# The Rosedale Tattler



For the latest neighborhood information, please check our website at: www.northrosedalepark.org/

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#### 2013 HOME & GARDEN TOUR Saturday, September 24, 2013 10am - 4pm see page 5 for details

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## **Steak Roast 2013 Coming!**

Lucky Friday, September 13 is the date of the annual NORTH ROSEDALE PARK STEAK ROAST. It's a highlight of the community's social calendar and always a fun time!Doors at the Community House open at 6:00 pm, dinner served at 7:00 – your choice of steak or salmon, plus scrumptious sides and dessert. Adults only please, and BYOB.

Only a very limited number of tickets are likely to be available at the door, so it's best to reserve yours early. They're \$25 and can be ordered from Marcia Closson (313-835-1103 or mlclosson @aol.com) or purchased from an NRP board member.

Important: When purchasing tickets, please indicate if you are ordering salmon.

The Steak Roast is one of the important events that help keep our community and our North Rosedale Park Community Association vibrant, cohesive – and financially stable. A small army of volunteers will be setting up the hall, grilling steaks and salmon, serving your tables and cleaning up. Thanks in advance to everyone working on the event. You can thank them in person and express your appreciation, above all, by coming out for a great meal and community celebration.

- David Finkel, for the NRPCA board of directors

The Rosedale Tattler is a publication of the North Rosedale Park Civic Association. Established in 1924, the North Rosedale Park Civic Association is a community organization that promotes the interests and welfare of North Rosedale Park residents, maintains park facilities for community use, advocates for necessary public improvements, and enforces building restrictions and ordinances within North Rosedale Park.

North Rosedale Park • September 2013 • Volume 88, Issue 9 • Detroit, Michigan

## Letter from the President

#### THE CANOPY IS GORGEOUS!

The canopy in the front of the Community House is almost completed. Just two or three touch ups remain. The cedar planking under the canopy looks gorgeous! The brickwork has been neatly fixed and a new concrete apron in front makes the entrance handicap accessible! If you see Brian Mooney, (who grew up in North Rosedale Park) from Integrity Building Group, be sure to tell him how wonderful it looks.

We were afraid that the steel beams would have to be replaced, because they had been twisted when a renter ran into one beam and then backed up and ran into the other beam! So both beams were twisted. Replacing the beams would have required dismantling the whole canopy and would have been a much bigger project. Thankfully, Brian and his workers were able to heat the beams with torches and use come-a-longs to straighten them out. It was an audacious plan and it worked! Very soon two large precast concrete planters will grace either side of the entrance and prevent trucks from hitting the canopy again as well as providing a lovely and colorful focal point. Evergreens will be used in the arrangement, so that the planters can provide visual interest year round.

It seems like every day something is breaking at the Community House. Someone ran into the green parking bollards along the circular driveway, knocking one completely on its side and another almost over. I would like to find some bollards made from concrete, so they are heavy and not easily dislodged, with solar lights in the top



to replace the green bollards that have chipped paint and rusty bases. Lights along the circular driveway will be lovely at night. If you know of a local company that makes such bollards, please give me a call at 586-222-9454.

Someone who moved the voting machines from the August 6 primary was not very careful and left long



scratches and a gouge in the ballroom wood floor. I guess next year we are going to have to be there and monitor the placing and removal of the machines. I'd hate for this to happen to our new floor when we get it.

#### CAPITAL CAMPAIGN

A committee has been formed of Board members and volunteers to interview candidates for Fundraising Manager for the Capital Campaign. Training will also begin soon for volunteers who will be calling neighbors to ask them to donate to the Capital Campaign. The big news is that the City has recommended to HUD that we receive the full \$197,000 grant that we asked for. The next step is for Emergency Manager Kevyn Orr's signature. Then it's off to HUD who will notify us of their decision later this fall.

#### WALK IN THE PARK WALKING GROUP

As you may know, we were awarded a grant from Healthy Exercise Partnerships (HEP) for \$5000. We encourage everyone to join the group; both able-bodied and physically challenged folks are welcome. The walkers will receive T-shirts, whistles, Mace, reflective vests and other goodies. Pedometers will be subsidized. Very shortly, we will be circulating an online survey to find out what times of the day are best. Call Richard Castillo (348-910-5279) to make sure we have your email address. The terms of the grant state that we have at least 10 walkers who walk for at least 50 minutes three times a week for 8 months. We will be doing a lot of fun things to build solidarity and encourage each other to persevere. Gloria Goodwine will be coordinating the walking groups and all the fun festivities. Look for the registration announcement in the Tattler and call her at 313-971-3990 to sign-up. I'd like to get healthy, how about you?

One day not so long ago, the Community House did double duty. We had four meetings going on at the same time. The youth group met in the ballroom; the Book Club met in the Board Room; the Home & Garden Tour Committee met on the balcony and the NRPCA Board met on the mezzanine. The mezzanine acoustics and lack of air conditioning weren't optimal, but we got our business done. I will be really glad when we get that sound deadening glass for the mezzanine with geo-thermal, wind and solar generated air conditioning for the whole building. Remember donating to the Capital Campaign is tax deductible!

I remember when my daughter TK, her husband and kids and I moved to North Rosedale, every Tattler had a really informative article by architect Joe Vargo about how to maintain an historic house; design elements and anything that caught his fancy. I always read those articles first. I am happy to report that Joe has agreed to reprise his column for the Tattler! That is really great news and I can hardly wait.

