6th Annual Summer Gathering is “Best Ever”

Our 6th annual Summer Gathering was held on Sat. Aug. 6 at Patterson Park.
Over 1,800 attendees made this years event our most popular ever.
A combination of perfect weather and outstanding attractions gave residents much to do, see and eat. And all free!
Activities included a speed pitch throw, obstacle course, turbo trikes and strength meter. Also, there were Irish & College Dance Teams, music, face painting and pony rides.
Free hot dogs, chips, pop & ice cream satisfied many appetites.
This event is always the 1st Sat. in August.
Plan on attending our 7th Family Gathering in 2006.

West Park Farmers Market continues until Sept. 24.

The last day to stroll the sidewalks of Kercheval to find that unique gift or fruits, vegetables and plants or perhaps just listen to the music of the group “Wildfire” will be on Saturday, Sept. 24 from 9:00 a.m. to 2:00 p.m. We are planning a few other extra events for this final day so connect with your neighbors and plan on joining us.

Fall Perennial Plant Exchange
Sponsored by the Grosse Pointe Park Beautification Commission
Saturday, Oct. 1, 2005 10:00 a.m.-Noon Tompkins Community Center
Composting & container gardening demonstrations Master gardeners available
Free Mulch courtesy of City of Grosse Pointe Park Coffee and Cookies provided
No plants for exchanging? Gardeners will happily share their extras.
For more info visit WWW.GROSSEPOINTEPARK.ORG or select “current information” at www.bcsem.org
**General Park Rules**

No dogs are allowed in the parks unless going on a boat, in which case the dog must be on a leash.

No loud music.

No rollerblading permitted in the parks.

No open fires.

No liquor (beer in cans is permitted to those of age)

Fishing is permitted only off main pier on lake side.

No swimming is permitted in the lake or marina.

No bicycles on the boardwalk at Patterson Park.

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**2005 PARK PASS UPDATE**

If you rent your property, your pass expired on June 15, 2005. Applications are available in the Public Service Department. Prior to issuing any 2005 renters passes, all landlords will be asked to verify residency of all tenants residing in their properties. NO RENTERS PASSES WILL BE ISSUED WITHOUT THIS VERIFICATION.

Last year's guest card is valid until completely exhausted. A replacement may be obtained in the Public Service Dept. Your old card must be presented to receive a new one. There is no charge for this service.

Homeowners residing at the same address as 2004 are not required to renew their individual passes. These passes are valid as long as you remain at the same address. The same rule applies to their guest card as renters.

New residents can apply for park passes in the Public Service Department.

**Office Hours:** Monday - Friday 8:00 a.m. - 4:30 p.m.

**Telephone:** 313-822-4365

PLEASE NOTE: Driver's licenses and other forms of identification are not acceptable for entrance to the parks. Be certain that you and your family have valid park passes for 2005.

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**ATTENTION: HOMEOWNERS**

Be sure that the % declared as P.R.E. (principal residence exemption) is correct. It can be located on the lower left side of your summer tax bill. This % has no effect on the summer bills but will affect the winter tax bill if it is incorrect.

Call (313) 822-4361 if a correction needs to be made.

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**Grosse Pointe Park Communicator**

The Park Communicator is published four times a year--February, May, August and November--by the City of Grosse Pointe Park. The Park Communicator is the voice of the City and City Council.

**Mayor** Palmer Heenan

**Mayor Pro Tem** Gregory Theokas

**Council Members** Daniel E. Clark, Shirley J. Kennedy, Samuel Nouhan, James Robson, Gregory Theokas, Robert Donner

**City Attorney** Harold Deason

**City Manager** Dale Krajniak

**City Clerk/Finance Director** Jane Blahut

**Editor** George Blair III

**Editor’s note:** Any correspondence can be sent to 15115 E. Jefferson, Grosse Pointe Park, MI 48230

Attn: Parks & Recreation; E-Mail to BlairG@GrossePointePark.org
**Our Parks**

Grosse Pointe Park has two beautiful lake front parks. Outdoor activities change with the season, but many of the indoor activities continue throughout the year.

**Patterson Park** is located at the foot of Three Mile Drive and Essex and **Windmill Pointe Park** is located at Barrington and Windmill Pointe Drive. Admission to the parks is limited to Park residents and their guests. **Residents are reminded that park passes will be checked year round at both parks so keep your passes handy.**

The Lavins Activity Center will also be open year round for classes, work outs, and movies at the Okulski Theater.*

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**New Picnic Permit Procedures, Terms and Conditions**

We are currently taking 2005 picnic reservations. Any resident wishing to host a picnic either at Windmill Pointe Park or Patterson Park must call the Parks and Recreation Office at 822-2812 ext. 201 or come into the Park Office Monday – Friday between 8:00 a.m. – 4:00 p.m.

