

The

GRANDMONITOR

GRANDMONT COMMUNITY — HOME OF GOOD NEIGHBORS

VOLUME 51, NUMBER 1 (1/2021)

JANUARY 2021

The Grandmont Community Association

Serves approximately 1100 residences in the

Grandmont Community, including households south of Grand River, west of Asbury Park, north of Schoolcraft, and east of Southfield Freeway.

Mission Statement

The Grandmont Community Association (GCA) was formed for the preservation of the neighborhood; promotion of quality schools; civic education of the residents and promotion of cooperation and understanding between all of the residents and community businesses.

VISIT OUR WEBSITE: www.grandmontcommunity.org/

VIEW THE GRANDMONITOR IN COLOR!

JOIN THE GCA BOARD MEETING VIA ZOOM:

[https://us02web.zoom.us/j/83836150747?](https://us02web.zoom.us/j/83836150747?pwd=RlpWcmtoM2hYTSSrT2drcTZUeW5lQT09)

[pwd=RlpWcmtoM2hYTSSrT2drcTZUeW5lQT09](https://us02web.zoom.us/j/83836150747?pwd=RlpWcmtoM2hYTSSrT2drcTZUeW5lQT09)

MEETING ID: 838 3615 0747

PASSCODE: 015850

JOIN US ON FACEBOOK:

www.facebook.com/GrandmontCommunityAssociation

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Welcome 2021!

Happy New Year! 2020 has walked out of the door and 2021 has just walked in. Many of us are busy deciding what our New Year's resolutions will be amidst the backdrop of the COVID-19 pandemic. How will 2020 change the direction of your 2021 resolutions? Will 2021 resolutions remain the traditional ones of diet and exercise or will a new trend come to light because of the pandemic?

Resolutions set by individuals going into the New Year are usually health related. We resolve to start a diet so we can eat healthier or we purchase a gym membership to start exercising. In light of the many lifestyle changes enforced on us in 2020 due to the pandemic, how might those same resolutions look in 2021?

2020 saw workouts switch from inside gyms and yoga studios to our homes. The sale of home fitness equipment skyrocketed by 170% as individuals began replicating the gym environment. We switched from face-to-face workouts to virtual workouts and we kicked up the notch on outside activities such as walking, running and biking.

So if your New Year's resolutions involve a new exercise regimen and you are new to the virtual workout scene, how do you locate a virtual workout suited to your needs?

According to an article published in *Business Insider*, there's a huge database of high-quality, motivating fitness routines you can access for free. The article, located virtually at <https://www.businessinsider.com/best-free-virtual-workouts>, provides descriptions and hyperlinks to the five, best free at-home virtual workouts selected by them. The information in this article was updated 12/10/2020.

Need a resource for establishing a healthy eating plan to manage your weight, visit the Center for Disease Control's (CDC.gov) webpage, [Healthy Weight](https://www.cdc.gov/healthyweight/). The site offers healthy eating tips, meal planning, steps to cutting calories and links to healthy recipes you can try.

Looking for resolutions not necessarily related to dieting or working out, visit the article [55+ Achievable New Year's Resolutions for Healthier and Happier Living](#) found on GoodHousekeeping.com. They include resolutions like, "Build a Better Budget, Volunteer, Join a Club, Become a Plant Owner, Consider Therapy, and Decorate with Family History." Each resolution features advice or a helpful hyperlink in order to make the resolution more achievable.

Good luck and may the New Year bring us a step closer to being able to once again gather with our family, friends and neighbors.

~Sandra Rideaux-Miller, Volunteer Editor

"You don't have to see the whole staircase, just take the first step.

~Martin Luther King



HOME OF GOOD NEIGHBORS

GRANDMONT

GRANDMONT BOARD OF DIRECTORS**2020-2021**

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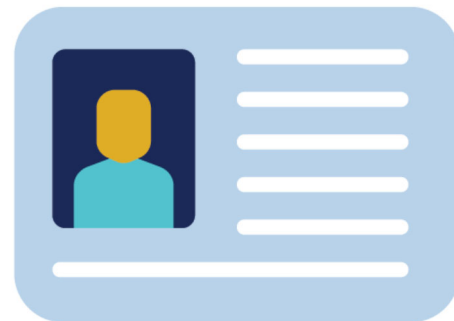
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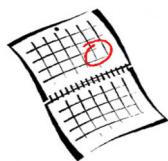
MATERIAL TO BE PUBLISHED MUST BE DELIVERED TO THE EDITOR VIA EMAIL TO SMILLER@GRANDMONTCOMMUNITY.ORG NO LATER THAN THE **12TH OF EACH MONTH** FOR INCLUSION IN THE NEXT MONTH'S ISSUE.

GRANDMONITOR STAFF RESERVES THE RIGHT TO EDIT CONTENT.

GCA COMMITTEE CHAIRPERSONS

Art Fair	Jomo King	313-587-6208
By-Laws	Lorenzo Blount	313-522-8088
Beautification	Larissa Richardson	313-614-4910
Code/Violations	Harrison Duke, III	313-837-4913
Co-Chairs	Jerry Webb	313-721-8651
Environmental	Harrison Duke, III	313-837-4913
Finance	Mark Janusch	313-835-7369
Garden Club	Larissa Richardson	313-614-4910
GRDC	Jomo King	313-587-6208
	Charlotte Wright	
Historian	Kevin Johnson	313-549-7387
Membership Chair	Charlotte Wright	313-247-4404
Nominations	Vacant	
Radio Patrol	James Liddell	313-319-6859
Ramsay Park	Edward Smith	313-273-7885
Rippling Hope	Cora A. Duncan-Foster	313-273-7914
Safety/Security	Vacant	
Scholarship	Cora A. Duncan-Foster	313-273-7914
Social Media	Samantha Bonaparte	414-708-9704
Social Planning	Krystal Thurmond	313-300-3760
Street/Block Capts.	Ethel Smith	313-864-3666
	Co-Chairs	Yvonne Sanders
		313-273-4480
Vacant Property	Diane Patterson	313-836-3736
Youth and Education	Carla White-Smith	313-220-8530





Mark Your 2021 Calendars!

Meetings

Grandmont Community Meetings - all are welcome -

Jan. 9	Apr. 3	July 3	Oct. 2
Feb. 6	May 8	Aug. 7	Nov. 6
Mar. 6	June 5	Sept. 4	Dec. 4

Meetings are held at 10 a.m. on the first Saturday of the month, unless otherwise noted, at GRDC, 19800 Grand River.