## **Behind the Footlights**

By Roger Loeb

The announcement in the Chipping Cleghorn Gazette reports both the time and the place of a murder yet to occur. The victim-to-be is neither a permanent nor a temporary resident of Miss Blacklock's Victorian house but, rather, an unknown and unexpected visitor. The classic Agatha Christie story brings the intrepid Inspector Craddock to investigate each twist and turn in the case. He is aided in his sleuthing by the redoubtable Miss Marple, one of Christie's favorite amateur detectives. This fiendishly ingenious murder mystery was adapted for the stage by Leslie Darbon.

Auditions for Park Players' fall show will be held at the North Rosedale Park Community House on Wednesday night, Sept. 4 at 7:00 PM and Sunday, Sept. 8 at 1:00 PM. For a copy of the script or other information, please call Marcia at 313-835-1103. A brief description of the roles follows.

- Letitia Blacklock: an attractive woman who has clearly looked after her figure and features. The murders occur in her home.
- Julia Simmons: Miss Blacklock's niece; or is she?
- **Dora Bunner (Bunny)**: Miss Blacklock's chilldhood friend. Her mind seems to be playing tricks on her.
- **Patrick Simmons**: A handsome young man, introduced as Julia's brother.
- **Mitzi**: Miss Blacklock's Hungarian cook. She is an explosive character inclined to believe that everyone is against her.



- Miss Marple: A visitor from St. Mary Mead. She has an over-inquisitive mind which gets her into all sorts of trouble.
- **Phillipa Haymes**: A young lady with a rather serious turn of mind. She has a touch of real class about her.
- Mrs. Swettenham: The curious neighbor.
- **Ekdmund Swettenham**: the son of Mrs. Swettenham. He is a serious young man with pretensions of being a writer.
- **Rudi Scherz**: A Swiss national who bursts into the house but does not last long.

- **Inspector Craddock**: The police inspector in charge of the murder investigation.
- Sergeant Mellors: Craddock's assistant.

Auditions will consist of cold readings from the script. No special preparation is required. Rehearsals are generally held on Tuesday and Wednesday evenings, and Sunday afternoons. Performances will be on Nov. 15, 16, 17, 22, and 23.



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### NEIGHBORHOOD BUSINESS DIRECTORY

This directory of ads is only available to Park residents to inform neighbors of the businesses and services they offer.

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## THE NORTH ROSEDALE PARK BLOCK CAPTAINS MEETINGS

are the first Tuesday of every month at 6:30pm.

The meetings are held at the Community House which is at 18445 Scarsdale.

This vitally important group of community leaders needs your support. If you have a neighborhood concern that needs to be resolved, please contact your Block Captain or if you don't know who your Block Captain is, please contact Clarenda Webb at (313) 330-7844 for more information.

Because of the Labor Day Holiday, our next meeting will be **TUESDAY, SEPTEMBER 17, 2013** 

We need your involvement now more than ever.



## FALL GARAGE SALE – RESERVE YOUR SPACE EARLY!

The Fall **COMMUNITY GARAGE SALE** happens **SATURDAY, SEPTEMBER 28, 2013** at the North Rosedale Park Community Center. Join vendors from all over who'll be selling clothing, furniture, tools, dishes, electronics and more! You can reserve your space and table early, while choice spots last. Rent one table for \$25, two tables for \$35, or rent space and bring your own table for \$15. To reserve, contact Shelia Boyer at 313-255-6523 and mail your check or money order, payable to NRPCA, to: Tonya McCurdy, Attn. Garage Sale, P.O. Box 3841, Southfield MI 48037.

> For further information, contact: directorfinkel@northrosedalepark.org

## PIANO & GUITAR LESSONS

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## NEWS FLASH: MORE HOMES & GARDENS ADDED 2013 NRPCA HOME AND GARDEN TOUR! Dedicated to House Proud Community Minded People! <u>GOOD NEWS, COMPANY IS COMING</u>!

#### The SOMERSET COLLECTION is sending at least

one tour-bus load of Tour/Café guests!

Yes, we are on the cultural map, North Rosedale Park is a neighborhood of destination! Three degrees of separation suggests that your next neighbor and best friend is either on that bus or is known by someone on that bus!

- Please be an available neighbor...
- We don't want to disappoint...
- Many hands make light work...
- Please volunteer for some light duty...
  E-mail Duane Fueslein at cdfueslein@gmail.com

#### Each One Reach One: Spread the news, by phone, and e-mail. • If each of us brings one friend the tour's attendance and

- profits will double!
- If each of us brings one friend the Good News about us will multiply!

#### **ELEVEN TERRIFIC PROPERTIES!**

- **5 FINE HOMES AND 6 LOVELY GARDENS!**
- These properties are exceptionally fine examples of design and attention to detail!

- You and your guests will not be disappointed!!!
- Each homeowner who has gone the extra mile to prepare and open their private accomplishments to our deserving attendance, and appreciation!
- Don't miss this opportunity to live the dream...\$15.00!
- Ticket Purchase: Contact Meredith Drain 313-531-3881

#### <u>CAFÉ TICKETS are limited...And are snapped up fast...</u> <u>Don't miss out</u>!

- The Garden Café is Elegant and Fine!
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<u>CELEBRATE SUMSCIOUS FOOD...\$25.00, only in advance</u>! Ticket Purchase: Contact Meredith Drain 313-531-3881

Saturday, September 21st! SAVE THE DATE

#### 10AM - 4PM! PLAN to ATTEND

**INVITE YOUR CO-WORKERS, FRIENDS and RELATIVES** 

Please plan to attend, to work, to help out, and to VOLUNTEER!

