

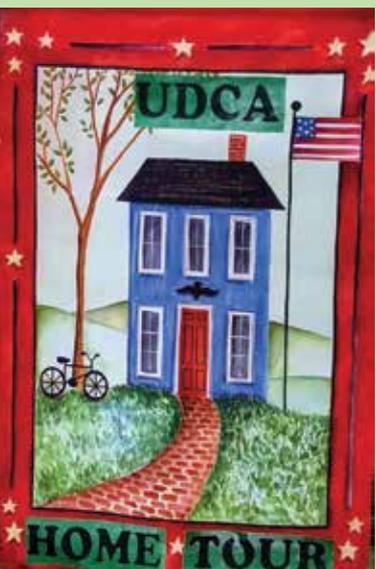
# udca

University District  
Community Association

Summer 2019

PO Box 21483  
Detroit, MI 48221





# SAVE THE DATE!

## UDCA HOME TOUR

Sunday, September 13, 2020

[www.udca.info](http://www.udca.info)



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## **Receiving UDCA emails?**

Sign up for our emails at [www.udca.info](http://www.udca.info) to receive information on upcoming events and news around the neighborhood.



Keep up with UDCA meetings, events, bulk pick-up and recycling days, and more by visiting our UDCA calendar on our website. [www.udca.info/calendar](http://www.udca.info/calendar)

The University District NEWSLETTER is published in March, June, September, and December. Its purpose is to inform residents of activities and matters of common interest and concern. Residents are encouraged to submit articles and advertisements. The NEWSLETTER retains the right to edit articles and refuse publication.

# udca



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[www.udca.info](http://www.udca.info)

# What Makes Our Community So Strong?

by Lucius Gunn



Over the last three years, while serving as UDCA board president, I have received compliments about how great our neighborhood is. People have mentioned how friendly and welcoming we are; how beautiful our housing stock is with tree-lined, walkable streets where they feel safe. I have attended community meetings with other organizations and I believe that it's not just that we have beautiful homes. There are beautiful homes in other neighborhoods that have 1920s-era houses that have not been able to sustain the home value and desirability that we have here in the University District.

I am convinced that the reason we are one of the most desirable communities in Detroit is because of our community organization - the University District Community Association. All of the neighborhood-wide events, and initiatives are supported by the UDCA committees, and Board members stepping up and doing a part to give back to the community we live in

Our active committees include; residential standards, beautification, schools, communications and more. We recently welcomed new neighbors at our 6th annual New Resident Meet & Greet. Our annual summer picnic is put on by social committee volunteers and UDCA Board members. We have two General meetings every year that are open to the community and are used to bring valuable information on topics like S.A.D., the new Water & Sewer billing process, District 2 updates, the Livernois Corridor project and more - all topics which impact our quality of life. This newsletter and all these events wouldn't be possible without our UDCA board members and volunteers stepping up to give their time to our community.

Over the last two years the UDCA has been exploring becoming a Special Assessment District (also known as "S.A.D."). In addition to hosting several community-wide forums, discussions, and informational updates the hard-working S.A.D. committee has canvassed door to door to talk to UDCA residents and gather petition signatures from those in support of the measure. I understand that it has been controversial at times but, if it passes and I believe it will, the goal is to implement it so well that when it's time to sign up again the entire community, not just a 60% majority, will realize it was a great idea. A key to doing that is to get more volunteers on the committee with varying view-points to step up and help build something great. *Continued on next page*

# What Makes Our Community So Strong?

*by Lucius Gunn*

Every year we elect five new UDCA board members for a 3-year term, to join the 15-member board. The UDCA board members meet on a monthly basis to discuss issues and make decisions about things that impact our neighborhood. This year will be a year of transition for the board as several board members are coming to the end of their terms. There will be officer positions open for residents to step up and make a difference in our community. No matter if you are a long time resident or a new one, I encourage you to consider running for a position on the board or at least joining a committee. The success and stability of the University District comes from the collective strength of the individuals like you, deciding to participate.

Sincerely,  
Lucius Gunn

UDCA President



# UDCA 2019 New Neighbor Meet & Greet



# UDCA 2019 New Neighbor Meet & Greet

We had a great time at our 6th annual **UDCA New Resident Meet & Greet** on Saturday, July 20th. We started 6 years ago with the idea that we wanted a way for residents that are new to the UDCA to get to know us and for us to get to know them. Four of our current UDCA board members, Dacia Crum, Amber Hunt, Jessica Bondalapati, and Michael Carmona, decided to join the board after attending one of these events in the past. It has proven to be an excellent way welcoming new residents and helping them connect with their new neighborhood. It's always a fun event, well attended by new residents, and many board members. The rain tried to spoil our fun, but we waited it out and had another successful event. If you are a new resident and were not able to attend this year, look forward to another opportunity next year. Please check out our calendar at [UDCA.info](http://UDCA.info) for future events.



