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- 2) **Tomato Basil Penne or Alfredo Penne:** Served with green beans. **\$35**
- 3) **Classic Meatloaf Dinner:** Mashed potatoes, green beans, gravy. **\$60**
- 4) **Salmon Entree Dinner:** Oven roasted served with organic rice blend, green beans, tomato lemon butter sauce. **\$90**
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All dinners come with house bread, large garden salad with vinaigrette dressing, tomato, cucumber, red onion, blue cheese crumbles.

-Big Salads for Dinner- Feeds 8-10

- 1) **Chopped Salad** - Garbanzo beans, smoked bacon, red onion, hard cooked egg, tomato, blue cheese. Dressed with classic Hudson dressing. **\$30**
- 2) **Vegetable Grain Salad** - Mixed greens, grains, tomato, parsley, roasted cauliflower, garbanzo beans, baby kale, goat cheese, balsamic dressing. **\$30**
- 3) **Caesar Salad** - Romain greens, house Caesar dressing, parmesan, roasted red peppers, croutons. **\$25**

Add chicken to any large salad **\$20**

Add Beef Tips to any large salad **\$40** Add Shrimp to any large salad **\$50**

All for pickup only by 5pm end of day. Cut off for family dinner orders will be 3pm.

INDIVIDUAL LUNCHES & DINNERS

Soup/Salads

Smoked Tomato - \$5.00 Soup du Jour - \$5.00

Caesar Salad - \$9.00

Organic Garden Salad - \$9.00

Vinaigrette or creamy buttermilk dressing

Chop Salad - \$13.00

Garbanzo beans, smoked bacon, red onion, cucumber, egg, tomato, bleu cheese, tear drop peppers, Hudson dressing

Add Protein to Any Salad

Add Prime Sirloin - \$10.00 Add Chicken - \$6.00

Add Salmon - \$12.00 Add Shrimp - \$9.00

Sandwiches

Steak Burger - \$12.50

Served on a brioche bun with lettuce, tomato, onion & French fries

Southern Chicken Sandwich - \$13.50

Marinated breast, crispy fried, seasoned mayonnaise, lettuce, tomato, house sweet and spicy pickles, served on a brioche bun with French fries

Turkey Club Sandwich - \$11.50

Served with lettuce, tomato, bacon, mayonnaise & French fries

Grilled Cheese Sandwich - \$9.50

Served on white toast with a cup of tomato soup

Reuben Sandwich - \$12.00

Served on rye toast with swiss cheese, grandmas sauerkraut & French fries

Entrees

All entrees are served with a choice of soup or salad

Salmon Filet - \$22.00

Served with mixed grains, vegetables & butter sauce

Filet Mignon - \$24.00

Served with mashed potatoes, vegetables & mushroom gravy

Chicken Marsala - \$22.00

Served with mashed potatoes, vegetables & marsala mushroom sauce

Penne Pasta - \$11.50

Served with red or white sauce

Add Prime Sirloin - \$10.00 Add Chicken - \$6.00



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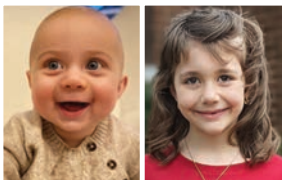


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On the cover



The cover photo, by Lauren McGregor, was taken on Lake Shore Rd. at sunrise on a frosty winter morning.

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 gift card to a local restaurant. Participants **MUST** wait for the question to be posted by Pointe Magazine. Good luck! (Last issue: Grosse Pointe Woods City Hall)

To find us on Facebook, search “Grosse Pointe Magazine”

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John Minnis
Publisher

POINTE MAGAZINE



Lauren McGregor
Editor

Happy New Year!

While reading Editor Lauren’s adjacent column about interviewing and writing about “seniors” for our January-February issue of *Pointe Magazine*, it occurred to me that this magazine is about me, a senior.

Until now, I have never considered myself a “senior.” True, I am 65 and on Medicare. In June, when I am 66 and 2 months old, I can start collecting my full Social Security. Still, I don’t feel “old” or like a “senior.”

My former journalism mentor, Wilbur Elston, was forced to retire from *The Detroit News* as editorial page editor at age 65. Forced retirement was the rule back then. I remember him being angry having to retire at such a “young age.” He had plenty of work left in him. In fact, he would go on to become editorial page editor for the *Grosse Pointe News* for another 15 years or so until his health forced him to stop writing.

I hope to follow my mentor’s example and continue to work and write as long as I am able. Work keeps the mind active and adds to one’s self-worth.

When not working, though, I like to be out on the golf course. I am not a good golfer, but I do enjoy being outdoors with a lush expanse of green before me. For me, golf is not “a good walk spoiled.”

Of course, the pandemic has put a damper on work, golf and, well, life. With vaccines being dispersed, there is hope that this will end, if not soon, this year. We usually start planning our Spring Training trip to Lakeland, Fla., about now, but we fear vaccines will not be far enough along to allow that.

In the meantime, we hope and pray that things will open up soon. Especially during these times, be sure to “safely” patronize our many local restaurants and businesses, without whom this magazine would not be possible and our community would not be so lovely.

Hope to “see you around the Pointe” soon. Happy New Year! ☺

John

Our January-February issue highlights senior living and New Year’s resolutions. In that vein, I interviewed Jim Kampschroer about his remarkable life and the ways in which he continues to thrive as a senior in a pandemic.

There was a number of interesting details that, for lack of space, I didn’t include in the article. For one, when he “retired” and decided to start an FM radio station in California, he built “a shack on the side of a mountain” with two 25 kilowatt generators. He then controlled the shack’s operations remotely, from the radio station studio.

His description of starting, running and ultimately selling a radio station, all in retirement, were not only head spinning, but extremely inspiring. As someone who has watched the last year fly by in a haze of bad news, recording Jim’s action plan after action plan startled me to waking — and action.

Today, he spends his time with family, piloting a flight simulator in his basement, chatting with friends on Zoom and as a technology instructor at The Helm. Jim was also one of the many over the course of this year who has stressed the benefit of seniors’ technological literacy.

Shortly after my interview with Jim, I spoke with Allie Short, case coordinator at The Helm. She echoed Jim’s advice for seniors to stay connected by any means possible this winter and recommended Zoom (or a similar platform) for video chatting. If video chatting is not an option, she says, then picking up the telephone is a must.

As part of my own New Year’s resolution, I plan to defy my tendency toward introversion and make a point to reach out to friends and family of all ages throughout these two months. If there are any seniors reading this who are looking for assistance installing and using Zoom on their devices, please contact The Helm at (313) 882-9600.

Staring at the calendar from this place, Dec. 26, the quarantined winter looks long. But, as Elizabeth Ann Atkins reminded me during our chat about meditation during trying times — at the end of the Spanish Flu came The Roaring Twenties! More than ever, Happy New Year! ☺

Lauren

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Meet Dorothy



Name Dorothy Trefzer

Age 78

City Grosse Pointe Woods

Occupation before retirement

Admission Coordinator,
Hospices of Henry Ford

Dorothy's Favorites

Season

Fall

Book

True crime and historical fiction

Movie

Show Boat, Titanic

Food

Steak, pizza

Restaurant

Trattoria Serventi

Vacation

Washington, D.C., Williamsburg,
Philadelphia on the Fourth of July

Musical Artist

Josh Groban

Activity

Scrapbooking

What was your first job?

I worked at my father's marina on the Clinton River.

What is one thing you miss about being a kid?

Waterskiing, iceboating, and swimming at Grosse Pointe City park

What is the best trip you've ever taken?

A road trip to California in Chet Sampson's caravan of station wagons in 1959

What was the most historic day in your life?

JFK's assassination in 1963

What accomplishment makes you proudest?

Becoming a mom and having successful children

What is one thing most people don't know about you?

I am an only child.

Are you a collector of anything?

Lighthouses, antiques and scrapbooking supplies

Words to live by?

"Life isn't about waiting for the storm to pass ... It's about learning to dance in the rain." - Vivian Greene

About Dorothy

Dorothy has lived in Grosse Pointe her entire life — and has even called each of the five communities home. Most recently, she and husband Tom downsized from a house in Grosse Pointe Park to one in the Woods.

"We have a blended family," she says, of her and Tom's combined six children, 11 grandchildren and two great grandchildren.

She attended Michigan State University and loved volunteering as a costume mom for the Grosse Pointe South Choir. She shortens and lengthens pants and sleeves and embellishes clothing. "My favorite is sewing rhinestones on costumes."

In her free time, Dorothy enjoys sewing, scrapbooking, reading, cross stitching and gardening. She is especially fond of dogs and wishes she could adopt more. Her dog Tessa was adopted from Grosse Pointe Animal Adoption Society.

Winter months, indoor activities

By Jonathan Boos

Most people get excited for the first snowfall of the season. However, the excitement is short-lived when we realize the next several months will be cold and dreary, thus, severely limiting the amount of time spent outside and/or socializing with others.



Unfortunately, the elderly are among the most affected by this time of year, often causing emotional distress, physical fatigue and debilitating isolation.

The good news is countless indoor activities are available to beat the winter blues. Some of the best are:

Cooking — Cooking can be relaxing and rewarding. It also involves reading recipes, following directions, watching timers, etc. This is great stimulation for the brain and helps with cognitive decline and memory loss.

Knitting — Whether you're an old pro or just learning, knitting is a fantastic way to spend a cold winter's day.

Video Chat — Over the last year, video chatting has become the norm for many people. Although it can't replace face-to-face contact, it does combat feelings of isolation and loneliness.

If you need extra help during these long winter months, many families turn to home care providers. Nursing Unlimited can assist with basic activities of daily living, meal preparation, medication reminders and light housework. We can also run errands, drive to appointments and even help set up that weekly video chat!

For more information on our services, please contact Nursing Unlimited at (586) 285-0300 or visit our website at nursingunlimitedonline.com. Article provided by Jonathan Boos, Director of Business Development for Nursing Unlimited, Inc.

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The Helm knits



for Knit Michigan

By Lauren McGregor

The Helm was looking for a knitting teacher,” says Patty Matheson of Grosse Pointe Park. She decided to apply for the volunteer position. “I went in to meet Susan (Kopf) and she immediately hugged me.” Since then, the place has felt like home.

Matheson has a long history with knitting. She took up the hobby as a young mom of three sons, eventually working in two knitting shops. For the past seven years, Matheson has worked at The Wool & the Floss in Grosse Pointe.

As new group facilitator in 2014, Matheson got to work organizing a knitting group that not only bonded over a shared love of the craft, but also donated pieces to area charities. Today, the knitting group donates all pieces to Knit Michigan.

“It helps to make a difficult situation more comfortable,” she says of the donations. The group knits and crochets chemotherapy caps, shawls and blankets.

“When a member finishes their knitted or crocheted comfort items, I take them to Knit Michigan’s knitting shop in Lake Orion,” says Matheson. “Knit Michigan distributes the pieces to cancer centers all over the state.”

Recipients are any individuals whose lives have been touched by cancer. “We primarily think ‘patient,’ but it can be a family member or caregiver who receives one of the pieces,” says Matheson.

This is an especially touching detail to knitting group member Audrey Lawrie of Grosse Pointe Woods.

“My daughter, Gretchen, was diagnosed with breast cancer. One day, I was with her during her treatment and I saw a basket full of hats. That’s when I realized the importance of our knitting,” she says.

“Knit Michigan is a huge supporter of those battling breast cancer,” says Matheson. The organization distributes not only chemotherapy caps and lap blankets, but also ‘Knitted Knockers,’ which fill the bras

of survivors who choose not to have breast reconstruction surgery.

The group finds great joy in helping others and in socializing together. Though no longer offering lessons, Matheson has built a dedicated circle of 10 to 12 women who meet weekly at The Helm to knit, crochet and “talk knit.” She invites other knitters and crocheters to join when in-person meetings resume, hopefully later this year.

“We have celebrated birthdays,” says Matheson, of the group’s camaraderie. “Erika, one of the original members, invites people over for a potluck at Christmas. She also hosts us in her beautiful backyard garden for knitting and crocheting once a summer.”

Even during quarantine, group members reached out by email.

“During the pandemic, Patty (Matheson) has kept in touch,” says Lawrie, a lifelong knitter. “And I have continued knitting for Knit Michigan.”

Group members primarily use their own stashes and funds to knit for



Knit Michigan. Anyone interested in contributing to the group’s funds can donate to The Helm and include a note that requests allocation to the knitting group.

For more information about The Helm’s knitting group, visit helmlife.org or call (313) 882-9600. To learn more about Knit Michigan, visit knitmichigan.org.

“I know I can speak on behalf of the group of friends when I say we are all looking forward to getting back together,” says Matheson. “To knit and crochet to help others.”

