Grosse Pointe Park celebrates centennial, and like a fine wine is improving with age!

Overcast and gloomy weather failed to diminish the enjoyment of Grosse Pointe Park’s 100th Birthday party celebration and inaugural “Tailgate Treasures” events held in the auxiliary parking lot at Windmill Pointe Park on Saturday, May 19.

Bargain hunters enjoyed an eclectic assortment of sale items from power tools to furniture and clothes and even a vintage car. Also, centennial wearables, coffee mugs and pewabic tiles were available for those attending. The “Tailgate Treasures” was very successful and plans are being discussed to offer this event again next spring.

Mayor Palmer Heenan presided over the city’s official 100th Birthday by offering a brief history of our community beginning in 1907 and leading a somewhat off key crowd in a rowing rendition of the “Happy Birthday” song followed shortly after with the launch of 100 environmentally friendly helium balloons. The Mayor also assisted Mr. Carl Henrichs, a very active 101 year old resident of our city in a free random drawing of a $100 bill won by Elizabeth Wang of Pemberton Road. Birthday cake and punch was served following the ceremony.

An opportunity to celebrate a century of progress and growth and observing the city’s achievements of 100 years is a rare milestone. A grand time was had by all who attended.

New lifestyle coming to Grosse Pointe Park

Brownstone houses of the style that characterize neighborhoods of old Boston will soon be built on at least two streets in Grosse Pointe Park.

The first set of homes is being planned in the 1000 block of Lakepointe, near the Park Branch Public Library. Another cluster is pending for the 800 block of Beaconsfield below Jefferson Ave. near Trombly Elementary School.

“Brownstones connote an established district, which the Park is,” said Mayor Palmer Heenan.

Both developments are projects of Robertson Brothers.

“These homes, though moderately priced between $180,000 and $200,000, will give the new demographic of buyer a new home in an established community for an affordable price,” said Paul Robertson, company chairman and co-founder.

He said the homes will be built in the townhouse style with two- car garages on the first floor, main floor living on the second floor and bedrooms on the top floor. Two floor plans feature 1,650 square feet along with 2007 amenities and will be treated as condominium living with exterior maintenance.

Robertson and Mayor Heenan see a broad customer base for these new developments.

“It’s a product that really isn’t available — new housing units at a price that attracts young people, single buyers and retirees who don’t mind steps,” Mayor Heenan said.

For the Lakepointe location, Robertson came up with a twist on the traditional brownstone layout. Rather than lining up the houses shoulder-to-shoulder facing the street, these structures will be laid out in a horseshoe pattern ringing three sides of a central lawn.

“We’ve created a very attractive courtyard in the middle of a very dense residential neighborhood,” Robertson said. “This burst of new life with an established look to the Park is what we think people have been waiting for and look forward to seeing new owners and a new neighborhood come to life.”

Construction melds with Park efforts to revitalize the older residential district.

“We’re trying to reinforce that market because it’s been languishing. With the dip in prices in the real estate market, it’s an opportune time to focus on that.”

Photo courtesy of Robertson Brothers
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, Robert Denner
City Attorney Herold Deason
City Manager Dale Krajniak
City Clerk/Finance Director Jane Blahut
Editor George Blair III

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Attn: Parks & Recreation; E-Mail to: blairg@grossepointepark.org Phone: 313-822-2812 ext 201
### History comes to Life

On Saturday September 22, local author and historian, Nicholas Sinacori, will guide tours of the former Village of Fairview, an area which encompassed Grosse Pointe Park. Join him on a comfortable, air conditioned 25 passenger bus as we glide through the area’s past. Sites of two race courses, including the one where Henry Ford won the race that made him famous, are included. Nick will point out sites of auto plants, famous locations, and people and places that brought Detroit and the Grosse Pointes to automotive prominence. Grosse Pointe Historical Society Trustee, Kiki Herfert, will also give a brief history of Windmill Pointe, and some of its mansions. Tours are planned for 10:00 a.m., noon and 2:00 p.m. subject to change.