# Palmer Park Preparatory Academy End of Year Celebration!

*by Amber Hunt*



The University District Community Association proudly sponsored an end of the year celebration for students at Palmer Park Preparatory Academy. The students had a tremendous year after returning to a newly updated building and we wanted to make sure we acknowledged their success and efforts.

The UDCA sponsored food, popcorn and snacks for the event. The kids enjoyed bounce houses, a video game truck and pony rides. A great time was had by all and we look forward to supporting the students and the school after a nice break for the summer.

In other news about Palmer Park Prep, the school is still planning on becoming the second wall-to-wall Montessori school in the Detroit Public Schools Community District. In the 2019-2020 school year, the school will welcome a total of four primary classes (serving students from 4-6 years old) and two elementary classes (serving students from 6-9 years old). Pre-K through first grade at the school will be exclusively Montessori starting next year.

There are still spaces available for this incredible (and FREE!) public Montessori program. The teachers go through rigorous training and have monthly visits from an accredited Montessori consultant. This is a great program worth exploring. If you are interested in finding out more, please reach out to the Principal of Palmer Park Prep, Dr. Georgia Hubbard at [georgia.hubbard@detroitk12.org](mailto:georgia.hubbard@detroitk12.org) or Dr. Ursula Kelley-Wash at [ursula.kelley-wash@detroitk12.org](mailto:ursula.kelley-wash@detroitk12.org).

Palmer Park Prep also offers quality, non-Montessori education options for students in 2nd through 8th grade. The school will eventually become wall-to-wall Montessori, adding an additional year of exclusively Montessori programming each year. Until then, they follow the traditional and recently updated curriculum from the district for the non-Montessori students.

Please contact Dr. Hubbard for a tour if you have school aged children. Touring and supporting the school at the center of our neighborhood is a great way that we can continue to build and strengthen the University District community!

# **Your Seat Is Waiting!**

## **Announcing the 2019 UDCA Board of Directors Elections**

*by Sidney H. Bailey III*

### **Why become a Board Member?**

Because you have the ideas, talent, knowledge, wisdom and energy that our community needs to continue to prosper! Because you know that you cannot be “in it and not of it”. Because you believe that “from those to whom much is given, much is expected”! Because you see things in the University District and say: “we can do better than that”! Because you are looking for specific ways to improve the safety, security and desirability of our community! Because you are ready and eager to do your part! Because you know that together: We Can Do Anything! Now is the time to serve your term on the University District Community Association Board of Directors. It’s the perfect place to make a positive difference. Join us and be sure your voice is heard!

### **Seeking Candidates**

The UDCA board is seeking candidates and/or nominations for five board vacancies for the term of January 2020 through December 2022. Ballots will be distributed to UDCA paid members in November.

### **Eligibility**

To be eligible to run and sit on the board, a resident must be a current paid member of the University District Community Association and remain a paid member throughout the three-year term.

### **Requirements**

Board members attend a monthly meeting and the semi-annual General Membership meetings, vote on issues, attend UDCA-sponsored social functions, serve on at least one committee and report on activities as required, and represent the Board to the community. Board members are also encouraged to submit articles to the newsletter.

### **How to become a candidate**

It’s easy! Complete a “Board of Directors Candidate Application” available at <https://www.udca.info/about-us/elections>, from your block captain or UDCA events. Or call/email the election committee for one. Then submit the application to: UDCA Election Committee, P.O. Box 21483, Detroit, MI 48221 or via email to Sid Bailey, Election Committee Chairperson: [pianoman.sbi@gmail.com](mailto:pianoman.sbi@gmail.com). Also, email or contact (<https://www.udca.info/about-us/contact>) Mr. Bailey if you have questions.

*Continued on next page*

# **Your Seat Is Waiting!**

## **Announcing the 2019 UDCA Board of Directors Elections**

*by Sidney H. Bailey III*

**Deadline for submitting biographical information is Oct. 23, 2019**

### **The Voting Process**

Residents who are paid UDCA members will receive ballots in early November. Ballots must be returned by the due date noted on the ballots. The votes will be tallied, and newly elected board members will be notified and announced at the Annual General Membership meeting, currently scheduled for December.

### **The UDCA Board**

*The purpose of the UDCA Board is to:*

- Maintain and support the neighborhood integrity
- Promote active partnership and membership
- Coordinate cultural and family events
- Maintain and enforce zoning ordinances and equitable tax assessments related to the use of property in the District
- Promote and monitor public improvements
- Facilitate regular communications among the members
- Represent the District concerning property taxes, levies, and other property issues
- Represent the District in legislative matters with City & State agencies.

