



RIDGER

NEWS & EVENTS • CITY OF PLEASANT RIDGE, MICHIGAN • APR.-JUN., 2018



INSIDE THIS ISSUE:

It's Happening in PR
Explore All Things Spring

Youth Programs
athletics • swimming • camp
there's plenty for the kids!



police 248-541-2900 • city hall & dept. of public works 248-541-2901 • recreation dept. 248-541-2902, ext. 0

Visit us online: www.cityofpleasantridge.org or www.facebook.com/PleasantRidgeMI for information, updates and much more!

Mayor: Kurt Metzger

kmetzger@cityofpleasantridge.org

City Commission:

Jason Krzysiak jkrzysiak@cityofpleasantridge.org

Ann Perry aperry@cityofpleasantridge.org

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Amanda Wahl awahl@cityofpleasantridge.org

City Manager: James Breuckman

citymanager@cityofpleasantridge.org

Asst. City Manager/Recreation

Director: Scott Pietrzak

recreation@cityofpleasantridge.org

Police Chief: Kevin Nowak

policechief@cityofpleasantridge.org



PR Police Dept. Update

WELCOME OFFICER HADFIELD

Pleasant Ridge Police are proud to announce the hiring of Officer Hadfield. Officer Hadfield worked for Berkley Public Safety as a dispatcher and Ferndale Police as a dispatcher before being promoted to a Ferndale Police Officer in 2002. Officer Hadfield moved out of state a few years into his tour as a Ferndale Officer. He and his family recently came back to the Detroit area, and we couldn't be happier to have him as a part of the Pleasant Ridge family. So please stop and say hello as you see him around town or at the station.

PRESCRIPTION DRUG DISPOSAL

Pleasant Ridge Police have recently obtained a Prescription Drug Disposal Vault. You can now drop off any unused, expired, or no-longer needed medications at the police station. The medications will be deposited in the vault, and then safely disposed of at a later date. This prevents the medications entering the water system or

landfills, and keeps medications out of the hands of adolescents and/or people with addiction issues.

Accepted medications at PPRD:
Prescription medications (schedule 2-5), controlled substances and non-controlled substances, over-the-counter medications

NOT accepted at PPRD:

*Illegal drugs
Needles
Lotions or liquids
Inhalers
Aerosol cans
Thermometers
Hydrogen Peroxide*



NEIGHBORHOOD WATCH

The neighborhood watch is being rebranded as the **Pleasant Ridge Community Outreach Program (PR – COP)**. Pleasant Ridge Police is involved with community relations beyond the Neighborhood Watch events that we have from year to year. While we will still have events that update Pleasant Ridge residents about safety, security, and

Pleasant Ridge issues, we are adding a few things to the new program. While I have enjoyed being a creator and coordinator of the Neighborhood Watch program, the time has come to hand over the reins. Officer Julie Reid will be taking over the new PR-COP program. We plan on updating our social media, giving you timely updates about what is happening in Pleasant Ridge, and offering to have a Pleasant Ridge Police Officer stop by to speak at any events that may be happening around town (block meetings, clubs, children's birthday parties, scout meetings, etc.).

So if you have any ideas that you would like to see incorporated please email me at:
sgt@cityofpleasantridge.org,
or contact Officer Reid at:
prpd106@cityofpleasantridge.org.

Thank you for your years of support.
Sincerely,
Sergeant Ried
Pleasant Ridge Police #104
Office: 248.541.2900 Ext. 302

PLEASANT RIDGE WOMAN'S CLUB

2018 Spring Brunch

Benefiting the Scholarship Fund

Sat., Apr. 21, 2018
11 a.m.

4 Ridge Road, Pleasant Ridge

Tickets: Adult, \$25 • Child, \$8 (Ages 6-12)

Checks made payable to:

Pleasant Ridge Woman's Club

Mail to: Pat Ward

371 W. Drayton, Ferndale, MI 48220

Questions? Please call 248.408.2911

or email: prwomensclub@gmail.com

Pleasant Ridge Foundation
58th Annual Gala and Auction

BACK TO THE EIGHTIES

May 19th, 5:30 pm, 4 Ridge Rd

Tickets \$50.00

Silent Auction - Live Auction
Beer - Wine - Dinner
Tickets \$50

Live DJ

Enter Our Raffle to Win Up to \$10,000!

Tickets available at City Hall or at
PleasantRidgeFoundation.org

50+ Club TRIPS & EVENTS

50+ CLUB



Federal Reserve Bank Tour & Mystery Lunch

April 17, 10 a.m. - 2 p.m.

Cost: \$14, lunch cost on your own.