At the conclusion of the tours, Fairview Historical Society members, Ron Mikulak and Sue Steinhauer will welcome participants to a display in the Ewald Room of the Park Branch of the library. The display will include a 3-D model of one of the racecourses and fascinating items from Nick’s research material for his soon to be published book. Tours are expected to last approximately 1 ¼ hours. Refreshments will be provided on the bus and at the Park Library display. The event is open to the general public.

Tickets for reserved seating will be available beginning August 1, at the Grosse Pointe Park City Offices during regular business hours. Cost for tickets is $5 for Adults and $4 for seniors over 65 and children 17 and under. The tour bus will depart from City Offices.

For advance information call Kiki Herfert at 313-822-9199 or kikiherfert@gmail.com.

Please do NOT call the city for information.

### West Park Farmer’s Market “Special Events”

Greetings to all from the West Park Farmer’s Market. It’s hard to believe we’re in our fourth year at the market. That in mind, I would just like to point out that as the years advance, the vendor capacity as well as all the special events have tripled. We started in 2004 with two farmers from Michigan and have expanded to six on a regular basis with more for special events. One of these special events we’ve had since the beginning is our Fall Festival on the last day of the market, which this year is on September 29. That day takes place in accordance with the Defer Family Fun Fest. On that occasion we have extended hours, a live band, beer tent, plenty of food vendors and over a hundred other types of vendors. That particular day is the only one that the city closes Kercheval Avenue to thru traffic and all of our combined events take place in the street from Balfour to Wayburn.

Another of our special events held for the first time in 2006 was our “Beer Taste Fest”. The beer was donated by Atwater Block Brewery and a representative will be on hand again this year from the brewery to offer people a taste of a variety of their specialty beers. This year the “Beer Taste Fest” will be held in conjunction with our “Corn Roast” on Saturday, August 4. An abundance of Michigan grown corn will be offered at no charge to our patrons with a variety of flavored salts, peppers and melted butter. “Smokey Joe’s BBQ”, one of the market regulars will be roasting the corn, as well as bratwurst and chicken to purchase.

Our other special event is the “Children’s Vendor Day on August 25.

I would like to extend an invitation to all reading this article to come down and enjoy what the West Park Farmer’s Market has to offer every Saturday from 9:00 a.m. to 1:00 p.m.

See you there,

Jennifer Meldrum, Market Manager

### 2007 Special events calendar

- **August 4**: Corn Roast / Beer Taste Fest
- **August 25**: Children’s Vendor’s Day
- **September 29**: West Park Farmer’s Market and D4 Family Fun Festival

### Picnic Permit guidelines and fees for 2007

Picnic permits are now available at the Parks & Recreation office for picnics at either Windmill Pointe or Patterson Park for the 2007 season.

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 picnic 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 fees 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 guests.
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.

Forms Class (NEW!)
The Forms Class is designed for students to improve their Forms training. This class is offered to students who have attained the rank of Junior Red Belt or 9th Gup Blue Belt and higher. In this class students will perfect their current forms making them tournament quality and begin working on their next form. This class is good for both the student that enjoys the beauty of the art of “forms” and the student who struggles with forms and wants to improve in this area of their martial arts training. In a normal 8 week session of Karate, forms are practiced for two weeks. In this class we will work on forms every week helping you to improve and retain your training.

Beginners classes are for students ages 5 years to 8 years old that are new to Karate or have attained a Junior Ranking from Junior Yellow Belt to Junior Red Belt.

Advanced classes are for students 9 years old an up that are new to Karate or students that have attained the rank of 8th Gup Purple Belt and up.

Sparring class is for all students regardless of age or rank. Sparring class should be taken in conjunction with a beginner or Advanced Karate class.

Weapons class is for students who have attained the rank of 6th Gup Green Belt or higher and should be taken in conjunction with an Advanced Karate class.

Teen class is for all students born in or before 1995 regardless of rank.

Session I
Mondays - 4:15 p.m. Beginners Class - 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5
Mondays - 5:30 p.m. Advanced Class ages 9 & up. Same dates as above.

Tuesdays - 4:15 p.m. Beginners Class - 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6
Tuesdays - 4:30 p.m. Sparring Class. Same dates as above.
Tuesdays - 5:30 p.m. Advanced Class. Same dates as above.