One third (5) on the Board members' terms expire each year. This ensures that stability and consistency on the Board are maintained while assuring the opportunity for an infusion of "new blood".

Still not sure? Well, don't decide just yet. Talk to a current or former Board member! Participate in upcoming UDCA activities. Come to a monthly Board meeting and see just how well you'd fit in. Remember, together we can do anything. Just take your seat!

*Board status, next page*

# Your Seat Is Waiting!

## Announcing the 2019 UDCA Board of Directors Elections

by Sidney H. Bailey III

### Board Terms' status, as of March 2019

Board Member	Consecutive Terms Served	Year Current Term began	Year Current Term Expires
Brenda Goss Andrews	2	Jan 2018	Dec 2020
Sidney H. Bailey III	6	Jan 2019	Dec 2021
Frank Benedict	1	Jan 2018	Dec 2020
Jessica Bondalapati	1	Jan 2019	Dec 2021
Michael E. Carmona	2	Jan 2019	Dec 2021
Dacia Crum***	1	March 2019	Dec 2020
Kimberly Gunn	1	Jan 2017	Dec 2019
Lucius Gunn	1	Jan 2017	Dec 2019
Rainy Hamilton	4	Jan 2017	Dec 2019
Amber Hunt*	1	Nov 2017	Dec 2019
Lisa Jones	1	Jan 2019	Dec 2021
Joann Roberts****	1	March 2019	Dec 2020
Roger Short	4	Jan 2019	Dec 2021
Curtis S. Smith	1	Jan 2017	Dec 2019
Angela Vincent**	1	Dec 2018	Dec 2020

\* Amber Hunt was appointed to complete the term of Gregory O'Neal

\*\* Angela Vincent was appointed to complete the term of Jay Taylor

\*\*\* Dacia Crum was appointed to complete the term of Anna Richardson Poe

\*\*\*\* Joann Roberts was appointed to complete the term of Malika Ramsey Heath



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# The University District and Our Special Assessment District Designation

Neighbors,

As you may know, approximately 65% of the property owners in the University District signed a petition requesting that the University District be designated a Special Assessment District. This petition was submitted to the City for approval last fall by the University District Community Association. The City Departments approved the petition and the approval vote by Detroit City Council was on the Council's agenda of their June 19, 2019 meeting. Unfortunately, the petition was withdrawn from that agenda prior to any vote by Council.

By now you've received a letter from the City Assessor, Mr. Alvin Horhn, explaining the errors by his office that lead to the withdrawal and our current situation. What now? Other questions?

- 1 What now? UD residents are being asked to sign the new petitions, requesting the Special Assessment District designation, as before. These new petitions will be submitted to the City.
- 2 What's the difference between the old and new petitions? The new petitions reflect the specific requirements of the SAD ordinance as to format. For example: the terms of the SAD and the solicitor's signature are listed on each page of the petition, not just the cover page.
- 3 When must the petitions be signed and submitted to the City in order to assure the \$175 appears on the winter tax bill? September 30, 2019
- 4 Why were the petitions issued by the City not revised beforehand to meet the specific requirements of the new Ordinance? Good question.
- 5 Why did the problem with the petitions only arise this June and not in October of last year? Also, a good question.
- 6 How did the other City neighbors that have received SAD designation do so without the revised petitions? Another good question.

As you may sense, there is some frustration with not having good answers to all our questions. But the revised petitions have been approved by the City Departments and we have been assured that they are valid. We still want the advantages of the SAD currently being enjoyed by other neighborhoods. This is the only process available to us.

# The University District and Our Special Assessment District Designation

Watch for UDCA email blasts and go to [udca.info](http://udca.info) for updates and more information. And please sign the petition when someone comes to your door to ask or participate in one of our several signing events. Also, attend one of the two upcoming community meetings on SAD hosted by Mr. Horhn and the Assessor's office (August 15th & September 18th - locations will be announced, once confirmed).

Thanks

UDCA SAD Committee



# Who You Gonna Call?

## *District 2 Numbers to Keep*

### **Roy McCalister,**

District 2 Councilmember

313-224-4535

Email: [councilmemberMcCalister@detroitmi.gov](mailto:councilmemberMcCalister@detroitmi.gov)

### **Brenda Jones,**

City Council President & Councilmember at Large

313-224-1245

Email: [bjones\\_mb@detroitmi.gov](mailto:bjones_mb@detroitmi.gov)

### **Janee Ayers,**

Councilmember at Large

313-224-4248

Email: [councilmemberayers@detroitmi.gov](mailto:councilmemberayers@detroitmi.gov)

### **Evette Griffie,**

Police Commissioner

313-596-1836

Email: [GriffieE@detroitmi.gov](mailto:GriffieE@detroitmi.gov)

### **Kim Tandy,**

District 2 Manager

313-236-3494

Email: [TandyK@detroitmi.gov](mailto:TandyK@detroitmi.gov)