To VOLUNTEER: Contact Duane Fueslein at cdfueslein@gmail.com

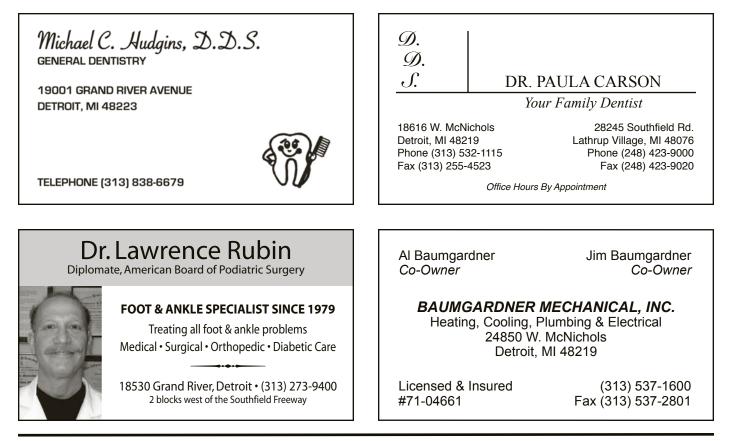
Home Tour Questions? Contact Meredith Drain at 313-531-3881 or Robert Redditt at 313-838-3256





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facebook

## **Trimming Trees Properly To Promote Health, Beauty and Sustainability**

By Christine Ridgway

An individual has made at least a start on discovering the meaning of human life when they plant shade trees under which they know full well they will never sit.

- D. Elton Trueblood

Oh, how stately and dignified they stand, those ever-present sentinels that line our boulevards and grace our homes. Yet sadly, they are taken for granted by so many and worse, thoughtlessly cut down by the unaware who fail to recognize that in mere hours, they are decimating what has taken perhaps 50 years or more to come to fruition- so woefully ignorant are they of their many contributions to our quality of life.

I am referring to the abundance of magnificent, mature trees that our community is fortunate enough to have. The trees in our neighborhood are what put the "Park" in Rosedale and their beauty is a huge component of what attracts people to want to reside in this neighborhood. These striking trees enhance our lives on a continual basis, signaling the beginning and ending of seasons, while providing daily splendor that softens and moderates the stark, urban cityscape that is Detroit. Can you remember the last time you took a moment to stop, observe and really "see" the grand trees in your very own midst?

In addition to their aesthetic appeal, a well-landscaped yard that includes mature trees can increase your property value by as much as 10%. Properly placed deciduous trees shade your home in the hot summer and allow sunlight to warm it in the winter, thus reducing your utility bills and saving energy.

Trees function as lungs for the planet. They clean the air by converting carbon dioxide into oxygen, which reduces pollution and aids tremendously in countering the effects of climate change. Their leaves buffer the clamor and din of our noisy city to create a more tranquil, peaceful environment to live in. Providing habitat and food for animals, trees are havens for songbirds that take up residence in them and delight us with their joyful presence and sweet music.

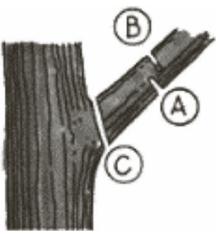
On so many levels, it makes sense to take care of these venerable treasures, which entails correct pruning as essential maintenance, particularly for younger trees. Periodic trimming, maintains the health of your trees, extending their lives for future generations to enjoy and contributes to the overall beauty of our neighborhood.

Because we have an abundance of young trees planted within the last 5 years to replace diseased Ash trees and due to the fact that our city's forestry services have been drastically cut, it is important that homeowner's maintain these newer trees at this formative stage.

A mature tree seldom needs trimming if maintained properly when young. However, over time severe weather can adversely affect mature trees, leaving them spilt and torn. For the sake of your tree's health it is important to properly remove ripped, dangling limbs. Not only do they detract from the trees beauty, they leave the tree open to disease and further damage. Additionally, dead wood and hanging limbs are a serious liability for property owners.

A trained arborist should undertake major tree trimming work requiring a chainsaw. However, an informed homeowner can easily handle smaller jobs if the simple guidelines diagramed are followed and the proper tools are used. These include hand snips for small branches, lopping shears for medium sized ones and a pruning saw for larger branches. An extendable saw and a sturdy stepladder is helpful for hard to reach limbs.

The following information was excerpted from the Purdue University Cooperative Extension Service publication, Pruning Ornamental Trees and Shrubs. For additional information on this topic please *visit: http://www.hort.purdue.edu/ext/HO-4.pdf* or visit the Greening of Detroit's website: http://www.greeningofdetroit.com/ to find out how this wonderful organization is working on so many levels to improve the quality of life for all the city's residents through its urban forestry and community garden programs.



