*

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# SOC goes to the dogs (and cats)



Photos by Deb Miller

By Beth Newhart

Grosse Pointe Animal Adoption Society has been helping animals in the Pointes find homes for nearly 20 years, but their adoption fairs have been continuously hampered by development.

Each of their previous locations – the former Children’s Home of Detroit in the Woods, the old Neighborhood Club in the City and Camp Bow Wow in St. Clair Shores – have all closed or remodeled, leaving GPAAS without space to show their dogs and cats. But that changed in the fall, when Services for Older Citizens entered the picture.

“It seemed so logical,” says David Dieter, executive director of SOC, who has an adopted pet of his own. “Our mission is to protect and keep people in their homes. It’s a very symbiotic relationship.”

Every other Saturday, Corinne

Martin, founder and president of GPAAS, with her brigade of volunteers, sets up to show 20 to 25 dogs and 10 to 15 cats. The events start at 12 p.m., with smaller dogs available until 1:30 p.m. Larger dogs are brought in afterward. Adoptions may even be finalized there, once an application is filled out and an interview is conducted.

At one recent fair, Archie, an apricot poodle/shitzu mix, happily greeted people as they walked through the door. He was trying his best to prance and dance into someone’s heart.

People live longer, healthier lives when they have a pet, Dieter says, and the fairs can help facilitate those connections. He also says that some people come to the fairs just to pet the animals. Maybe they can’t have a pet at home, but the small need is fulfilled

every other week.

“There is a deep, spiritual engagement,” he says. “Both [the animal and person] need it.”

With 120 animals to place, Martin has her work cut out for her. But the work has its rewards. She is most touched by those who adopt an older or impaired animal in need of special or medical care. Other cases get her attention as well.

“The ones that are great for me are the older people who get a pet to be a companion,” she says.

With her new home at SOC, she’s bound to see more of those companionships formed. [P](#)

**Top left and center, SOC members and GPAAS volunteers partner up; top right, Allan Ullery, GPAAS volunteer, and Blue Girl**

# Happy New Year!

By Lina Bowman

The exciting holiday (and shopping!) season is now over, and it's time to get organized and plan for the New Year. With Valentine's Day approaching, let's think of a different gift we can give our loved ones: peace of mind.



Getting organized is the key. This means knowing where your accounts are and that your money is diversified, not only in terms of asset allocation, account allocation, but also tax-diversified.

Getting your financial life in order also means protecting and preserving your wealth from market volatility and other risks as well as having your beneficiaries updated. It's putting together a distribution or income plan to help give you the income you need now, and especially after retirement and in case of emergencies.

This can reduce stress to you and your loved ones if you experience a health or disability event. Most importantly, being able to communicate what you have and where it's all located is essential.

Being prepared and getting organized is easy if you have the right resources. Working with a financial adviser that has a holistic approach to wealth management can guide you to help you achieve your goals for a prosperous New Year.

Lina Bowman is a financial adviser in Grosse Pointe. She can be reached at (313) 343-0800 or Lina@BowmanAsset.com.

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### Hot Reads For Cold Nights Winter Reading Book Club

If you enjoy reading, sign up for our Winter Reading Program for Adults.

It is easy & fun. Visit your branch library in January and check out books. Win weekly prizes and a grand prize of a "Reader's Bag of Good Things".



### Annual Preschool Fair

Choosing a preschool can be a daunting task, and the GPPL is here to help! This is one-stop shopping for parents looking for the perfect preschool fit for their families. Children welcome.



**February 3—6:00pm—Woods Branch**

### CELEBRATE THE MAGIC OF MOVIES

Remember the good old days of Creature Feature hour and all those wacky movies? Come see them Saturdays at 2:00 p.m.

at the Ewald Branch on the big screen.

January 9— Creature From The Black Lagoon

January 23— The Beast From 20,000 Fathoms

February 6— Tarantula

February 20— King Kong vs. Godzilla



## 13 WEDNESDAY

- The Family Center's Play Central in the gym at Barnes Early Childhood Center, where parents, grandparents and caregivers play with their children while socializing with other families in an open indoor play setting, \$5 per family, for dates and times, plus a Free Visit Coupon, visit familycenterweb.org, every Wednesday and Thursday through May, 9-10 a.m.
- The Family Center presents Healing After Loss in Miller Hall at Christ Church of Grosse Pointe with Marla Ruhana, LMSW, CSW, register online at familycenterweb.org or call (313) 432-3832, free, 7 p.m.

