The Grosse Pointe Park Foundation
Who are they and what do they do?

You may be pleasantly surprised

The Tompkins Community Center, The Robert Hutton Ice Rink/Fountain, The George Helm Boardwalk, The Jefferson Avenue Landscape Improvements, The Gatehouse at Windmill Pointe Park, The Lavins Activity Center, and The Youth Splash Pad and The Lindell Lodge (Warming House) at Patterson Park are all accomplishments of the Grosse Pointe Park Foundation. These enhancements benefit all residents of our community and along with the generosity of gifts provided, have made these opportunities a reality.

The Grosse Pointe Park Foundation was organized in 1984 to accept contributions, gifts and bequests, to hold them in trust, and to make grants that will support and enrich charitable, civic, recreational, educational and cultural undertakings in the City of Grosse Pointe Park. It is a non-profit Michigan corporation formed by action of the City Council of the City of Grosse Pointe Park. The foundation is classified as a public charity under the Internal Revenue code and all contributions to the foundation are tax deductible.

Why the Grosse Pointe Park Foundation?
The foundation functions as an independent organization that is committed to new civic projects for the community.
The Trustees have been extremely active since their inception in 1984.

Who makes gifts to the foundation?
Anyone can be a contributor. Our foundation is designed to channel all contributions, gifts, bequests and donations. Some individual gifts will be small, personal thank-you gifts of funds or property. In addition, the foundation receives gifts from organizations, corporations and other foundations. Gifts may be made during your lifetime or the foundation may be the beneficiary of all or part of your estate.

Membership categories have been established to encourage annual contributions in whatever amounts residents are able to give. An Annual Membership is $50; Contributor Membership is $100; Annual Sustaining Membership is $150; Annual Charter Membership is $250; Donor Membership is $500; Major Donor Membership is $1,000; Life Donor Membership is $5,000; and Life Patron Membership is $10,000.

Those residents who are able to contribute greater amounts will be acknowledged as special benefactors of the community. Names of contributors will be listed on future foundation accomplishments. Anonymous contributions may also be made. Money pledged by individual residents, organizations or corporations is the only available revenue source for these community enhancements.

Who is in charge of the foundation?
The foundation is governed by a Board of Trustees who serve without compensation for three year terms. A member is any resident of the City of Grosse Pointe Park who is a current contributor to the foundation at the Annual Membership level or greater. The Board of Trustees has full responsibility for the dispersement of all unrestricted funds and for monitoring designated funds to make certain that such distribution is consistent with the purpose of the foundation and in the best interests of the community.

See Foundation, Page 9

Don’t be a heartbreaker!

Come down to Patterson Park for our annual VALENTINES DAY SKATE on Saturday, February 11 from 1:00 - 2:00 p.m. All ages of skaters are welcome to come and participate in this free outdoor activity. We encourage parents to come with their children and join in the fun. Skating games and music make this a great winter event. Cookies and hot chocolate will be served in our new warming house after the skate. For more information call 822-2812 ext. 201.
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.

City Phone Numbers
911 - Emergencies Only
Municipal Offices
Automated Telephone System:
Main Number..........................313-822-6200
0 - For the operator
1 - Public Services, Building Department and Assessment
2 - Water & Sewerage Billing
3 - Public Safety
4 - Municipal Court

Direct Lines:
Public Safety: 313-822-7400
Public Service: 313-822-5020
Voting & Elections: 313-822-4380
Tax Information: 313-822-4267
Building Inspector: 313-822-4368
Water Billing: 313-822-7650
Municipal Court: 313-822-3535
City Forester: 313-822-6200 (ext. 271)

Parks & Recreation
313-822-2812
Okulski Theatre Information Press 1
Lavins Activity Center Press 2
Park Office / Tompkins Center Press 3
Outside Gate / Windmill Pte. 822-5155
Patterson Park Gatehouse 822-1681

2006 PARK PASS UPDATE
Remember park passes are needed year round to enter both parks.
They do not expire at the end of the year. Owner passes continue to be valid as long as there is no change of address. Renters (with no change of address) passes issued in 2005 are valid until June 15, 2006.

Guest cards are not issued annually, and are valid until they are completely punched out at which time a request for a replacement can be made. New guest cards will be issued only upon presentation of the exhausted card. There is a limit of one guest card per household per season.

Lost passes are replaced for a fee of $5.00 each.

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 will not be accepted for entrance to the parks. Be certain that you and your family have valid park passes for 2006.