Unless care is taken, a large pruned limb can strip bark below the pruning cut as it falls. This won't happen if you follow these three steps. A) Cut part way through the branch from beneath at a point one or two feet from the trunk. B) Make a second cut on the top of the branch, at a distance of 1/3 to 1/2 the diameter of the limb from the first cut. This should allow the limb to fall from its own weight and be safely removed. C) Complete the job by making a final cut next to the trunk, just outside the branch collar and bark ridge.



Too much of a stub

Just right



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## GRANDMONT ROSEDALE DEVELOPMENT CORPORATION

#### KIDS' DAY AT NORTHWEST DETROIT FARMERS' MARKET ON

**SEPT. 12** – This year's annual RITE AID Kids' Day at the Northwest Detroit Farmers' Market promises to be the best one yet! There will be bouncers on the church lawn and face painting – free farmers' market t-shirts to the first 100 kids – and free bike helmets to the first 100 kids, courtesy of AAA Michigan – should be a great day!

To cap it all off, Chef Antonio will be on hand to do a cooking demonstration of healthy recipes specially geared to kids – learn to prepare fruits and vegetables in ways that will appeal to your youngsters!

#### We Take Plastic – All Kinds!

The Northwest Detroit Farmers' Market accepts credit and debit cards and the Bridge card, as well as Project FRESH and Market FRESH coupons. The market also offers the highly popular Double Up Food Bucks program for Bridge card users, which matches up to \$20 of a Bridge card purchase with an additional FREE \$20 in Double Up Bucks, for the purchase of Michigan-grown fruits and vegetables.

For more information, and to volunteer to help at the market, contact Pam Weinstein at 313-387-4732, ext. 103, or pweinstein@grandmontrosedale.com.

#### **RENOVATED HOMES AVAILABLE**

**SOON** – GRDC is ready to begin renovations on nine vacant homes in the Grandmont Rosedale community. These homes will be transformed from neighborhood eyesores into neighborhood assets, with funding provided by the City of Detroit Neighborhood Stabilization Program (NSP). In addition to getting a beautifully renovated home, homebuyers will also receive down payment assistance and free homebuyer counseling to insure that they get off on the right foot. To qualify to purchase a home under this program, homebuyers must meet the following requirements:

- Have an annual household income at or below 120% of the area median income *(see chart below)*
- Be pre-approved for a mortgage with a reputable mortgage lender
- Complete 8 hours of pre-purchase homebuyer counseling
- Make a down payment equal to no less than 1% of the purchase price from your own funds.



For additional information or to view a listing of homes to be renovated, visit the GRDC web site at www.grandmontrosedale.com.

#### **NSP Program Income Limits**

0	
Household Size	Maximum Income
1 person	\$54,120
2 person	\$61,920
3 person	\$69,600
4 person	\$77,280
5 person	\$83,520
6 person	\$89,760
7 person	\$95,880
8 person	\$102,120

#### SEPTEMBER TRASH TALKIN' EVENTS

- GRDC's anti-litter campaign, Love Where You Live, continues its continuous clean-up series, Trash Talkin', on the second and fourth Saturdays in September. Volunteers meet at 9 AM for coffee, tea, conversation and supplies – clean-up commences at 10 AM.

- Saturday, Sept. 14 volunteers will meet at 9 AM at Just A Bit Eclectic, 19015 McNichols.
- Saturday, Sept. 28 volunteers will meet at 9 AM at Always Brewing Detroit, 19180 Grand River.

For more information or to RSVP, contact Chelsea Neblett at cneblett@ grandmontrosedale.com or 313-387-4732, ext. 116.

JOIN THE CRIME ALERT! Want to know what's going on around you? Join the GRDC Crime Alert system and you'll get email messages to update you.

The GRDC Community Security Program's staff monitors and sends out email crime alerts as reported by community residents about recent suspicious or criminal incidents or activities. Our goal is to provide timely information to residents and when possible

and appropriate, to offer crime prevention strategies and reminders that may help keep us safer in the future.

To join the Grandmont Rosedale Crime Alert system, send an e-mail request to grandmontrosedalecrimealert@ googlegroups.com. And please share this invitation and e-mail address with other neighbors and friends who also live in the Grandmont Rosedale area.

#### GET THE GRDC E-MAIL BLAST!

- Every Wednesday morning at 11 AM, GRDC sends out an electronic newsletter to let everybody know what's going on in our neighborhood. Don't miss out on the latest! If you want to know what's happening, send us your e-mail address. We'll add you to our electronic mailing list and send you information of interest to the neighborhood. Send an e-mail to info@grandmontrosedale. com and ask to be added to the list.

#### Scrap Metal Reform at Neighborhood Safety Meeting September 26

If you know someone who has had their catalytic converter or their air conditioner stolen, you are familiar with scrap metal theft. This type is crime is not just an urban/ Detroit phenomenon – farmers are losing their tractors and irrigation systems, while cities around the state, not just Detroit, are losing street light copper wiring, manhole covers, and railroad tracks. All of these items are being taken by scrap metal thieves.