## 17 SUNDAY

- Grosse Pointe Chamber Music at the War Memorial, \$14, 2:30-5 p.m.
- Grosse Pointe Theatre presents "Chess: The Musical" in the Grosse Pointe War Memorial Theater, 2 p.m., also 8 p.m. on Jan. 21-23, 28-30 and 2 p.m. on Jan. 24

## 19 TUESDAY

- Grosse Pointe Chamber Business After Hours at First Merit Bank, 5:30-7 p.m.

## 22 FRIDAY

- Grosse Pointe Garden Center Annual Meeting and Luncheon, Highlights of the 2015 Garden Tour by Mil Hurley at the War Memorial, lunch by reservation only, free admission to meeting and presentation, reservations required by Jan. 19 at (313) 881-7511, ext. 206, luncheon at 12 p.m., meeting and presentation at 1 p.m.

## 23 SATURDAY

- Health Wellness Expo at the Neighborhood Club, free and open to the public, 10 a.m. - 1 p.m.
- Grosse Pointe Animal Adoption Society Adoption Day at SOC, 12-3 p.m.

## 28 THURSDAY

- Grosse Pointe Chamber of Commerce Annual Dinner and Pointer of Distinction Awards at Grosse Pointe

Yacht Club, 5:30-8 p.m.

## 30 SATURDAY

- Neff Park Annual Winter Fest, 1 p.m.

# February

## 04 THURSDAY

- Power of the Heart: Mingling, Movie and Munchies, presented by Beaumont Health at Grosse Pointe War Memorial, free, 6-11 p.m.

## 05 FRIDAY

- Trombly Grade School Green House Preservation Fundraiser: Casino Night

## 06 SATURDAY

- Winterfest on the Hill, 11 a.m. - 3 p.m.
- Behind the Scenes Tour at the Ford House, reservations required, \$13 per member, \$15 per non-member, \$22 for BTS Tour combined with House Tour, 1-2:30 p.m., if combining with House Tour, arrive by 11:45 a.m.
- Chilly Fest at Windmill Pointe Park, 12-4 p.m.
- Grosse Pointe Animal Adoption Society Adoption Day at SOC, 12-3 p.m.

## 07 SUNDAY

- Grosse Pointe Chamber Music at the War Memorial, \$14 at the door, 2:30-5 p.m.

## 08 MONDAY

- Daddy/Daughter Date Night at Windmill Pointe Park, \$12 for two, \$6 per additional child, watch "Inside Out," includes popcorn and beverage as well as a special photo of the two of you, ages 5 and up, 6 p.m.

## 09 TUESDAY

- Grosse Pointe Chamber Business Before Hours at Breckel's Massage Therapy, 8-9 a.m.

## 10 WEDNESDAY

- Mother/Son Date Night, at Windmill Pointe Park, \$12 for two, \$6 per

additional child, watch "Big Hero 6," includes popcorn and beverage as well as a special photo of the two of you, ages 5 and up, 6 p.m.

## 11 THURSDAY

- Friends of the Grosse Pointe Public Library Book Sale, Members-Only Day, in the Ewald Program Room, 11 a.m. - 8 p.m.
- The Family Center Meet & Greet at Assumption Cultural Center, A Gathering for School, Mental Health and Other Professionals Working with Youth, Adults and Family, register online at familycenterweb.org or call (313) 432-3832, 9:30 a.m. - 12 p.m.
- "Highlights of the 2015 Philadelphia Flower Show" sponsored by the Grosse Pointe Garden Center, Bliss Clark and Richard Thomas share highlights at the War Memorial, free to members, \$5 per nonmember, reservations at (313) 881-7511, ext. 206, registration at 7 p.m., presentation at 7:30 p.m.

## 12 FRIDAY

- Friends of the Grosse Pointe Public Library Book Sale in the Ewald Program Room, 10 a.m. - 4 p.m.

## 13 SATURDAY

- Friends of the Grosse Pointe Public Library Book Sale in the Ewald Program Room, BAG DAY, \$5 per bag of anything left, 10 a.m. - 2 p.m.
- Behind the Scenes Tour at the Ford House, reservations required, \$13 per member, \$15 per non-member, \$22 for BTS Tour combined with House Tour, 1-2:30 p.m., if combining with House Tour, arrive by 11:45 a.m.
- Izzy's Second Saturdays at the Provencal-Weir House, make Valentine raspberry turnovers with fresh produce and powdered sugar, \$20 per member, \$25 per non-member, reservations must be made by Thursday, Feb. 11, ask for Izzy at (313) 884-7010, 1-3 p.m.
- Grosse Pointe Historical Society Open House and La Belle Country Store open at the Provencal-Weir House, 1-4 p.m.