Top right, Audrey Lawrie’s knit tams; right, Lawrie’s knit caps with owl patterns



Above, left, a sample of The Helm knitting group’s contributions to Knit Michigan

Photos courtesy of Patty Matheson



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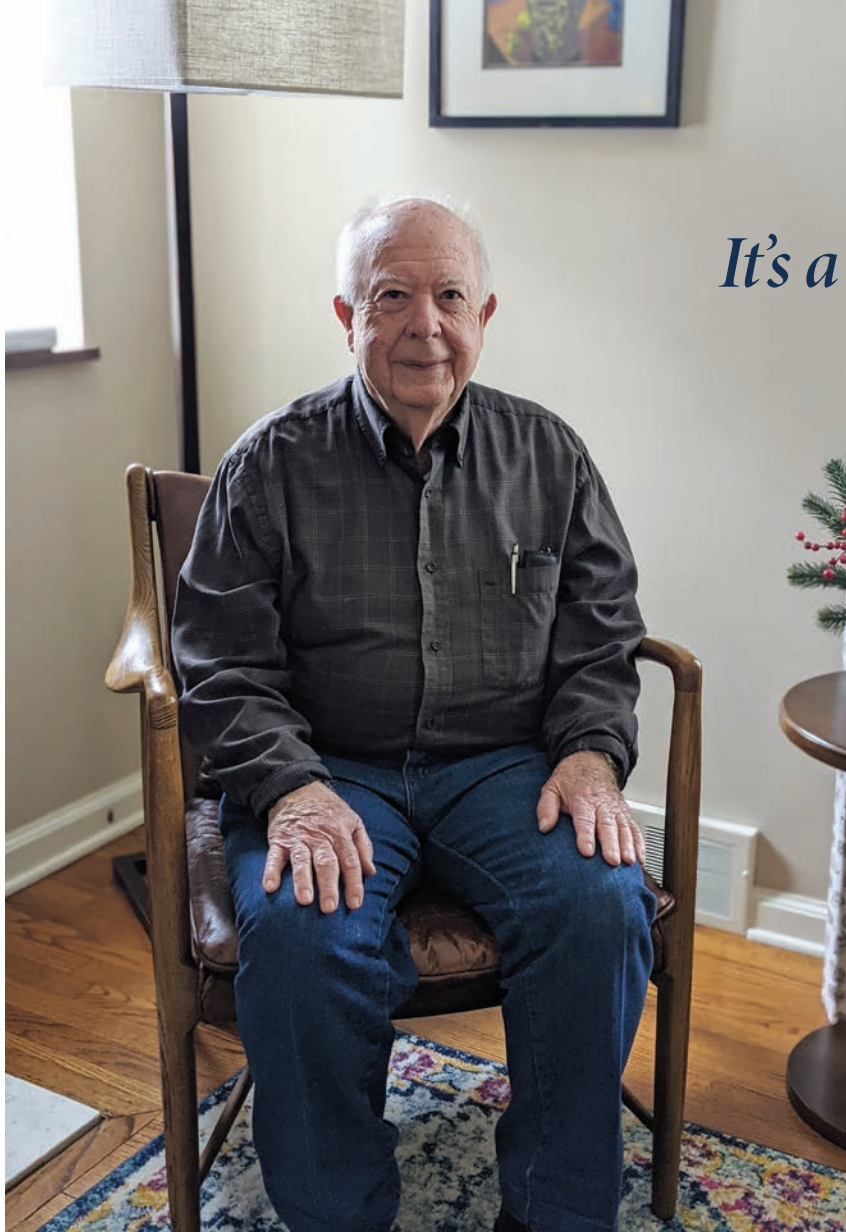


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It's a large world after all

Jim Kampschroer's journey
from space to Australia to Disney

By Lauren McGregor

*J*im Kampschroer's professional history is *almost* too extraordinary to believe.

Born and raised in Los Angeles, Kampschroer remained there until joining the Jet Propulsion Laboratory at 24. With this work, he moved to Australia and met his future wife, Rosemary, before returning to the United States.

At home, Kampschroer took his place at the heart of space exploration. He worked on the first Ranger spacecraft to visit the moon — a mission broadcasted on national television. Cameras filmed his work around the clock, something Kampschroer never got used to, he laughs.

Then in 1964, he served as track controller for the Mariner 4 spacecraft mission to Mars. The work only became more demanding.

"I monitored data coming in from deep space network tracking stations all over the world. Telling each station to send commands to the spacecraft," he says. "I watched it go around Mars. It was just amazing."

"But shepherding a spacecraft for eight months burns you out," he says. So Kampschroer and his wife returned to Australia following the Mars mission.

In Australia, he spent 12 years designing digital electronics, before returning to the U.S. in 1976. Jim, Rosemary and their two daughters, Lee Anne and Melissa, called San Fernando Valley home and Kampschroer went to

"I monitored data coming in from deep space network tracking stations all over the world. Telling each station to send commands to the spacecraft ... I watched it go around Mars. It was just amazing."



Left, Jim Kampschroer piloting with a flight simulator he built; below, the main flight simulator screen; bottom, the studio Kampschroer built for his granddaughter



work as a chief engineer for a television post production company.

When the company sold, Kampschroer moved on to one of the few roles as high profile as a member of a space mission — a Walt Disney Imagineer. Anyone who has been to the parks is likely familiar with his work.

“At Disney, I worked on special video effects for The Hollywood Tower Hotel (ride),” says Kampschroer.

His next venture was founding International Video Conversions, a company that converted videos from the European system to American and back. He sold the business in 2000 and retired the following year.

Anyone who thought retirement meant slowing down for Kampschroer was mistaken. “That’s when I built an FM radio station. KTEA Cambria CA went on air in 2003, playing oldies music. I sold it in 2012.”

Following his wife’s stroke in 2015,

the couple decided to move to Michigan to be near their daughters.

Today, the grandfather of three lives with his wife, daughter and granddaughter in Grosse Pointe Woods. The home reflects his fascinating life, containing a room of HAM radio equipment and home recording studio.

“My granddaughter, a Wayne State University student, works with my grandchild, a playwright in New York. They go online and she reads parts for him. I built a studio for her in the basement,” he says.

He also built a flight simulator at home. That’s when another detail slips out — Kampschroer also has a pilot’s license. But, he says, today he only takes to the virtual skies.

Before the pandemic, he spent a lot of time at The Helm, serving as

technology instructor. Kampschroer says he would enjoy lunch and then teach technology for about four hours. It’s a subject he not only spent a lifetime innovating, but one he insists all seniors should employ.

“Especially during the pandemic, technology is extraordinarily important for maintaining connection,” says Kampschroer. “On my own computer, I have four video conferencing platforms. My wife talks to her brother and sister in Australia.”

“The old guys from the TV industry had a club meeting last Wednesday afternoon to talk about the old days,” he adds. “We were busy watching the launch of a SpaceX rocket.” An unsurprising activity for an 83-year-old once at the helm of space exploration. 



still here for you, still adapting for you

*M*any community members are unsure of the status of their treasured institutions. While many organizations have halted operations since last spring, The Helm at the Boll Life Center has continued providing all of its essential services and adapted to remote learning and activities.

Take a look at the array of activities that have taken place since April 2020, shortly after the quarantine went into effect.

The Helm:

- Delivered Meals on Wheels to 85-90 people a week (approximately five meals to each client each week)
- Provided one-on-one Medicare counseling to more than 425 people by telephone over the last eight months
- Provided equipment from the Medical Loan Closet (no charge for equipment) to community members, totaling more than 704 items like wheelchairs, walkers, canes and

personal product supplies

- Answered questions about where to get assistance or more information about programs relevant to seniors
- Turned congregate lunches into carry-outs (to ensure seniors are getting healthy meals and avoiding stores). Since the beginning of April, The Helm has provided 3,721 carry-out lunches!
- Updated PAATS buses for safety and continued to provide rides to doctor appointments, chemotherapy and dialysis appointments, grocery shopping and other transportation needs
- Made countless wellness calls to seniors to check in on how they are doing and ask if they need assistance
- Updated the website at least monthly with new things to do, like social activities, learning opportunities and ways to stay physically and mentally fit
- Thanks to a special donation,

provided Thanksgiving meals to Meals on Wheels clients

- Thanks to community donations, prepared over 100 holiday gift bags to shut-in clients for home delivery in December

New this winter!

- Uploaded a video of seated fitness instruction to its website
- Created a YouTube channel for The Helm’s programs, classes and activities
- Expanded wellness calls and helped members access The Helm’s website and Zoom classes
- Reorganized the website to make it easier to find things to do

To take advantage of the services still available at The Helm, call (313) 882-9600 or visit helmlife.org.

On the website, find the latest edition of “The Helm Life Journal” and countless activities for thriving this winter. [☎](#)

Unmasking 'maskne'

By Dr. Meredith Price

Welcome to 2021! Although 2020 was a marathon of a year, the finish line is in view with a vaccine being deployed as I write this.

This is an exciting development, but we cannot abandon the efforts we have already undertaken, including social distancing and masking. These interventions are infinitely important, and as a dermatologist, my goal is to help address any skin issues that may arise from masking, so my patients can continue to comply with this important measure.



For my fellow healthcare workers, there are specific considerations regarding wearing advanced PPE; underlying dermatitis can flare, and even erosions can form. Among the general public, we are seeing a good amount of "maskne," a common term for acne flaring up under the mask. This can be due to increased heat, occlusion, and friction from the mask. It's not only acne that flares due to mask wearing; rosacea, seborrheic dermatitis, and perioral dermatitis can also flare due to these conditions.

Here are some tips to help minimize the flares:

- For acne, try an OTC wash. A simple 2 percent salicylic acid can be effective.
- Change and wash your mask daily (treat it like underwear!).

If your flare persists despite simple interventions, it's time to see your board-certified dermatologist.

Meredith Price MD FAAD leads Hamzavi Dermatology Grosse Pointe. Online at hamzaviderm.com, on Instagram @gpdermdoc.

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The Helm urges: *stay connected this winter*

By Lauren McGregor

Allie Short, case coordinator at The Helm at the Boll Life Center, is not only concerned about the risk of COVID-19 to seniors, but especially with the isolation and loneliness they may suffer this winter.

“Even before the pandemic, older adults were experiencing tremendous amounts of isolation and loneliness,” she says. “Now, we are looking at that increasing.”

She pleads with family members and caregivers to stay connected with the older adults in their lives.

“Sometimes the only family member or contact of an older adult doesn’t feel comfortable having that close connection with them because of the pandemic,” she says. “But there are some situations where older adults need their caregivers in order to survive.”

Her advice? “Mask up and do the best you can. My hope is that our community members and primary caregivers will be able to reach out more often, even if by phone.” Those who used to visit a family member once a week, she suggests calling

twice. The need for connection is greater than ever before.

Short says that Zoom is also an excellent way to stay in touch, even if an older adult is unfamiliar with the program. Instruction for using Zoom to video chat with loved ones is available through The Helm.

“I also urge the community to look out for their neighbors. Pay attention and reach out to them.”

The Helm is still performing many of its services, including Meals on Wheels. The only differences are that deliveries take place one day a week, instead of staggered, in order to limit possible exposure, and are socially distanced.

Short herself participates in check-in calls with older community members. She notes that there has been a definite increase in the request for these services since the pandemic began.

What does she want seniors in the community to know, who might be feeling isolated or lonely this winter and don’t know where to turn?

“We are here. The Helm is here. We want to be part of your life.”

She adds that The Helm can direct seniors to resources in accordance with their needs. “Please, reach out.”

For information, visit helmlife.org or call (313) 882-9600. [Facebook icon](https://www.facebook.com/helmlife)



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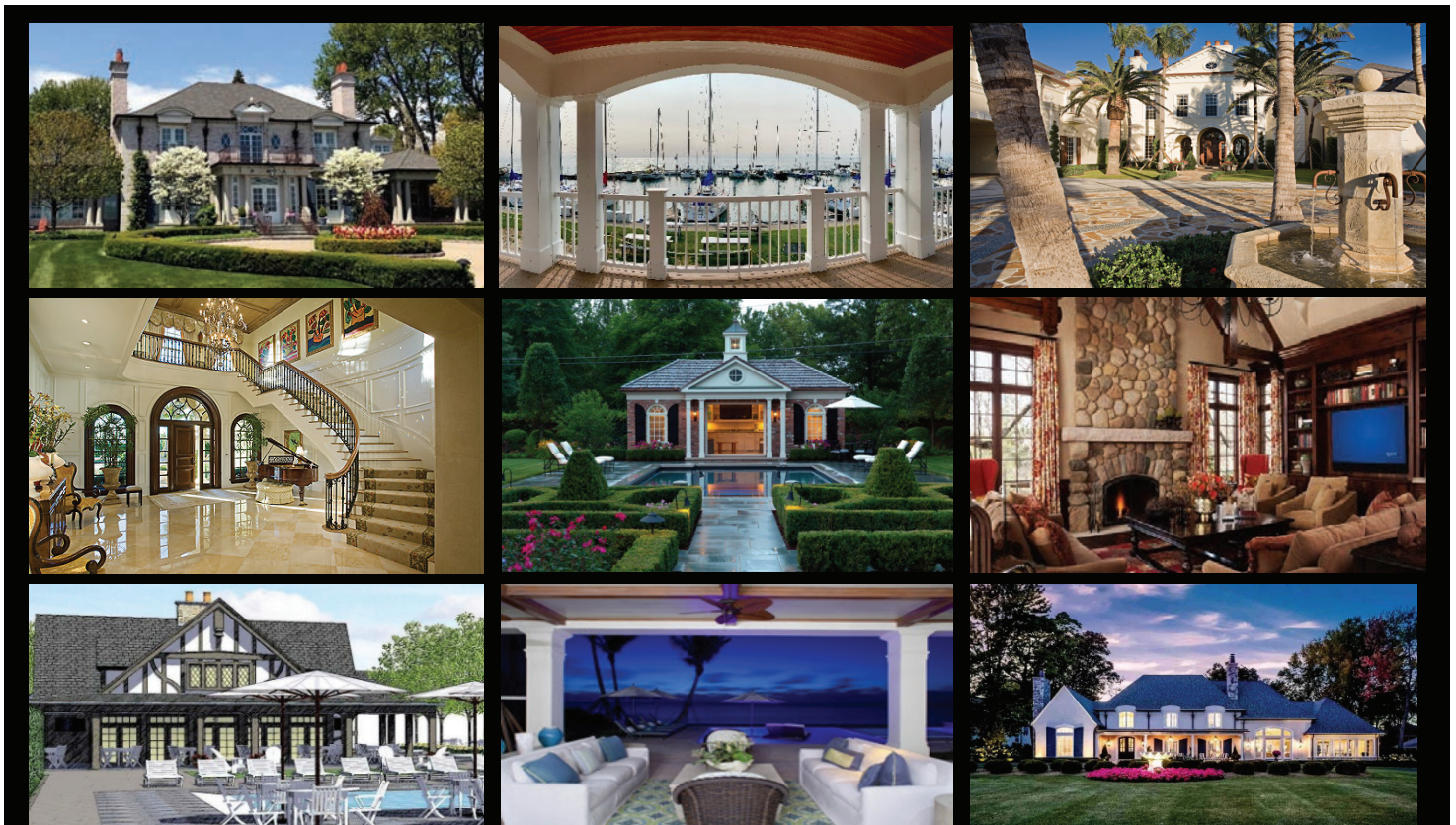
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Meditating to transform your life and the world

By Lauren McGregor

To Elizabeth Ann Atkins, meditation is not only the deepest form of self-care, but a way to heal the world.