Tour includes a discussion of the Federal Reserve System and a direct view into our cash department, which disburses currency to area banks. Surprise lunch at one of Shawnie's favorite Detroit restaurants!



Belle Isle Tour & Mystery Dinner

May 22, 1:15 p.m. - 6 p.m.

Cost: \$6, dinner cost on your own.

Limit: 13 participants

Tour Belle Isle with Scott Pratt of the DNR. Explore the island's updates and projects. Dinner location is a surprise! Dinner cost on your own.

Drag Queen Bingo!

June 1, 2 p.m. @ Five15, Royal Oak

Cost: \$20, coffee shop fare, cost is on your own

Limit: 13 participants

This isn't your ordinary BINGO! A little rude and a little crude, this crazy show led by a full-fledged drag queen (think Don Rickles in a dress!), will have you rolling in the aisles! Four rounds of Bingo are included, but just about anything goes! Sign up today!

Great Lakes Culinary Center Lunch & Tour

June 12, 10:30 a.m. - 2 p.m.

Cost: \$41. Limit: 13 participants



The event space has an open kitchen concept that allows the food to be displayed as an art and not meant to just be consumed, but enjoyed. From presentation to taste, guests get a full dining experience you would find in a five-star restaurant. The Event Coordinators and Executive Chef continually work together to make the space better when it comes to service, communication and event planning ease. The Culinary Center is a versatile space, allowing anyone to create the perfect event. No event is similar in the Culinary Center, individual personalities can be expressed and thoroughly enjoyed.

Fee includes lunch (salad, quiche, chicken, potatoes, veggies, cookies, iced tea, coffee or pop), tour and more!

50+ Club Activities

Please remember to RSVP for ALL 50+ Club activities & trips at 248-541-2902, ext. 0.

Spring BINGO!

Thursday, May 3, 6-8 p.m. • RSVP by 4/30

Movie of the Month

3rd Thurs. of the Month

12:15 p.m. & 6:15 showtimes

(No movies July and August)

April 16: "The Zookeeper's Wife"

May 17: "The Greatest Showman"

June 21: Movie TBA

Consumer Education Seminar Series

2nd Wed. of each month, Jan.-Jun., 2018

12 p.m. @ PR Comm. Center

Apr. 11: Phone, Mail & eScams

May 9: HOme Repair & Improvements

Jun. 13: In-Home Care & Senior Residence

Seminars are FREE and open to the public. Lite refreshments provided. Each seminar lasts about 45-60 mins.

• **Phone, Mail & eScams** - Learn the telltale signs of scams prevalent in phone calls, mail, email, and texts, along with steps to take to minimize your risk of being victimized.

• **Home Repair & Improvements** - Learn the telltale signs of home repair scams, unscrupulous contractors, and how to navigate the home improvement process.

• **Investment Fraud** - Learn about resources available to help you make the best decisions regarding care for yourself or your loved ones at home or in a senior residence.

Register for activities: https://www.activityreg.com/ClientPage_t2.wcs?clientid=PLEASANT&siteid=1



spring into fun!

Imagination Station: Toddler Drop-In Play

Saturdays: 4/7, 5/5, 6/2 at 10 a.m. 0-5 years of age.

Stop by the Community Center the first Saturday of each month for an opportunity to interact with toddlers of all ages. We will have a half hour of organized play followed by free play. This program will feature fun and exciting games, crafts & imagination! A facilitator will lead the group.

Jr. Garden Club Meeting • May 10 at 4 p.m.

Special Events

Mother's Magic Garden

**May 10 at 6:30 p.m. at the
PR Community Center
\$15 per child**

This is a Father & Child event! Olive's Bloombox will be onsite with fresh flowers to make a Mother's Day flower arrangement.



City-Wide Garage Sale: May 12

Register now at the Community Center for a permit and lawn sign. Cost: \$25, proceeds go toward the purchase of trees for our beautiful streets and parks. Maps of garage sale locations will be available at the Community Center prior to the sale. To be included on the City Garage Sale Map, please pay \$25 to the CC by Thursday, May 10.

Memorial Day Ceremony

Mon., May 28, 9 a.m., Memorial Park (next to City Hall)

Each year on Memorial Day, PR citizens pause to remember the men and women of Pleasant Ridge and across this great nation who faithfully serve in the Armed Forces. The City will present a ceremony in memory of those soldiers and emergency personnel who sacrificed their lives and to honor those who continue to serve with dignity and courage every day.

Save the Date!