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, James Robson, Daniel C. Grano
City Attorney Gregory Theokas, Robert Dennier
City Manager Dale Krajniak
City Clerk/Finance Director June 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
New Picnic Permit guidelines and fee’s for 2006

Picnic permits are now available at the Parks & Recreation office for functions at either Windmill Pointe or Patterson Park for the 2006 season.

Residents are allowed up to 6 non-resident guests per family (age 7 and over) on week-ends and holidays by using their guest pass. There is no limit on weekdays as long as there are punches available on your guest pass. A guest pass remains valid until all punches are used. A new pass may be obtained at the Public Service Department once per year at no charge.

A family may have up to 25 non-resident guests (age 7 and over) at either park by obtaining a picnic permit. The fee for a permit is $10.00 for a Monday - Friday function or $20.00 for a Saturday or Sunday event. Permits will not be issued for Memorial Day, the Fourth of July or Labor Day.

Picnic Permits and fee’s must be received no less than one week prior to the reservation date. Permit reservations may only be made between 8:00 a.m. and 4:00 p.m. Monday - Friday at the park office or by calling 822-2812 ext. 201. Refunds will not be made for cancelled reservations.

Please remember that a permit is only needed for your non-resident guests.

Lindell Lodge rental guidelines

The new ice rink warming house at Patterson Park has been named the “Lindell Lodge” in recognition of Carlton and Verna Lindell. Their generosity along with the continuing efforts of the Grosse Pointe Park Foundation have built this beautiful facility for our community. We are pleased to announce that it is now available to rent for tea’s, clubs, birthday and card parties, meetings and other small gatherings.

The lodge features a 32” HDTV flat screen television and surround sound audio system with a gas fireplace, 2 leather club chairs and 2 wooden cafe tables with accompanying wooden chairs. The side windows open and there is a ceiling fan. There is also a handicap accessible restroom. There is no refrigeration, kitchen, sink or serving utensils. Coolers are allowed and the counters may be used for serving food. Total capacity is 25 people.

BUILDING RULES:
No smoking or alcoholic beverages allowed.
Balloons and table decorations are permitted. No wall decorations allowed.
The lodge ia an “AS IS” rental room. Additional seating and tables are not allowed in the lodge.

Picnic permits will not be issued for use with the lodge, however a grill will be available for your barbeque needs.

RENTAL FEE’S:
The lodge is available for morning or afternoon rentals. Rental times are from 8:30 a.m. to 12:30 p.m. or 1:30 p.m. to 5:30 p.m. (4 hr. rentals)
Monday - Friday rentals are $50.00 per booking. Saturdays, Sundays and holidays are $75.00 per booking. A separate security deposit of $100.00 is also required. Security deposit checks will be returned immediately following an event provided there are no damages to the facility.
All fee’s must be paid 1 week in advance at the Parks and Recreation office.

For additional information or reservations please call 822-2812 ext 200.

The Tompkins Community Center is located at Windmill Pointe Park. The Center’s main function is to host parties. The Centers 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 2006 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

For additional information or reservations please call 822-2812 ext 201.
Sign your children up for an hour of play in running, ducking, catching and throwing in an assortment of dodge ball games in the Golden Family Gymnasium. This popular game is the newest craze and went over so well last year that it's back! Players don't need to worry about getting hit because all the balls that are used are soft coated foam balls. We will have our personal trainer explain the rules, monitor the games and set up the teams. Sign up and pay at the Lavins Center Reception desk by Friday, Feb. 3.

Saturdays 1:00 - 2:00 p.m. 5 - 10 year old girls and boys
5 weeks $15.00
Session II: Feb. 11, 18, 25 March 4, 11
Participants need to wear gym shoes and comfortable clothes.

Windmill Pointe Park
Egg Scramble
Wednesday, April 12, 4:30 p.m.

All children 8 years of age and under are invited to our outdoor egg scramble on Wednesday, April 12 at Windmill Pointe Park. The scramble will begin promptly at 4:30 p.m. rain or shine. Plastic bunny eggs will cover the grounds waiting to be found and turned in for candy and surprises. Egg collection bags will be provided as the children arrive.

This event is for the children. Parents are asked not to hunt for eggs but are welcome to videotape this event. Also, be sure to have their picture taken with Mr. & Mrs. Bunny and visit our assortment of farm animals for petting and feeding.

Tickets for this event are $5.00 per child and will be available starting March 1 at the outside gatehouse at Windmill Pointe Park. You may also purchase tickets by mailing your check with the registration form in this paper.

Swim Team News

The summer swim team is open to all residents 17 and under. Competitive meets are held with neighboring Grosse Pointes and St. Clair Shores.