“My daily meditation practice includes casting love and light to family, friends, clients and the world.” The Grosse Pointe Woods best-selling author and spiritual teacher wishes for all people: access to education, clean water, food, safety. The list goes on.

“I see it as my role in the collective. Teaching people to tap into the collective energy.”

Personally, it has diffused Atkins’s anxiety about staying safe during the pandemic. While she still takes every precaution, the meditation helps to make necessary activities — like grocery shopping — less anxiety inducing.

“Meditation is not a big, fancy thing,” she says. “It’s a way to retreat, go within, shut out the noise of the world. You can simply sit on the floor, close your eyes, breathe deeply, focus on your breath and set an intention.”

Atkins admits the practice can be challenging to start. “Once you get into a rhythm, you don’t want to leave it because it can be so transformative.”

The list of meditation’s benefits is endless: calmness, better sleep, boosted immune system, pain relief, heightened pleasure and mindfulness. “You are able to enjoy the moment, aware of little

things when regularly meditating.”

Atkins says that especially during the pandemic, people cannot let down their guard. “Meditation flexes your intuition muscle, your guidance system. When you ignore that internal guidance, something bad can happen.”


Atkins, who recently received an Intuitive Practitioner Certification, hosts a free weekly guided meditation Wednesdays at 8 p.m. on Zoom.

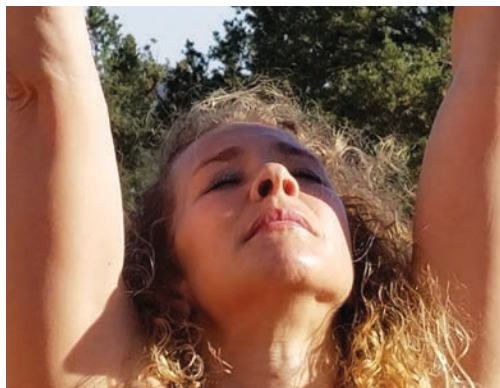
“I lead participants through a

The entire meditation is about 30 to 40 minutes.

“This pandemic is providing an opportunity for reflection about life,” she says. “Meditation takes you one step deeper. When this is over, you will have a central guidance system to lead you.”

Atkins’s own life-changing journey with meditation is detailed in her memoir, *God’s Answer is Know*. Her newest book, *Boss Up, Goddess*, will be released April 4, 2021.

To participate in the weekly meditation, visit www.twosisterswriting.com/store/meditation-with-elizabeth. 



breathing exercise which primes the brain for meditation and infuses you with oxygen. Next, an energy cleanse of your energy centers or chakras. Bodies hold stress, which can make you sick. An energy cleanse releases that stress. We meditate on infusing immunity and then a guided meditation for finding guidance.”

Elizabeth Ann Atkins is a best-selling author, actress, TV host, Pulitzer Prize-nominated journalist and spiritual teacher. With a master’s degree in Journalism from Columbia University and a bachelor’s degree in English Literature from the University of Michigan, Atkins has written 35 books. She is a popular writing coach whose PowerJournal™ program teaches people to enrich their lives with journal-writing. She currently hosts “Boss Up, Goddess” on the Two Sisters Writing & Publishing YouTube channel. To learn more, visit twosisterswriting.com.

Top, Elizabeth Ann Atkins leading a free, weekly guided meditation; center, Atkins on a spiritual retreat in Arizona



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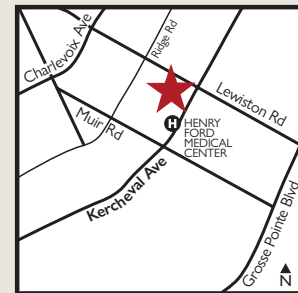
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Testing ‘positive’

By Dr. Saima A. Khan

Getting COVID-19 can be frightening. Some people are surprised at how mild it is, others at how severe it is. There are some basic guidelines to follow if you become infected.

If you test positive, isolate immediately regardless of how you are feeling, and plan for what to do if you start to feel worse.

This includes contacting your doctor’s office and your friends or family to notify them of your test result and how you are doing. Plan to stay in touch with your support people daily if they do not live with you.



You may be eligible for the monoclonal antibody treatment called Regeneron. This medication is given early to people who have a mild to moderate infection and are at risk for severe disease (e.g. older age, immunocompromised, obese, having diabetes, hypertension, COPD, kidney disease). Time is of the essence with this treatment and should be administered as soon as possible, before hospitalization might be needed.

Feeling short of breath or having difficulty breathing (dyspnea) is a symptom that may mean you require a higher level of care. Often, serious symptoms like dyspnea don’t start until the second week of infection and increasing difficulty with activities, such as climbing stairs, cleaning house, showering, and even talking is a warning sign. The sensation of breathing harder when you are sitting, inability to speak in complete sentences or feeling dizzy when you walk is also an indication of worsening status and necessitates evaluation by the ER.

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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GROSSE POINTE

MAGAZINE

Featuring the best of Grosse Pointe life



Detroit Historical Society
BOOM TOWN
Ball



*‘A virtually perfect centennial
 soirée!’*

By Lauren McGregor

To kick off the organization’s centennial celebrations, the Detroit Historical Society invites supporters on a trip to Detroit in the 1920s — from the comfort of home.

Boom Town Ball, the Society’s annual fundraising gala and auction, will include a special virtual sneak peek of *Boomtown: Detroit in the 1920s*, the exhibition slated for Detroit Historical Museum in 2021. The program will also feature broadcasts from the Detroit Historical Museum, Dossin Great Lakes Museum and the rarely seen Collections Resource Center.

“We are grateful to our presenting

sponsor, Comcast, for producing and filming the event in partnership with us,” says Sheena Law-Killinger, Manager of Special Events.

“We plan to tell the story of Detroit in the 1920s by focusing on individuals and utilizing our artifacts to bring their stories to life,” says Law-Killinger. “For example, at the Dossin Great Lakes Museum, we are filming a segment about Thomas Clark, an inventor of ship to shore communications. During the segment, we will feature Clark’s inventions from our collections and the model of a ship that was equipped with this new technology.”

The program will also feature ‘20s automobiles, architecture, prohibition-era speakeasies and more. A virtual event center link will host both the program and silent auction. Attendees are invited to scroll through silent auction items while enjoying their tour of 1920s Detroit.

“The annual ball is our main fundraising vehicle for our education programs,” says Law-Killinger. “During this unprecedented time, our education staff is working harder than ever to create new educational programs, virtual tours, teacher resources and more.”



TICKETS

Watch Party — \$5,000/\$7,500

The Watch Party includes event access with food and wine delivered to your home. Choose charcuterie for eight at \$5,000 or a chef-prepared meal for eight at \$7,500. Watch Party Hosts will be included as founding members of the new 1921 Society.

Centennial Benefactor Couple — \$1,921

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Patron — \$500


Patron tickets include event access and a Happy Hour Basket and wine for two delivered to your home.*

Member Tune In — \$30

Member Tune In tickets include event access.

*A Deluxe Detroit Snack Basket will be shipped to Benefactors and Patrons located outside of a 60-mile delivery radius.

To help raise these important funds, the ball will also host an education match gift effort to meet a \$15,000 Education Matching Gift made by longtime supporters Mary Ellen and Francis W. McMillan. Before the pandemic, the effort took place in the form of an education paddle raise.

Boom Town Ball will take place Jan. 23, 6-7:30 p.m. Tickets are available at detroithistorical.org. Law-Killinger encourages those interested in Benefactor and Patron level tickets to register about two weeks early for food and wine arrangements. Member Tune In tickets can be placed until Jan. 22. 

Above, street scene on Woodward looking north toward Campus Martius, c. 1921; left, Park Blvd. and Adams Ave. looking south, 1920s.

Photos courtesy of Detroit Historical Society



GROSSE POINTE THEATRE SHARES FAN FAVORITES AND NEW SHOWS ONLINE

By Anne Erickson



Rather than disappear during the pandemic, Grosse Pointe Theatre evolved. The beloved community institution now offers quality programming virtually on its YouTube channel.

“When everything shut down last spring, we didn’t want to not be in front of our patrons for a long period of time,” says Linda Zublick, executive director of Grosse Pointe Theatre. “To engage them, we started a series of alternate programs.”

The trend is continuing in 2021 with their first show of the season, “Grosse Pointe Theatre Showstoppers,” debuting Jan. 21 at 7 p.m. The show features 21 of the most popular numbers from past Grosse Pointe Theatre productions, packaged into a brand new production.

“We take some of the show stopper numbers and big finale numbers — the clips audiences remember,” Zublick says. “Sometimes these are numbers that stopped the show, and people stood

up and gave a standing ovation in the middle of the performance, or songs that made people tear up.”

The season will continue with “A Love Letter from Grosse Pointe Theatre” at 7 p.m. on Feb. 11, featuring a series of short scenes followed by musical offerings with a theme of love.

Both productions will be available free to the community at YouTube.com/GrossePointeTheatre and www.gpt.org. Donations are accepted and appreciated, as the ongoing pandemic has impacted the theater’s revenue.

“After we had to cancel shows, many of our patrons generously donated their ticket refunds back to Grosse Pointe Theatre and a Grosse Pointe Theatre Member fundraising campaign was highly successful,” says Zublick. “Both of those helped to sustain us during this difficult time and were deeply appreciated.”

There are some benefits to showing virtual productions.

“People can tune in from the comfort of their own homes, and they don’t have to fight snow and ice to see it,” Zublick says.

Zublick says working at Grosse Pointe Theatre during the COVID-19 pandemic has made her even more appreciative of her colleagues and the greater community.

“We have the most dedicated and passionate members, board members and patrons,” she says. “It’s been so helpful for me, personally, because even if I’m working from home, we have this network of people that want to help and do what they can to financially support us and let us know they miss us. That has made me feel good. They’ve really been my support system throughout this pandemic.”

Above left, Theresa Selvaggio as Dolly in “Hello, Dolly!”; above right, “Les Miserables”

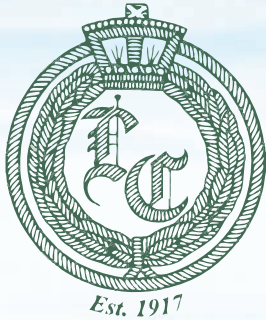
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Down but not out

By Ken Welch

We're all aware of the vast and multiple ways the pandemic has affected us. We live daily with case numbers and death totals. Small businesses of all kinds are fighting for their lives.

Everyone I talk to says the same thing, "We're sick of it." They feel beaten down and exhausted. Everything in our daily lives is harder to do. People are depressed.

Depression is a real thing and shows itself in a number of physical ways: sleep problems, fatigue and exhaustion, aching muscles and joints, digestive issues, headaches, loss of appetite, chronic agitation and irritation, back pain, sexual problems and at worst, suicidal thoughts and acts.

Feeling helpless, alone, angry, anxious, along with experiencing traumatic loss and sometimes guilt because you can't shake these feelings off, contribute to being depressed and also are associated with the pandemic.

Now, more than ever, exercise can be your lifeline.

"Seriously?? I don't feel like doing anything, let alone exercise."

Understandable. But have a talk with yourself and call on logic to override emotion.

If you start moving in the smallest ways, you're going to trigger the chemicals in your brain that will help you feel better and more in control. It's all connected.

Don't expect your best workout. If you're a runner then walk. Lift weights? Lift light. Do yoga.

Reason with yourself and know that situations don't last forever, good or bad. Know that this all will pass and when it does, you'll be healthier.

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



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New Year goals

By Jon B. Gandelot

The New Year is a great time ... not to make resolutions, but to set goals that improve your life and the lives of those you love. An important goal on your list should be completing or updating your estate plan. There are many reasons that people do not do this:

• **Procrastination** — People know that an up-to-date estate plan is important. Many put it off because they may not feel that it is urgent.