### **Sean Davis,**

Deputy District 2 Manager

313-236-3489

Email: [DavisSe@detroitmi.gov](mailto:DavisSe@detroitmi.gov)

### **Ammie Celita Woodruff,**

District Business Liaison

313-510-8261

Email: [awoodruff@degc.org](mailto:awoodruff@degc.org)

### **Monica Spears,**

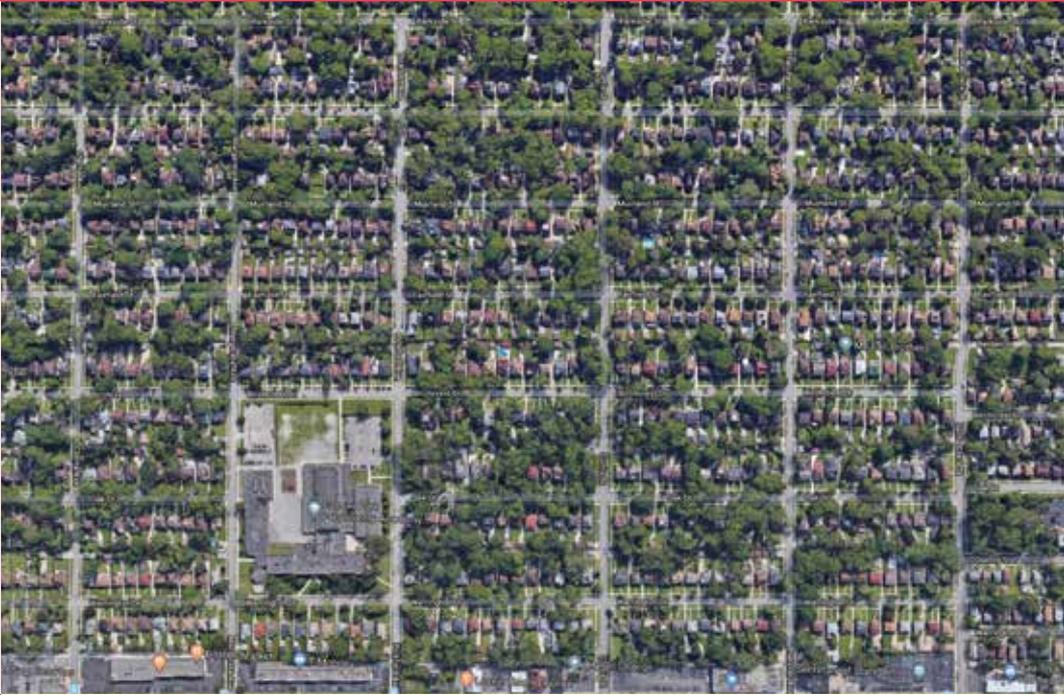
District 2 BSEED Inspector

313-970-6188

Email: [Sparksmo@detroitmi.gov](mailto:Sparksmo@detroitmi.gov)



**Advertise with the UDCA!**



# **REACH OVER 1200+ HOMES WITH UDCA ADVERTISING**

Visit our website at [www.udca.info](http://www.udca.info)  
for advertising details and rates

Deadline for Fall/Winter  
advertising- October 18, 2019



# University District Community Association Membership Payment Form = \$60.00

Please complete this form and submit it with your payment.

## ***Interested in supporting the UDCA? Please check the area(s) that best suit your interest!***

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Beautification               | <input type="checkbox"/> Safety / Security  | <input type="checkbox"/> Home / Garden Tour   |
| <input type="checkbox"/> Block Captain / Block<br>Cub | <input type="checkbox"/> School Partnership | <input type="checkbox"/> Membership   |
| <input type="checkbox"/> Social and Events            | <input type="checkbox"/> Youth Projects     | <input type="checkbox"/> Newsletter / Website /<br>Social Media /<br>Communications |
| <input type="checkbox"/> Family Activities            | <input type="checkbox"/> Historic Society   | <input type="checkbox"/> Senior Activity Committee                                  |
| <input type="checkbox"/> Residential Standards        | <input type="checkbox"/> Zoning             |   |
|   | <input type="checkbox"/> Garage / Yard Sale |   |

UDCA Property Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Year you Moved Here: \_\_\_\_\_

UDCA Resident Contact Information (Fill in for at least one resident and please print)		
First Name	Last Name	Cell Phone
		Email


**Payment Options:** You can pay your membership dues online by visiting <https://www.udca.info/join>, or fill out the form below and send it to **UDCA, PO Box 21483, Detroit, MI 48221**.