*It should be noted that until further notice due to COVID-19 safety measures, the meetings will be held via Zoom. The link can be found on our website and Facebook page.

Grandmont Patrol Meetings - all are welcome -

Jan. 4	Apr. 5	July 5	Oct. 4
Feb. 1	May 3	Aug. 2	Nov. 1
Mar. 1	June 7	Sept. 6	Dec. 6

Meetings are held at 6 p.m. on the first Monday of the month, unless otherwise noted, at GRDC, 19800 Grand River.

*It should be noted that until further notice due to COVID-19 safety measures, the meetings will be held via Zoom.



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Please join the Beautification & Garden Club Committee at any of our upcoming meetings for 2021.

For more information and to volunteer with us next year, please contact Larissa Richardson (313) 614-4910.

IMPORTANT NUMBERS

Crime Reporting

1. Call 9-1-1 for crimes in progress
2. Otherwise call 313-267-4600, the DPD non-emergency line
3. Contact the GCA security chair- Grandmontcommunitycrimealerts@googlegroups.com
4. To report crime anonymously, call 1-800-SPEAK-UP (1-800-733-2587)

Auto-theft Tips

Text "TIP411" (847411) or Call 800-242-HEAT (4238)

Narcotic Tips

Call 313-224-DOPE (3673)

Gun Activity

1-800-AFT-GUNS (800-283-4867)

Poison Control

1-800-222-1222

Animal Control

313-224-6356

Bulk/Recycle Drop-off

Southfield Yard, 12255 Southfield Svc. Dr. Mon-Sat, 8:30-4 (closed daily 12:30-1:30)

8th Precinct Police District

21555 W. McNichols Rd., 313-596-5800
NPO Shawn Childrey, 313-590-5199
childreys693@detroitmi.gov

City Councilman James Tate

313-224-1027
councilmembertate@detroitmi.gov

Water and Sewer

313-267-8000

DTE Energy

1-800-482-8720 (Mon-Fri, 8 AM-6 PM)

Ramsay Park Police (Not in force until April)

313-596-2186 (office)
734-931-0846 (cell)

DISTRICT 1 IMPORTANT CONTACTS



Tenecia Johnson
District 1 Business Liaison
313-460-0775
tjohnson@degc.org



Kya Robertson
District 1 Deputy Manager
313-236-3473
robertsonkya@detroitmi.gov



Karla Williamson
District 1 Manager
313-236-3484
williamsonk@detroitmi.gov



THANK YOU FOR SUPPORTING GRANDMONT ROSEDALE DEVELOPMENT CORPORATION!



2020 posed many challenges for just about everyone. Thanks to your support, Grandmont Rosedale Development Corporation was able to carry on the work of strengthening community in spite of these challenges. Your donations contributed to the continuance of the Northwest Detroit Farmers' Market

and the transition to an all on-line format. Your support also helped keep the doors of the Grand River WorkPlace, our small business incubator space, open for our small business members. Your support enabled our Economic Development team to assist several small businesses to apply for and receive grant dollars to help them navigate the pandemic, and to transform our Shop small in GRANDmont Rosedale event into a virtual, all-season long event. Our Crime Prevention Task Force and Vacant Property Task Force continued to meet, GRDC sponsored several PPE giveaways, a free flu shot clinic, a turkey giveaway, and GRDC has helped more than 80 people complete a Property Tax Exemption application. GRDC completed the renovation of four previously vacant homes, and we have made great progress on our new, mixed-use development project coming to 19505 Grand River. None of this would have been possible without your help! Thank you!

GRAND RIVER WORKPLACE OFFERS MEMBERS A SAFE PLACE TO BUILD A BUSINESS



The Grand River WorkPlace, 19120 Grand River, provides a quiet, spacious place to focus and get work done. Members also have access to two conference rooms, wifi, a mailbox, printer, fax machine, and kitchenette, all at an affordable price. "Like" <https://www.facebook.com/GrandRiverWorkPlace/> on Facebook, and follow grworkplace on Instagram.

For more info contact Program Specialist JeNiece Freeman-Holt at jeniece@grandmontrosedale.com or call 313.387.4732, ext. 118.

STAY UP TO DATE!



To keep informed about what's going on in the community, send an email to Kathy Garrett at kgarrett@grandmontrosedale.com, and ask to be added to our eblast list. The GRDC eblast will arrive in your inbox at 10 am every Wednesday. You can also like Grandmont Rosedale Development Corporation on Facebook. Like GRDC's Grand River WorkPlace and the Northwest Detroit Farmers' Market on Facebook too to keep up to date. You can follow all three on Instagram too! To get an overview of the Grandmont Rosedale neighborhoods, GRDC programs, Community Calendar, and our Community Blog, check out our website at grandmontrosedale.com.

CALLING ALL ASPIRING ENTREPRENEURS!

ProsperUs Detroit Entrepreneur Training



ProsperUs Detroit is now accepting applications for their **Spring 2021 Entrepreneurship Training Program**.

Learn how to create a successful business plan from seasoned instructors and receive individualized consultations. The program is open to applicants who live in Detroit, Hamtramck or Highland Park. This comprehensive, 15 week program consists of:

• 6 different training sites across the city of Detroit (all classes will be held virtually)

- 12 participants in each virtual class
- 12 two-hour virtual sessions (once per week, usually from 6 to 8 PM)
- 10 one-hour one-on-one consultations (scheduled separately with trainer)

Applications are open until Sunday, January 31, 2021 at 11:59 PM. Apply on the ProsperUs website, www.prosperusdetroit.org/entrepreneur-training.

TAKE YOUR BUSINESS TO THE NEXT LEVEL

SPRING 2021 PROSPERUS DETROIT ENTREPRENEUR TRAINING PROGRAM

- Receive support to develop a successful business plan and financial projections.
- Engage with a seasoned instructor to focus on taking action.
- Gain an opportunity to strengthen your personal finances.
- Access additional resources and capital.

Individualized consultations

Twelve-week virtual course

APPLY BY: JANUARY 31ST, 2021
www.prosperusdetroit.org/event/apply/
 Free to apply, limited to Detroit residents.

January 2021 Awareness Dates

Each month has a day of celebration, a day for raising awareness or a day to highlight a topic. We start January 1st celebrating New Year's Day, but did you know that it is also the day the Emancipation Proclamation went into effect in 1863? Or that it is also known as National Hangover Day? I recently discovered that National Thank God It's Monday Day will be celebrated on January 4th—not too sure about that one, but hey for all you Monday lovers, there's a day for that!