• **Fear of Death** — We know that we will all die some time. It makes sense to plan what happens when we do.



Creating an estate plan and reviewing it periodically will NOT, in itself, cause death.

• **New Administration** — Waiting to see what Washington is going to do about taxes. The one constant in estate planning is that laws are always going to change. That is why having a comprehensive estate plan completed and reviewed yearly is critical.

A good basic estate plan consists of at least the following:

- A Living Trust to avoid probate
- A Pour-over Will to take care of assets not in your trust
- Naming guardians for minor children
- Financial Durable Power of Attorney in case you become disabled
- Health Care Directive and Appointment of Patient Advocate expressing your wishes regarding life support

• HIPAA Authorization that permits medical personnel to talk to your family about your medical condition

Why not add an estate plan or a review of an existing plan to your first quarter goals in 2021? Peace of mind is a good thing.

Jon B. Gandelot is senior counsel at Trowbridge Law Firm, P.C., with offices in Detroit and Grosse Pointe.

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Cash flow is king

By Lina Bowman

Cash flow to a business is considered its lifeblood. It's even more important than being profitable — certainly in the first few years. Without sufficient incoming cash to pay expenses, you cannot pay your bills and you won't stay in business for long. The same can be said in a household. So, what's needed to ensure adequate cashflow for either a business or household?



It is essential to know what your cash reserves are and where you could access cash when needed. In a household we typically call it a rainy-day account. But just keeping it in the bank at near zero interest rate returns won't cut it. That will lead you to going broke safely, because when you are not making anything on your money, you're not even keeping up with inflation.

There are options for both individuals and small businesses. There's still time to save in retirement accounts and potentially cut taxes for 2020, with accessibility in an emergency. Alternatively, if you have saved at least \$100,000 then it can be invested long term. Working with a wealth manager, you could simultaneously open another account to borrow against it in case you need quick cash. This could be a low interest rate line of credit, not a margin loan!

The real key here is to save money when you are working, so that when the need arrives, either while in business, temporarily unemployed or even in retirement you have options.

Wishing you peace & prosperity in 2021!

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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Take care of self in the New Year

By Anna Bartolotta

Maintenance and repairs in your life are a necessity. Your car, your body, your relationships and your home are all needed areas of maintenance and repair.



Your yearly doctor's visit is just as important as snaking the main drain in your investment property. If you have tree roots invading your main and causing drainage issues in the main line of your property, consider the yearly cutting through the roots or cleaning the line as important as if the request came directly from your primary care physician.

Think of your spouse securing a babysitter for your children and calling for an emergency date night just as important as cleaning the gutters on your two-story rental: they both reduce the risk of the ceiling caving in on your head.

It is my belief that maintenance and repairs done quickly and properly ensure long term success with body, mind and material possessions. A little co-pay money now does a world of good for the future you.

Sometimes property owners stall home repairs and personal repairs in hopes that all the problems will just disappear. The fact of the matter is that they will not just disappear. They will grow larger and eventually become out of your control.

Speedy quick for 2021, make it happen.

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

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DRIVING GROSSE POINTE

By Alex Kelly

Ford House is home to eight historic vehicles, some of which will be on display at the new visitor center this spring. In the November-December issue, readers explored the 1939 Lincoln Continental Prototype. Now we rewind a few years to the 1932 Ford Model 18 Speedster. Ford House collections manager and registrar Julie Cook answers a few questions about the vehicle, winner of the Bob Gregory Design Excellence Award at the 2013 EyesOn Design car show.

How did the Fords acquire the 1932 Ford Model 18 Speedster?

“We acquired the car in 2016 from an auction after it went through a five-year restoration process. This was essential in getting it back to how

it looked when it was first created by Edsel and Gregory.”

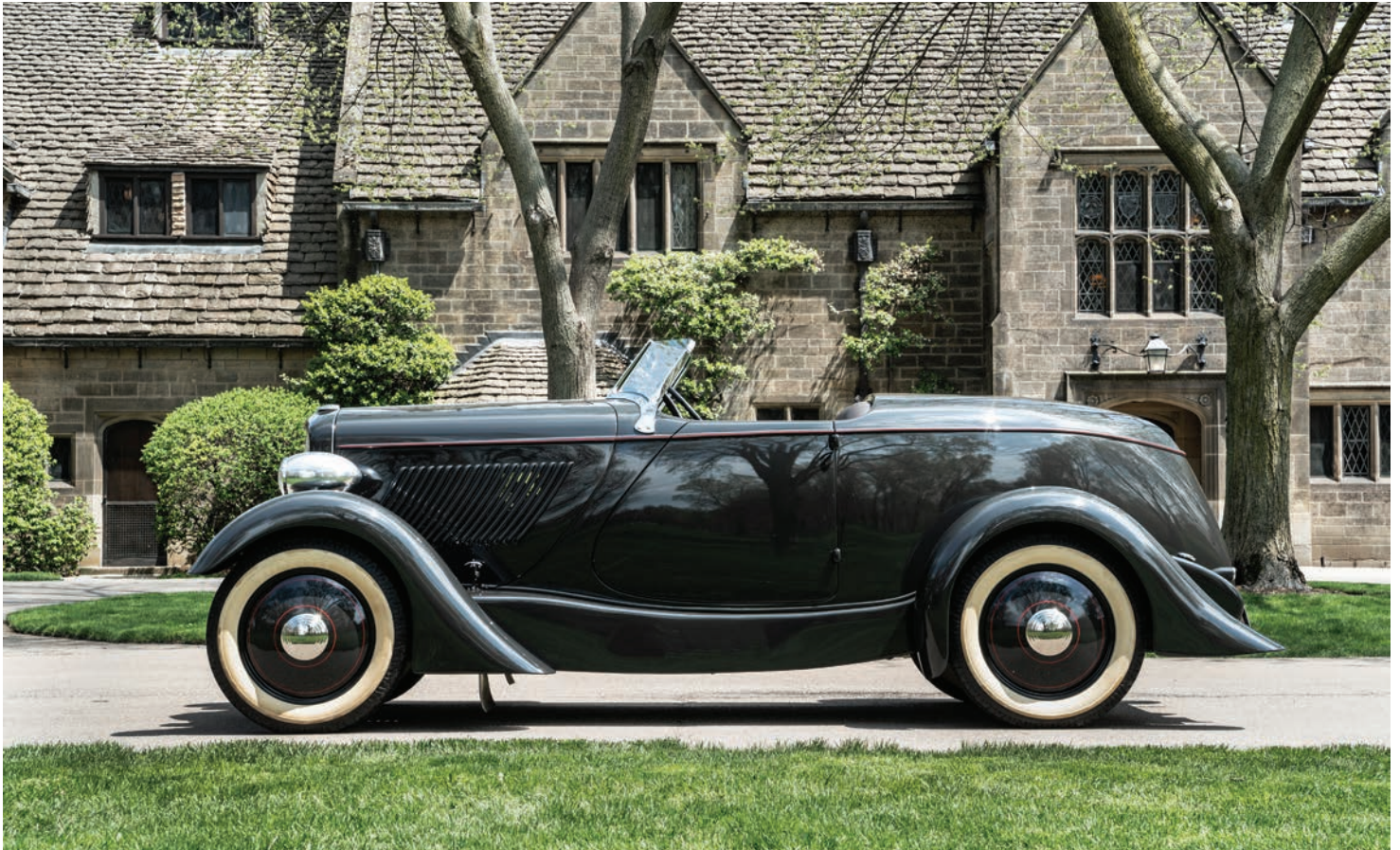
What is the design history of the vehicle?

“The 1932 Ford Model 18 Speedster was Edsel Ford’s attempt at creating these sports cars similar to the ones

that he often saw when he traveled to Europe. He would come back to Michigan and work with his chief designer, Gregory, on creating something similar. The custom-built car that they worked on was started in 1932. They designed it using a stock Ford Model 18 body but started



Photos courtesy of Ford House



making a bunch of changes to it.”

When can visitors get a peek?

“Hopefully, in April 2021.”


What are the vehicle’s most notable features?

“It has elements that they modified from the Model 18. The grille starts off looking like a ‘32 at the top, but then it comes to a very sharp V at the bottom. It had an all-aluminum body, which was unique at the time. It has a very elongated look to it which is due to the hood being extended all the way to the windshield. It has streamlined tapered fenders as well.”

Of what historical importance is the vehicle to the Ford estate?

“It is a great example of Edsel’s eye for design and his influence on

the design aspects of the Ford Motor Company. He put a new and exciting twist on many of the cars he worked on. You see some of his ideas on later

cars, though the 1932 Ford Model 18 Speedster never made it into production. Things like the elongated hood or the streamlined look.” 





at home in the Pointes

By Lauren McGregor

In a truly blind leap of faith, David and Meghan Haynes and their children, LuLu, 13, and Angelo, 9, moved from Texas to Michigan in June 2019.

“We had never even been to

Michigan,” says Meghan. “But my husband’s job as executive chef with Compass Group gave us the opportunity to move and we took it.”

The couple is used to new places, having lived in New York City, Las

Vegas, Colorado and Texas before moving to Michigan. Though they have renovated top to bottom, the Hayneses were in love with the Grosse Pointe Woods house from the start.

“We visited during spring break



Clockwise from above, renovated bathroom; paned glass shower stall; bathroom before renovation; Gillette Tires sign

Photos by Meghan Haynes

“My dad owned a tire dealership. He sold it years ago and saved some of the signs. I have taken this one everywhere we have lived.”

to look at homes. I liked that it was different. That it was Spanish style. The layout felt more like what we were used to living in. The yard was big,” Meghan says. “It felt right.”

As a graduate of University of North Texas with a degree in Drawing and Painting, Meghan’s artistic talents were employed in designing the renovation.

“I tended to choose pieces for the way they looked instead of how they worked,” she laughs. “But I am learning.”

For instance, the shower doors, a favorite feature of hers, have panes that are on the inside of the glass, for

easy cleaning.

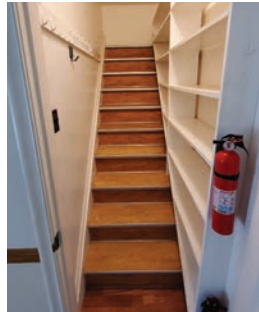
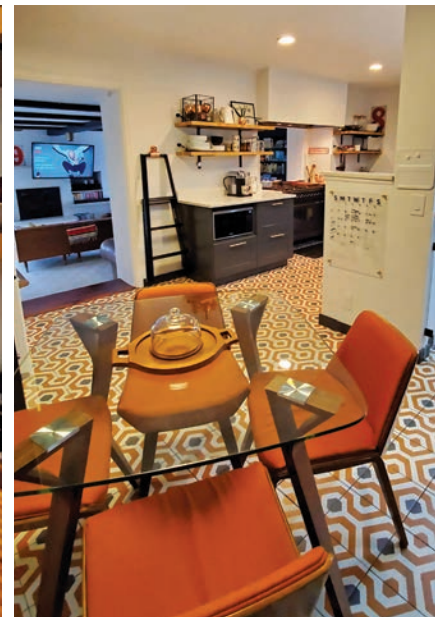
“I love the bathroom,” Meghan says. “We gutted it to the studs, installed a

toilet with an in-wall tank, removed the bathtub and its drop ceiling and replaced the closet with a double vanity. The bathroom is modern, but not out-of-place in the house.”

A unique feature of the bathroom is the vintage “Gillette Tires” sign. “My dad owned a tire dealership. He sold it years ago and saved some of the signs. I have taken this one everywhere we have lived.”

Another personal touch is the “CIAO” tilework in the living room. “David was born in Italy. I did an exchange program in Italy after high school. We both have Italian families,” says Meghan.

She especially likes the combination of black and white tiles set beneath a splash of color. The spicy mustard paint creates a bright focal point in the white washed living room.



Left, the dining room before renovation and the staircase to nowhere (later removed); above, kitchen and dining room after renovation (featuring dog, Magnus)

Photos by Meghan Haynes

“We simplified in the kitchen as well, only using pattern on the floor,” Meghan says. “The dining area was originally closed off and served as the only passage from the living room to the entertainment room.” So the couple changed that, removing the cabinets above the sink to look into the entertainment room and demolishing the opposite wall.

They kept the lower cabinets, but added some IKEA cabinetry and Preferred Marble & Granite countertops.

Outdoors, the Hayneses built a gazebo to cover the concrete slab. “It is a massive concrete slab where, we are told, there had been a greenhouse.”

And though they were at first charmed by the original wood fence, they opted to replace it with cedar fencing by All Pointes Fencing.

The couple also explored the home’s

quirks in records from Grosse Pointe Historical Society. A bizarre staircase to nowhere was removed during kitchen renovations and they look forward to adding a second bathroom.

“There is a room between the two main bedrooms upstairs that has never been finished.” Peculiar, she thought, for a home built in 1939.

Meghan says she is passionate about bringing new life to old things — not just in their home, but in business. She is owner of breedbabynyc, an online children’s vintage clothing shop.

“It all started when my daughter was born in 2007. I was making baby clothing with a friend in Las Vegas. During that time, I went home to Texas and visited a





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Clockwise from right, a newly installed gazebo; new fencing by All Pointes Fencing; fencing before renovation; Angelo's room with graffiti wallpaper; bedroom before renovation; house exterior




“From fresh laundering to mending, I love bringing new life to old pieces.”

shop with my mom. It was owned by a 96-year-old and full of deadstock clothing, vintage pieces from the 1930s to 1980s that had never been worn.”