This year we will be requesting more parent involvement than in years past. Every parent will be required to volunteer doing something (picnics, timing, refreshments after mini meets, shopping, registration, finals party, etc).

Our swim team has won the last 3 seasons against the competing cities. Even though we are “on top” there are changes that need to be made. So, we will be revamping our team to make it an even more positive experience for swimmers and parents alike.

Their will be new rules on swimmers attending practices, levels that swimmers must be at to even be on the team and registration after tryouts.

Tryouts are mandatory for all swimmers. (even those who have previously swam on the team must try-out to see what “new” level they will be in).

Tryouts will be:

Last names starting with
A – L  5:00 – 6:30 p.m.  Wed. May 31  WPP pool
M – Z  5:00 – 6:30 p.m.  Thurs. June 1  WPP pool

We will have registration, swim suits, and volunteer sheets at our parents meeting on Friday, June 2 from 5:00 - 6:30 p.m. in the Golden Gymnasium.

Spring Perennial Plant Exchange
Sponsored by The Grosse Pointe Park Beautification Commission
Saturday, May 20  10:00 a.m. - Noon  Tompkins Community Center
Composting & container gardening demonstration. Master gardeners available.
Free mulch courtesy of the City of Grosse Pointe Park. Coffee and cookies provided.
For more info visit www.grossepointepark.org or select “current information” at www.bcsem.org

Camp Wind-Y-Mill
Saturday, May 20
Windmill Pointe Park

Sign up for our Spring camp beginning Monday, April 3. Experience a sleepover at Windmill Pointe Park. Check-in is on Saturday, May 20 at 2:00 pm. Find your site, set your tent up and let the kids fish, play in the park and enjoy the camp experience. Later in the evening we will have organized games and our popular campfire with the Merry Music Maker providing entertainment and smores to fill your tummy’s before bedtime. Rise with the sun on Sunday and report to the Tompkins Community Center for a wonderful breakfast. Check out time is 2:00 pm on Sunday.

Sites are limited, so be sure to come to the Tompkins Center office during office hours to select your site, pick up your paperwork and pay the $25 camp-site fee.

This is a wonderful family event for those of you who enjoy being outdoors.

Dodge Ball for Kids

Sign your children up for an hour of play in running, ducking, catching and throwing in an assortment of dodge ball games in the Golden Family Gymnasium. This popular game is the newest craze and went over so well last year that it’s back! Players don’t need to worry about getting hit because all the balls that are used are soft coated foam balls. We will have our personal trainer explain the rules, monitor the games and set up the teams. Sign up and pay at the Lavins Center Reception desk by Friday, Feb. 3.

Saturdays 1:00 - 2:00 p.m. 5 - 10 year old girls and boys
5 weeks $15.00
Session II: Feb. 11, 18, 25 March 4, 11
Participants need to wear gym shoes and comfortable clothes.
Attention: All Grosse Pointe Middle School students

The Grosse Pointe Parks and Recreation Departments have put together an All Pointes Youth Recreation Group. Once a month there is a meeting for all teens to attend that involves planning future outings and activities. Below are the dates of the meetings and scheduled events. In order to attend the events, all teens must show a school I.D. from a Grosse Pointe Middle School.

Scheduled Events

Friday, Feb 24, 6:30-8:00 p.m. Ice Skating: Music, Patterson Park 3-mile & essex Grosse Pointe Park

Monday, March 6, Bowling Place, price and time to be determined. Also, there will be a meeting to discuss Summer events.

Monday, April 24, Movie: To be determined. Okulski Theater at Grosse Pointe Park Lavins Center. Cash concessions available.

Grosse Pointe Park

If you are interested in participating in the All Pointes Youth Recreation Group please submit your Name, address, phone no., parents name, school and grade to:

Terry Solomon, Parks & Recreation Director 15115 E. Jefferson Ave. Grosse Pointe Park, MI 48230 313-822-2812 ext. 200 Fax: 821-0922 E-mail: solomont@grossepointepark.org

VISA/MASTERCARD USAGE

The City of Grosse Pointe Park is now accepting Visa and Mastercards for your convenience in making payments. You can now make payments at City Hall for taxes and water bills and at Windmill Pointe Park for Lavins Center memberships, classes, boatwells and Tompkins Center Rentals. A convenience charge will be added to your credit card charge. For more information call the Parks & Recreation office at 822-2812 ext 201.

It's a Pajama Party!

Featuring the Merry Music Maker and special guest Kitzee Coo Coo

Friday nights - February 3, and March 3 7:00 p.m. to 8:00 p.m. Lavins Activity Center at Windmill Pointe Park $12.00 per family For 2 - 8 year olds and the young at heart. Wear your pajamas and a smiling face and bring a blanket to sit on.