**Amount Submitted:** \$ \_\_\_\_\_ **Payment Type:**  Check  Money Order  Cash  
**Check or Money Order Number:** \_\_\_\_\_

**CREDIT CARD AUTHORIZATION FORM:**

**Card Type:**  Visa  MasterCard  Discover  American Express

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**Name on Card:** \_\_\_\_\_ **Authorized Signature:** \_\_\_\_\_

**Would you like to be placed on recurring billing?** If you select recurring billing, you will receive a \$10.00 discount and we will automatically charge your card every year to renew your membership.  Yes  No

**Administrative Use Only:** Rec By: \_\_\_\_\_ Rec Date: \_\_\_\_\_ Dep Date: \_\_\_\_\_  
 Web Activation By: \_\_\_\_\_ Web Activation Date: \_\_\_\_\_

# University District Patrol Updates

The University District Patrol (UDP) Board would like to thank our supporters for keeping the patrol services operating every night. Hopefully, you have had a chance to wave to Mike or Skipper or utilize their service. We look forward to providing security services 24/7.

Many of you have questions and concerns about the Special Assessment District (SAD). It's status and how it impacts the patrol. Please be aware that **SAD IS NOT IN EFFECT! UNTIL SAD IS IN EFFECT & FULLY FUNDED, WHICH WON'T BE BEFORE MARCH OF 2020 AT THE EARLIEST, OUR PATROL NEEDS YOUR CONTINUED SUBSCRIPTIONS TO SUSTAIN OPERATIONS.** As noted elsewhere in this newsletter, the approval of SAD was pulled from the City Council's meeting agenda of June 19 because the petitions issued to UDCA by the City were not in the proper form. Thus, invalid. Even with the ~65% of UD residents' signatures. So, we are back in the UD this summer & fall asking, again, for your signatures to show even stronger resident support for this effort. It shouldn't be necessary. But it is.

Since we cannot survive until SAD without more subscriptions, the UDP is conducting a 2019 new member campaign. Watch your mailbox for your invitation! Join or rejoin!

Our Patrol officers continue to provide vacation checks, escorts to residents leaving and arriving home, response to home security alarms as well as interrupt and deter would-be burglars. If you are a subscriber, please call the patrol officers to tell them if you see something suspicious when they are on duty. You pay for this service and it keeps everyone (subscribers and non-subscribers alike) safe.

**PLEASE CONTINUE TO SUPPORT THE SAD INITIATIVE. TELL A NEIGHBOR!**

## UDP Board

<p>David Whitaker, Esq. <i>Director</i> Irvin Corley, Jr. <i>Executive Policy Manager</i> Marcell R. Todd, Jr. <i>Senior City Planner</i> Janese Chapman <i>Deputy Director</i></p> <p>John Alexander Lakisha Barclift, Esq. M. Rory Bolger, Ph.D., AICP Elizabeth Cabot, Esq. Tasha Cowen Richard Drumb George Etheridge Deborah Goldstein</p>	<p><b>City of Detroit</b> <b>CITY COUNCIL</b> <b>LEGISLATIVE POLICY DIVISION</b> 208 Coleman A. Young Municipal Center Detroit, Michigan 48226 Phone: (313) 224-4946 Fax: (313) 224-4336</p>	<p>Christopher Gulock, AICP Derrick Headd Marcel Hurt, Esq. Kimani Jeffrey Anne Marie Langan Jamie Murphy Carolyn Nelson Kim Newby Analine Powers, Ph.D. Jennifer Reinhardt Sabrina Shockley Thomas Stephens, Esq. David Tester Theresa Thomas Kathryn Lynch Underwood Ashley A. Wilson</p>
<p>TO:</p>	<p>Janeé Ayers, Chairperson Budget, Audit &amp; Finance Standing Committee</p>	
<p>FROM:</p>	<p>David D. Whitaker, Director Legislative Policy Division Staff</p>	
<p>DATE:</p>	<p>June 14, 2019</p>	
<p>RE:</p>	<p>Special Assessment Districts Petitions</p>	

The Legislative Policy Division was requested to provide a report regarding the concerns raised before City Council on June 4<sup>th</sup> and 11<sup>th</sup> alleging the petitions circulated by the designated

**University District Patrol  
PO Box 21041  
Detroit, Michigan 48221**

**Security Patrol Invoice**

Dear Neighbor:  
Please detach the lower portion of this invoice and return it with your payment.

You may also go to our website at [www.universitydistrictpatrol.org](http://www.universitydistrictpatrol.org) and use our PayPal link. When you visit our website, please join our email list.

For billing issues or general inquiries, please email us: [subscribers@universitydistrictpatrol.org](mailto:subscribers@universitydistrictpatrol.org) or send us a letter to the address above.

Thank you for becoming a subscriber!