As I continued to review the January celebrations and holidays for 2021, I came across some, at least for me, lesser known awareness days like National Cuddle Day (January 6th); National Dress Up Your Pet Day (January 14th); National Popcorn Day (January 19th); National Squirrel Appreciation Day (January 21st); National Chocolate Cake Day (January 27th); and, last but not least National Backward Day (January 31st). Here are a few more notable days you can mark on your calendar.

SATURDAY, JANUARY 9TH - NATIONAL LAW ENFORCEMENT APPRECIATION DAY

A day set aside to thank police officers you know for all the work they do to protect our community. It is important to remember, amid Black, Blue and All Lives Matter, that many law enforcement officers, choose this career because they wanted to make a difference and wanted to keep our communities safe for everyone, regardless of race or gender. I am proud to know many who serve in this capacity and I appreciate them for upholding the oath they took as law enforcement, correction or probation officers.



Human Trafficking Awareness Day January 11

MONDAY, JANUARY 11TH - NATIONAL HUMAN TRAFFICKING AWARENESS DAY

Human trafficking affects individuals across the world, and right here in Michigan. It is commonly regarded as the second largest criminal enterprise after drugs. Human trafficking affects every community in Michigan across age, gender, ethnicity, and socio-economic backgrounds. If you suspect that any child or adult is a victim, or is at risk of becoming a victim, call 855-444-3911 any time day or night. If the individual is in imminent danger, immediately call 9-1-1. Visit the Michigan Department of Health and Human Services [website](#) or the National Human Trafficking Hotline [website](#) for additional information.

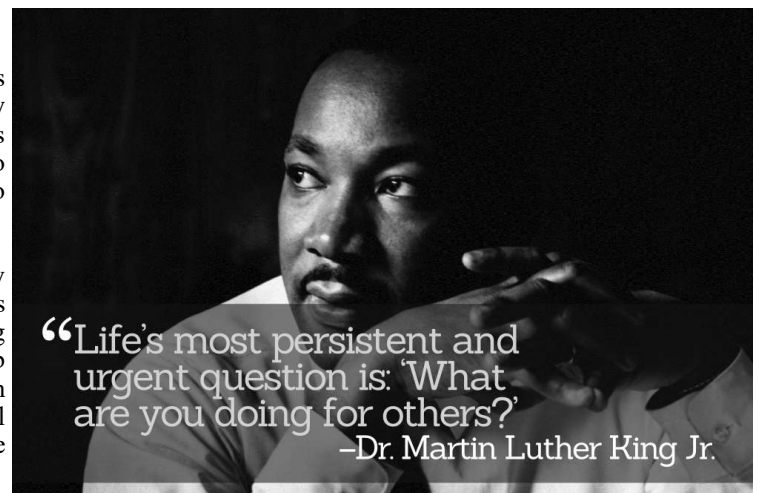
Ways to observe this day is to participate in the #WearBlueDay by taking photos of yourself, friends, family or colleagues wearing blue clothing and then sharing the photos on social media with the #WearBlueDay hashtag or alternately, you can use the hashtag #HumanTraffickingAwarenessDay when posting on social media; get educated on how to spot a possible human trafficking situation by viewing resources located on the Michigan Human Trafficking Task Force webpage (<https://mhttf.org/getting-involved/>) or Homeland Security's Blue Campaign webpage (<https://www.dhs.gov/blue-campaign/share-resources>); get involved or donate to [Sanctum House](#), the [31:8 Project](#) or another victim advocacy group.



MONDAY, JANUARY 18TH - MARTIN LUTHER KING DAY.

One question Rev. Dr. Martin Luther King continually asked was "What are you doing for others?" In the 1990s, the theme of this day became "Remember-Celebrate-Act. A Day on, Not a Day Off." This year, because of the pandemic, the remembrances and activities to celebrate Dr. King will likely be different. This year, we will have to discover new ways to "Remember-Celebrate-Act."

This may mean becoming a volunteer in the Grandmont community on one of the committees listed on page 2 or checking on neighbors who need assistance with shopping, meal prep, yard work, shoveling snow, or bringing their waste and recycle containers to the curb weekly. It may mean spending time having an open dialogue with someone about the work of Dr. Martin Luther King, what the civil rights movement meant in the 1960's and each subsequent decade and how it might conceivably look in the decades to come.



Another option is to spend the day watching or listening to one of the speeches given by Dr. King, reading a book or article of his contributions or perhaps throwing a virtual watch party on social media featuring one of the following suggested movies: Selma (2014), King (1978) or King: A Filmed Record...Montgomery to Memphis (1970). You can also share the animated children's educational film, Our Friend, Martin with a younger audience.

January has a day of celebration or awareness for each day of the month and if you would like to discover what some of the other days are, visit the webpage, <https://www.calendarr.com/united-states/observances-2021/>.

RIPPLING HOPE COMMITTEE UPDATE: 12/27/2020

I attended the Rippling Hope Board Zoom Meeting on Thursday, December 3rd. The Rippling Hope Fundraiser is continuously bringing in donations. The Rippling Hope Garden is now shutdown. Pictures of the garden will be posted. 300 people in the community had received food from this garden. Due to the virus, there were few volunteers to service the Detroit Community. The volunteers only serviced 27 people in 2020. Two volunteer groups have confirmed to serve our Detroit Community next summer. Free paint is available every 2nd Wednesday, 3-5pm & 2nd Saturday, 10am-noon at the Rippling Hope Center for Mission and Service, 12801 Joy Road (corner of Joy & Appoline). **The paint is free to all residents not only Rippling Hope Recipients.** This is the tenth year for Rippling Hope Free Home Repair. Grandmont Community Association has been with this organization since the beginning. I gave Carl Zerweck, the Rippling Hope Executive Director, and the organization a great thank you for the many Grandmont Residents they have serviced over the years.

Written by Cora Duncan-Foster
GCA Rippling Hope Chair

MI MASK AID

MILLIONS OF FREE MASKS FOR MICHIGANDERS

MI Mask Aid is an initiative of the Michigan Department of Health and Human Services (MDHHS) and the Michigan Community Service Commission to deliver free face masks to Michiganders so they can protect themselves and their communities from COVID-19.