Be entertained with music, dancing, stories, puppets and silly fun. Bedtime will never be the same so mark your calendars for these fun events.

Adult Golf Instruction

This class is designed for beginners and for those of you who need to brush up on your skills. You will need to bring 4 clubs to the first class. A wood, 7 iron, pitching wedge and a putter. Practical hands-video taping of each golfer will take place during Golf lessons will be taught in the Golden Family commodating up to 12 participants. Sign up early and save each session. Gymnasium accommodating up to 12 participants. Sign up early and save

Tuesdays 5 classes 7:30 – 8:30 p.m.

Cost: $60.00

Session II February 7, 14, 21, 28 March 7 (this class will be taught outdoors weather permitting)

Instructor: Matt Bodde, Golf Pro at the Country Club of Detroit

REGISTRATION FOR CLASSES AND EVENTS

Please do not use for Karate classes

Name:____________________________ Age:_______

Name:____________________________ Age:_______

Address:__________________________ Phone:____________________________

Class/Activity:____________________ Amount: $_____________

Please make check payable to and mail to:

City of Grosse Pointe Park 15115 E. Jefferson Ave. Grosse Pointe Park, MI 48230 Attn: Parks & Recreation
Recreational opportunities abound for you at The Lavins Activity Center. We offer many types of recreational activities for residents of Grosse Pointe Park to partake in during the year. Whether you want to get in shape with active recreation, seek some fun, or just want to relax; a visit to the Lavins Activity Center can do it for you!

A fitness room membership, in our Meade Fitness Center, a Fitness Class membership allowing access to all of our fitness class calendar offerings, a gym rental in the Golden Family Gymnasium, for a chance to shoot some half-court basketball, a visit to the McKeever Lounge to sit, relax, watch the boats go by and the seasons change along the lake, or maybe even an afternoon or evening at The Okulski Family Theatre to take in a good movie are all possibilities offered here.

**Winter 2006 Meade Fitness Center Hours**

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<th>Day</th>
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**MEADE FITNESS CENTER**

Located on the second floor of the Lavins Activity Center is 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. They run the spectrum from Indoor Cycling to Fat Burning Fridays. If it’s the first time attending a class we strongly suggest that you arrive 15 minutes earlier than a class is scheduled to meet the instructor and find out the class routine. Fitness class memberships can be purchased at the front desk in the Stevens Atrium and classes are conducted in the gym. A monthly calendar/schedule is available at the Lavins Activity Center for class days and times. Classes are ongoing unless otherwise noted.

*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.

**Kids Kare Drop-In**

For fitness class and fitness room members we have a drop-in room so you 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 Card, which is punched for each visit. Cards may be purchased at the front desk. Parents may not leave the building while their children are in Kids Kare.

**Locker Rooms**

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

**Gym Rentals**

Occasional Half-Court gym rentals of the Golden Family Gymnasium are available. Reservations may be made only 24-hours in advance (maximum) for basketball, volleyball, badminton and running games. The fee is $20 per hour for half the court. Park passes are required for access to the park and the Lavins Activity Center. Park Passes will be asked for at the reception desk to prove residency. Patrons can invite one non-resident per resident for gym rental activities. However, non-residents must arrive WITH residents; otherwise they will be denied entry. Passes will be collected and held at the desk. The maximum number of people in the gym is limited to 25 persons per side.

Proper tennis or gym shoes are required and shirts must be worn. If you are under the age of 18 you will need your parent/guardian to be in attendance while you play. Lockers are available.

Water bottles are permitted in the gym, but no other food or drinks are allowed. Basketball and volleyballs are available. A complete list of gymnasium rules is posted at the front desk.

**The Okulski Family Theatre**

The Okulski Theatre offers a variety of movies on the BIG SCREEN. Call 822-2812 and press Ext. 1, to hear the latest upcoming movie titles, times and dates. The aroma of freshly popped popcorn and convenience to home are surefire reasons to make it a date.

**Ticket Prices:**

- Adults $6
- Children under 12 $5
- Seniors over 60 $5
- Matinee (Movies starting before 5 p.m.) $4

Tickets are available for advance purchase on the same day. The guest policy is one non-resident guest to each attending resident and guests must arrive with the resident to gain access to the park. Residents are encouraged to arrive early as movies start promptly at listed times. Teens are advised to have their park pass available for PG-13 rated movies.