**Patterson Park**: Total of 100 non-residents per day. Residents can bring in up to 25 non-residents per permit.

**Windmill Pointe Park**: Total of 75 non-residents per day. Residents can bring in up to 25 non-residents per permit.

Schools located in the City of Grosse Pointe Park can exceed this limit for class picnics. *(When the park limits are met, no more permit applications can be issued. This insures residents the opportunity to picnic without the parks being over utilized.)*

Residents are allowed 2 picnic permits per year. Families may use their guest pass and bring in up to 6 non-residents on week-ends and holidays.

An alphabetized list of non-residents must be submitted to the park office 1 week prior to picnic. Children under the age of 7 do not need to be listed.

**Permit will not be validated until a guest list is received.**

Guests will not be admitted unless they are on the list.

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**Pool Hours**

All patrons must take a soapy shower before entering the pool according to state law.

**Patterson Park Splash Pad**
- 10:00 a.m. - Dusk

**Windmill Pointe Park Olympic Pool**
- 7:00 a.m. - 9:00 p.m.

**Windmill Pointe Park Wading Pool**
- 9:00 a.m. - 9:00 p.m.

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**Congratulations to the Grosse Pointe Park Mutants Swim Team!**

A real sports dynasty has developed in our city in the form of the GPP Mutants Swim Team. They have just completed their 3rd straight undefeated season and captured their 3rd straight overall championship in the finals by winning all but one of the age group events.

Kudos to our championship coaches:

- David Richardson-Rossbach
- Justin Linne
- Pete Stevens
- Amanda Palffy
- Patrick LaRiviere
- Emily Richardson-Rossbach

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The **Tompkins Community Center** is located at Windmill Pointe Park. The Center’s main function is to host parties. The Center’s capacity is 129 people, and can comfortably seat 100 people. It is available for Park residents to rent for various family functions.

Rental rates for 2005 are:

- Monday - Thursday (daytime or evening function) $200
- Fri., Sat., & Sun. 1:00 p.m. - 1:00 a.m. $300
- Wedding Receptions $500
- Monday - Thursday hourly rate (up to 3 hours maximum) $50 per hour

Office hours are 8 a.m. - 4 p.m. Monday - Friday and the office door is located on the lake side of the Tompkins Community Center.

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**Concession Stand Closes Monday, Sept. 5, 05**

Marty Peters & his staff will be closing the concession stand for the season at 9:00 p.m. on Labor Day, Sept. 5.

The same great foods will be available throughout the holiday week-end that you have enjoyed all year. Stop by for a final bite!

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DOLORES & PAUL LAVINS ACTIVITY CENTER

FALL 2005 MEADE FITNESS CENTER HOURS (Mon - Fri, 8 a.m. - 9 p.m.)
Monday - Tuesday 5:30 a.m. - 10:00 p.m.
Friday 5:30 a.m. - 9:00 p.m.
Saturday 7:00 a.m. - 8:00 p.m.
Sunday 8:00 a.m. - 8:00 p.m.

MEADE FITNESS CENTER
Located on the second floor of the Lavins Activity Center
The Meade Fitness Center. Membership in the Fitness Center (work-out room) can be purchased at the front desk in the Stevens Atrium. A variety of workout equipment from free weights to cardio is available to members, along with a great view of Lake St. Clair while you exercise. The classes that make up the Fitness Class Membership are varied. Our gym is spacious, our equipment is new, and our classes are conducted in a gym. A monthly calendar/schedule is available at the Meade Fitness Center for classes and days. Classes are ongoing unless otherwise stated. A combined fitness center AND class membership can also be purchased. Stop by our front desk for a list of current prices and membership combinations.

Kids Kare Drop-in
For times listed in this section room members have a drop-in room in which they can work out while knowing your kids are near-by. Kids can be between six weeks and 9 years of age. Parents purchase a Kids Kare Drop-In pass for each visit. Cards may be purchased at the front desk. Parents may not leave the building while their children are in Kids Kare.

Lockers Rooms
The Lavins Activity Center has lockers rooms to shower and change in if you choose. Please do not leave locks on lockers overnight as these lockers are used by all, for other Lavins Activity Center programs.