The goal of MI Mask Aid is to ensure that all residents have a face mask, and that cost and availability of masks are not a barrier. Any member of the public who needs a mask can receive one through this program. However, the program is particularly focused on distributing masks to vulnerable populations like low-income residents, seniors, high-risk families, children returning to school in person, and people living in homeless shelters.

REQUEST A MASK

Residents can pick up a free mask from more than 100 partner sites across the state, including most [local DHHS offices](#) and [Community Action Agencies](#). Find the list of locations at the link below. Please call before you visit to understand their pick-up process and ensure they still have masks available. Residents who need additional assistance can call the COVID-19 Hotline at 888-535-6136.

[FIND A MASK DISTRIBUTION SITE](#)

MUNCHIE'S WISDOM



This is an adorable little pocket-sized book entitled 'Are You As Happy As Your Dog?' by Alan Cohen. Page by page, he gives "sure-fire ways to wake up with a smile as big as your pooch's." His dog's name is Munchie (short for Munchkin). Mr. Cohen said he observed that Munchie seemed to be happy all the time. So, he decided to study Munchie's attitude to see what Munchie was doing that he was missing. Years ago, I submitted a few of these lessons in the Grandmonitor. I thought I'd reprise them.

Lesson 1: Love to Be a Lover

Alan Cohen says, as soon as Munchie hears (the) car pull up to the garage, he drops whatever he is doing and zooms to meet me. He barks and cries and wags his tail all the same time... Munchie gives me the same whole-hearted greeting no matter how long I have been away. When I come home after a long time he doesn't sit on his haunches with his arms folded and soberly announce, "I think it's time we discuss your commitment to our relationship." He is just so happy to see me, and he lets me know it.

Isn't that a great lesson? Being genuinely glad to see friends, family, loved ones and everyone(s)!

Submitted by K. Thurmond



Editor's Note: Stay tuned for more of Munchie's Wisdom in the next Grandmonitor!

GRANDMONT COMMUNITY VIRTUAL SOCIAL HOUR!

This is a weekly gathering held every Sunday, from 4-5pm for residents of Grandmont to fellowship and get to know one another. It is an informal gathering that will convene virtually on Zoom until it can safely transition to a physical gathering. Additional information, including the Zoom meeting hyperlink can be found on Grandmont's [Facebook](#) page.

Please note this is not an officially sponsored event held by the GCA Board, rather this is an event initiated and led by Grandmont resident, Sean Novak.

Zoom Meeting Information

Join Zoom Meeting

<https://us02web.zoom.us/j/81270567568?pwd=ZEs4NHJHJanJ6OERWWUZmYUtxdmpYZz09>

Meeting ID: 813 7056 7568

Passcode: 890096

Garden Notes



5 Garden Tips for Winter

Your garden is all snug as a bug for the winter, but your green thumb is itching to do something outside in the yard. What's a gardener to do? Well, there are a few things that you could busy yourself with if the mood strikes. With that in mind, we've gathered a few garden tips for the winter that might satisfy your need for some wintry fresh air.

1. **Protect your plants:** Road salt wreaks havoc on plants and soil. In areas of heavy salt use, soil salinity rises and vital soil life can be affected, not to mention all those tender plant roots and ever-green foliage that simply can't tolerate being exposed to salt on a regular basis. Protect roadside plantings from salt spray with a shield of landscape fabric erected into a fence with wooden stakes. For planting areas adjacent to walks and drives, choose salt-resistant plants or rely on salt-free ice melters, like calcium chloride or magnesium chloride, instead.
2. **Build a compost bin:** Pay a winter visit to your local garden center and ask them for some used wooden pallets to make yourself a new compost bin. Many garden centers are happy to get rid of extra pallets and some may even arrange to deliver them to your door. Once the pallets are home, use them to build one or more three-sided bins. Use extra large plastic zip-ties to fasten them together, giving each bin a back and two sides. Locate your new composting system in a mostly sunny site, and you'll be up to your elbows in 'black gold' before you know it.
3. **Get rid of a dead tree:** Okay, this garden tip is for an expert, but you can supervise! Winter is an excellent time to have a troublesome or dangerous tree removed from your property. With no foliage to cloud their work, many arborists are more than happy to cut down trees that have to go at this time of year.
4. **Keep an eye on winter crops:** Year-round veggie gardeners need to keep an eye on their season extenders, removing snow from [cold frames](#) and mini hoop tunnels after a storm. If heavy snow is allowed to accumulate, it blocks sunlight from reaching the crops, but it can also damage the structures. Use a sturdy broom or plastic shovel to remove snow.
5. **Prep for a new garden:** Planning a new garden bed for next summer in an area where grass or weeds are currently growing? Make it easy on yourself by starting the project right now. First, place a thick layer of newspaper or cardboard over the area, then pile on alternating layers of organic material like compost, leaves, pine needles, untreated grass clippings, and straw. In the spring, the grass and weeds underneath the pile will be dead, and your new garden bed will be ready to plant!

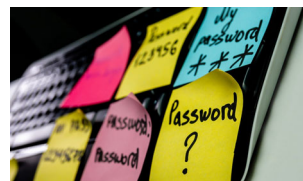
If you relish the time off from outdoor chores and prefer to cozy up indoors, delve into the seed catalogues that will start appearing in the mail!

Source:

[5 garden tips for the winter](#)

savvygardening.com/5-garden-tips-winter/

10 New Year's Resolutions to Scam-Proof Your Life



Out with the old and in with the new. Get a fresh start to 2021 by bolstering your defenses against the bad actors working around the clock to get their hands on your money or sensitive data. To keep them away, resolve to take these 10 steps:

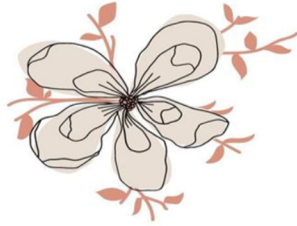
1. **Change your passwords.** [Create separate, complex passwords](#) for each one of your important online accounts.
2. **Require two-step authentication** wherever available. That means a second layer of security beyond your password to confirm your identity, such as a text to your mobile phone, before you may access an online account.
3. **Don't let your guard down.** Hang up on [unsolicited calls](#). Delete suspicious emails. Do not click strange links or attachments.
4. **Safeguard your [Social Security number](#), [Medicare number](#)** and other financial and sensitive personal information.
5. **Be highly skeptical** of what strangers tell you by phone, email, mail, text and on [social media](#) — even at your front door. They could be liars and cheats who are out to steal. Don't comply with odd requests for help from friends; first check with them to determine if they've had an account hacked.
6. **Obtain a "security freeze"** on your credit reports at the three major credit bureaus: Equifax, Experian and TransUnion. The free step prevents new credit cards and loans from being approved in your name without your consent. Additionally, periodically inspect the separate credit reports the three firms generate to check for accuracy and potentially fraudulent activity. You may obtain them at www.annualcreditreport.com. Through April 2021, all three firms are offering free online reports weekly.
7. **Set up account alerts** with your bank, credit cards and brokerage to be informed of suspicious activity.
8. **Make sure the antivirus and anti-malware software** on your devices is up to date.
9. **Never buy a [gift card](#) to pay a bill** or settle a supposed debt. They are intended as presents for family and friends — not grifters.
10. **Some final words:** If an offer sounds too good to be true, it probably is a scam. Never act in haste. Don't let a scammer persuade you to keep something secret; that's a technique used to isolate victims from people they trust.

If something strikes you as suspicious, talk to a friend, relative or law enforcement.

Reprinted from AARP

AFFIRMATION FOR JANUARY

I AM



Strong

Confident

Increasing my prosperity everyday

Embracing my flaws

Believing in myself more

Inspiring others

Acknowledging my own self worth

Grateful for all that I have

Walking in my purpose

Manifesting the life I want

A magnet for success

Determined to achieve my goals

Becoming the best version of myself

Positivity affects you more than you think. Positive thinking is proven to increase life span and decrease stress, depression, negative thinking, etc. This affirmation is created to encourage positive thoughts, atmosphere, and energy. It all starts with one thought. For someone who needs that extra boost. It's important that we lift ourselves up and we can help others.

You're using affirmations to help change long-standing patterns and beliefs. A good way to bring this change about is to act as if **you've** already succeeded. A goal remains something **you have** to work toward. An **affirmation**, on the other hand, strengthens your confidence by reminding **you** of what **you can do** right now.

When you're satisfied with the wording of your **affirmation**, start using it right away. **Repeat** your **affirmations** at least three times daily—first thing in the morning, midday, and just before **you** go to sleep.

Submitted by: Cora A. Duncan-Foster

THE MIRACLES OF APPLE CIDER VINEGAR FOR A STRONGER, LONGER, HEALTHIER LIFE

- Helps promote a youthful skin and vibrant healthy body
- Helps remove artery plaque, infections and body toxins
- Helps fight germs, viruses, bacteria and mold naturally
- Helps retard old age onset in humans, pets and farm animals
- Helps regulate calcium metabolism
- Helps keep blood the right consistency
- Helps regulate women's menstruation, relieves PMS, and UTI
- Helps normalize urine pH, relieving frequent urge to urinate
- Helps digestion, assimilation and helps balance the PH
- Helps protect against food poisoning and even brings relief if you do get it
- Helps relieve sore throats, laryngitis and throat tickles and cleans out throat and gum toxins
- Helps detox the body so sinus, asthma and flu sufferers can breathe easier and more normally
- Helps banish acne, athlete's foot, soothes burns, sunburns
- Helps banish dandruff, rashes, shingles and ringworm
- Helps prevent itching scalp, baldness, and dry hair
- Helps fight arthritis and helps remove crystals and toxins from joints, tissues, organs and entire body
- Helps control and normalize body weight

Source: Apple Cider Vinegar Miracle Health System
Submitted by: Cora A. Duncan-Foster

SUGGESTIONS WANTED!

Have suggestions or ideas for future articles to include in the Grandmonitor? Please submit them to the editor, via email, to SMILLER@GRANDMONTCOMMUNITY.ORG.

Some ideas and suggestions from the committee for future issues of the Grandmonitor, include:

- * * Healthy News
- * * Meet Your Neighbors
- * * Discover a D-1 Business
- * * Letters to the Editor
- * * Tech Corner
- * * Fun and Games

Drop an email and let us know what you think.

JOIN US FOR YOUR DISTRICT'S Community Budget Priorities Virtual Forum

Let Your Voice Be Heard! Here's your chance to provide your input as the City Detroit develops its budget for fiscal year 2021-2022

District 1
Monday, Jan. 25 | 5 - 7 p.m.

District 2
Friday, Jan. 22 | 5 - 7 p.m.

District 3
Friday, Jan. 15 | 10 a.m. - Noon

District 4
Thursday, Jan. 14 | 6:30 - 8:30 p.m.

District 5
Thursday, Jan. 21 | 6 - 8 p.m.

District 6
Wednesday, Jan. 27 | 5 - 7 p.m.

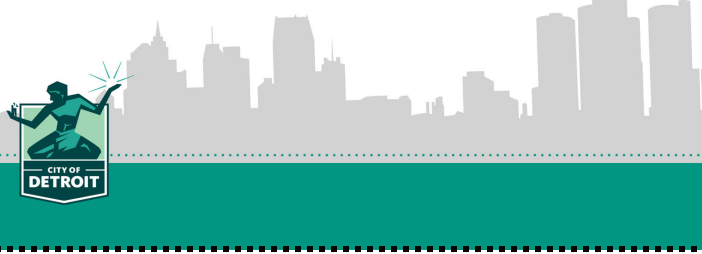
District 7
Tuesday, Jan. 26 | 6 - 8 p.m.

Join the meeting via Zoom
<https://cityofdetroit.zoom.us/j/88054739237>
Meeting ID 880 5473 9237

Join the meeting by phone
(312) 626-6799
Meeting ID 880 5473 9237

- Meetings also will be broadcast live on Facebook @ CityofDetroit
- To review the budget presentation, go to: www.detroitmi.gov/ocfo
- For more information, call (313) 224-1927.

With advance notice of seven calendar days, the City of Detroit will provide interpreter services at public meetings, including American Sign Language, language translation and reasonable ADA accommodations. Please contact the Civil Rights, Inclusion and Opportunity Department at (313) 224-4950, through the TTY number 711, or email crio@detroitmi.gov to schedule these services.



CITY OF DETROIT Notice of Public Outreach

You are invited to give input on the following proposal.