A bi-partisan coalition of Michigan state representatives recently introduced a package of reform bills to help reduce scrap metal theft and its negative impact in our city and our state. Join us at the next neighborhood safety meeting on **Thursday**, **September 26 at 6:30 PM**, when our guest speakers will be **State Rep. David** *continued on page 11* 



## NORTH ROSEDALE PARK CODE ENFORCEMENT COMMITTEE Avoid Fines! Maintain Streets, Alleys and Sidewalks

This article is intended to provide clarification to property owners regarding their responsibility to

maintain streets, alleys and sidewalks. Each property owner is responsible for the maintenance of the sidewalk and the property from the center of the street and one-half (1/2) of an alley free from litter, solid and hazardous wastes at all times. The duty to maintain these areas is particularly important for property owners bordering the Southfield service drive and the alleys north of Grand River and south of McNichols. Failure to maintain these areas is considered illegal dumping subject to fines ranging from \$200 to \$2,500 per violation. For your reference, an excerpt of the city code describing the property owners' responsibility is included below.

Sec. 22-2-88. – Duty of owner of vacant or occupied premises to keep premises, its sidewalks, and adjoining public property free from solid waste, medical waste, and hazardous waste; evidence of ownership and responsibility.

(a) It shall be the duty of the owner of record of any vacant or occupied premises to keep such premises, its sidewalks, and all adjoining public property between **the center of street and one-half (½) of an alley,** free of solid waste, medical waste, and hazardous waste at all times. All solid waste, medical waste, and hazardous waste removed shall be placed in approved containers or removed to a licensed disposal location.

(b) Bulk solid waste or any discernible amount of medical or hazardous waste allowed to remain or accumulate on or about the premises, its sidewalks, and adjoining public property shall be considered illegal dumping and subject to the provisions of section 22-2-84 and the fines and penalties set forth in this chapter.

(c) In the absence of a written instrument duly recorded in the County of Wayne Register of Deeds to the contrary between the owner and any person, it shall be prima facie evidence of ownership that the person listed in the Tract Index of the County of Wayne Register of Deeds is the owner and is responsible, at all times, for keeping such premises, its sidewalks and adjoining public property between the center of the street and one-half ( $\frac{1}{2}$ ) of the alley free of solid waste, medical waste, and hazardous waste.



## Grandmont Rosedale Development Corporation, continued from page 9

Nathan (D-Detroit, District 8) and State Rep. Rashida Tlaib (D-Detroit, District 6), among the co-sponsors of the reform bills. Nathan and Tlaib will bring us the latest news on their efforts to get the bills passed.

#### SUPPORT THE REFORM BILLS: SIGN THE PETITION Every Grandmont Rosedale resident can

get involved – it's



easy. Just sign the petition in support of the reforms recently launched by the Special Assessment District (SAD) City-Wide Coalition. Go to the Change.org petition at http://chn.ge/1bS2Lem or use the QR code below, if you have a smart phone.

Neighborhood safety meetings are open to the public, held the 4th Thursday of the month, at the North Rosedale Park Community House, 18445 Scarsdale. For more information or to suggest a safety or crime prevention topic, please contact Karen Johnson Moore, Community Security Program Manager at 313-387-4732, ext. 110 or kmoore@granmontrosedale.com.

#### QUALITY OF LIFE FORUM PLANNED FOR SEPTEMBER 28

In September 2012, the Grandmont Rosedale neighborhoods adopted a three-year strategic plan for improving the quality of life in our community. Now it's time to report on the first year's progress toward implementing this plan and to set priorities for year two of implementation. A community-wide Quality of Life Forum, to be held on Saturday, September 28, will provide an opportunity for that review and reflection.

"It is amazing how much we have already been able to accomplish," said Becki Kenderes, Program Manager of the Building Sustainable Communities Program. "We have a lot to celebrate, but also much work that still needs to be done." The Building Sustainable Communities Program is funded through a generous grant from the Detroit Local Initiatives Support Corporation.

#### FORUM DETAILS

The forum, to be held at New St. Paul Tabernacle Church, 15340 Southfield Service Drive, runs from 9 AM - 2 PM and includes a complimentary continental breakfast and lunch. Featuring short presentations about the many activities, programs, and task forces included in the community's Quality of Life Plan, the forum will also provide opportunities for residents to give feedback regarding plan goals and to get directly involved in improving the community.

> **Grandmont Rosedale Quality of Life Forum** Saturday, Sept. 28 • 9 AM - 2 PM New St. Paul Tabernacle Church 15340 Southfield Service Drive

#### **VOLUNTEER RECOGNITION**

"A special part of the day's program will include recognition of some of the key volunteers who are making a big difference in the Grandmont Rosedale community," added Kenderes. "It is impossible to overstate the contributions made by so many dedicated residents."

All area residents, business owners, and other stakeholders are invited to attend. For more information and to RSVP to reserve your seat, contact Wilsie Calhoun at 313-387-4732, ext. 100 or info@ grandmontrosedale.com.

# WE'RE OPEN!

See what's brewing in your neighborhood.



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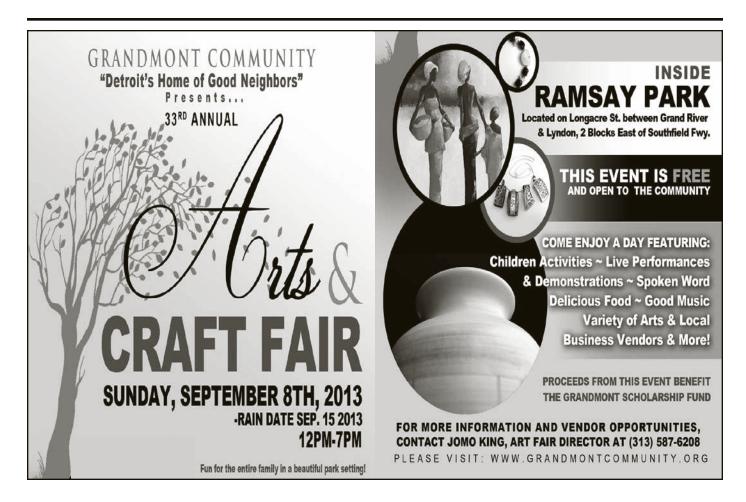
## DAMAGE FROM Water, Storms, or Fire?