**Lavins Activity Center Rentals**

The Lavins Activity Center can be rented for various functions when it is not scheduled for parks and recreation activities, classes or events. Reservations are requested to be made at least 1 month in advance. For complete details please stop in at the reception desk in the Stevens Atrium.

**Capacity:**

- Okulski Theatre: 130 persons
- McKeever Lounge: 25 persons
- Power Point presentation: 40 persons

**Fees**

- Movie theatre rental for up to 35 people $160 (min) Each additional person $5.00
- Theatre for power point (8-noon or noon to 4) $160
- Power Point for 8 hours $320
- Lounge for up to 4 hours $60 for first hour, $50 for each addtl. hr.
- Full Gym w/other rental if available (one hour, limited activities) $50
- Security Deposit required for all theatre and lounge rentals. $175

Checks/payments must be in the renting residents name and they must be in attendance at the event.
**Tiny Tots and Pipsqueak P.E.**

**Instructor:** Suzanne Piepszowski

**Tiny Tots** is for parents & children 18 mos. - 3 years. Class size is limited to 12 kids and their parents.

**Winter/Spring Sessions II & III**

**Tuesdays @ 10:30-11:15 A.M.**  Cost $42  
**Wednesdays @ 10:30-11:15 A.M.**  Cost $42

**SESSION II**

- Tues. 10:30-11:15  Feb 28, March 7, 14, 21, 28, April 4, 11
- Wed. 10:30-11:15  March 1, 8,15, 22, 29, April 5, 12,

**SESSION III**

- Tues. 10:30-11:15  April 25, May 2, 9, 16, 23 and 30
- Wed. 10:30-11:15  April 26, May 3, 10, 17, 24 and 31

**Pipsqueak P.E.** is for children 3 - 6 years  
Class size is limited to 12 kids and their parents.  
An extra class will be added if demand is high.

**Winter/Spring Sessions II & III**

**Tuesdays @ 1:00-2:00 P.M.**  Cost $42  
**Wednesdays @ 1:00-2:00P.M.**  Cost $42

**SESSION II**

- Tues. 1:00-2:00 P.M. Feb 28, March 7, 14, 21, 28, April 4, 11
- Wed. 1:00-2:00 P.M. March 1, 8,15, 22, 29, April 5, 12,

**SESSION III**

- Tues. 1:00-2:00 P.M. April 25, May 2, 9, 16, 23 and 30
- Wed. 10:30-11:15  April 26, May 3, 10, 17, 24 and 31

**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.

**Karate for 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.

**Session III**

- Mondays - 5:30 Advanced Class ages 9 & up. Same dates as above
- Tuesdays - 4:30 Sparring Class Same dates as above
- Tuesdays - 5:30 Advanced Class ages 9 & up. Same dates as above
- Wednesdays - 5:30 Advanced Class ages 9 & up. Same dates as above
- Thursdays - 4:15 SPARRING CLASS
- Thursdays - 5:30 Teen class 1993 birth year and older. Same dates as above

**Session IV**

- Mondays - 4:15 Beginners Class - 4/10, 4/24, 5/1, 5/8, 5/15, 5/22, 6/5, 6/12
- Mondays - 5:30 Advanced Class ages 9 & up. Same dates as above
- Tuesdays - 5:30 Advanced Class ages 9 & up. Same dates as above
- Wednesdays - 4:15 Beginners Class - 4/12, 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7
- Wednesdays - 5:30 Advanced Class ages 9 & up. Same dates as above
- Thursdays - 4:15 - Weapons Class Must be a Green Belt or above and be in an advanced karate class.
- Thursdays - 5:30 Teen class 1993 birth year and older. Same dates as above.

**Kids Karate Olympics**  
**February 4, 2006**

**Golden Family Gymnasium**

Competition in this exciting event is open to all current Karate students age 5 and up of Grosse Pointe Park’s “Turn of the Tide Martial Arts”. Students get to compete in 6 different martial arts events from “Highest Kick” to “Most Punches in 30 Seconds”, all in a friendly, fun atmosphere where each olympian is a winner for doing their best. Hundreds of ribbons are awarded along with many gold, silver and bronze medals. Sign up for this event through Instructor Lisa Santi. There will be a student registration fee and healthy snacks will be provided.

**Parent’s Night / Karate Demonstration**  
**Friday, March 31  7:00 - 9:00 p.m.**  
**Lavins Activity Center**
**Fitness Class Membership Offerings**

**Body Toning with Weights**
Taught by Jane Blahut
- Monday, Wednesday, Friday: 6:00 a.m. - 7:00 a.m.
- Two Saturdays per month: 9:30 a.m. - 10:30 a.m.
Strength 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. Do not abandon aerobic activity; the two diverse workouts complete each other.