PROPOSAL
The Mayor's Recommended budget for FY2021-2022

OUTREACH DETAILS
FY2021-2022 Budget Priorities Virtual Forums will occur for each City Council District. Join the meeting via Zoom or Phone:
<https://cityofdetroit.zoom.us/j/88054739237>
Meeting ID 880 5473 9237

ADMINISTRATIVE SUMMARY
The Budget Office within the City of Detroit Office of the Chief Financial Officer is preparing the Mayor's Recommended Annual Budget for programs, services and activities of the City of Detroit in the fiscal year July 1, 2021 to June 30, 2022. The Recommended Annual Budget will be presented with the Four Year Financial Plan to the Detroit City Council on March 6, 2021, for their review and adoption. The Mayor's Recommended Annual Budget is an estimated \$2 billion proposal, including an estimated \$1 billion of general fund activities.

ONLINE FEEDBACK
The OCFO-Office of Budget will receive feedback, comments and documents through the inbox: yourbudget@detroitmi.gov



Help is available for residents who can't pay their water bill.

Call Wayne Metro at 313-386-9727.

PROJECT CLEAN SLATE

YOU MAY BE ELIGIBLE FOR FREE CRIMINAL RECORD EXPUNGEMENT

Must be a Detroit Resident with Valid Photo ID.

Sign up now to get your record expunged and create new employment and educational opportunities!

New legislation that greatly expands the types and numbers of convictions eligible for expungement takes effect in April 2021.

PROJECT Clean Slate

"I was very elated and thankful to have this past issue of 25 years be removed not only from my public record, but from my spirit." —PCS Client

SIGN UP AT DETROITMI.GOV/PROJECTCLEANSLATE

COVID-19 TESTING



Please see list of COVID-19 Testing Centers near and around Grandmont Community (this is not an exhaustive list). For more information on where to get tested for COVID-19 please call the Michigan Department of Health and Human Services (MDHHS) Hotline at COVID-19 Hotline at 888-535-6136, press 1. or visit <https://www.michigan.gov/coronavirus/>.

Historic King Solomon Baptist Church

Neighborhood Site and Walk-up
[6100 14th Street, Detroit, MI 48208](#)
[Website](#)

Appointment strongly encouraged. Schedule your appointment now on the website!

Hours

Thurs – 12:00PM-08:00PM
 Fri – 10:00AM-06:00PM
 Sat—09:00AM-02:00PM

Features

- No-cost
- Tests people without symptoms (asymptomatic)
- No doctor's order needed
- Tests uninsured individuals

Guidelines

- Saliva tests for all ages and Nasopharyngeal (NP) tests. No caffeine/alcohol/sugary/acidic foods 24 hr prior. Do not eat/drink/chew gum/tobacco 30 min prior.
- Language and physical access options available.
- No ID required, bring insurance card if using.

Hartford Memorial Baptist Church, Head Start Building

Neighborhood Site and Walk-up
[14000 W 7 Mile Road, Detroit, MI 48235](#)
[Website](#)

Appointment strongly encouraged. Schedule your appointment now on the website!

Hours

Mon – 11:00AM-05:00PM
 Fri – 09:00AM-04:00PM
 Sat—10:00AM-02:00PM

Features

- No-cost
- Tests people without symptoms (asymptomatic)
- No doctor's order needed
- Tests uninsured individuals

Guidelines

- Saliva tests for all ages and Nasopharyngeal (NP) tests. No caffeine/alcohol/sugary/acidic foods 24 hr prior. Do not eat/drink/chew gum/tobacco 30 min prior.
- Language and physical access options available.
- No ID required, bring insurance card if using.

Triumph Church, Central Campus

Neighborhood Site and Walk-up
[15801 Joy Road, Detroit, MI 48228](#)
[Website](#)

Appointment strongly encouraged. Schedule your appointment now on the website!

Hours

Mon & Fri – 10:00AM-06:00PM
 Wed – 12:00AM-08:00PM

Features

- No-cost
- Tests people without symptoms (asymptomatic)
- No doctor's order needed
- Tests uninsured individuals

Guidelines

- Saliva tests for all ages and Nasopharyngeal (NP) tests. No caffeine/alcohol/sugary/acidic foods 24 hr prior. Do not eat/drink/chew gum/tobacco 30 min prior.
- Language and physical access options available.
- No ID required, bring insurance card if using.

American Indian Health and Family Services

FQHC
[4880 Lawndale, Detroit, MI 48210](#)
[\(313\) 846-6030](#)
[Website](#)

Hours

Mon, Tue, Wed, & Thurs – 09:00AM-05:00PM

Features

- No-cost
- Tests people without symptoms (asymptomatic)
- No doctor's order needed
- Tests uninsured individuals

Guidelines

- Insurance accepted.
- All are eligible for testing. Drive-thru testing also available to pedestrians, bicyclists, etc.
- Call the clinic to be triaged for testing and to schedule an appointment.

COVID-19 TESTING



Wayne County Community College District Northwest Campus

Neighborhood Site and Walk-up

[8200 Outer Drive W, Detroit, MI 48219](#)

[Website](#)

Appointment strongly encouraged. Schedule your appointment now on the website!

Hours

Sun – 10:00AM-02:00PM

Tue – 09:00AM-05:00PM

Wed—11:00AM-07:00PM

Features

- No-cost
- Tests people without symptoms (asymptomatic)
- No doctor's order needed
- Tests uninsured individuals

Guidelines

- Saliva tests for all ages and Nasopharyngeal (NP) tests. No caffeine/alcohol/sugary/acidic foods 24 hr. prior. Do not eat/drink/chew gum/tobacco 30 min prior.
- Language and physical access options available.
- No ID required, bring insurance card if using.

Rite Aid Pharmacy—Detroit

Retail Pharmacy

[19150 Wyoming St, Detroit, MI 48221](#)

[Website](#)

Appointment Required

Features

- No-cost
- Tests people without symptoms (asymptomatic)
- No doctor's order needed
- Tests uninsured individuals

Guidelines

- Please do not call the store, information about testing will be provided at the end of the online questionnaire.
- Visit the website to fill out the questionnaire to determine if you are eligible for testing. If so, an appointment will be scheduled.



LEARN ABOUT THE NEW, MIXED-USE DEVELOPMENT COMING TO GRANDMONT ROSEDALE!

The new, mixed-use development coming to 19505 Grand River is in response to Grandmont Rosedale residents' and business owners' desire for senior housing, another sit-down restaurant and more opportunities for small businesses, and more space for residents to gather. To learn more, check out the recording of the Facebook Live announcement and/or the presentation slides at grandmontrosedale.com.

Grandmont Rosedale residents and business owners are also welcome to submit their comments and questions about the project by dropping GRDC a note at our offices, 19800 Grand River (the mailbox is by the back door in the parking lot).