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## The True Story of America's First Black Dynasty

Blanche Kelso Bruce was born a slave in 1841, yet, remarkably, amassed a real-estate fortune and became the first black man to serve a full term in the U.S. Senate. He married Josephine Willson—the daughter of a wealthy black Philadelphia doctor—and together they broke down racial barriers in 1880s Washington, D.C., numbering President Ulysses S. Grant among their influential friends. The Bruce family achieved a level of wealth and power unheard of for people of color in nineteenth-century America. Yet later generations would stray from the proud Bruce legacy, stumbling into scandal and tragedy.

Drawing on Senate records, historical documents, and personal letters, author Lawrence Otis Graham weaves a riveting social history that offers a fascinating look at race, politics, and class in America.

Please join the Book Club in the Park (BCIP's) as we discuss

## The Senator and the Socialite

by Lawrence Otis Graham

Thursday, September 19, 2013 • 6:00pm The North Rosedale Park Community House

 $\sim$ 

## The Healthy Environments Partnership Promotes Heart Health Through Walking in Detroit

New collaborative research initiative supports Detroit community-based walking groups.

DETROIT, MI – Cardiovascular risk is significantly higher in some Detroit neighborhoods, including Northwest, Southwest and East Side Detroit, than state and national averages. Disparities in income, access to health care and safe places to be

physically active make it more challenging for residents who live in these neighborhoods to address health concerns. Community Approaches to Cardiovascular Health – Dissemination (CATCH-D) is an extension of the Walk Your Heart to Health walking group intervention (WYHH) that HEP began in 2008 to promote heart health through leadership development, community action and policy advocacy in an effort to enhance neighborhood environments that support and sustain active living in Detroit. Part of this past intervention involved walking groups that met 3 times per week at community based and faith-based organizations in three Detroit neighborhoods. Community Health Promoters led the walking groups and built leadership capacity among group members who gradually assumed leadership roles.

The Healthy Environments Partnership (HEP) has been awarded a Community Based Participatory Research Initiative grant by the National Institute on Minority Health and Health Disparities. CATCH-D aims to integrate and share results from a multi-level walking group intervention aimed at promoting heart health in Detroit. Over the next 3 years, HEP will work with communitybased, faith-based and health services organizations in the Detroit to expand the walking group initiative and enhance neighborhood environments to promote heart health. One of the community-based groups who has received training, support and a \$5000 grant from HEP is the North Rosedale Park Civic Association.

"Residents in Detroit want more opportunities to be healthy. Walking groups are an easy way for residents to get together and be active while learning about health and having fun. Plus, it's free to walk!" said Zachery Rowe, Executive Director of Friends of Parkside and founding HEP Steering Committee Member.

Results from WYHH showed that Detroit residents who participated in the walking groups increased the number of steps they walked. As participants increased the number of steps they walked they saw significant decreases in risk factors associated with cardiovascular disease, including waist circumference, body mass index (BMI), blood sugar levels, cholesterol and high blood pressure.

"The benefits [of walking] are incredible. My sugar was out of control and it came down. I am off my insulin! My doctors love my numbers. It was amazing what walking did for me," said Marlene Peoples, Walk Your Heart to Health walking group member.

#### WALKING IN DETROIT

With CATCH-D, HEP plans to build on the walking movement taking place in Detroit. HEP will expand the walking groups and will support training of new walking group leaders. In addition, HEP plans to share findings from the WYHH intervention with Detroit residents, public health professionals, local funding organizations, policy makers and other key decision makers to encourage them to take action to support activity friendly environments. HEP will facilitate town hall meetings, community forums, and meetings with policy makers to share the benefits of; and will build the capacity of communities to engage in research initiatives similar to this one, that benefit the communities in which participants live.

"Our goal is to support walkers in Detroit. The vision is that residents will enjoy improved health through physical activity, community and faith-based organizations will increasingly host new walking groups, and decision-makers will support policies to enhance neighborhood environments, improve safety, and encourage active living," said Amy Schulz, Professor at the University of Michigan School of Public Health and Principal Investigator of the Healthy Environments Partnership.

HEP recently selected, through a competitive process, the first group of community-based organizations that will participate in the walking group capacity building program. HEP will provide technical assistance, training and financial support to the selected organizations to start and maintain walking groups. Organizations selected include: American Indian Health and Family Services, Hannan Center for Senior Learning (Luella Hannan Memorial Foundation), Latin Americans for Social and Economic Development, and North Rosedale Park Civic Association. A call for proposals for a second round of the capacity building program is expected in early 2014.

For more details about CATCH-D and WYHH and for information about how to get involved visit: www.hepdetroit.org.