Wednesdays - 4:15 p.m. Beginners Class - 9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 11/7
Wednesdays - 5:30 p.m. Advanced Class ages 9 & up. Same dates as above.

Thursdays - 4:15 p.m. Forms Class - 9/20, 9/27, 10/4, 10/11, 10/18, 10/23, 11/1, 11/8
Thursdays - 4:30 p.m. Weapons Class. Same dates as above.
Thursdays - 5:30 p.m. Teen Class. Same dates as above.
Thursdays - 7:45 p.m. Adult Class. Same dates as above.

Session II
Mondays - 4:15 p.m. Beginners Class - 11/12, 11/19, 11/26, 12/3, 12/10, 12/17, 1/14
Mondays - 5:30 p.m. Advanced Class ages 9 & up. Same dates as above.

Tuesdays - 4:15 p.m. Beginners Class - 11/13, 11/20, 11/27, 12/4, 12/11, 12/18, 1/8, 1/15
Tuesdays - 4:30 p.m. Sparring Class. Same dates as above.
Tuesdays - 5:30 p.m. Advanced Class. Same dates as above.

Wednesdays - 4:15 p.m. Beginners Class - 11/17, 11/28, 12/5, 12/12, 12/19, 1/9, 1/16, 1/23
Wednesdays - 5:30 p.m. Advanced Class ages 9 & up. Same dates as above.

Thursdays - 4:15 p.m. Forms Class - 11/15, 11/29, 12/6, 12/13, 12/20, 1/10, 1/17, 1/24
Thursdays - 4:30 p.m. Weapons Class. Same dates as above.
Thursdays - 5:30 p.m. Teen Class. Same dates as above.
Thursdays - 7:45 p.m. Adult Class. Same dates as above.

Karate Registration is on Saturday, September 8 from 9:00 a.m. to noon at the Lavins Activity Center.

Gymnastics Class
Instructor: Barb Thomson
A class for Boys & Girls

Tumbling skills including rolls, cartwheels, handstands, headstands, etc. will be taught according to the skill level of the class. Emphasis will be on coordination, strength and flexibility. With positive reinforcement the students will gain the confidence to learn new skills.

Comfortable gym clothes with no zippers should be worn.

SESSION I 5 weeks $45.00
Sept. 8, 15, 22, 29, Oct. 6

SESSION II 5 weeks $45.00
Oct. 20, 27, Nov. 3, 10, 17

Ages 5 - 7 11:15 a.m. - Noon
Ages 8 - 11 Noon - 12:45 p.m.

Registration and classes will be held at the Lavins Activity Center.
Experience an outdoor sleepover at Windmill Pointe Park. Check-in is on Saturday, Sept. 15 at 2:00 p.m. 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 tummies 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 p.m. 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 campsite fee.

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

"HALLOWEEN IN THE PARK"
SAT. OCTOBER 27, 07
Windmill Pointe Park

This exciting costumed event is for young children and elementary school students. The picnic grounds of Windmill Pointe Park will turn into a hay path that leads from candy station to candy station, all decorated differently. The date is Sat. Oct. 27. It begins promptly at 4:30 pm and will end at 6:00 pm. Trick-or-treaters may select arrival times of 4:30 pm, 5:00 pm, or 5:30 pm. (trick or treaters must arrive before 5:45 pm in order to get through all the stations). Tickets MUST be purchased in advance. They will be on sale for $5.00 per child from Oct. 1 through Oct. 26 at the Outside gatehouse at Windmill Pointe Park. Tickets sold on the day of the event up until 2 pm will cost $10. Every child trick or treating must be in a costume and accompanied by an adult.

TRICK OR TREAT BAGS WILL BE GIVEN OUT AT THE EVENT 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 23. Decorating your station will take place on the day of the event starting at 2:00 p.m. and must be completed by 4:00 p.m. Be creative—there will be a “thank you” gift for each volunteer station. If interested, please call the Parks & Recreation office at 822-2812.

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.