SUPPORT YOUR SMALL BUSINESS COMMUNITY THIS HOLIDAY SEASON AND BEYOND!

Small businesses have been hit particularly hard during the COVID-19 pandemic. It has never been more important to shop locally. Several of our small businesses have re-opened with safety measures in place. Small business owners are focused on keeping their customers and employees as safe as possible and so have incorporated several safety measures such as social distancing, limited hours, curbside and/or no-contact pick-up, gift card options, and more.

Check out the Community Blog on GRDC's website at grandmontrosedale.com and look for the blog post about how our Grandmont Rosedale business community has adjusted to welcome customers back safely.





Be a good neighbor! Pack your bulk and yard waste properly!

The Department of Public Works would like to remind residents to follow the city's guidelines regarding yard waste, bulk collection and illegal dumping. Residents must adhere to the following guidelines to ensure your collection will be picked up on your scheduled pickup date and to **prevent being ticketed**:

Yard Waste:

- Residents must place grass clippings, leaves, and small twigs that are no more than two inches in diameter in biodegradable paper bags on bi-weekly scheduled bulk collection day
- Branches and twigs that are up to four feet in length and no more than four inches in diameter, should be bundled and tied securely and placed at the curb (Note: individual bundles should not weigh more than 60 pounds)
- When placing bagged yard waste at the curb, it must be at least six feet from the trash container or in a personal garage clearly labeled "yard waste" on two sides of the container
- **Yard waste will not be picked up in plastic bags**

Bulk Collection:

- Bulk items should be no more than 1,000 pounds or exceed one cubic yard in volume
- Examples of bulk items include: Furniture, appliances, air conditioners, hot water tanks, carpeting, mattresses, large toys, etc.
- Remove doors from appliances before setting out for bulk collection
- These items are NOT considered bulk items: remodeling or construction debris, household hazardous waste, flammables, explosives, paint, batteries, hazardous or medical wastes, fuel, oil, needles, radioactive materials, chemicals, etc.
- DO NOT place bulk items in front of vacant lots or homes.

Illegal Dumping

Illegal dumping is not tolerated in the City of Detroit. If you are caught illegal dumping, you will be ticketed. To report illegal dumping, please use the Improve Detroit mobile app.

DPW Paid Pickup

Did you know DPW provides affordable curbside pickup for any bulk and yard waste items that may exceed the city's collection limits? Call [313-876-0004](tel:313-876-0004) to request a quote today.

Thank you for doing your part in being a good neighbor and keeping our city clean and beautiful. For any additional information and to view a map of collection schedules, please visit www.detroitmi.gov/dpw.



Welcome to Waste Management

Dear Valued Customer,

I am pleased to announce Waste Management, North America's leading environmental solutions provider, has acquired Advanced Disposal.

Our organizations share a relentless dedication to help customers like you effectively manage your environmental service needs in pursuit of a sustainable tomorrow. Our combined resources will allow WM to provide exceptional service you can trust, and we are excited to support your local community.

What to Expect

As we integrate the best customer experience, safety, operations and maintenance practices from both companies in the coming months, we want to assure you everything remains "business as usual." All services you received from Advanced Disposal—including your systems, invoicing and other processes—will remain unchanged for now. We will communicate with you throughout the integration process to make this transition as seamless as possible.

Next Steps

- Remember, all Advanced Disposal contracts executed before the acquisition will continue to be honored by Waste Management.
- Please continue to contact Advanced Disposal, as you do today, for any service or billing related questions.
- Visit wm.com/welcomeADS for the most up-to-date information. On this site, you can also find answers to frequently asked questions and additional information about Waste Management's services and sustainability efforts.

Moving Forward Together

In the simplest terms, our values come down to this: Do the Right Thing. The Right Way. Our success is based not only on the results we achieve, but how we achieve them. We are honored to have the opportunity to provide you with reliable, responsible and sustainable environmental solutions for your home and business.

On behalf of each and every one of our 50,000 team members, welcome to the Waste Management family.

Jim Fish
President and CEO

Annual Membership Dues

Just imagine you are a contestant on Jeopardy. The theme music is playing in the background and you are the first to hit the buzzer - "Neighbors, I'll take GCA for \$30 - Q: Provides critical services for the Grandmont Community - A: What is GCA Membership Dues?" Imagine the response from family, friends and neighbors, excitedly cheering you on all the way to the final jeopardy round and ultimate win.

Now imagine instead of being a contestant on Jeopardy, you are leading your community in the best win of all - payment of annual membership dues which maintains the essence and vitality of our neighborhood. "Neighbors, I'll take GCA for \$30 - Q: Covers services like snow removal, security, neighborhood beautification and college scholarships - A: What is GCA Membership Dues - \$30 annually, except for residents living in the Southfield and Longacre apartments who pay \$10 annually.

Unlike Jeopardy champions who end up winning big and stepping into fame, unless each of the Grandmont households respond to the final Jeopardy question and pay our annual [GCA Membership Dues](#), our community loses many of the great services and initiatives that attracts new neighbors and businesses into Grandmont, the "Home of Good Neighbors".

Here are some of the services and/or initiatives covered by the dues collected.

- ⇒ Snow Removal
- ⇒ College Scholarships
- ⇒ Art & Crafts Fair
- ⇒ Safety Patrol
- ⇒ Annual Business & Dinner
- ⇒ Community Newsletter (Online & Printed)

Street Parking

As a friendly reminder, in order for the Street Snow Removal Service to be more effective, the street should be clear of vehicles, bulk items and Courville containers. Parking in your driveway or garage will greatly assist in the effort to have streets entirely free of snow and can also increase your personal safety and vehicle security. Happy Holidays!