#### ABOUT THE HEALTHY ENVIRONMENTS PARTNERSHIP

The Healthy Environments Partnership (HEP) is a community-based participatory research partnership made up of community-based organizations, health services organizations and academic partners with a focus on understanding and promoting heart health in Detroit neighborhoods. HEP examines and develops interventions to address aspects of the social and physical environment that contribute to racial and socioeconomic disparities in cardiovascular disease.

Partner organizations include: Brightmoor Community Center, Detroit Hispanic Development Corporation, Friends of Parkside, Detroit Neighborhood Partnership East- Warren/Conner Development Coalition, and the Institute for Population Health, Henry Ford Health System, the University of Michigan School of Public Health and a community member at large. HEP uses a community-based participatory research approach in which all partners are involved in all phases of the work, including defining the research problem, design and implementation of the study, interpretation and dissemination of the results, and decisions about how the results will be applied to improve heart health in the city of Detroit.

HEP is an affiliated partnership of the Detroit Community-Academic Urban Research Center (www.detroiturc.org).

## North Rosedale Park eBlast Newsletter

aka: Rosedale Tattler eBLAST EDITION

This April marked the beginning of the **Rosedale Tattler eBLAST EDITION**. An electronic newsletter designed to supplement the printed version of the Tattler will be distributed via email. The eBLAST EDITION is not intended to replace the printed Tattler, but to provide vital and interesting news, information and reminders that sometimes miss the Tattler deadline (the 10th of each month). The eBlast should arrive in your email around the 3rd week of each month so as to meet this objective. In order to receive the eBlast **you must be on the "list"**. However, it is really easy to signup for the list by visiting the homepage of the North Rosedale Civic Association at http://NorthRosedalePark. org and pushing the big red subscribe button. **Get yourself**  signed up today so that you will be in the know! The exception to this requirement is that we have seeded the list with a number of email addresses that we have from our membership roster so your name may be on the list already. If you're not sure you can still push the subscribe button as the same email address will not be signed up twice. If for some reason you do not wish to be subscribed there will be a link at the bottom of each newsletter that may be used to unsubscribe. In case you want to be sure that this newsletter does not fall into your junk mail folder, be sure to just add the newsletter sender to your address book. You are encouraged to send articles for publication to the eBlast editor: eblast@northrosedalepark.org.

## NRPCA Calendar • Sept. 2013

4	Park Players 7:15pm
5	NRPCA Board
	Mtg 6:30pm
5	Rental 7pm
7	Rental 6:30pm
8	Park Players 7pm
9	Rental 9am
9	Rental 7pm
10	Rental
11	Rental 6pm
11	Park Players 7:15pm
12	Rental 9am
13	Steak Roast 6pm
14	Rental 4pm
15	Park Players 7pm
16	Rental 9am
16	Rental 7pm
17	Block Captains
	Mtg 6:30pm

	L
18	Rental 6pm
18	Park Players 7:15pm
19	Rental 9am
19	Park Players 7pm
21	Home & Garden
	Tour 10am
22	Park Players 1pm
23	Rental 9am
23	Rental 7pm
24	Park Players 7pm
25	Rental 6pm
25	Park Players 7pm
26	Rental 9am
26	Neighborhood
	Safety Mtg 6pm
28	Garage Sale 9am
29	Park Players 1pm



incresses yanoo.com incressiayioi.zumba.com

\*Zumba Gold is for the active older adult and beginner participant.

## **Rent the Community House for Your Next Function!**

Call Nicole Daniels at (313) 837-3416 to reserve your upcoming event.

Benefits of renting the Community House...supports your community, house-sitter on duty, security on duty, short drive home !!!

## **Deadline for the Tattler**

*The Rosedale Tattler* is a monthly newsletter published by the NRPCA. All articles and advertisements are due the 10th of each month. Please contact **Maria Bryant at 313-537-1560 or mariab19@sbcglobal.net** for advertising rates and policies. Please submit articles to **NRPCA TattlerEditor@Yahoo.com**.

We welcome and encourage submissions. The author's name, address and phone number is required for publication. The editorial staff reserves the right to edit submissions for space or for which they deem obscene, defamatory, deceptive or misleading.

# The 3rd Annual North Rosedale Park

# Sunday, October 6, 2013

Festivities Begin @ 1:00pm Judging Begins @ 1:30pm Location: NRPCA Community House Tasting tickets: \$1. for 3 - Cook's registration fee \$5.

Fill your tummy with the best home-made chili this side of anywhere. Only \$1. for 3 tastings. But, you won't be able to stop with just one. Taste 'em all! Tickets on sale during the event.

- Celebrity Judges
- Great Prizes
- Family Event

Cooks register now! Space is limited.

- Please have at least 5 quarts of Chili (the more the better if it's tasty)
- Chili needs to be ready for tasting and judging by 1:20 pm
- We will supply cups for tasting, spoons and napkins

• You must supply your own heat source to keep your chili warm; preferably

For more information or to register to cook please visit the website

Proceeds benefit the The North Rosedale Park Civic Association, a 501(c)(3) organization