August 16 Co-ed Vollyball Championship finals at Windmill Pointe Park
August 16,17,18,19 Windmill Pointe Park Tennis Tournament
September 3 Labor Day City offices & Lavins Center closed
Saturday, September 15 Camp Wind-Y-Mill Windmill Pointe Park
Saturday, October 27 “Halloween in the Park” Windmill Pointe Park 4:30-6:00 p.m.
Sunday, November 4 Daylight Saving Time ends
Tuesday, November 6 Election Day

Election Calendar
October 9 Last day to register to vote in Nov. 6 election.
November 3 Last day absentee ballots can be mailed from city hall.
November 5 Absentee ballot may be obtained until 4:00 p.m. and vote must be cast at city hall.
November 6 Emergency ballot may be obtained due to an unforeseen circumstance.
November 6 Polls open 7:00 a.m. until 8:00 p.m.

POLLS ARE OPEN FOR MAYOR, CITY COUNCIL AND SCHOOL BOARD.
Windmill Pointe Park Tennis Tournament
August 16, 17, 18, 19

$20.00 for adults (up to 3 entries)
Open to all park tennis players of all abilities. Registration forms are available at Windmill Pointe and Patterson Park’s gatehouses. The entry deadline is August 10. Doubles partners can be non-residents. **Picnic and awards to follow the finals on Sunday.**

Tournament dates: Thursday, Aug. 16 through Sunday, August 19.
Events: Parent/Child, Women’s open, Men’s open, Women’s doubles, Men’s doubles and Mixed doubles.

Our tournament is run by our tennis instructors. It is a fun, friendly and competitive event for all levels of players.

New this year for Men’s and Women’s singles are two categories, 3.5 and above or 3.5 and below. This should make the tournament more competitive for all participants.

Please plan on a four day commitment for tournament scheduling.

Watercolor Class
Taught by Roselyn Rhodes

Come join the fun in our New Art Class for kids 6 1/2 and up!

The class will be held outside at Windmill Pointe Park. In case of rain, the class will be held on the Tompkins Center Patio.

August 20 to 24 10:30 a.m. - Noon

Supplies from Rainy Day Art Supplies $37.12
Lessons $75.00
**Total Cost for class** $112.12

*Supplies must be purchased at Rainy Day Art Supplies.

Sign-up and payment may be made at the Lavin’s Activity Center.

There is a maximum of 15 students so don’t hesitate!

Upcoming New Class for Fall!

We have had many requests for a fitness class for ages 12-15 introducing them to the benefits of weight training and fitness in general. We have a very experienced and well qualified Certified Personal Trainer who would be teaching the class. He has had lots of experience working with younger students in sports specific and general fitness training and is great with kids.

If you are interested please call the Lavins Activity Center for more information. We would like to have an informational night so that everyone could meet the instructor and hopefully sign up for the class. If you call us we’ll put your name on a list so we can contact you with more information on the sign up night. We are planning on offering the class this fall.
This winter we will be offering several outdoor skating classes.

**Snowplow Beginners**
First time on the ice.
Ages 3 - 6 Noon - 12:30 or 12:30 - 1:00 pm
Tues. Dec. 4, 11, 18 Jan. 8 & 15
Tues. Jan. 22, 29 Feb. 5, 12, 19
Tues. Feb. 26 March 4, 11, 18, 25

**Advanced Snowplows**
Must have been in the snowplow beginners class or equivalent time on skates.
Ages 3 - 6 Noon - 12:30 or 12:30 - 1:00 pm
Thurs. Dec. 6, 13, 20 Jan 3, 10
Thurs. Feb. 21, 28 March 6, 13, 20

**Basic Skills Skaters**
Must be comfortable with the basic forward and backward glide, snow plow stop, rocking horse, dip, getting up, swizzles, jumping and march.
Ages 6 - 8 4:00 - 4:30 pm
Tues. (the same 3 sessions and dates as snowplow beginners)

**Adult Skaters**
All levels of adult skaters. 4:30 - 5:00 pm
Tuesdays after the basic skills skaters. The same 3 sessions and dates.

Registration starts Sept. 4. All 5 week classes are $40. Class sizes limited for more individual needs. More information in the next park communicator.