Your Subscription Renewal Options	
Subscription Period	Price
12 Month Subscription	\$260.00
9 Month Subscription	\$195.00
6 Month Subscription	\$130.00
3 Month Subscription	\$65.00
1 Month Subscription	\$25.00

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*Extends your coverage to:*

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Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Amount Enclosed: \$ \_\_\_\_\_ #Months Paid (if not below) \_\_\_\_\_

**Payment Option:** 3 Months \_\_\_\_\_ 6 Months \_\_\_\_\_ 9 Months \_\_\_\_\_ 12 Months \_\_\_\_\_

**Expiration Date:** \_\_\_\_\_

For Office use only:   Check Number    Deposit Date    Payment Date

**Return with Payment**

# Help Wanted!

## Beautification Committee

Do you have gardening skills or just like to get your hands dirty? This committee helps keep and maintain the planters at the end of all our streets and coordinate District-wide clean ups. Give us a hand. Recently, this committee has coordinated the 6 mile and Belden Park clean ups and they continue to clean up and beautify our community. Contact Frank Benedict Email:

[tinmanofdetroit@juno.com](mailto:tinmanofdetroit@juno.com)

## Block Captain

We still need captains for several of our blocks. Only a little bit of your time each month will go a long way to make UDCA one of the best and safest communities in the city. Let's make sure each block has representation. Contact Curtis Smith Email: [curtndi@aol.com](mailto:curtndi@aol.com)

## 360 Degrees of Communication

Wish you could contribute to the collective consciousness of our neighborhood? UDCA wants to make sure we reach all our neighbors whether by newsletter, website, social media, email or just old fashioned door to door campaigns. We are looking for residents with the interest and skills in helping to coordinate these various aspects of communication into a cohesive message for UDCA. Contact [communications@udca.info](mailto:communications@udca.info) or Email: Communications Director, Amber Hunt at

[amberto@gmail.com](mailto:amberto@gmail.com)

## Newsletter Advertising Representatives

Our newsletter reaches over 1200 homes in UDCA. Our publication needs to be self-sustaining. To do that, we are seeking that go-getter who can market and sell ads for our upcoming issues. We are also seeking those that want to be feature writers or have a great idea for an article.

Contact Us at [newsletter@udca.info](mailto:newsletter@udca.info)

## Other Committees (Youth, Social, Senior)

The UDCA wants to provide fun activities for our youth and residents as well as "good and welfare" checks on sick and shut in residents. We are seeking those that want to assist in coordinating events and activities for our residents. To volunteer, contact any Board Member or email [communications@udca.info](mailto:communications@udca.info)

**Check out our new and improved website;  
<https://udca.info>**

**Now you can check out the resident directory, submit requests and advertisements, pay your UDCA memberships, and much more!**

**Like us on Facebook **

**Robert Strye,  
District Sales Coordinator  
AFLAC  
586-817-3743 Mobile  
[robert\\_strye@us.aflac.com](mailto:robert_strye@us.aflac.com)**

**Brenda Goss Andrews, ABR, SRS  
Professional Realtor  
3DX Real Estate  
313-910-3860 Mobile  
[brenda@3dxonline.com](mailto:brenda@3dxonline.com)**

# Residential Standards

by Joann Roberts



Hello, my name is Joann Roberts, I live on Parkside block 2. I've been a resident of the University District since November of 1993. During these past 25 plus years, I raised my two children Jessica and Eric who both attended Detroit schools. I retired from AT&T in 2016 after 40 years of service.

During these years, I attended a few block club meetings, but not a single UDCA general membership meeting. And aside from having my home in the 2006 and 2008 Home Tours, I have minimally been involved in community affairs in our beautiful district.

That all changed earlier this year when I was asked to fill a vacancy on the UDCA board. To be honest, I reluctantly agreed to accept this appointment as I have always been content in staying in my own little world interacting mostly with my immediate neighbors.

After accepting the appointment, I was immediately asked to be on the Residential Standards Committee, and then in the blink of an eye, I was asked to Chair the committee. The mission of the Residential Standards Committee is to “establish, identify and document, best practices for a set of residential standards for the University District Community Association.” The roles and responsibilities of Committee members is “to inform UD residents and property owners of the City of Detroit Codes, ordinances, and relevant agency rules that are the basis of the Residential Standards. To receive and confirm violation reports from residents. Issue violation notices to residents when warranted. Refer violations to authorities having jurisdiction when necessary”.

As a former Operations and Area Manager at AT&T, the task was not beyond my expertise – just not something I had planned to do at this point in my life.

This experience has so far been very rewarding. I have learned that the UDCA is a huge machine with many working parts and many more needs. There are many hard working and dedicated individuals that put a lot of time and effort into ensuring that ALL of us, the residents of this area, enjoy a wonderful quality of life. I realized that it is not enough for me to mindlessly enjoy living in this area, but I should do more than watch from the sidelines and reap the benefits that a small group of our neighbors work hard to provide, whether we pay our dues or not, or support the security patrol.