North Rosedale Park Civic Association	NRPCA 2013 Ours is an active neighborhood, an
Membership Application	for taking on assignments at the be tees are formed to carry out the act
	The Board meets on the 1st Thurs
Name(s)	The committees for the 2013 Boar These assignments will be publish
Address	BOARD OF DIRECTORS AND PRESIDENT:
Zip Code	Cheryl Buswell 586-222-9454
Phone	Capital Campaign; Financial Processes Committee; Beautification of Outer Driv
EmailI	Medians; GRDC Beautification Commit presidentbuswell@northrosedalepark.or
I	VICE-PRESIDENT: Sherry Gay-Dagnogo
Membership Dues	313-643-5323
Resident	Easter Egg Hunt; Annual Concert; Coor Edison Schools Liaison; GRDC Task Fo Liaison (Youth); Internship Coordinator vicepresidentdagnogo@ northrosedalepark.orgyahoo.com
I	PAST-PRESIDENT:
Enclosed is \$ in payment for dues for the	Jim Johnson 313-534-4607
year ending December 31,2013.	Capital Campaign; June Day Raffle; Nominations Committee; Financial Pro Committee, Program Committee, IT Con
Additional Donation enclosed \$	pastpresidentjohnson@northrosedalepa DIRECTOR:
Make checks payable to:	Susan Steigerwalt 313-549-9523 Youth Sports; Home and Garden Tour;
Mail dues to:	Holiday Greetings directorsteigerwalt@northrosedalepark
Membership Secretary 18445 Searsdala Datroit MI 48223 1333	DIRECTOR: Mary Davis
18445 Scarsdale, Detroit MI 48223-1333	313-273-5366 Park Players Liaison; Spring and Fall I
The NRPCA is now a 501(c)(3) charitable organization. Contributions and dues payments to the NRPCA	Neighborhood Open House; Detroit Fut 50/50 Raffles
are tax deductible under state and federal tax laws.	directordavis@northrosedalepark.org DIRECTOR:
Be a Volunteer!	Richard Castillo 888-407-7460
Please tell us how you would be interested in helping.	E-Blast Editor, Chili Cook-Off; Neighbo Safety Liaison; Vacant House Task Forc Liaison; Volunteer Coordinator directorcastillo@northrosedalepark.org
1	DIRECTOR:
1	Hubert Sawyer III 313-451-0808
I	June Day; IT Committee; Membership Committee; Program Committee directorsawyers@northrosedalepark.org
I	DIRECTOR: G loria Goodwine
	313-971-3990
   	Motor City Makeover; Detroit Partnersı Day; Flower Bed Audit & Sponsorship, Facebook Manager directorgoodwine@northrosedalepark.o
	DIRECTOR: LaVonne Thomas
 	313-535-4214 Haunted House; Community House and
Thank you for your support!	Grounds; Pancake Breakfast; Graduatic and Wedding Announcements; BOD Cau a Member List directorthomas@northrosedalepark.org

## NRPCA 2013 Board of Directors

Ours is an active neighborhood, and NRPCA Board members are responsible for taking on assignments at the beginning of each year. In many cases, committees are formed to carry out the activities, and volunteers are always welcome.

The Board meets on the 1st Thursday of every month except July and August. The committees for the 2013 Board members will be assigned this month. These assignments will be published here in our upcoming issues.

#### DIRECTORS AND THEIR ASSIGNMENTS DIRECTOR: **Robert Weed** 586-764-0562 n; Financial Processes Code Enforcement Liaison; utification of Outer Drive Block Captains Liaison; Financial Beautification Committee Processes Committee; Historic @northrosedalepark.org Designation for Entrances; GRDC NBD Liaison ENT: director weed @northrosed alepark.orggnogo DIRECTOR: Annual Concert; Cooke and David Finkel iaison; GRDC Task Forces 313-541-1093 Internship Coordinator Garage Sale/Mom to Mom Exchange, nogo@ Steak Roast & Silent Auction; Tattler Liaison rk.orgyahoo.com directorfinkel@northrosedalepark.org ENT: **APPOINTEES** CORR. SECRETARY: n; June Day Raffle; Marcia Closson nmittee; Financial Processes 313-835-1103 ram Committee, IT Committee Garage Sale/Mom to Mom Exchange nson@northrosedalepark.org corsecretary@northrosedalepark.org MEM. SECRETARY: alt NaJuan Lockhart Membership Committee me and Garden Tour; memsecretary @northrosed a lepark.orgalt@northrosedalepark.org **REC. SECRETARY:** Mary Ratkowski 313-532-5421 recsecretary@northrosedale.org TREASURER: ison; Spring and Fall Plays; pen House; Detroit Future City; John Gumbel 313-531-5817 orthrosedalepark.org Financial Processes Committee TreasurerNRPCA@gmail.com **BLDG. MANAGER: Nicole Daniels** hili Cook-Off; Neighborhood 313-837-3416 acant House Task Force Girl Scout Liaison; Financial er Coordinator Processes Committee northrosedalepark.org nrpca@att.net VACANT HOUSE TASK FORCE, III **COMMUNITY SAFETY MEETINGS, BLOCK CLUBS:** mmittee; Membership **Clarenda Webb** 313-330-7844 ram Committee clarendawebb@gmail.com a)northrosedalepark.org TATTLER NEWSLETTER ne TATTLER EDITOR: Tom Ridgway over; Detroit Partnership 313-623-5643 Audit & Sponsorship, thomas.ridgway@gmail.com rer e@northrosedalepark.org ADVERTISING COORDINATOR: Maria Bryant 313-537-1560 as mariab19@sbcglobal.net PRODUCTION ARTIST: Community House and ke Breakfast; Graduation Linda Liang nouncements; BOD Call tattler@northrosedalepark.org