GYM RENTALS
Occasional Half-Court gym rentals of the Golden Family Gymnasium are available. A monthly calendar/schedule is available at the front desk in the Stevens Atrium. A variety of workout equipment from free weights to cardio is available to members, along with a great view of Lake St. Clair while you exercise. The classes that make up the Fitness Class Membership are varied. Our gym is spacious, our equipment is new, and our classes are conducted in a gym. A monthly calendar/schedule is available at the Meade Fitness Center for classes and days. Classes are ongoing unless otherwise stated. A combined fitness center AND class membership can also be purchased. Stop by our front desk for a list of current prices and membership combinations.

Personal Trainers are also on staff, and members can make arrangements to set up a personal fitness routine at an additional cost.

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Fitness Class Membership Offerings

Body Toning with Weights
taught by Jane Blablut
Monday, Wednesday, Friday 6:45 a.m. - 7:00 a.m.
Strength training, also called resistance or weight training, is beneficial for men and women, no matter what their age or fitness level. Weight training can help lose unwanted pounds, and inches to prevent gradual accumulation of body fat, that otherwise accompanies aging. It’s important to start out by using the correct weight for the current level of strength. Start slowly and gradually, increasing the weight as your strength increases. Limit yourself to two or three days a week, allowing a day in between to let your muscles recover. Do not abandon aerobic activity; the two diverse workouts complete each other.

Body X-Cellence
Call
Maher
451-8640
2:00-6:00 p.m.
Tuesdays
8:00 a.m. - 9:00 p.m.
Saturdays
8:00 a.m. - 9:00 p.m.

Taught by Beverly Ruskus
Monday, Wednesday 6:30 - 7:30 p.m.
Saturday 8:15 - 9:15 a.m.
This class involves 20 minutes of low impact movement. The rest of the time is spent on weight training the arms and legs. Abdominal and back work is included followed by relaxation and stretch. Working at one’s own pace is encouraged.

Group Indoor Cycling
taught by Patty Logan/Janet Blablut/Carrie Moore/Mary Luty
Tuesday 6:00 - 6:45 a.m.
Thursday 6:30 - 7:15 a.m.
Saturday 7:00 - 8:00 a.m.

We will guide you through a challenging ride and build endurance and leg strength. You will need to reserve a bike the day before due to the popularity. Call after 12 noon the day before to reserve a space.

Cardio Step & Stretch
taught by Kelly Maher
Monday 9:15 - 10:15 a.m.
This 60 minute class will shape and sculpt your entire body and burn fat. This class consists of 30 minutes of cardio sculpt with weight and step bench and 30 minutes of lower body training including abs, glutes, and hamstrings, all followed by a relaxing stretch. Guaranteed to change your body shape and energize you!

Power Yoga
taught by Mary Walsh/Carrie Moore
Wednesday 8:00 - 9:00 a.m.
Saturday 10:30 - 11:30 a.m.

New name, same great class! The crate continues! 60 minutes of intense but gentle workout focusing on strength, balance, and coordination. Movement includes the use of the mat and a variety of resistance equipment incorporating techniques from Yoga, Pilates, strength training, and dance conditioning. You will burn calories and work muscles you didn’t even know you had.

Instructor, times & dates subject to change.

Senior Strength Aerobics
taught by Rita Moran and Beverly Ruskus
Tuesday 11:30 - 12:30 p.m.
Friday 10:30 - 11:30 a.m.

This class will begin with a warm up and lead into a low-impact simple aerobic workout. The hour will be completed with strength training and floor exercises for better balance, flexibility, coordination, and endurance.

Tai Chi
taught by Michael Ashmore
Monday 12:00 - 1:30 p.m.

A famous tradition of “soft style” Chinese martial arts. This training concentrates on relaxed breathing techniques, body awareness, coordination, stability and balance to generate power for self defense applications.

Boot Camp
Call
Maher
451-8640
2:00-6:00 p.m.
Tuesdays
8:00 a.m. - 9:00 p.m.

Taught by Mary Ashmore
Tuesday, Friday 8:30 - 9:15 a.m.

This class is designed to strengthen the major muscles, stabilizers and assistors of the body. Creating a balance of strength and flexibility necessary to maintain a healthy lifestyle. All levels welcomed.

Fat Burning Friday
taught by Kelly Maher
Friday 9:15 - 10:15 a.m.

A dynamic, fun, interval class consists of 20 minutes of low impact cardio, 20 minutes of weights and 20 minutes of yoga.

Short Spin
taught by Carrie Moore
Monday & Wednesday 8:30 - 9:00 a.m

“We’re just going for a short spin...” 30 Minutes of intense indoor cycling. Bikes must be reserved starting at noon the day before short spin class.