D. Patterson

Grandmont Community Association MEMBERSHIP APPLICATION

(INCLUDES STREET SNOW REMOVAL, NEWSLETTER, SCHOLARSHIPS, COMMITTEES, EVENTS, LOBBYING, ETC)

NAME(S): _____

ADDRESS: _____

PHONE(S): _____

E-MAIL: _____

PLEASE ADD MY EMAIL ADDRESS TO THE FOLLOWING COMMUNITY RESOURCES:
GRANDMONT INFORMATION NETWORK ___ GRANDMONT CRIME ALERT ___

NUMBER OF ADULTS IN HOUSEHOLD _____

MEMBERSHIP YEAR(S) BEING PAID:

2019 _____ 2021 _____
2020 _____ 2022 _____

Additional Donation _____

Please mail with check or money order for **\$30.00** per year (**\$10.00** for Southfield & Longacre Apartments) to:

"GRANDMONT COMMUNITY ASSOCIATION" OR "G.C.A."
P.O. Box 27790, Detroit, MI 48227

I AM INTERESTED IN JOINING THE FOLLOWING GCA COMMITTEES:

(COMMITTEE CONTACT INFORMATION ON PAGE 2 OF GRANDMONITOR)

- | | |
|--|---|
| <input type="checkbox"/> Arts & Crafts Fair | <input type="checkbox"/> Nominations |
| <input type="checkbox"/> Beautification | <input type="checkbox"/> Ramsay Park |
| <input type="checkbox"/> By-Laws | <input type="checkbox"/> Safety/Security |
| <input type="checkbox"/> Education & Youth | <input type="checkbox"/> Scholarship |
| <input type="checkbox"/> Environmental | <input type="checkbox"/> Social Planning |
| <input type="checkbox"/> Finance | <input type="checkbox"/> Street & Block Captains |
| <input type="checkbox"/> Membership | <input type="checkbox"/> Web Site |
| <input type="checkbox"/> Grandmont Radio Patrol | <input type="checkbox"/> Vacant Property Task Force |
| <input type="checkbox"/> GRANDMONITOR Newsletter | |

PAY YOUR DUES ONLINE WITH PAYPAL:

Go to <https://www.grandmontcommunity.org/committees/membership.html>.

Pay for current, past or future memberships using Discover, Visa, Mastercard, or American Express through PayPal. The shopping cart will open in a separate window. **Please note there is a \$2.00 convenience fee to pay online.

If you wish to pay for multiple years, please:

Select the Year from the drop-down menu

1. Click **Add to Cart**
2. Add additional information regarding the order in the text box, e.g.: someone else is paying for your membership with their PayPal account or credit card. The person paying will need to enter your name and your address in the details line.
3. When you have finished adding the years, click **View Cart** to go to the PayPal site to check out.



Grandmont Community Association

GRANDMONITOR ADVERTISING REQUEST FORM

BUSINESS INFORMATION

Date of Application: _____
 Company Name: _____
 Contact Name: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Day Phone: _____ Cell Phone: _____
 E-mail: _____ Website: _____

ALL ADS ARE APPLICABLE TO ADVANCE PAYMENT IN FULL. (CIRCLE PAYMENT BELOW).

Ad Size (Circle one)	1-Month	3-Months	Yearly Subscription
Full page	\$140.00	\$375.00	\$1,425.00
Half page	\$75.00	\$200.00	\$750.00
Quarter page	\$38.00	\$100.00	\$360.00
Eighth page (business card size)	\$20.00	\$50.00	\$180.00

Office Use Only:
 Date Rec'd: _____ Check #: _____ Amount: _____

BUSINESS POP-UP DISCOUNTS ARE AVAILABLE

AD Size: _____ Subscription Plan: _____ Cost: _____

SUBMIT AD REQUEST FORM:

PLEASE SUBMIT YOUR AD BY ONE OF THE FOLLOWING METHODS BELOW:

- * Fax or phone: **313-273-7914**
- * E-mail: philipfoster@sbcglobal.net
 Philip Foster, Ad Manager

All new ads must be submitted by the 12th of each month prior to publication.

** Note: Please make checks payable to: **GRANDMONT COMMUNITY ASSOCIATION**



18551 Grand River Ave.
 Detroit, MI 48223
 Tel: 313-838-2754
 Fax: 313-835-7744

email us: royalfreshmarket313@gmail.com
 visit our website

www.royalfreshmarketdetroit.com

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Contractor: Kevin Jackson: (313) 588-3873

NEIGHBORHOOD NOTES

DISTRICT 1 WINTER 2020 NEWSLETTER...

<https://detroitmi.gov/sites/detroitmi.localhost/files/2020-01/District%201%20Winter%202020%20Newsletter.pdf>

FIND YOUR WASTE PICKUP SCHEDULE...

<https://detroitmi.gov/webapp/find-your-waste-pickup-schedule>

**NEW GROUP!!!!
 GRANDMONT MOMMA'S GROUP**

Connect, learn, fellowship and grow together with other mothers of children under 2 years old.

Contact Amenzee at amezee@mail.com or (812) 841-5092.



**COMMUNITY
FIRST** TAX SERVICE

TAX PREPARATION

Certified Enrolled Agents, Accountants & Tax Preparers

SAME DAY CASH ADVANCE



NOW HIRING

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- LOW COST
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- FREE 2ND LOOK

- APPOINTMENTS
- WEEKENDS
- LATE HOURS
- WALK-INS
- SENIOR DISCOUNT

COVID-19 SAFETY PRECAUTIONS!

JOIN OUR \$1000 REFERRAL PROGRAM

MAKE YOUR APPOINTMENT NOW!

313-244-0933

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John Cash, Agent
19203 Grand River Avenue
Detroit, MI 48223
Bus: 313-537-1200

I get it. Your home and car are more than just things. They're where you make your memories and they deserve the right protection. It's why I'm here.
LET'S TALK TODAY.



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313-258-7744
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Dr. Lawrence Rubin

Diplomate, American Board of Podiatric Surgery



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
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27	28	29	30	31		

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

JANUARY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 NEW YEARS DAY	2
3	4 7PM—Grandmont Patrol Meeting—Zoom	5	6 	7	8  RECYCLE & BULK PICKUP	9 10AM—GCA Community Board Meeting - Zoom, Grandmont Community Facebook Page
10	11	12	13 	14	15	16
17	18 MARTIN LUTHER KING DAY	19	20 	21	22  RECYCLE & BULK PICKUP	23
24	25	26	27	28 	29	30
GRANDMONT COMMUNITY BOARD MEETING ZOOM, LINK IS ON GCA FACEBOOK PAGE ~ SAT., FEBRUARY 6, 2021~10 AM		FEBRUARY MEETINGS 2021		GRANDMONT~ROSEDALE NEIGHBORHOOD SAFETY MTG: N. ROSEDALE PARK COMMUNITY HOUSE ~ Date/Time ~ TBD		
GRANDMONT PATROL MEETING ZOOM ~ MONDAY, FEBRUARY 1, 2021~6 PM				8TH PCT. POLICE COMMUNITY RELATIONS MTG: Location & Date/Time ~ TBD		