So, the next time there is an election for board members, think about throwing your hat in the ring for a term, or volunteer for one of the many committees and lend your expertise. We will all be more aware and better off if you do.

# Foods That Could Help Ease Arthritis Symptoms

From "12 Best Foods For Arthritis," [arthritis.org](http://arthritis.org), accessed November 23, 2016

If you or someone you love suffers from arthritis, you might be looking for easy ways to alleviate the symptoms. Maybe the foods you eat can help. Here's a list of foods that have been shown to fight inflammation, strengthen bones and boost the immune system. Adding them to your balanced diet might help relieve some of the symptoms of arthritis

## Fish, fish, fish

Certain types of fish are packed with inflammation-fighting omega-3 fatty acids. That's why experts recommend at least 3 to 4 ounces of fish twice a week. Good choices are salmon, tuna, mackerel and herring.



## Step up the soy

Heart-healthy soybeans (tofu or edamame) are high in omega-3 fatty acids, protein, fiber and are an all-around great food.

## Opt for oils

Extra virgin olive oil is loaded with heart-healthy fats. Other oils with health benefits include avocado and safflower oils, which have cholesterol-lowering properties. Walnut oil has 10 times the omega-3s that olive oil has. Find one that works in your diet.



## Choose cherries

Research has shown that the anthocyanins found in cherries have an anti-inflammatory effect, which can help reduce the frequency of gout attacks. Strawberries, raspberries, blueberries and blackberries also contain anthocyanins.

# Foods That Could Help Ease Arthritis Symptoms

From "12 Best Foods For Arthritis," [arthritis.org](http://arthritis.org), accessed November 23, 2016

## Get the broccoli boost

Broccoli is rich in calcium — which has bone-building benefits — and is full of vitamins K and C. It's also full of a compound called sulforaphane, which has been found to help prevent or slow the progression of osteoarthritis.



## Go with grains

Whole grains lower the level of C-reactive protein (CRP) in the blood. CRP levels indicate inflammation associated with heart disease, diabetes and rheumatoid arthritis. Foods like oatmeal, brown rice and whole-grain cereals are great for you.



## Don't forget the dairy

Milk, yogurt and cheese are packed with calcium and vitamin D, both of which increase bone strength. Choose the low-fat options and you can't go wrong.



## Bring on the beans

Beans are packed with fiber, a nutrient that helps lower CRP. They are also an excellent source of protein. Try red beans, kidney beans and pinto beans.



## Citrus foods are superb

Oranges, grapefruits and limes are rich in vitamin C, which has been shown to help prevent inflammation and keep joints healthy.



## Go for some garlic

Studies have found that people who regularly eat foods such as garlic, onions and leeks showed fewer signs of early osteoarthritis.



# UDCA Motor City Makeover - May 2019

*By Frank Benedict*



After months of planning and several discussions with our District 2 office we were assured the City would provide a 40 cubic yard dumpster to aide our volunteer effort during the annual Motor City Makeover Campaign to demo an unsafe partially collapsed garage at the southwest corner of Warrington and 6 mile. We want to thank the City for sending not 1 but 2 dumpsters.



On Saturday May 5th with the help of a few courageous volunteers who responded to my plea for help. We worked to tear down and load the makings of this 2-car wooden garage.

# UDCA Motor City Makeover - May 2019

*By Frank Benedict*



I want to extend a special thanks to Joe Marra, a local tree removal expert, who provided his gas-powered Boxer. Joe personally operated the unit to do most of the heavy demo work.



To all the other volunteers who assisted in this endeavor please forgive me for not singling you out here, your names escaped me but not your invaluable contributions.

# The Avenue of Fashion

## *“the Good, the Bad and the Ugly”*

The resurgence of the world renown Livernois Avenue of Fashion was inevitable and is in full effect. There are eighteen emerging new businesses that have opened and are scheduled to open this year. Upscale businesses such as the Broadway clothing store, Three Thirteen, The Shoe Box, Shears & Shave, Table #Two, Krispy Addics, Good Times, Legends Pizza, and Canvas have decided to make this reviving district their new home.

We have an eight-million-dollar new development at the corner of 7 Mile and Livernois where the famous former B'Siegal resided. Motor City Brewery will stake their claim at the formerly well-known Hunters Super Club. Lastly, Ron Bartell's three million dollar mixed use development will add yet another anchor to this longstanding thriving district.

Most of the new businesses have invested substantially in designing their interiors, and the exterior facades will impress even the most discriminating consumer. These new businesses are alongside more established businesses such as Narrow Way, Kuzzo's, Simply Casual, Bucharest's, Good Cakes and Bakes, Time Square, Teasers, Alter Ego, C. Grantston Bullard, and yes, Bakers Keyboard Lounge. We are attracting a diverse demographic of shoppers. The younger generation refer to Livernois as “The Ave.” Many of the new businesses chose to locate on the The Avenue of Fashion based on the strength of the neighborhood demographic, foot traffic, and the success of existing businesses. These are the good things happening on the Ave.