Note: The Lavins Center will be closed on Labor Day, Sept. 5
CAMP WIND-Y-MILL
SATURDAY, SEPT. 17, 05

Family and friends are invited to Camp Wind-Y-Mill at Windmill Pointe Park for an overnight camping experience. This is a great way for campers to end the summer with their neighbors and friends. Evening activities are planned for the children, along with a campfire and the always popular s’mores. All campers are treated to a sunrise breakfast. Campsite reservations fill up fast! We have 42 sites, 35 of which have grills. No phone in reservations. Please come down to Camp Headquarters (the park office) to select and reserve your campsite and make payment. Registration will be taken until capacity is reached. Questions, please call 822-2812 ext. 201.

Arrive: Saturday, Sept. 17, after 2:00 p.m.
Depart: Sunday, Sept. 18, before Noon
Fee: $20.00 per campsite

Lunch with Santa
Saturday, December 3, 05

Santa called—he's making his plans early this year, so we thought we would too! Santa is scheduled to have lunch with the children from Grosse Pointe Park on Saturday Dec. 3. Lucky for us he is willing to stay all afternoon, so we have scheduled three different times for lunch, pictures and crafts.

We can only accommodate 25 children and their parents for each lunch time. We will take registration until December 2nd or until capacity is reached. More information to follow! Make reservations by sending in the registration form along with the fee.

Lunch Times: 10:30-11:30 a.m., 12:00-1:00 p.m., 1:30-2:30 p.m.
Fee: $5.00 per child, $3.00 per attending adult (this includes lunch for all, a craft and photo with Santa for the children)

HALLOWEEN IN THE PARK
SAT. OCTOBER 22, 05
Windmill Pointe Park

This exciting costumed event is for young children and elementary school students.

Windmill Pointe Park will be transformed into Halloween in the Park. A winding trick-or-treat path will lead you from candy station to candy station, all decorated differently. The date of this event is Saturday October 22. It begins promptly at 5:00 p.m. and will end at 6:30 p.m. Trick-or-treaters may select arrival times of 5:00 pm, 5:30 pm or 6:00 pm. (Trick or Treaters must arrive before 6:15 pm in order to get through all of the stations).

Tickets MUST be purchased in advance. They will be on sale for $4.00 per child from October 1 through October 21 at the outside gatehouse at Windmill Pointe Park. Tickets sold on the day of the event up until 2:00 p.m. will cost $8.00. Every child trick or treating must be in costume and accompanied by an adult.

Trick-or-treat bags will be given out at the gate and this will be the only bag that our volunteers will fill with candy.

Resident volunteers are needed for candy stations. Sign up to decorate one of the trick-or-treat stations. Use your creative talents to set up a Halloween scene with pumpkins, scarecrows, tombstones, themes, characters, and other festive ideas. Candy will be provided by the Parks & Recreation Department for you to give out at your station. Volunteering is a great way to be part of the excitement even if you don’t have any ghosts or goblins of your own. Please sign up to be a volunteer by October 17. Decorating your station will take place on the day of the event from 2:00 p.m. to 4:00 p.m.

Here’s the chance to make some new friends, have some fun with old ones, try some new things and get out and have fun! A collaboration of “Grosse Pointe” parks and recreation departments will provide opportunities for those in grades 6th - 8th (middle school students) to have fun in varied and exciting recreational activities. The activities offered will vary in location from one end of Grosse Pointe to the other and more off site outings; giving a chance for teens to meet others and visit the facilities of the different pointes. There are fees for some events. A valid school I.D. and a current park pass from any of the Grosse Pointes will be needed for participation. Pick up a brochure in the Lavins Activity Center for Event Dates and additional future student event planning information.

Recreation 4 Middle School TEENS

Holiday Tree Lighting Ceremony
Wed. Nov. 30 - 6:30 p.m.
Windmill Pointe Park

Mayor Heenan will greet all and turn on the lights to our beautiful holiday tree and present the key to the city to Santa Claus. Songs of the season by the Good News Singers Quartet. Hot chocolate, cookies and a free holiday movie will top off this fun evening.

Centennial Birthday Celebration!

A big tip of the Communicator Cap goes to Winthrop Connor of Trombley Rd. who will turn 100 on Aug. 20, 2005. Many happy returns!
**KARATE**

**KARATE FOR KIDS**  Instructor: Lisa Santi.

This popular martial arts program continues another season of learning, skill development and advancement. The “Turn of the Tide” Martial Arts program works to teach students to gain confidence in themselves and their abilities. These classes are ongoing and new students are always welcomed. Classes are held in the gymnasium in the Lavins Activity Center. Class sizes are limited to 20 students.