Over the years, Haynes kept returning to the shop to purchase more pieces, until she eventually

acquired over 10,000 high-end baby clothes. Today, she has added to the shop’s collection from treasures found at estate sales.

“From fresh laundering to mending, I love bringing new life to old pieces,” she says. Just as she has done in her family home. 



To shop pieces like these, visit [breedbabynyc](https://www.breedbabynyc.com) at [breedbabynyc.etsy.com](https://www.breedbabynyc.com) or search on Instagram and Facebook.

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Sarah Stahl

captures the personalities of pets and people

By Susan Bollinger

Growing up in Tennessee, Sarah Stahl witnessed her father's ever-developing artistic technique as he experimented with painting, drawing and wood carving. Today, she still marvels at his curiosity and ingenuity — qualities that are apparent in her own art.

Specializing in portraits of pets and people, Stahl's connection with her subjects lends unique depth to



her work. She is prayerful about her portraits, asking God to use her hands to bless others.

Completely self-taught, her technique grew from a freedom to figure out who she is as an artist.

"I never had a professor telling me what I should or

shouldn't do, giving me the flexibility to experiment and explore," she says. "I use graphite pencil and charcoal for sketches. In paintings, I combine different mediums, such as acrylics, oils and glazes, to create depth and dimension."

Art is interwoven into her everyday



Above, Sarah Stahl with a commissioned piece she painted for a local client. "In Tennessee, I grew up surrounded by horses. They are majestic creatures, and I love painting them," she says; left, Stahl's father, John Wilbourn, with one of his impressive carved doors

Photos courtesy of Sarah Stahl

Right, examples of Stahl's pet portraits. Far right is Milo, or "Puppy," acrylic, glaze and oil on linen paper. This piece memorializes Milo, Nov. 4, 2011 – Aug. 14, 2020, and captures his spunky personality.



“It’s not just about the painting, it’s about the relationships I develop with families and the deep connection between pets and people.”

life in Grosse Pointe. During the day, Stahl converts the family dining room into her art studio, and her husband and three children pass by to offer input.

An enduring love of animals comes through, not only in Stahl's pet portraits, but in the way she delivers them. Stahl writes short stories about the pets based on special memories and moments the pet parents share, and includes them in the certificate of authenticity that accompanies every piece. Over the years, Stahl has created a portrait journal of hundreds of pets and family portraits.

“It’s not just about the painting,

it’s about the relationships I develop with families and the deep connection between pets and people,” she explains.

Stahl shares her talent by teaching at community centers, including LifeBuilders, Detroit. She supports pet adoption charities, The Helm and Kids On The Go. “One of the most rewarding parts of being an artist is the opportunity to give back,” she says.

Visit facebook.com/sarah.stahl, artist, or contact Stahl at (586) 524-1481 or sarah.stahl@gmail.com. 





Meet Smith

Name: **Smith Shovlain** Parents: **Matt & Lauren Shovlain**
 City: **Grosse Pointe Woods** Birthdate: **June 5, 2020** First word: **Dada**

Cute fact: **Smith loves looking at himself in the mirror and in family photos!**

Favorite activity: **Trying out new foods and laughing at our pug, Baylor**

About Smith *in Mommy and Daddy's words*

Smith is our smiley boy who loves his family and two fur babies, Baylor and TK. Although born during a global pandemic, Smith has enjoyed a handful of (socially distanced) trips and already seems to have a passion for West Michigan beaches and the outdoors. He loves looking at himself in the mirror, posing for photos, mimicking what others are doing, blowing bubbles, taking walks and snuggles. He is our greatest blessing!

Meet Anna

Name: **Anna Wahl** Age: **7 ½** City: **Grosse Pointe City**
 Parents: **Michael & Nathalie** School: **Richard** Siblings: **Christopher, 9, and Julia, 5**

Favorites

Game Monopoly	Outdoor Activity Rollerblading, biking, scooter	Food Hummus, zaatar/cheesebread, apples
Vacation Disney World	School Subject Reading and math	Book Catwings by Ursula K. Le Guin

What is your favorite thing about going to school?
Recess because we get to play and have fun with friends

What is your favorite thing to do with your family?
Decorating

What do you want to be when you grow up?
I want to be a surgeon because I want to help other people

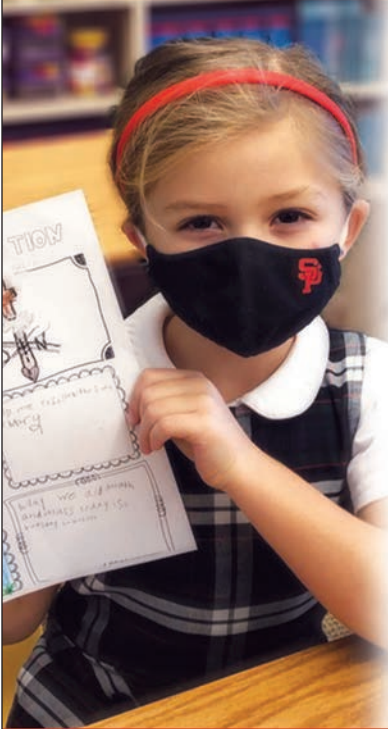
Who is your hero and why?
Mom and Dad because they're always there for me



About Anna

"Hi, my name is Anna and I am 7 ½ years old. My favorite subjects are art, math, reading and science. I have one brother, one sister and a giant Wirehaired Pointing Griffon dog. I love spending time with my family and cousins, going Up North and spending time on the lake fishing. I hope things are back to normal this summer so I can go visit my grandparents in Lebanon. I also really want to be a doctor when I grow up."

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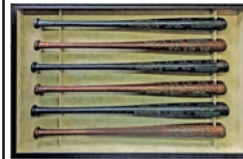


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Meet Henry



Name	Robert "Henry" Tiderington, IV
Age	13
City	Grosse Pointe Farms
School	Brownell Middle School
Siblings	Gwyneth, 19, Charles, 17, and Meredith, 15
Parents	Michelle and Bob Tiderington

Henry's Favorites

Musical Artist

Jack Harlow

TV Show

The Office

School Subject

Social Studies

Food

Fried chicken

Movie

Step Brothers

Actor/Actress

Will Ferrell

Book

The Good Dog

Vacation

Summer in Maine

Extracurricular Activity

Football and baseball

Teacher

Mr. Adam Stemmler and
Mrs. Darlene Lovelace

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

I know how to skin a fish. I would like to learn how to code.

What accomplishment are you most proud of?

I am most proud of being selected as a captain for both my football and baseball teams.

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

When I was younger, I wanted to be a veterinarian, but now I am not sure what I want to be.

Where do you see yourself in five years?

In college

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

1. To play college football for the University of Michigan
2. To live in a large home on the water in Maine
3. To never have homework again

About Henry

"I am an independent, loyal, creative and outgoing kid with a great sense of humor. I am known to all as Henry. Very few people know my first name is Robert.

One of my favorite places to spend time is Suttons Bay, Mich. because I can swim in Lake Michigan, fish and hunt. Fall is my favorite season because it brings with it football, Halloween and pumpkin pie."



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MYSTERY *at* STAR MANOR

Auction 2021 to benefit the students of Our Lady Star of the Sea



By Anne Erickson

*I*f 2020 taught us anything, Danielle Brousseau, event chair of Our Lady Star of the Sea, says it was “resiliency and how to adapt in uncertain times.”

Our Lady Star of the Sea’s Gala Committee was certainly resilient when it came to planning the annual gala event, which will be virtual on Feb. 27.

While different from previous years in its online format, the event will still offer live and silent auctions, raffles and a tribute to the honorees.

“We have created our own version of the popular board game Clue to play out during the livestreamed event!” says Brousseau, adding that there will be some intrigue, as reflected in the event’s name, Mystery at Star Manor.

Brousseau says that when planning the gala, the committee discussed how to cater to both the needs of the school and local businesses, both of which were hit hard in 2020.

“Each year, they graciously support Star and many other local schools and non-profit organizations in the community,” Brousseau says. “We decided this year, we wanted to return that generosity and support them.”

So, they launched the “commUNITY outreach” campaign.

“A unique item from each store was selected, and 150 of them were purchased by the school to include in 150 specially curated ‘UNITY’ bags, which are available for purchase by event guests and anyone who would like

to support local business,” Brousseau explains.


“Hearing that we were from the auction committee, the initial expectation was of a donation request. We were met with a look of surprise when we began by saying ‘we aren’t here to ask you for a donation. Instead, we want to offer our help,’” she adds.

The UNITY bags can be purchased for \$150 (they have a value of more than \$250) and are available online at www.OLSOS-Auction.org. They will be delivered to recipients before the event.

“We are all excited for those who purchase them to discover all that is included inside. They are quite robust! We also have included a profile of each business, so they know where they can purchase more of each item. We are so thankful for all who purchase them, for supporting our local businesses and the students of Our Lady Star of the Sea,” Brousseau says.

The event usually draws 300 guests, but this time around, they’re expecting more, because of the virtual aspect. The event is free. Funds raised by the annual auction will support Catholic education.

The year’s honorees are the educational heroes of Star, which took on an even more important role in 2020.

For more information, head to www.OLSOS-Auction.org. Star would like to thank event sponsors Henry Ford Health System, RIM Custom Racks and Lifetime Orthodontics. 

“

A unique item from each store was selected, and 150 of them were purchased by the school to include in 150 specially curated ‘UNITY’ bags ... available for purchase by event guests and anyone who would like to support local business.”

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AlterCrossing success demands expansion



By Karen Pope

The “Sound of Change” is the way the veteran muralist and her team of high school artists described the murals at the intersection of Kercheval and Alter when they installed them two years ago. They were referring to the music of activists and Motown greats Marvin Gaye and Aretha Franklin, while expressing hope that the art would begin to break down the social and economic barriers that separate Grosse Pointers from their neighbors in Detroit.

“We called the project AlterCrossing,” remembers Karen Pope of the Grosse Pointe Artists Association, sponsor of the murals. “We saw what murals had done for Eastern Market and we

believed the motto of the famous Philly mural program: ‘Art Ignites Change.’”

“My partners and I were in negotiations on a few properties in the area. Once the murals went up it gave us more confidence our vision for the intersection could be a reality,” says Jimmy Saros, spokesman for the current owners of the building with the murals. They are rehabbing the 22 one-bedroom rental units and hope to fill the first-floor commercial space.

Ilya Snyder, owner of the two-story red brick building directly across the street, has already filled his first-floor commercial space with six businesses including a coffee shop, juice bar and gift shop featuring locally made crafts.

Snyder knows the area well as longtime owner of the nearby My Dad’s Bar. He likes to show a vintage photo capturing a bustling 1950s neighborhood.

Both owners support expansion of the AlterCrossing mural program.

Planning for when Saros finds a

tenant for his first floor, the Artists Association is talking with Russ Mack, owner of Ye Olde Tap Room, about moving the original murals to his property at Charlevoix and Alter.

Nicole Macdonald, the muralist for the original art, continues as technical advisor, while the high school artists who worked with her are on the planning committee.

Also on the committee are Grosse Pointe Park council members Lauri Read and Vikas Relan. Relan chairs the newly formed Diversity and Inclusion Initiative. The committee will soon begin brainstorming ideas with residents and representatives of the churches, schools and businesses in the area.

Wishing them the best is former resident Mary Ellen Yirovec who remembers: “Life at that corner, in that lovely neighborhood, was the quintessential mid-20th century idyllic place we called home.” [P](#)