# February

# Calendar

## 14 SUNDAY - Valentine's Day

- Michigan Opera Theatre Studio Valentine's Day Concert at the War Memorial, \$55 concert with dinner, \$25 concert only, 5:30-9 p.m.

## 18 THURSDAY

- Grosse Pointe Theatre presents "A Steady Rain" in the Grosse Pointe War Memorial Theater, 8 p.m., also at 8 p.m. on Feb. 19, 20, 25-27, and at 2 p.m. on Feb. 21, 28

## 20 SATURDAY

- Grosse Pointe Animal Adoption Society Adoption Day at SOC, 12-3 p.m.

## 21 SUNDAY

- Behind the Scenes Tour at the Ford House, reservations required, \$13 per member, \$15 per non-member, \$22 for

BTS Tour combined with House Tour, 1-2:30 p.m., if combining with House Tour, arrive by 11:45 a.m.

## 23 TUESDAY

- Grosse Pointe Chamber Business After Hours at Calico, 5:30-7 p.m.

## 25 THURSDAY

- The Family Center presents "Taking Care While Giving Care: Making Informed Decisions While Caring for Our Loved Ones" at Assumption Cultural Center, light food and refreshments, free, register online at familycenterweb.org or call (313) 432-3832, 5-8 p.m.
- Detroit in WWII with Gregory D. Sumner at the War Memorial, free, 6:30 p.m.

## 27 SATURDAY

- Behind the Scenes Tour at the Ford House, reservations required, \$13 per

member, \$15 per non-member, \$22 for BTS Tour combined with House Tour, 1-2:30 p.m., if combining with House Tour, arrive by 11:45 a.m.

- Our Lady Star of the Sea's annual auction, this year titled "Diamonds and Stars — Shining Bright for 60 Years," will take place at the Grosse Pointe Yacht Club. Tickets are \$90. For more information, go to [www.OLSOS-Auction.org](http://www.OLSOS-Auction.org).

### Start gathering your books ...

*Sneak preview from GP MI AAUW: Annual Used Book Sale May 17 – 21 at First English Evangelical Lutheran Church in Grosse Pointe Woods. Collection begins March 28. Visit [www.grossepointe-mi.AAUW.net](http://www.grossepointe-mi.AAUW.net) for details.*

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# 2 whiz kids at Olympic Trials

By Ted Everingham

Bora Gulari started windsurfing when he was 4. His dad gave him a golf umbrella to use as a sail when a suitable rig was not available. Bora graduated from the University of Michigan in 2001 with a degree in aerospace engineering. After sailing dinghies in college, he competed at the highest levels in the 49er and Melges 24 classes. He is a two-time world champion in the Moth, a high-tech foiling dinghy in which he set a speed record of 30.31 knots (nearly 35 mph) in 2009.



In 2015, Bora launched his campaign to represent the United States in the Nacra 17 Class in the 2016 Olympics in Rio de Janeiro. The Nacra 17 is a fast, high-tech catamaran that is difficult to sail well — and it requires a crew of two.

Enter Solvig Sayre, a Massachusetts native who also started sailing as a windsurfer...at the age of 3! She coached windsurfing for many summers. Solvig was a two-time member of the Inter-Collegiate Sailing Association All-Academic Sailing Team and the US Alternate to the 2012 Olympics in windsurfing.

Solvig set aside her own Olympic dreams to join Bora in his Narca 17 program to represent the United States in Rio later this year.

Bora and Solvig — Gulari Sayre Racing — are in Miami training for the Olympic Trials in January and February. They've sailed in a number of coaches regattas and won all but the first of them. They will compete in the 2016 ISAF World Cup in Miami in late January and the Nacra 17 Worlds in Clearwater in early February.

To follow Bora and Solvig on their Olympic journey, including pictures, go to [www.gularisayreracing.com](http://www.gularisayreracing.com).