Adult Co-Ed Volleyball

**Begins mid-May. \$200 per team.
Games will be played on Tuesdays.**

Ice Cream Social

July 25, 6 to 8 p.m. • Location TBA

Synchro Show • August 15 • PR Pool

Welcome back



Ridge Resale is back for 2018! Donations will be accepted on each sale date.

Sale dates as follows:

Friday, April 20: 6 - 8 p.m.

Saturday, April 21: 9 a.m. - 1 p.m.

This is a special fundraising event to support the Ferndale High School Music & Arts programs.

Saturday, May 12: 9 a.m. - 1 p.m.

Friday, June 8: 6 - 8 p.m.

Saturday, June 9: 9 a.m. - 1 p.m.

Saturday, July 14: 9 a.m. - 1 p.m.

Saturday, August 11: 9 a.m. - 1 p.m.

Saturday, September 8: 9 a.m. - 1 p.m.

Saturday, October 13: 9 a.m. - 1 p.m.

**WE ARE
IN NEED OF
PLASTIC
BAGS!**

Proceeds go to the Pleasant Ridge Foundation to beautify our community and strengthen civic activities. ALL DONATIONS ARE TAX DEDUCTIBLE.

**For questions or volunteer info: Sharon Barrett
248.548.6097 or Jodi McGuire 248.398.6404.**



Adult Swim Meet, 2017

**SAVE THE DATE for this year's event!
July 18 at 7 p.m. • More details to come!**

Photo courtesy of Monica Donley

**Leader in training applications
are due on 4/13!**

**Follow us on FB at
Pleasant Ridge Recreation**

**Don't forget to join the Eblast for
monthly updates!**



Youth Baseball sign up today!

Teaching kids the fundamentals of baseball – providing opportunities for fun while developing positive attitudes and good sportsmanship.

Pitching Clinic

Clinic dates: 4/15, 4/22, 4/29

2 - 3 p.m. at Flynn Field

Cost: \$45R / \$50NR

Get ready for the 2018 baseball season!
Clinic designed for boys and girls.

Coaches: John Sibula & Arik Sibula, former coaches at FHS, currently at ROHS and the US Baseball Academy. Pitchers will need to bring their own catchers to each clinic date.

**NEW
for
2018!**



T-Ball League: Ages 5-6

Cost \$50R/\$60NR

All games will be held in Ferndale, Hazel Park, or Oak Park on Mondays/Wednesdays.

All players will receive a jersey & cap. Players will need a baseball glove. Practices begin in May, games will begin at the end of May to early June. The season will conclude in mid-July. Please register for your division using player's age as of 8/1/18. All teams are co-ed.

Coach Pitch Baseball League: Ages 7-8

Cost \$60R/\$70NR

All games will be held in Ferndale, Hazel Park, or Oak Park on Tuesdays/Thursdays. All players will receive a jersey & cap. Players will need a baseball glove. Practices begin in May, games will begin at the end of May to early June. The season will conclude in mid-July. Please register for your division using player's age as of 8/1/18. All teams are co-ed.

**Volunteer coaches needed
for Coach Pitch & T-Ball!**



**FERNDALE
SCHOOLS**

INTEGRATING SOCIAL & EMOTIONAL LEARNING

**TEACHING TECHNIQUES & ACTIVITIES
THAT STRENGTHEN RELATIONSHIPS &
CLASSROOM BEHAVIOR**

Ferndale Schools, like our communities, are diverse. When we interview alumni, the most frequently cited aspect of their education that helped them succeed is the range of human experience and perspective among their peers. Our students are multicultural and multilingual, coming from diverse social and economic backgrounds. This is increasingly representative of the real world. Serving this diverse student body means adapting our educational model to a spectrum of students with different ways of engaging in learning, different levels of academic performance, and different motivations for behaving positively. One of the most useful tools we have developed for overcoming these challenges is our Social and Emotional Learning (SEL) framework. SEL provides a foundation for safe and positive learning, and enhances every student's ability to succeed in school, in a career, and in life.



SEL is rooted in our "whole child" philosophy. What does it mean to educate the whole child? It starts with recognition that learning is about more than reading, writing, and arithmetic. Our teachers and administrators are dedicated to educating and nurturing the entire child so each student grows into a purposeful, lifelong learner. Our talented educators have developed a guiding framework that is integrated into the classroom every day which teaches social and emotional development skills, and the benefits are clear: academic achievement increases, students feel more confident, and teachers have more time to teach.