Photo courtesy of Grosse Pointe Artists Association

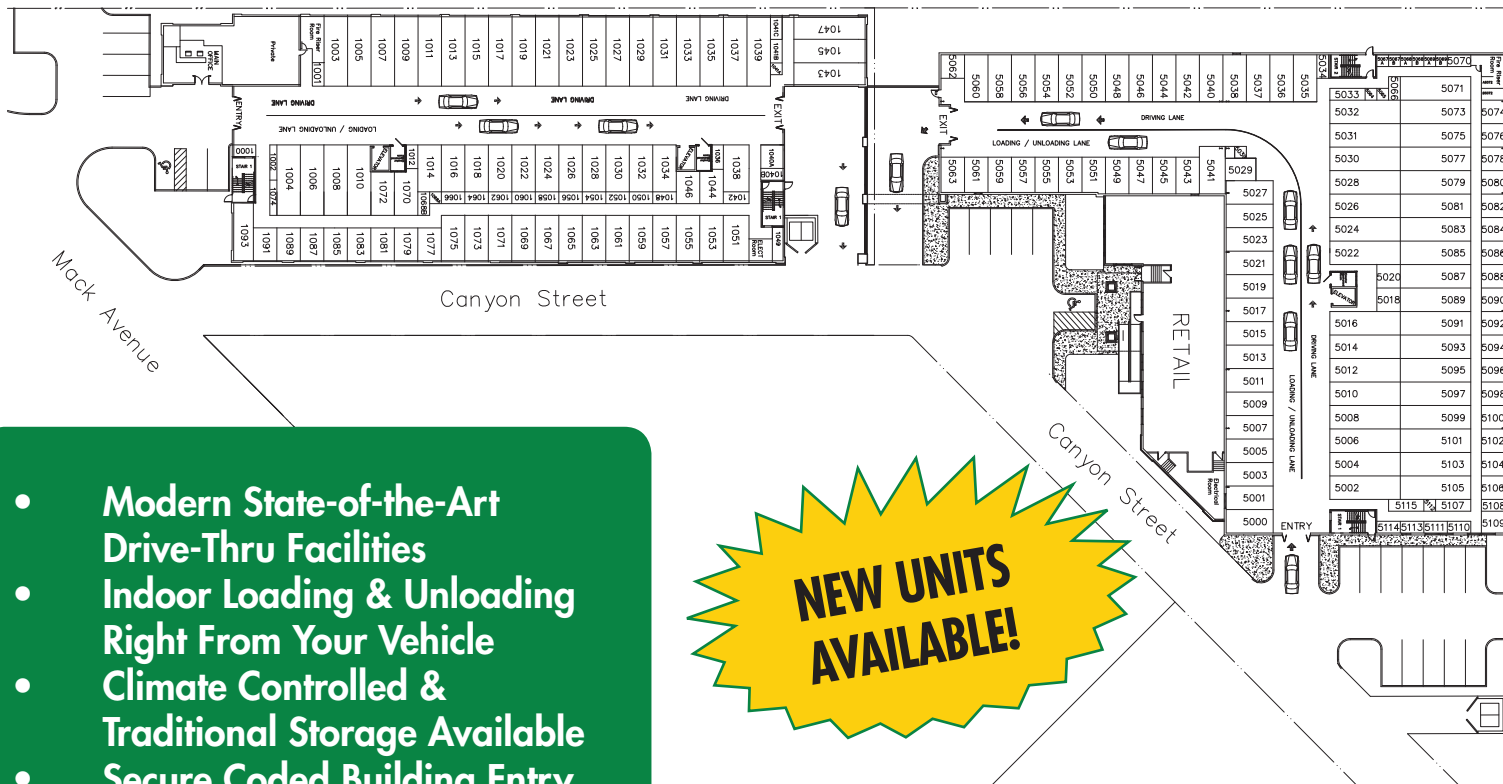
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313 Calling

Kindness initiative reaches beyond church

Care.Help.Serve.



By Lauren McGregor

“Doing nothing would be the only failure.”

When Grosse Pointe Memorial Church (GPMC) parishioners attempted to volunteer during the pandemic, many found that the standard avenues for volunteering were shut down. Still, they felt called to help.

Steve Tengler, chair of 313 Calling, says, “My wife, Elizabeth, had previously volunteered with Diane Soulliere’s Operation Love Our Homeless. Our family started making peanut butter and jelly sandwiches for the organization. I asked the church, ‘how can we do this on a greater scale?’”

And so 313 Calling was born. The kindness initiative, which began in July 2020, invites community

members to perform 313,000 acts of kindness — large and small, random and intentional — by July 2021.

Because of the pandemic, Tengler says, “the need has tripled or quadrupled. But studies nationwide report that volunteerism has gone down. So while the need went up, the supply went down.”

While 313 Calling is not on target to meet its goal of 313,000 good deeds by July 2021 (it is currently nearing the 60,000 mark), the church is considering extending the deadline. More importantly, members do not consider a lower number a failure. “Doing nothing would be the only failure,” says Tengler.

One of the simplest good deeds

recorded, Tengler says, is making peanut butter and jelly sandwiches for the homeless. “We’ve had over 10,000 sandwiches dropped off at my house.” From there, the sandwiches are transported to Operation Love Our Homeless and distributed to those in need.

And the largest good deed? “The continued help given to a refugee family who came to the U.S. from the Ivory Coast,” says Tengler. “The head of the family is a single mom who speaks only French.”

Denise Asker, 313 Calling planning committee member and co-leader of the GPMC communications council, shares an example, “Somebody had extra skeins of yarn. We were looking for knitters to put together hats. My college age child took one. My mother took one. They are not connected to the church, but they used their skills and contributed to the initiative. People are motivated to help their neighbors in the 313 area code.”

Steve echoes the sentiment. “313 Calling may have started in a Presbyterian church, but it now has participants from five different religions – Presbyterian, Jewish, Hindu, Catholic, Methodist. It has become more of a community thing.”

Right now, 313 Calling hopes for individuals to organize charitable activities. If anyone has a plan of action, he or she is invited to email Steve Tengler at sctengler@gmail.com.

com.

Some ongoing activities include Underwear and Sock Drives supporting Happycheeks and Drive-by Food Drives supporting Second Mile Center and Community Treehouse Center. Drive-by Food Drives take


urban farming, solar energy, adaptive tree house for people with PTSD, the list goes on.”

The examples of good deeds and new partnerships inspired by 313 Calling are endless. “It has taken on a life of its own,” says Asker.



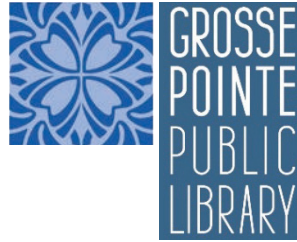
place at GPMC, usually the first Saturday of the month, Jan. 9 and Feb. 6. at 10 a.m.

“Because of 313 Calling, we are now exposed to so much more being done in the community,” says Asker. “We chose to use Community Treehouse as a drop off point, but now many of us are getting involved in its other work –

For more information or to report a good deed, visit gpmchurch.org/web/our-313-calling/. 

Above, 313 Calling chair Steve Tengler, center, with Second Mile Center interns; opposite, 313 Calling committee members Nancy Gandelot and Denise Asker at a drive-by food drive at Grosse Pointe Memorial Church

Peggy's Picks



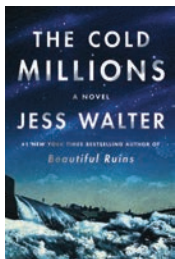
By Peggy Kitchel
Assistant Director, Grosse Pointe Public Library

Once we stop wishing it were summer, winter can be a glorious season when the world takes on a sparse beauty and even the pavements sparkle. It's a time for reflection and recuperation, for slow replenishment, for putting your house in order." – Katherine May



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By Katherine May
An intimate, revelatory book exploring the ways we can care for and repair ourselves when life knocks us down.

Sometimes unforeseen circumstances can derail a life. These periods can be lonely and unexpected. When May's husband fell ill and her son stopped attending school, her own medical issues forced her to leave a demanding job. Yet, her story is about the transformative power of rest, retreat and finding joy in the beauty of winter.



The Cold Millions
By Jess Walter
The Dolans live by their wits, jumping freight trains and lining up for day work. While Rye yearns for a steady job and a home, his brother, Gig, dreams of

a better world, fighting for fair pay and decent treatment. Rye is not especially interested in the labor movement but he takes part in the protest and lands in jail. When an idealistic lawyer gets him

released, Rye finds himself traveling the region under the wing of the young and beautiful firebrand organizer, Elizabeth Gurley Flynn.



Transcendent Kingdom
By Yaa Gyasi
Gifty is studying reward-seeking behavior as it relates to addiction and depression. The topic is close to her heart. Her

father went back to Ghana when she was young. Her brother developed an opioid addiction after being prescribed OxyContin and when he died, her mother fell into a deep depression. As she struggles to reconcile her faith in science with her religion, Gifty juggles her dissertation with taking care of her mother and a growing attraction to her lab mate.



The Four Winds
By Kristin Hannah
Texas, 1934. Farmers are fighting to keep their land as the crops are failing, the water is drying up, and dust threatens to bury them all. In this uncertain

time, Elsa Martinelli must make an agonizing choice: fight for the land she loves or go west, to California, in search of a better life. *The Four Winds* is a portrait of America and the American Dream, as seen through the eyes of one indomitable woman whose courage

and sacrifice will come to define a generation.



The Thursday Murder Club
By Richard Osman
In a luxury retirement village, Elizabeth, Joyce, Ibrahim and Ron meet weekly to examine the cold case

files of a former detective. When a local developer is found dead with a mysterious photograph left next to the body, they suddenly find themselves in the middle of their first live case. As the bodies begin to pile up, can our brilliant gang catch the killer before it's too late?



The Light of Days
By Judy Batalion
Witnesses to the destruction of their homes and the brutal murder of their families, a brave group of Jewish women transformed youth

groups into resistance cells to fight the Nazis. With courage, guile and nerves of steel, these "ghetto girls" paid off Gestapo guards, hid revolvers in loaves of bread and helped build systems of underground bunkers. *The Light of Days* is an unforgettable true tale of war, the fight for freedom and survival in the face of staggering odds. The exploits of these courageous resistance fighters have remained virtually unknown — until now. ♣

Top photo by Jeffrey Sauger, courtesy of GPPL



LAKESHORE SENIOR LIVING has a 22 private memory care community licensed by the state of Michigan. A nurse manager that will work closely with family members on a specific care plan to meet your needs.

Lakeshore Senior Living is ideal for seniors 55+ who desire top-tier services while maintaining their privacy and independence. As the need for quality senior living has grown and become more diverse, we want to evolve with our community.

Lakeshore embraces the concept of wellness designed for the mind, body and spirit. We know you have a choice when considering senior living communities. Lakeshore Senior Living provides a luxurious, upscale home without all the worry of home maintenance and chores.



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LakeshoreSeniorLivingSCS.com



Ardmore — St. Clair Shores Gem

26717 Little Mack, St. Clair Shores • (586) 443-4597

We look forward to opening soon and once we do, we will continue to follow all recommended CDC guidelines for your safety and comfort. For lunch we offer an array of salads, sandwiches, hot entrees and new specials daily. A few of our wonderful dinner menu items include steaks, lamb chops, stuffed salmon and 1/2 roasted duck. We also offer selections from a full bar to complement your meal. We are located on Little Mack in St. Clair Shores, just north of Frazho Road (10 1/2 Mile Road). 

**ENJOY OUR PIANIST EVERY THURSDAY EVENING 6-9 PM.
1/2 OFF ALL COCKTAILS, BEER AND WINE!**

Hours: Lunch: Wed-Thurs-Fri-Sat 11am-3pm; Dinner: Thurs-Fri-Sat 5-8:30pm;
Closed: Sun-Mon-Tue

Web: www.ardmoreparkplace.com



Champs Rotisserie & Seafood

20515 Mack Avenue, Grosse Pointe Woods (3 blks. S. of Vernier) • (313) 886-7755

WE ARE OPEN FOR PATIO DINING AND TAKEOUT!

The patio and dining room are now open. Outdoor seating will be available along with limited indoor seating. A fantastic limited menu will be in place until we are capable of restoring our full menu. We are thrilled to open our doors to our loyal guests again. You can be assured that we will be keeping up to date with all of the latest developments to ensure the health and safety of our guests and staff.

Champs is located on Mack just three streets south of Vernier. Our soups, sauces and dressings are housemade daily using only the freshest ingredients from Michigan companies when possible. Champs is known for its Rotisserie Ribs and Chicken, served with our homemade BBQ sauce for which Champs has been known for the past 52 years since it was the BBQ House of Grosse Pointe. And we do great carry-out or delivery! 

COME IN AND CHECK OUT OUR HEATED ENCLOSED PATIO!

Hours: Mon-Sun 3-9pm (during COVID)
Web: www.ChampsRotisserie.com



Corner Kitchen

22428 Greater Mack, St. Clair Shores • (586) 585-1223

Corner Kitchen celebrates classic American cuisine incorporating their own magical culinary twist. The restaurant is built on fresh, always homemade and divinely delicious features. The menu hosts a variety of small plates, including Deviled Eggs, Reuben Egg Rolls and Corned Beef fries. Their sandwiches, entrees, salads and world class soups have attracted a regular clientele that genuinely look forward to Chef Shannon Nowowiecki's creations. Every dish is made with love, served with a smile and presented to perfection. Corner Kitchen is an intimate gathering space that is an extension of your home, designed to enjoy wonderful food and catch up on conversation with friends & family. **Corner Kitchen also hosts a carry out culture, that is served exactly like you would receive it if you were dining in.** Corner Kitchen has a beautiful outdoor patio that is dog friendly. Corner Kitchen offers catering including ... in-home dinner parties, office luncheons, birthday celebrations & weddings.   

Hours: Tue-Sat 11:30am-8pm
Web: www.cornerkitchenscs.com



Dirty Dog Jazz Cafe — WE ARE OPEN!

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

At the Dirty Dog we take the health and safety of our patrons and staff seriously. We will continue our curbside carryout service and invite you to enjoy our fine menu items in your own home. We look forward to being able to provide in-person entertainment and fine dining again soon.

**Call for Carryout
(313) 882-5299**

**Monday - Friday
11:30-5:00**

CURBSIDE & CARRYOUT MENU CAN BE FOUND AT DIRTYDOGJAZZ.COM

Web: www.dirtydogjazz.com



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 **40 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!



LOOK FOR OUR SAFE OPENING ONCE DINING RESTRICTIONS ARE LIFTED!

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

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



Little Tony's Lounge

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 50 years for good food and good cheer. Cozy, quaint and warm. A real neighborhood bar, where locals meet and everyone really does know your name. Serving only the freshest of Ground Rounds (never frozen), 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. Our extensive bar is complimented by a great selection of beers, liquor and wines. Dine on our beautiful, open-air patio during the summer months. Tony and Ellen Alfonsi, who have owned and operated Print Xpress in Grosse Pointe Woods since 1981, are keeping up the tradition of serving the "Best Burgers on the Eastside." So stop in, they would love to introduce themselves!



Thank you for ordering carryout during these dining restrictions.