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Mark your calendar for our Holiday Tree Lighting and Gift Market that will take place at Windmill Pointe Park outside and inside the Tompkins Community Center on Wednesday, November 28th.
The Tompkin Center doors will open for shopping at 2 pm and stay open until 6 pm. Four hours of browsing and shopping for those hard to find gifts along with live holiday roping, wreaths, table centerpieces and hanging balls.
Then at 6:00 pm we will close the gift market and have the Tree Lighting festivities outdoors. After 7 pm we will open the gift market for 1 more hour of shopping.
Start your lists, bring your neighbors and don't forget your wallets.
More information on this event in the next Park Communicator.

**PLEASE NOTE:** Information and dates for this Fall’s Pipsqueak P.E. and Tiny Tots programs were not available for this issue. Please contact the Lavins Activity Center for the next schedule.

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Mayor Palmer Heenan assisted by Grandchildren Caitlin Heenan, 10 and Thomas Heenan, 7 helped celebrate Grosse Pointe Park’s Centennial on May 19.

Much thanks and gratitude must be given to the generosity of The Grosse Pointe Park Foundation for the 55 self watering planters that are mounted throughout the city. Petunias, ornamental grass, blue salvia and lobelia further beautify our community.
Want to get into shape, visit with friends, or just looking for a place to relax? The Lavins Activity Center offers many recreational options for residents to take part in year round. Memberships to the Meade Fitness Center for a weight and/or cardio workout to get into shape, or a Class Membership to partake in over 14 different classes like Yoga, Tai Chi, and Body Sculpting, just to name a few. Or if you’re just looking for a place to relax, the McKeever Lounge may be the place for you to sit back, relax and enjoy overlooking the park and watching the boats go by. Maybe you’re looking for a “night out at the movies”. The Okulski Family Theatre offers movies on the big screen! All this is just minutes from your doorstep!

**MEADE FITNESS CENTER**

Located on the second floor of the Lavins Activity Center is the Meade Fitness Center. Membership in the Fitness Center (workout room) can be purchased for a variety of weight machines, free weights and cardio equipment. It’s a great place to burn a few calories and have a fantastic view of Lake St. Clair while you’re at it. Certified Personal Trainers are also available to give you a complimentary assessment and orientation. You may also make an appointment for a Personal Training Session with them for a weight training program designed specifically for you.

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 your first time attending a class we strongly suggest that you arrive 15 minutes earlier than class is scheduled to sign up, 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 in the Lavins Activity Center lobby for class days and times. Classes are ongoing unless otherwise noted.

**KIDS KARE DROP-IN**

The Lavins Activity Center has locker rooms to shower and change in if you choose. Locks for the lockers are available free of charge at the front desk. Simply leave your park pass with the front desk while you use the lock. Please do not leave locks on lockers overnight as these lockers are used by all for other Lavins Activity Center programs.

**FALL 2007 MEADE FITNESS CENTER HOURS**

<table>
<thead>
<tr>
<th>Days</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Monday - Friday</td>
<td>5:30 a.m. - 9:00 p.m.</td>
</tr>
<tr>
<td>Saturday</td>
<td>7:00 a.m. - 8:00 p.m.</td>
</tr>
<tr>
<td>Sunday</td>
<td>8:00 a.m. - 8:00 p.m.</td>
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</tbody>
</table>

FALL hours begin after Labor Day, Sept. 4, 2007

**NOTICE:** The Lavins Activity Center will be closed on Labor Day, September 3.

**GYM RENTALS**

Occasional Half-Court gym rentals of the Golden Family Gymnasium are available. Reservations may be made 72 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.

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:**

<table>
<thead>
<tr>
<th>Category</th>
<th>Price</th>
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<tr>
<td>Adults</td>
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</tr>
<tr>
<td>Children under 12</td>
<td>$5.00</td>
</tr>
<tr>
<td>Seniors over 60</td>
<td>$5.00</td>
</tr>
<tr>
<td>Matinee (Movies starting before 5 p.m.)</td>
<td>$4.00</td>
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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.

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**MEADE FITNESS CENTER**

**Membership Prices**

A combined Fitness Center AND Class Membership can also be purchased. See below for current prices.