**Body X-Cellence™**
Taught by Beverly Ruskus
- Monday, Wednesday: 6:30 - 7:30 p.m.
- Saturday: 8:30 - 9:15 a.m.
This class involves 20 minutes of low impact movements. 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/Jane Blahut/Carrie Moore/Mary Lutfy
- Tuesday, Thursday morning: 6:00 - 6:45 a.m.
- Tuesday, Thursday evening: 6:30 - 7:15 p.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!

**Yoga-Lates**
Taught by Kelly Maher
- Wednesday: 9:15 - 10:15 a.m.
The craze continues! 60 minutes of intense but gentle workout focusing on strength, balance, and control. Movements include the use of the mat and a variety of resistance equipment incorporating techniques, from Yoga, Pilates, fitness strength training, and dance conditioning. You will burn calories and work muscles you didn’t even know you had.

**Power Yoga**
Taught by Mary Walsh/Carrie Moore
- Monday, Wednesday: 7:40 - 8:40 p.m.
- Tuesday, Thursday: 9:30 - 10:15 a.m.
This class is physically challenging with a flowing sequence of yoga postures. It is designed to enhance strength with flexibility, while reducing stress and invoking a sense of calmness and inner peace.

**Senior Strength Aerobics**
Taught by Rita Moran and Beverly Ruskus
- Tuesdays: 11:30 - 12:30 p.m.
- Friday: 10:30 - 11:30 a.m.
The 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.

**Tai Chi**
Taught by Arlene Wetherby
- Monday: 12:30 - 1:30 p.m.
A famous tradition of “soft style” Chinese martial arts. This training concentrates on relaxed breathing techniques, looseness, coordination, stability and balance to generate power for self defense applications.

**Body Sculpting**
Taught by Mary Walsh
- 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 class combining strength training tools, yoga posture and core conditioning to increase heart rate without impact. Bring a yoga mat and shoes.

**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.

**Body Balance**
Taught by Catherine Shah
- Thursday: 7:30 - 8:30 p.m.
This class is a unique system of exercise, breathing and meditation that strengthens body and mind by using pilates, yoga aerobic isometric strengthening and unwinding.
How can donors make a contribution?
Contributions may be made in any size. Persons, organizations or corporations contemplating a sizable contribution should consult their attorney, financial advisor or their personal bank. In general you can:

1. Make outright contributions of any size (the size of the contribution determines the membership category);
2. Make a bequest in your will;
3. Make the foundation a beneficiary of a life insurance policy (premiums become tax deductible);
4. Give cash, securities, personal and real property;
5. Transfer assets of a private foundation;
6. Make monthly or annual payments;
7. Designate contributions as a memorial to loved ones, living or dead; or
8. Reserve the income from a contribution to yourself during your lifetime.

Can Donors specify the use of their contribution?
Yes. The contributions can be designated:

1. For the foundations general unrestricted fund. Unrestricted contributions and bequests are the most useful since with this type of contribution the foundation has the flexibility to meet needs which cannot be identified when the contribution is made;
2. For a specific purpose or agency if its work is within the charitable, civic, recreational, educational or cultural interest of the foundation;
3. For special fields of interest. Instead of naming a specific agency, a contributor may merely say that the gift or bequest is for a special interest such as beautification of a general area;
4. So that only income from the gift is to be used;
5. So that income and principal may be used; or
6. Gifts may be used without restriction when the original intent of the gift can no longer be fulfilled.

The foundation members enjoy several social functions and fundraisers during the year at which new ideas and projects are discussed and old and new friendships are developed. The popular “Taste of Grosse Pointe” is one of these events. It will be held at the Tompkins Community Center in December.

For additional information regarding the Grosse Pointe Park Foundation please contact Kathy Willmer at 313-822-4379. Reprinted by permission

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.

February 11  Valentines Day Skate
Patterson Park 1:00 - 2:00 p.m.