Without you, we might not have been able to make it through.

Looking forward to having you dine-in with us real soon.

Hours: Mon 4-10pm; Tues-Sat Noon-10pm

Web: www.littletonyslounge.com



Luxe Bar & Grill

115 Kercheval, Grosse Pointe Farms • (313) 924-5459 ore (313) 821-4389

We are so grateful that we were able to be here for our community over this time and of course we are incredibly grateful that you were so supportive of us. We couldn't have made it through this time without you all! Now let's get back at it! We have resumed regular business hours and reopened our dining room at 50% capacity. As recommended by the health department, we strongly encourage everyone to wear a mask any time you are not seated at your table. If there is a wait, we will take your name and phone number and call you when your table is ready. You may wait in your car or take a walk until we call. Please be patient with us...all of this is brand new territory for everyone in the restaurant and bar business. Carryout and curbside take out will continue to be available. If the lines are busy please keep trying... we're assisting other guests.



Look for our safe opening once dining restrictions are lifted!
In the meantime, check out our heated outdoor patio dining.
Carry out and curbside pickup available.

Hours: Daily Mon-Fri 11am-1am (Kitchen closes at midnight); Sat 9am-1am (Kitchen closes at midnight); Sun 9am-10p (Kitchen closes at 10pm) **Brunch:** Sat & Sun only 9am-2pm

Web: www.luxebarandgrill.com



Mack Avenue Grille

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

As the Mack Avenue Grille enters its ninth year under the ownership of veteran restaurateurs Louie and Dino Ropotos, they would like to kick things up a notch to complement 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. 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!



Look for our safe opening once dining restrictions are lifted!
In the meantime, book our igloo for dining out!

ORDER ONLINE FOR CARRY OUT AND CURBSIDE PICKUP!

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

Website: mackgrille.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 Piccata 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 6 days features \$2 domestic beers, \$5 martinis and 1/2-off appetizers. **Tuesday is half-off pizza all day**, dine in or carry out.



LOOK FOR OUR SAFE OPENING ONCE DINING RESTRICTIONS ARE LIFTED!
CARRY OUT AND CURBSIDE PICKUP AVAILABLE

🍷🍷🍷 **WEDNESDAYS: 2 SIGNATURE PASTA DISHES AND A BOTTLE OF WINE — \$42.99** 🍷🍷🍷

Hours: Mon-Closed; Tues-Thurs 4-9pm; Fri-Sat 4-10pm; Sun 3-9pm

Web: www.pepperonigrillescs.com



Sierra Station La Cantina — Celebrating 40+ Years!

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 42 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 seating 40 guests. Join us on Thursdays for \$3 Jumbo Margaritas. **CARRY-OUTS AVAILABLE.**



Photo by Donald Schulte

LOOK FOR OUR SAFE OPENING ONCE DINING RESTRICTIONS ARE LIFTED!

Hours: Open Tue-Sun at 5pm; Closed on Mondays

Web: www.sierrastationgp.com



Telly's Place

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 35 years of history, a sense of warmth, friendliness and contemporary atmosphere abounds. 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.



LOOK FOR OUR SAFE OPENING ONCE DINING RESTRICTIONS ARE LIFTED.

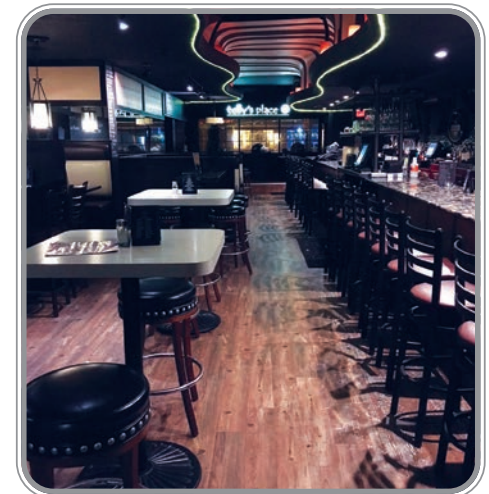
TAKE OUT AVAILABLE

Monday-Thursday 11am-9pm

Friday & Saturday 11am-10pm

Sunday 4pm-9pm

Web: tellysplace.com



Village Grille

16930 Kercheval, Grosse Pointe • (313) 882-4555

Located in The Village for 25 years. Family friendly restaurant and sports bar offering: daily lunch and dinner specials, 25 draft beers, Keno, Garden and all new Soup Bar featuring 6 house-made soups every day! Planning a party? Ask about our full service catering or check out our private banquet room which will accommodate up to 60 guests and offers a variety of menu packages suitable for any event and budget: Showers, rehearsal dinners, team parties, business meetings and receptions!



LOOK FOR OUR SAFE OPENING ONCE DINING RESTRICTIONS ARE LIFTED!

TAKE-OUT, CURBSIDE PICKUP AVAILABLE

Hours: Open daily 11am

Web: www.villagegrillegp.com



Watermark Bar & Grille @ Jefferson Beach Marina

24420 Jefferson Ave., St. Clair Shores • (586) 777-3677

The Watermark is Fine Dining at its Best — Open year round, this waterfront destination evolves with the seasons. Winter is finally here and Watermark's patio has transformed into a wonderland. Waterfront private igloos are available through an online reservation system. Wish you could have your favorite dishes and signature cocktail at home? Now you can! Add on any craft beer, signature cocktail or other beverages to your carry out order. Continuing to stay up to date with the latest CDC guidelines each table, igloo and area is sanitized after each guest. With its fresh ingredients, amazing views, and classy but casual atmosphere, Watermark bar and grill is your go-to place! 

LOOK FOR OUR INDOOR DINING SAFE OPENING ONCE RESTRICTIONS ARE LIFTED.

IN THE MEANTIME, GO TO OUR WEBSITE AND RESERVE ONE OF OUR HEATED OUTDOOR DINING IGLOOS!

Hours: Daily Noon-Close

Web: www.watermarkbarandgrille.com



COOKING with COUNTRY CLUB OF DETROIT'S EXECUTIVE CHEF BRIAN R. BELAND, CMC *Black Bean Quinoa Patty*

Brian Beland, Certified Master Chef (CMC), earned a bachelor's degree at Michigan State University in Hospitality Business and an associate's degree from The Culinary Institute of America (CIA).

Upon graduation from the CIA, Chef Beland was hired by the Country Club of Detroit and two seasons later promoted to Executive Chef. In 2011, his role was expanded to Executive Chef/Food & Beverage Director. In January 2014, Chef Beland became a full-time Chef Instructor at Schoolcraft College, while maintaining his responsibilities at Country Club of Detroit.

Other highlights in Chef Beland's career include earning ACF's Certified

Master Chef designation in 2010; recognition as Michigan Chefs de Cuisine Association ACF Chapter's Chef of the Year in 2011, earning the ACF's Central Regional Chef of the Year in 2012; and scoring a gold medal at the ACF National Chef of the Year competition.

As a member of the 2012 Michigan Culinary Olympic Team, Chef Beland scored an individual gold medal in Erfurt, Germany. In November 2013, he competed at the inaugural Dubai Hospitality Championships as a member of ACF Team USA, scoring a team gold medal and second place overall.

In addition to competitions, Chef Beland has also volunteered for the



ACF. He was President and Vice President of ACF's Michigan Chefs de Cuisine Chapter. Since 2014, Chef Beland has actively partaken in various opportunities within the ACF Certification Commission. In 2017, he was the host site administrator for the ACF CMC exam. Chef Beland has also been an educational presenter at various ACF Events.

Chef Beland's proudest accomplishment is his family — supported by his wife, Colleen, and three young children.

Here, he shares a delicious — and healthy — New Year recipe. 

Photo courtesy of Country Club of Detroit

Black Bean Quinoa Patty

Yields 3 each 1/3 lb. patties

Ingredients

- 1 cup** quinoa, cooked
- 1 cup** canned black beans, rinsed
- 1 tsp** olive oil
- 1/2 cup** onion, minced
- 1 each** garlic cloves, minced
- 1/2 each** jalapenos, minced
- 1/4 cup** corn kernels
- 1 1/2 tsp** cumin, ground
- 1/2 tsp** chili powder
- 1 tbs** Chipotle puree
- 2 tbs** masa flour
- 2 tsp** lime juice
- 1 1/2 tsp** salt, kosher

Directions

1. Sweat red onion, jalapeno and garlic in olive oil
2. In a food processor, puree chipotle, cumin, chili powder, masa flour, lime juice, 1/2 of the black beans, 1/2 of the rice and salt
3. Mix together the quinoa, remaining rice, remaining beans, corn, onions, garlic and jalapenos. Fold this mixture into the puree
4. Portion into 3 each 5 1/2 - 6 ounce burger patties (about 4 1/2 inches wide and 1/2 inch thick) or into 8 each 2-ounce "slider" patties
5. Sear in a nonstick or cast iron pan with a little bit of oil, or use a griddle set at 350°F until golden brown on both sides and heated through. About 3 minutes per side

Red Cabbage Lime Slaw

Yields 3 cups

Ingredients

- 2 cups** red cabbage, finely shaved
- 1 cup** red onion, shaved, soaked in ice water for 30 minutes
- 1/2 cup** cilantro
- 2 each** zest and juice from limes
- 1 tbs** extra virgin olive oil
- Salt and fresh ground pepper to taste

Directions

1. Combine all ingredients and all to marinade for 30 minutes or more
2. Store in the refrigerator until ready to use

Cauliflower Almond Couscous

Yields 2 cups

Ingredients

- 2 cups** cauliflower, florets and small pieces
- 1/2 cup** Marcona almond, finely chopped
- 2 tbs** parsley, chopped
- 1 each** zest and juice from small lemon
- 1 pinch** red pepper flakes
- Sea salt and pepper to taste
- Light drizzle of extra virgin olive oil to lightly coat

Directions

1. Prepare the cauliflower couscous by chopping the cauliflower with a chef's knife or in food processor to make uniform pieces that are the size of Moroccan couscous
2. Finish couscous by adding the remainder of ingredients, season and set aside

Chipotle Ketchup

Yields 2 cups

Ingredients

- 1/2 cup** onion, small minced
- 1 tsp** garlic, minced
- 1 1/2 lbs** canned diced tomatoes, drained
- 2 tbs** tomato paste
- 1/4 cup** sugar
- 1/4 cup** cider vinegar
- 1/4 tsp** Coleman dry mustard powder
- 1 pinch (1/16 tsp)** Allspice, ground
- 1 tsp** salt, Kosher
- 1 each** sachet (4 sprigs thyme & 1 bay leaf)
- 1 each** Chipotle peppers, canned

Directions

1. In a sauce pan with a little bit of olive oil and over medium heat, sweat the onions and garlic until aromatic and translucent. Do not brown
2. Add the remaining ingredients, stir together and bring to a gentle simmer. Continue to simmer gently, stirring and scraping the sides of the pan with a rubber spatula until the mixture becomes slightly thick (about 30 minutes)
3. Remove the sachet of thyme and bay leaf
4. Add Chipotle and puree until smooth in a bar blender or with an immersion blender
5. Cool and store in the refrigerator until ready to use



Northeast Integrated Healthcare and CNS Healthcare Have Merged

Collaboration to expand and enhance service delivery for Tri-County Area



Michael Garrett
CNS president/CEO



Sherry McRill
Chief Visionary Officer



Nancy Gandelot
Chief Marketing and
Outreach Officer

“NIH and CNS Healthcare serve similar target populations. In addition, we have a shared vision and set of values around person-centered integrated healthcare delivered in neighborhoods throughout the Tri-County area,” said Michael Garrett. “This merger allows us to share resources and expand services and expertise to our persons-served base. We are excited about the possibilities.”

The Board of Directors for Northeast Integrated Health (NIH) and CNS Healthcare approved a merger of the two Community Mental Health providers at their respective board meetings recently. It was announced by **CNS president/CEO, Michael Garrett**, who will remain in his position. NIH president/CEO **Sherry E. McRill** will become **Chief Visionary Officer** of CNS. **Nancy M. Gandelot** joins CNS Healthcare as the **Chief Marketing and Outreach Officer**.

The merger also extends CCBHC services to the City of Detroit where this programming had not previously been present.

Combined, CNS Healthcare, will employ 400+ and help an increased person-served population of over 10,000 per year. Both organizations are financially stable and in full compliance with all certification agencies. The merger represents a mutual desire to be more efficient and effective all-around.



Northeast
Integrated
Health

NIHDetroit.org

pets

Molly welcomes your hi-res Pointe Pets pictures at Lauren@grossepointemagazine.com.



Chester

Chester, a 2-year-old Cockapoo, misses spending warm lazy summer days with his people, but is looking forward to bounding around in the snow!



Kerby

Kerby, a Silky Terrier, is the much loved pet of the Mahalak family of Grosse Pointe Woods. He celebrated his 20th birthday Dec. 28, 2020! While he lives a much slower pace these days, he still loves his treats and cuddles from his humans.



Abby

Abby, pictured here celebrating her 14th birthday, was adopted after she was surrendered at age 2.5. She's been a nearly perfect dog in every way.



Derby

Derby, an Australian Labradoodle, is one of the friendliest dogs in Grosse Pointe! He loves walks and his human siblings, Jack and Kennedy! If you see him around town, make sure to wave hello!