**Personal Training Sessions** can be arranged at the front desk. Single sessions are $55.00 and a Three Session Packet is $150.00.

**Fitness OR Class Membership Pricing**

<table>
<thead>
<tr>
<th>Category</th>
<th>Annual</th>
<th>Quarterly</th>
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<tr>
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<tr>
<td>Adults 19-59</td>
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<tr>
<td>Seniors 60 and Over</td>
<td>$240.00</td>
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<tr>
<td>Couple</td>
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<tr>
<td>Senior Couple (both must be seniors)</td>
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**Combined Fitness and Class Membership**

<table>
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<th>Quarterly</th>
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<tr>
<td>Students Ages 16-18 &amp; College Students</td>
<td>$340.00</td>
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<td>Adult</td>
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<td>Seniors 60 and Over</td>
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<tr>
<td>Couple</td>
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<tr>
<td>Senior Couple (both must be seniors)</td>
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</table>
Fitness Class Membership Offerings

**Body Toning With Weights** (Taught by Jane Blahut)
Monday, Wednesday & Friday 6:00-7:00 am
Saturday 9:30-11:00 am
This class is beneficial to both men and women. It will help you lose unwanted pounds and inches and prevent the gradual accumulation of body fat.

**Body X-Cellence(TM)** (Taught by Beverly Ruskus)
Monday & Wednesday 6:30-7:30 pm
Saturday 8:15-9:15 am.
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.

**Boot Camp** (Taught by Carrie Moore)
Monday & Wednesday 6:00-6:45 am.
An outdoor, kick your butt kind of class! Located at Patterson Park, this class focuses on agility, running and upper body strength.

**Group Indoor Cycling* (Taught by Jane Blahut/Carrie Moore)**
Tuesday & Thursday 6:00-7:00 am and 6:40-7:25 pm
Saturday 7:00-8:00 pm.
We will guide you through a challenging ride and build endurance and leg strength. This is a popular class. To reserve a bike, you can call after 12 pm (noon) the day prior to class. Be sure to arrive at least 10 minutes early, for bike setup and instruction. *Limited to available bikes.

**Cardio Step With Weights** (Taught by Kelly Maher)
Monday 9:15-10:15 am
This 60 minute class will shape and sculpt your entire body. It includes 30 minutes of cardio sculpt with weight and step bench and 30 minutes of lower body training (abs, glutes and hamstrings).

**Yoga-Lates** (Taught by Kelly Maher)
Wednesday 9:15-10:15 am.
We will be using various kinds of equipment: Resist-a-Ball, light weights and other resistance equipment to reach a higher state of conditioning. The workout begins with a warm up and then moves on to a combination of yoga, pilates and weights. No intense cardio.

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

**Mobile Body** (*formerly Senior Aerobics*) (Taught by Beverly Ruskus)
Tuesday and Thursday 11:30-12:30 am.
This is an ideal class for seniors, beginners and those who want to work at a lower intensity and strength. It’s a complete workout that will encompass movement from mobility to a slow stretch.

**Tai Chi** (Taught by Arlene Wetherby)
Monday 12:30-1:30 pm
Tuesday 6:30-7:30 pm
This is 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 & Thursday 8:30-9:15 am
This class is designed to strengthen the major muscles, stabilizers and assistants of the body. Create a balance of strength and flexibility necessary to maintain a healthy, active lifestyle. All levels welcome!

**Short Cycle** (Taught by Carrie Moore)
Monday, Wednesday & Friday 8:30-9:15 am
“We’re just going for a short spin”. Forty minutes of intense indoor cycling. Bikes can be reserved starting at noon the day before class. Limited to available bikes.

**Fat Burning Fridays** (Taught by Kelly Maher)
Friday 9:15-10:15 am
This is a class combining strength training tools, yoga postures and core conditioning to increase heart rate without impact. Bring a mat and shoes.
News and Notes from the Public Service Department

Tringali Sanitation Recycling Program
Acceptable Recycling Materials

Plastics: Check for the numbers on or near the bottom of the containers.