Rotary of Grosse Pointe President Fred Ollison III, RI Director Jennifer Jones and past District 6400 Gov. Kim Towar  
Photo by John Minnis

## ROTARY INTERNATIONAL DIRECTOR PAYS A VISIT TO G.P. ROTARY

By John Minnis

Rotarians from nearly a dozen District 6400 clubs turned out to hear Rotary International Director Jennifer Jones address the Dec. 14 luncheon meeting of Rotary of Grosse Pointe at the War Memorial.

“It’s kind of like being on the board of directors of an extremely large global corporation,” says Kim Towar, past district governor and past president of Grosse Pointe Rotary, while introducing the speaker. “To get a sense of the enormity, she is one of 17 directors on the Rotary International board. She represents the upper third of the United States and Canada.”

Towar says she met Jones more than a decade ago and “fell in love with her instantly.” It was Jones who inspired Towar to run for district governor. Jones is president and CEO of Media Street Productions in Windsor. “She has spoken all over the world — St. Petersburg (Russia); Bangkok; Australia, Germany — and Grosse Pointe!”

*Ted Everingham’s “Great Lakes Log” can be seen 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. For broadcast times, click on the WMTV page of [www.warmemorial.org](http://www.warmemorial.org) or check the WMTV listings in the Grosse Pointe News.*

“My best friends are Rotarians,” says Jones, who goes on to talk about the “branding” of Rotary and the work Rotary International is doing to re-brand Rotary and to explain “who we are and what we do and why does it matter.”

She points out that RI’s research has shown that four in 10 people never hear of Rotary, four in 10 maybe heard something about Rotary, and only two in 10 know about Rotary.

“For those of us who live and breathe Rotary, that is startling,” Jones says. “The reality is that when we tell people stories about what we’re doing, they want to join us.”

Referring to the number of Rotarians worldwide, Jones says the power of Rotary is one times 1.2 billion.

“We’re all about connectivity,” she says. “That connectivity allows us to work together to accomplish things all over the world. If one Rotarian can change a community, then 1.2 billion can change the world. ... We have our own community, but we have the ability to scale it up globally.”

Alluding to Rotary’s motto, “Service Above Self,” Jones concludes with a quote from the late Rev. Dr. Martin Luther King Jr.:

“Everyone has the power for greatness, not for fame, but greatness, because greatness is determined by service.”

“What Rotary gives us,” Jones sums up, “is the gift of Rotary.”

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**Christmas time inside Tig C6il1, a pub in Galway, Ireland, where traditional music, community and craic (Irish witty, friendly conversation) are alive and well.**

Photo by Lauren McGregor

## A European Edit

*Pointe Magazine's assistant editor on her time abroad*

**By Lauren McGregor**

Much time has passed and countless memories have been made since my last travel piece. But, perhaps predictably, the holiday season, spent between Galway, London and the Cotswolds, was the most memorable.

While in Galway, news of attacks on Beirut, Paris and Baghdad reached us. At first filled with fear and grief, our experiences following the around-the-clock updates on a tragedy a couple hours' plane ride away brought us incredible peace, impregnable hope. One moment in particular will stick with me forever.

My husband, Corey, and I met a good friend in London for the day. He invited us to attend a Salvation Army carol service at St. Martin-in-the-Fields, followed by a procession to the

middle of Trafalgar Square where the Blessing of the Crib would take place.

A modest crowd at first rapidly quadrupled in size. Folks of all nationalities and ages pressed together in the famous square and sang in a hauntingly quiet tone "Silent Night."

I would be remiss to say my mind didn't turn to the chance of some attack taking place. But the joy and the light and the hope on the faces surrounding us, gathered in so open a spot just days after the Paris attacks, filled me with a sense of wellbeing I'd scarcely experienced those couple of weeks.

It's easy to focus on the major events that occurred over the last few months, to let them, and the nerve-racking increase in security measures, define some of our time abroad, but

I endeavored to recall the countless sweet moments that made up each day.

From neighbors we'd never met dropping off a box of cookies on Christmas Day to the great number of donation collectors and charity events we've run into in England, I have been struck and moved by the goodness of those we've encountered.

Because it was not true for all, I was profoundly grateful to spend this holiday season in a safe place where the weekly newspaper's front page reads, "Community Efforts Help Tree to Sparkle." Our fortunate reality, in which we spent Dec. 25 watching *It's A Wonderful Life* with full bellies next to a roaring fire, was startlingly magnified this year.

"*All is calm, all is bright.*" I hope as much was true for your holiday season.



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