**FALL - Karate Session I** starts Sept (8 Weeks)

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**Martial Arts Enrichment Class**

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Martial Arts Enrichment Class is held on Thursday from 4:15-5:15. Session I is Sparring Class offered to all Turn of the Tide Martial Arts Students, Session II Martial Arts Enrichment Class will be a Weapons Class offered to Turn of the Tide students, Green Belt level and above.

**KARATE Session II starts in November**

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**KARATE FOR TEENS**

*NEW*  **ATTENTION ALL TEENS!**

A Teen Karate Class is now being offered that is designed just for you. Designed by Teens for Teens, each class will start with a fun warm up to music and then the traditional karate training that enhances the physical skills of strength, fitness, balance, coordination, and flexibility with the mental skills of focus, patience, courage, confidence, perseverance, respect, discipline and dedication being applied. Issues that teens face today and self defense techniques will also be woven into this specially designed class. Sensei Marino Santi, a teen himself, will be co-teaching this class.

**Teen Class**

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**Registration for all Karate classes will be on Sat. Sept. 10 from 9:00 a.m. to Noon at the Lavins Activity Center.**

**Karate testing will be held on Sat. Dec. 17 at 11:00 a.m. in the Golden Family Gymnasium.**

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**Calendar Hi-lites & other cool stuff!**

A reminder of pertinent dates & events coming up in our city. Please note the dates that may be of interest to you or your family.

**Aug. 19 - 21**

Windmill Pointe Park Adult Tennis Tournament

**Sept. 5 (Labor Day)**

Pools close for the season at 9:00 p.m. Splashpad will remain open until Sept. 18, weather permitting. Lavins Center and City offices closed

**Sept. 17 Camp Wind-Y-Mill**

Windmill Pointe Park

**Sept. 24 “West Park Farmers Market” Final Day**

Tompkins Community Center 10 - Noon

**Oct. 1 “Fall Perennial Plant Exchange”**

Tompkins Community Center 10 - Noon

**Oct. 22 “Halloween in the Park”**

4:30 - 6:00 p.m. Windmill Pointe Park

**Oct. 30 Daylight Savings Time ends**

**Nov. 11 (Veterans Day)**

City offices closed

**Nov. 24 (Thanksgiving Day)**

City offices closed

**Nov. 30 Holiday Tree Lighting Ceremony**

Windmill Pointe Park

**Dec. 3 Lunch with Santa**

Tompkins Community Center

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**Editors Note:** “Branching Out” will return in the next issue of the Communicator.
Sand Sculpture Competition
Volleyball Courts at Windmill Pointe Park
Sunday, Sept. 25 at 1:00 p.m.
$5.00 entry per team

Teams of up to 4 people will have the opportunity to let their creative juices flow! Each team will be given a 30' x 10' plot of sand to do a sand sculpture. Space is limited to 12 teams. You can do it solo or have 3 others working with you. The competition will begin at 1:00 and end after 1 hour of working on their masterpiece. Entrants must bring their own equipment to build the sculpture. (shovels, hand tools, buckets, props to decorate) Whether it is an elaborate castle or a sand scene we welcome anything that you come up with that is in good taste. There is a hose nearby to water down the sand and to spray or mist it as needed. Entrants must stay in their boundaries and finish up during the 1 hour allotment. Judges will select the winning sculpture and prizes will be awarded.

If you are interested in signing up for this competition, please pick up an entry form at the Windmill Pointe Park outside gatehouse by September 17th.

Dawgy Walk at Patterson Park
Sunday, Oct. 2 at 1:00 p.m. (Free Event)

Today is the day we allow your dawg, big or small but on a leash, into the park! Enjoy a walk with your four legged friend around Patterson Park. Pet owners and dawgs should meet at the windsurf area where we will begin our walk and talk around the park. If your dawg is up to doing tricks, fetching or comes dressed up we will let them shine in front of all their other canine friends after the walk. Dawgy treats will be made available at the end of our walk. Also, please note that this event is not only for children. We would love to see all of our dawg walkers attend.

Arbor Week Poster Awards

Maire 4th grader George Fishback Jr. is presented the 1st place award for the Arbor Week Poster Contest from Mayor Palmer Heenan and Grosse Pointe Park Beautification Commission Chairperson Barbara Miller.

The theme of George’s poster was “TREEMENDOUS” Congratulations, George!

Runners-up were:
Max Mager
Alexandra Zambito