#1 (Pete) Plastic soft drink and water bottles, catsup, mouthwash and salad dressing bottles. Peanut butter, mayo, pickle, jelly and jam jars.

#2 (HDPE) Milk, water, juice, shampoo, dish & laundry detergent bottles, yogurt containers, cereal liners, grocery, trash and retail bags.

#3 (V) Clear food and non-food packaging, clear tubing, electrical cable insulation, plastic pipes & fittings.

#4 (LDPE) Dry cleaning, bread and frozen food bags, squeezable bottles-e.g. honey, mustard, BBQ sauce etc.

#5 (PP) Catsup bottles, yogurt containers, margarine tubs, medicine and vitamin bottles etc.

#6 (PS) Compact disc jackets, food service applications, grocery store meat trays, egg containers, aspirin bottles, cups and plates.

#7 (OTHER) Three and five gallon reusable water bottles, some citrus juice and catsup bottles.

Prepare above items #1 through #7 for collection by rinsing and discarding all lids.

Fiber
Newspapers-remove plastic bags,
Strings and rubber bands
Magazine, paper bags, office paper,
Junk mail-flyers, brochures, post cards,
Phone books
(Place all paper in brown paper grocery bags or tie with string)
Cardboard-no wax coated cardboard
Paperboard-cereal boxes, popcorn boxes etc.
Boxboard
(Fold, flatten or cut into bundles 2’x2’x6” and tie).
(Prepare cans, foils, tins and glass for collection by rinsing and discarding all lids)

Cans and Foil
Tin cans, steel cans, aluminum cans,
aluminum foil and aluminum tins

GLASS
Clear, green and brown

UNACCEPTABLE MATERIAL-syringes, hypodermic needles or medical waste, paper milk or juice cartons, garbage, styrofoam, motor oil containers, large appliances, yard waste, garden hoses, grass, wood, wood branches or leaves, automotive parts, cylinder heads, brake rotors, drums or engine blocks, tanks, propane, oxygen, helium, aerosol cans or empty paint cans

Full Recycling bins???? Clear plastic bags can be used for more items if your bin is full.

Our Municipal Court — by Judge Carl F. Jarboe

The Grosse Pointe Park Municipal Court is located on the fourth floor of the Municipal Building on the corner of Maryland and Jefferson. The court is open for business 8:00 a.m. to 4:30 p.m., Monday through Friday. Court sessions are held on an as-needed basis, usually eight times each month. The busiest days are generally the first two Wednesdays of the month. Visitors are always welcome.

The court handles all landlord-tenant matters, traffic tickets, ordinance enforcement, misdemeanors, felony arraignments and examinations and civil cases up to $3,000.00. Wedding ceremonies are performed on Wednesdays at noon. The court handled over 10,000 cases in 2006. Two of those were jury trials.

The court has noticed a dramatic decline in drunk-driving cases. While in 2006 there were 48 such cases, for 2007 to date there have been only seven.

With summer here, please be aware that dogs may not run freely about Grosse Pointe Park. All dogs must be contained within a fenced area or on a leash and must be licensed through the city offices.

Holiday Trash & Recycling Schedule

LABOR DAY MONDAY, SEPTEMBER 3
NO TRASH OR RECYCLING.
ALL PICK-UPS DELAYED BY ONE DAY.

VETERANS DAY (OBSERVED)
MONDAY, NOVEMBER 12
NO TRASH OR RECYCLING.
ALL PICK-UPS DELAYED BY ONE DAY.
The Tompkins Community Center

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 2007 are:
- Monday - Thursday (daytime or evening function) $250.00
- Fri., Sat, & Sun. 1:00 p.m. - 1:00 a.m. $350.00
- Wedding Receptions $550.00
- Monday - Thursday hourly rate (up to 3 hours maximum) $75.00 1st hour $50.00 per hour after.

For additional information or reservations please call 822-2812 ext 201.

Lindell Lodge rental guidelines

The Lindell Lodge is available to rent for tea’s, clubs, birthday and card parties, meetings and other small gatherings from April 15 to November 1.

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. An 18’ x 22’ landscaped brick patio with a charcoal grill and 2 sets of patio furniture add to the charm of this facility.