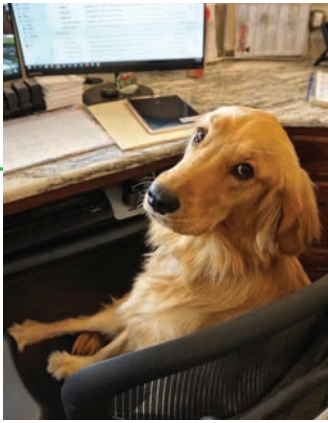
Raichu

Raichu is a happy seal point Siamese cat!



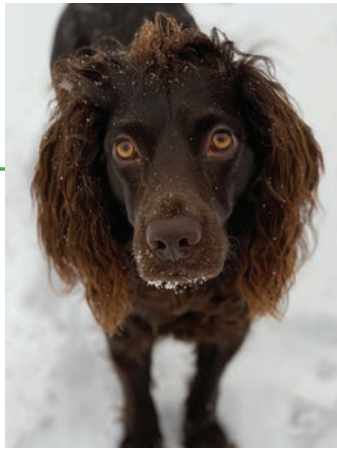
Spikey

Spike Beard "Spikey" is a sassy and silly baby bearded dragon. He likes to attack his own reflection in his habitat.



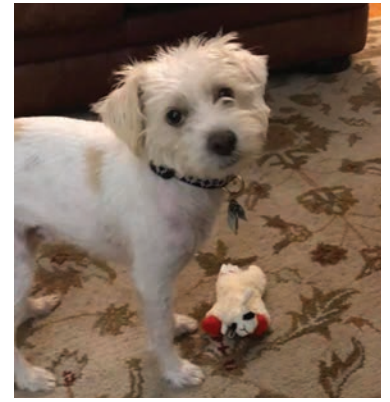
Sofie

You can find Sofie at the Red Baron office in St. Clair Shores, where she works as the greeter and giver of kisses and hugs. She loves her baby brother Jack very much and is the cutest girl you will ever meet!



Marvin

Marvin is a 1-year-old Boykin Spaniel and he love, love, LOVES to play fetch with Karlee Miller and Luke Frum! Ball is life over here in Grosse Pointe Park.



Connery

Connery enjoys his treats shaken, not stirred.



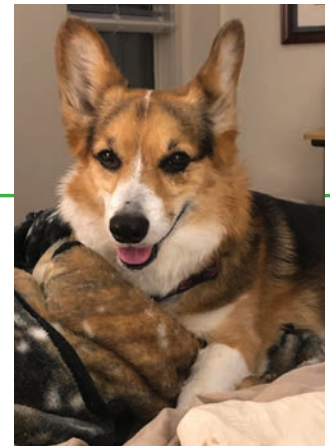
Peter

Peter rabbit loves bike rides around the Pointes!



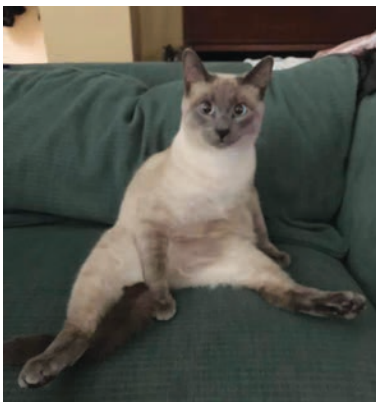
Torrey

Torrey the wonder cat is a Lavender Cornish Rex cat.



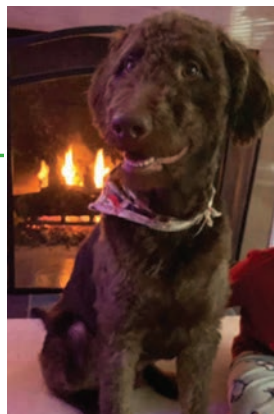
Nabokov

Nabokov playing in Los Angeles with mom, Gretchen!



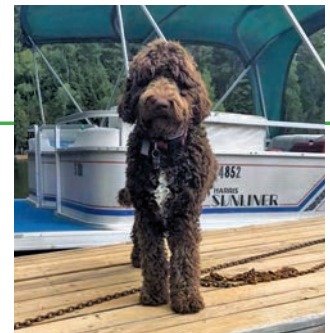
Oliver

Oliver is a Siamese Blue Point cat who is nearly 1.5 years old.



Buster

Buster is a 1-year-old pup who brings much happiness to his family.



Griffin

Griffin, a 2-year-old Labradoodle, loves life in Grosse Pointe Woods.

Annual testing

By Dr. Stephanie Dexter

When planning for the care of your pet, annual lab testing is a very important proactive part of your pet's routine care.

In addition to a complete physical exam, performing routine blood work can help not only establish a normal baseline for your healthy pet but can help with the early detection of any underlying disease.



Examples of routine lab work include a complete blood count, chemistry panel, electrolytes, heartworm disease testing, tick born disease screening, viral testing for cats, fecal testing to look for intestinal parasites, urine and thyroid testing.

It is important to discuss with your veterinarian what is the best annual testing for your pet based upon your pet's individual needs.

As we know, our pet friends age much faster than their human counterparts. Often, we are screening our older pets for underlying conditions like thyroid disease, diabetes, liver and kidney disease. These tests are extremely important. They should be done on an annual or even more frequent basis depending on your individual pet and your veterinarian's recommendation.

Annual lab work is not only important in our senior pet friends. Starting annual lab work in our younger pets can help us establish what would be a normal baseline for each individual pet and can let us compare values, look for abnormal trends and allow us to address problems before the pet begins feeling unwell.

Preventative care is also a valuable tool for us when a pet is unwell. Being able to look back at blood work that was performed when the pet was well is an extremely helpful comparison.

Always remember to discuss with your veterinarian the best annual plan for your pet at their next physical exam.

Dr. Stephanie Dexter is a 2011 graduate of the University of Illinois. She joined Harper Woods Veterinary Hospital in 2019.

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- Dr. Jennifer Khalifah • Dr. Nancy Pillsbury
- Dr. Bridget Wright • Dr. Stephanie Dexter

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January & February

Calendar

18 MONDAY - Martin Luther King, Jr. Day

21 THURSDAY
• Grosse Pointe Theatre presents “Grosse Pointe Theatre Showstoppers” on its YouTube channel at 7 p.m.

23 SATURDAY
• Boom Town Ball to benefit Detroit Historical Society, “A Virtually Perfect Centennial Soiree!” bringing Detroit’s history into

your living room! Let us transport you back to Detroit in the 1920s with a sneak peek of the new 1920s exhibition and broadcasts from the Detroit Historical Museum, Dossin Great Lakes Museum and the rarely seen Collections Resource Center, the evening will also include a chance to support education programs, the first toast to DHS’s centennial and an online auction, more information at detroithistorical.org, event runs 6-7:30 p.m.

06 SATURDAY
• Drive-by Food Drive at Grosse Pointe

Memorial Church, 10-11 a.m.

11 THURSDAY
• Grosse Pointe Theatre presents “A Love Letter from Grosse Pointe Theatre” on its YouTube channel at 7 p.m.

14 SUNDAY - Valentine’s Day
• Check out our Dining Guide for carry-out ideas!

15 MONDAY - Presidents’ Day

27 SATURDAY
• Mystery at Star Manor, a virtual auction to benefit Our Lady Star of the Sea, visit www.olsos-auction.org/ for more information

Left, Detroit Historical Society will take participants on a virtual tour of Detroit in the 1920s

Photo courtesy of Detroit Historical Society



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EMBRACES THE SPIRIT OF THE WAR MEMORIAL

INSPIRED *Thoughts*

The War Memorial continues to Inspire Thought — Virtually

By Susan Bollinger

These days, we're all spending more time online: Attending school, shopping, checking out social media and keeping up with the news. The internet is a valuable tool, yet the content we encounter often leaves us feeling disconnected and unfulfilled.

At The War Memorial, the organization's leaders were struggling with how to continue engaging the community in meaningful, socially distanced ways.

"Community events are such a huge part of what we do," says Jessica Kaminski, manager of communications and programming at The War Memorial. "As the COVID-19 pandemic continued, we explored how we could continue being a driver of arts and

culture, leadership, enrichment and patriotism in the community. It was a challenge, but we've brought amazing content together in a completely virtual platform."

That platform is called "Inspired Thoughts," and it's free and as close as your nearest device at www.warmemorial.org/inspiredthoughts. Subscribe to receive email notifications when the newest edition comes out.


"Every week, our leadership team curates quality content. It might include musical performances, film clips, intriguing articles, inspiration from thought leaders and deep dives into places, people, events and history," explains Kaminski. Videos and music clips are short, and articles are filled with links to learn more.

people in significant ways.

"It's a resource to expand your knowledge and interests, learn about something new, or discover another perspective," says Kaminski. "Inspired Thoughts' is difficult to describe, so we encourage you to go online and explore."

The War Memorial team tracks site visits and pays attention to what visitors are clicking on to dictate what they curate. "We find out what's getting attention and notice trends, then focus on creating more of what people like as we move forward," says Kaminski. "When you engage with the content, you help us decide on new and continued directions."

A goal for 2021 is to include guest curators to increase diversity among the topics and voices. If you have a suggestion for "Inspired Thoughts" content, email Brooks Hoste, vice president of community engagement and programming at The War Memorial, at bhoste@warmemorial.org.

"Our vision is to capture what our community finds important, and to let 'Inspired Thoughts' become a true reflection of what collectively inspires us," says Kaminiski. 

"Our vision is to capture what our community finds important, and to let 'Inspired Thoughts' become a true reflection of what collectively inspires us."

"Inspired Thoughts" includes local content, but because it's virtual, it extends nationally and across the world, truly connecting

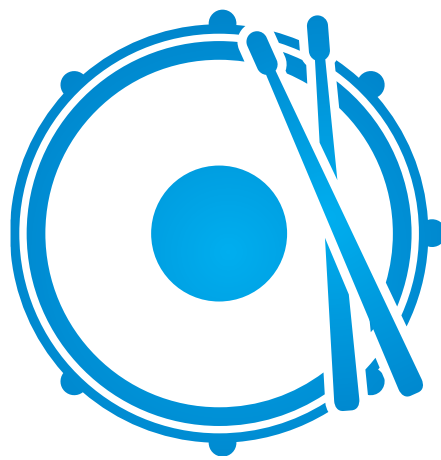
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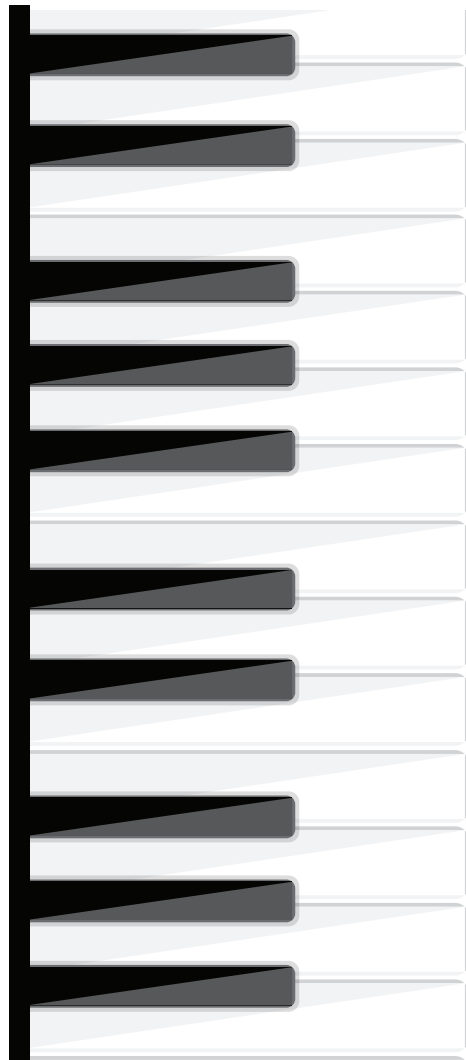
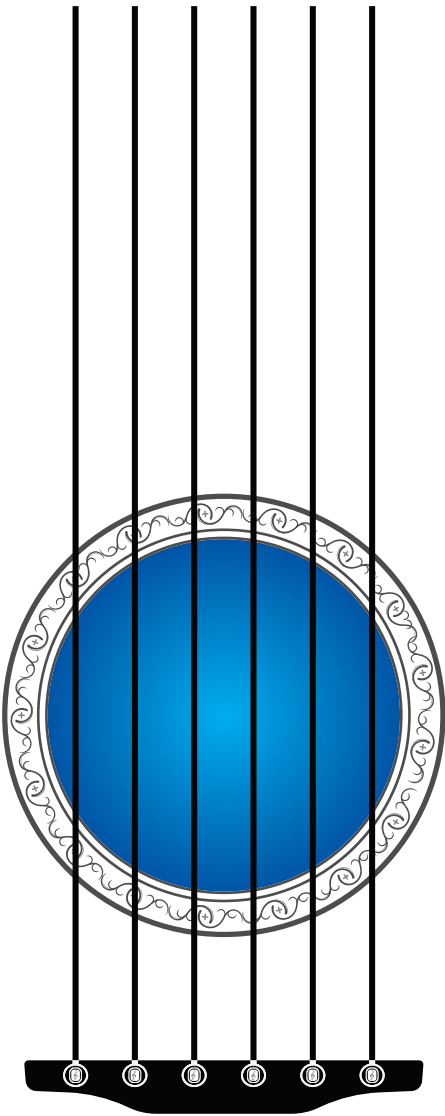
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