February 20  Presidents Day
City offices closed

April 2  Daylight savings time begins

April 14  Good Friday
City offices closed

May 20  Spring Perennial Plant Exchange
Tompkins Community Center

May 20-21 Camp Wind-Y-Mill
Windmill Pointe Park

May 27  West Park Farmers Market opens for the season

May 29  Memorial Day
City offices closed

May 29  Grosse Pointe Sail Club
Pancake Breakfast & Marina Meeting
Tompkins Community Center
Fleet Blessing - Main Pier

Grosse Pointe Artists Association
Exhibitions: Free and open to the public
Noon - 5:00 p.m. Wed. thru Sat, Thurs. until 7:00 p.m.
313-821-1848

“3-Dimensional photography” Juried by Charles McGee
January 11 thru February 24, 2006

“Caricature” Juried by Draper Hill (call for entry application)
All-media juried competition that celebrates satire, comics, cartoons, anime.....featuring 2-dimensional and 3-dimensional work. March 1 thru 31, 2006

“Avant-garde” Juried by Bill House (call for entry application)
First annual GPAA Art Show Collaborative 2006 with College for creative studies featuring area artists. April 5 thru 29, 2006

Dr. Dinesh Telang, President of the Grosse Pointe Park Foundation and Mayor Palmer Heenan preside over the ribbon cutting of the newest foundation project, the Lindell Lodge and warming house.
Grosse Pointe Sail Club

The Grosse Pointe Sail Club voyages into the New Year under the strong leadership of its newly elected Bridge. Commodore Tom Fraser, Vice Commodore Ken Suddick and Rear Commodore Pete D’Angelo bring years of leadership and experience, both on and off the water that ensure an organized and fun filled year of racing and social activities. The GPC is best known for the Tuesday night sailboat races it organizes and runs off the pier at Windmill Pointe Park Marina. If you haven’t stood at the end of the pier on a windy night listening to the cannons going off and watching the sailboats jockey for position you really should make a point to do so. It is great entertainment! The first race of this season is May 23.

The Grosse Pointe Sail Club is open to anyone with an interest in boating. The Credo of the club is: To encourage and promote sailing, boating, racing, safe navigation and good seamanship; to foster good sportsmanship and competition in sail racing; and to encourage camaraderie and fraternity among persons interested in sailing and boating. If you would like information about joining please contact Pat Clark, 881-3101.

The Grosse Ponte Sail Club will be hosting its annual Pancake Breakfast on Memorial Day, May 29, at the Tompkins Center for anyone interested in joining the club. Come visit and chat with members about all the fun things we do. The annual Skippers meeting for all boat owners held by the Marina staff usually follows the breakfast. All boat well holders, especially new ones, are encouraged to attend. Following this meeting all Windmill Pointe Park boat well holders are invited to participate in the club’s annual Blessing of the Fleet. All participating boats will gather just down river from the harbor entrance and the sequentially parade up-river past the marina entrance for ten-gauge salute from the Grosse Pointe Sail Club’s cannons and a blessing from the club chaplain. We hope you can make it on Memorial Day for these fun activities.

Submitted by Mike McDevitt

West Park Farmer’s Market update

The West Park Farmers Market is entering its third year and has blossomed into a diverse open-air market. The market provides such products as certified organic and non-organic produce, cheeses, baked goods, art, candles, jewelry, crafts, plants and flowers in season, gift items, holiday ware, and an array of delicious delicacies in case you get hungry. Not only is the market a great place to shop, it is also a place for families to interact and take advantage of the number of activities the market has to offer including easy listening music and crafts for children to name a few. There are 20-30 vendors available on any given Saturday and an increase in vendors and a variety of wares for special events. These special events in 2006 will run at least once monthly and will be published on our web page when available. (www.grossepointepark.org)

Additional off street parking is available this year thanks to a new public parking lot conveniently located within walking distance to the market. The parking lot is off Kercheval between Lakepointe and Beaconsfield. The market is located in the downtown business district of Grosse Pointe Park and encompasses the entire streetscape. It runs from May 27 to September 30. The market is open every Saturday from 9:00 a.m. to 2:00 p.m. regardless of holidays and the weather is rarely a cause for closing. Special events occasionally offer extended hours. Vendor space can be obtained by contacting the Market Manager, Jennifer Meldrum at 313-822-2812 ext 300 or 810-531-4648 between 8:00 a.m. and 4:00 p.m. Monday through Friday.

Submitted by Jennifer Meldrum

NICE NEIGHBOR PROGRAM

Have you ever wanted to thank that neighbor who shovels your snow, cuts your grass or picks up your mail while you’re on vacation? Here’s your chance. The City of Grosse Pointe Park is starting a Nice Neighbor Program. The program will honor homeowners who do what they can to improve the city’s quality of life. Recipients will be recognized in a following issue of the Communicator.

Include the nominee’s name, address, telephone number & the reason(s) you are submitting them for a Nice Neighbor award.