RENTAL FEES:
- 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 fees must be paid one week in advance at the Parks and Recreation office.

For additional information or reservations please call 822-2812 ext 201.

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 $160.00 (min)
  Each additional person $5.00
- Theatre for power point (8-noon or noon to 4) $160.00
- Power Point for 8 hours $320.00
- Lounge for up to 4 hours $60.00 for first hour, $50 for each addtl. hour
- Full Gym w/other rental if available (one hour, limited activities) $50.00
- Security Deposit required for all theatre and lounge rentals. $175.00
- Checks/payments must be in the renting residents name and they must be in attendance at the event.

For additional information please call 822-2812 ext 300.

Branching Out!

The Storm of ‘97

On July 2, 6:32 PM, 1997, the skies above Grosse Pointe Park turned an eerie green. Less than one hour of severe weather left a devastating wreckage of downed wires and destroyed trees which smothered the city. Countless streets, including Jefferson, were blocked. Three Mile Park was closed for the summer, to be used as a staging area to put the brush and logs for grinding. The rest of the summer was devoted to clean up.

Nearly 200 city trees were uprooted during that brief storm. City trees are usually the trees growing between the sidewalk and curb, although, on some streets the easement extends varying distances above the sidewalk. Approximately another 200 private trees blew over. While these losses represent a small percentage of the 16,000 trees in the Park, their loss was significant because so many were large, mature trees that provided considerable tree cover and shade.

Also, many of the trees lost were healthy American elms that had survived the Dutch-elm disease epidemic that Park residents have been fighting for six decades. Ironically, it was these healthy big trees that were better able to catch the strong winds like a sail, which blew over. Spared were the sickly or diseased trees, with their thin, sparse crowns, even though they had to be removed later anyways. Nearly 35 percent of the downed trees were healthy elms. Maples accounted for the largest loss.

But, by that fall, normalcy had finally returned to Grosse Pointe Park. In the end, the clean up cost $900,000. Our city was declared a Natural Disaster Area by federal officials, so almost the entire bill was paid for with federal funds. Federal funds did not cover replacement trees however, just clean up. So, non profit organizations stepped up with money and manpower to plant trees that same year. The Grosse Pointe Park Foundation, the Storm Restoration Alliance, and the local Beautification Commission raised money and volunteered and eventually, every lost tree was replaced.

Technically the storm was considered a “Straight Line Wind Storm” by the National Weather Service. The Weather Channel recently featured photographs and video of our storm in a new documentary about severe wind storms. But for the people that were caught in it, and saw how it twisted, uprooted and mutilated huge trees, it’s still referred to as the “tornadoes” of 1997.

Please see page 12 for photos of storm damage.

By Brian Colter

Contact Brian Colter at 822-6200 ext 271 or arbor2000@aol.com
**Arbor Week Poster Awards**

At a presentation ceremony held during the City Council meeting on May 14, First place winner, James Fishback of Maire School is flanked by runners up Mary Kate Lynch of Defer School (left) and Jenny Moy also from Maire.

James will receive a $75.00 U.S. Savings Bond and a tree will be planted in his honor at Maire School. The winners and runners up also received certificates of recognition and special gifts from the city.

Each poster artist is a winner. The Grosse Pointe Park Beautification Commission will give every fourth grader a Michigan White Pine seedling to plant and poster participants will also receive an Arbor Week pencil.

Thanks to all 230 students who participated.

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**Storm damage from July 2, 1997**

_Read Brian Colter’s column “Branching Out” on page 11_

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**FALL PERENNIAL PLANT EXCHANGE**

_Sponsored by The Grosse Pointe Park Beautification Commission_

**Saturday, Oct. 6 10:00 a.m. - Noon  Tompkins Community Center**

Composting demonstrations. Master gardeners available to answer questions. Exchange planting ideas with fellow gardeners. No plants for exchanging? Gardeners happily share their extras.

Free Mulch courtesy of the City of Grosse Pointe Park will be at Windmill Pointe Park.

For more info visit www.grossepointepark.org or select “current information” at www.bcsem.org