The “Bad” happened during what was to be our “Breakout Year” in 2019. Instead 2019 has become a disaster. The city's poorly executed streetscape has resulted in the loss of foot traffic and several businesses closing their doors permanently. The ugly truth is some businesses are forced to close during construction. Many of the businesses will not last through construction. Establishments are trying to open for business only to find out their water has been shut off without prior notification from the city. This is particularly upsetting when you are a restaurant with 15 employees on the first shift.

The city stated they would provide loans and grants to businesses negatively impacted, however no relief has been provided to date. The city recently provided shuttle service for the area, signage to direct traffic, and a marketing team to assist with marketing during and after construction.

When the Streetscape construction is completed, we will have new 24-foot-wide sidewalks, bike lanes, and only one travel lane in each direction for automobiles.

# The Avenue of Fashion

## *"the Good, the Bad and the Ugly"*

We are trying to hang in there but we need the communities help. We are asking our neighbors to come out and shop during the construction period. Our businesses are offering construction sales. Here are just a few of the great promotions:



**Table No. 2 is offering 2 white linen tabletop fine dining meals for \$30.00.**



**Wayne McGibbon Clothier is offering specials on his Dobbs Fedoras**



**Felle Art Gallery has a 50% off sale**



**C. Grantston Bullard will offer promotions of his shearling leather garments and bags, along with a "Shopping in Paris" experience**

We still can provide you with a great shopping experience here on Livernois.

If you have a group that would like to support Livernois, please contact us at 313 600-6930. We can provide you with an imaginative customized shopping tour.

For those of you that have not been on Livernois in a while, come on back. We have restaurants and clothing stores that you would be proud to recommend to your friends.

Dolphin Michael  
President

Avenue of Fashion Businesses Association

# UDCA Annual Picnic



▲  
From left to right, Lisa Jones, Genevieve Johnson, Roger Short, Tamara Perrin, and Betty Davis.

The UDCA annual picnic was held at Palmer Park on Saturday, August 3rd and was a great event thanks to our Social Committee. Residents enjoyed the day in the park while enjoying a catered meal of grilled hot dogs, hamburgers including a vegan burger option and other assorted snacks and desserts.

# UDCA Annual Picnic

**SAVE THE DATE**  
FOR NEXT YEAR'S PICNIC  
**AUGUST 1ST, 2020**



# Ways to Generate a Household Profile

*By Teresa Clark-Jones, Michigan State University Extension*



Would you be able to recall everything you owned if your home suddenly burned down or destroyed by a natural disaster? My guess is that this would be a difficult task and especially if you are under stress. One of the most important purposes of a household inventory is to provide proof of ownership for filing insurance claims in the event of loss by fire, flood, theft or other types of disasters. On the other side, it helps you decide how much insurance protection you needed to cover your household furnishings and personal belongs.

From a financial standpoint, it is functional in planning and forecasting replacement needs for furnishings, equipment and clothing. The inventory can also indicate the money value of your possessions for development of net worth statements, which show financial growth.

A household inventory is a collection of pictures and or videos documentation of all your possessions. As part of the inventory, detailed information would be collected on the expensive items. This may include date purchased, cost, warranties, etc.

**Once the household inventory is collected, it should be stored in a safe location, protected from any catastrophic destruction of your home. Consider placing the household inventory in a bank safe deposit box, fireproof home safe or a secure online data filing system.**



# Ways to Generate a Household Profile

*By Teresa Clark-Jones, Michigan State University Extension*

With all the great technology available, creating your household inventory has never been easier. Most cell phones have the capability to video record your property. The most important issue is to make sure that the information recorded is downloaded to a safe place for accessibility when needed. Record your household furnishings and personal items in a systematic way. Inventory one room at a time and record everything in the room. Do not forget to go into closets and take special pictures of the more valuable items. Open drawers and photograph/ video record contents of each drawer. Lastly, record storage areas such as the basement, garage, attic, and storage units. These areas need to be recorded in the same way as the interior rooms of your house. Take pictures of the whole area and open doors to cupboards, closets or storage chests.



**1**

Major purchases need to be added to the inventory immediately

**2**

Small items should be done annually

**3**

Items that you no longer have should be purged from the inventory

When it comes to prize possessions, take extra care in documenting jewelry, furs, paintings, special collections and other valuables. Group small pieces of similar items together and place on a solid-colored rug or cloth. Document the brand name and if the item is extremely valuable, include a member of the family in the picture as proof that the items are really yours.

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