Send your nominations to:

PUBLIC SERVICE DEPARTMENT
15115 East Jefferson
Grosse Ponte Park, MI 48230
ATTN: Diane Vandenboom
E-mail to Vandenboomd@grossepointepark.org

SNOW REMOVAL

As a courtesy to homeowners, snow and ice is cleared from sidewalks. In the event that the city is not able to do so, the occupant and or owner of every lot adjoining any street shall clear all ice and snow within twelve (12) hours after it ceases to fall.
Wide eyes and wish lists were the order of the day for our annual “Lunch with Santa” that took place on December 3 at the Tompkins Community Center. Once again, a sell-out holiday group enjoyed a lunch, craft, an opportunity to visit with Santa Claus and to have their picture taken with the jolly old elf from the North Pole. Santa has promised to return this year for another lunch in Grosse Pointe Park.

Ben (left) and Nate Jenny teamed up to tell Santa their Christmas wishes.

## Arbor Day Celebration

Arbor Day always falls on the last Friday of April. This year it is Friday, April the 28th. The benefits of trees are well publicized. Trees produce oxygen and reduce pollution. They provide habitat for the birds and other animals we enjoy. Trees help prevent soil erosion and filter rain runoff. They provide cooling shade, thus saving energy costs. They also moderate noise pollution and give us immeasurable aesthetic value. Trees block the wind during winter and give us privacy. Trees also offer the community other intangible benefits, such as providing a sense of identity and a living link between generations. Anyway you look at it; trees are a valuable asset to any municipality.

To help celebrate trees this Arbor Day, the City Beautification Commission is sponsoring a contest. Answer the following tree questions in the space provided. Cut out the entry form with your answers printed on it and put it in an envelope with my name on the outside. Then drop off your entry in the drop box behind City Hall or mail to Brian Colter, 15115 E. Jefferson, Grosse Pointe Park, MI., 48230.

DON’T FORGET TO PUT YOUR NAME ON THE ENTRY. The contest is open to all school aged residents of Grosse Pointe Park only. The winner will receive a National Arbor Day baseball cap and a “famous and historic tree” planted in his/her honor. The winner will also receive a fifty dollar U.S. Saving Bond. In case of a tie, a random drawing will be held to determine the winner.

### Take the Arbor Day Tree Test. Cool prizes!

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<th>Name: ___________________________</th>
<th>Address: ___________________________</th>
<th>Phone: _________</th>
<th>Age: ________</th>
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1. What is the official state tree of Michigan? _______________________

2. Name the three NATIVE pine trees to Michigan: 1._________ 2._________ 3._________

3. Which tree is the only maple with compound leaves? _______________________

4. Which tree is most commonly tapped to produce syrup? _______________________

5. (True or False) The emerald ash borer is an exotic beetle inadvertently introduced to North America from Asia. __________

6. (True or False) Mountain Ash is highly susceptible to the emerald ash borer. __________

7. (True or False) Dutch elm disease is a fungus. __________

Thank you for participating. The winner will be contacted by phone. The winner will also be announced in the next issue of the Communicator along with the correct answers. Brian Colter can be reached at 822-5020 or e-mail at arbor2000@aol.com

**ENTRY DEADLINE IS APRIL 1. DON’T MISS IT!**
Getting in shape is as easy as 1, 2, 3. Inside The Meade Fitness Center you will find workout and cardio machines to fit every need. We have 5 top of the line Precor elliptical trainers and treadmills. We also have 2 state of the art Concept II rowing machines and recumbent bikes as well as a Nu Step machine. Our 3 very friendly, certified personal trainers are here to answer all of your questions. The selection of dumbbells ranges from 1 to 75 pounds. There is equipment available to work your upper and lower body including a bench press, an array of Magnum Fitness System machines, such as the chest press, bicep curl. MedX Torso Turner and leg extension to name a few. We have mats and a Slight Bench to work your abdominals. If you have any questions about the fitness center or developing a fitness program as part of your life, please come up to the center, take a look and have one of our trainers give you a tour. We’re close, convenient and no other fitness center has our view of the lake to enjoy while you work out. We hope to see all of you in the fitness room soon, getting in shape for the spring and summer.

Registration for Summer Classes
Mark your calendar to register for swimming, tennis and knapsacker programs on Saturday, June 3 from 9:00 a.m. to 11:30 a.m. and on Sunday June 4 from 10:00 a.m. to 11:00 a.m.
Detailed information regarding all of our summer programs will be in the next issue (May) of the Communicator.
The Summer sessions will be as follows:

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<tr>
<th>Session</th>
<th>Dates</th>
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<tr>
<td>Session I</td>
<td>June 19 - June 30</td>
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<tr>
<td>Session II</td>
<td>July 10 - July 21</td>
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<tr>
<td>Session III</td>
<td>July 31 - Aug. 11</td>
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