Our K-5 Social and Emotional Learning (SEL) framework teaches children to acknowledge, understand, and regulate their emotions so that they know how to respond to life's daily ups and downs. Each student learns that every brain has both an "emotional" and a "thinking" response to challenges and problems. They learn how their emotions trigger their brain to work before they are in control. Then, they are taught skills to manage these emotions, including how to set achievable goals and how to show empathy for themselves and others. This helps them to build supportive relationships and make responsible decisions. And, the curriculum is spiraling, meaning that the different aspects are reinforced through circular repetition. As each student begins to better understand and integrate the principles and procedures, they are presented with new opportunities to use those skills and to teach their classmates how to use them as well. K-5 teachers at our upper and lower elementary schools use the SEL framework to guide their classroom through techniques and activities that strengthen their relationships and behavior. The result is a stronger sense of community and a place where all children can and want to learn.

Socialization and relationship building continue to be key areas of children's lives as they transition into adolescence. To learn more about how we are integrating Social and Emotional Learning at the secondary level, and to read about the recognition we have received for our innovative models, visit us at FerndaleSchools.org/SEL »



PR Pool Open May 25 – Sep. 3, 2018

SUN	MON	TUE	WED	THU	FRI	SAT
On the home swim meet days of June 28 & July 9, you may swim at Huntington Woods beginning at 4 p.m. Don't forget your ID!					5/25 4-8 P.M.	5/26 12-8 P.M.
5/27 12-8 P.M.	5/28 1-8 P.M.	5/29 4-8 P.M.	5/30 4-8 P.M.	5/31 4-8 P.M.	6/1 4-8 P.M.	6/2 12-8 P.M.
6/3 12-8 P.M.	6/4 4-8 P.M.	6/5 4-8 P.M.	6/6 4-8 P.M.	6/7 4-8 P.M.	6/8 4-8 P.M.	6/9 12-8 P.M.
6/10 12-8 P.M.	6/11 4-8 P.M.	6/12 4-8 P.M.	6/13 4-8 P.M.	6/14 4-8 P.M.	6/15 4-8 P.M.	6/16 12-8 P.M.
6/17 12-8 P.M.	6/18 1-8 P.M.	6/19 1-8 P.M.	6/20 1-8 P.M.	6/21 1-8 P.M.	6/22 1-8 P.M.	6/23 12-8 P.M.
6/24 12-8 P.M.	6/25 1-8 P.M.	6/26 1-8 P.M.	6/27 1-4 P.M.	6/28 12-8 P.M.	6/29 1-8 P.M.	6/30 12-8 P.M.
SHALLOW END OPEN MONDAY-FRIDAY 11:15 A.M. – 12:45 P.M., JUNE 18-JULY 27						

SWIM LESSONS

The City of Pleasant Ridge offers swim lessons for both residents and non residents. The lesson structure follows the American Red Cross Levels 1-7. Sign up at the Community Center or the Pool. Lessons are one-week sessions, Mon.-Thu. with make up on Fri. No lessons the week of July 4. **COST: Residents: \$35, Non-residents: \$60.**

SESSION 1: JUNE 18-21

Sign up begins 6/1

11:15 a.m.

Level 1,2,3,4

11:45 a.m.

Level 1,2,3,4, 5-7

SESSION 2: JUNE 25-28

Sign up begins 6/18

11:15 a.m.

Level 1,2,3,4, Parent/Tot

11:45 a.m.

Level 1,2,3,4, 5-7

SESSION 3: JULY 9-12

Sign up begins 6/25

11:15 a.m.

Level 1,2,3,4

11:45 a.m.

Level 1,2,3,4, 5-7

SESSION 4: JULY 16-19

Sign up begins 7/9

11:15 a.m.

Level 1,2,3,4, Parent/Tot

11:45 a.m.

Level 1,2,3,4, 5-7

Concession Stand Info

Daily hours: Mon. -Thu. 11 a.m. – 6:30 p.m. (11 is only based on Camp; ie, if campers go on a field trip then concessions will open at 1 p.m.)

Fri.: 1-6:30 p.m. • Sat. – Sun.: Noon– 6:30 p.m. Hours subject to change based on weather and pool attendance.

Camp participants will be able to open or reopen their accounts on pool opening day, as well as Family accounts.

Payments will be accepted at the stand, through the Cash App, or Venmo. Venmo: Andrea Wynn @Snack bar; Cash App: Sawynn24

Adult Water Aerobics Classes Instructor: Victoria Dickinson (AEA Certified)

Jump right into our aqua classes and build cardiovascular fitness and strength. Just like swimming, our water aerobics classes are easy on your joints, yet challenging enough to help you reach new levels of fitness. Because of their low-impact format, water aerobics classes are suitable for every age and fitness level, from beginning exercisers through elite athletes. Participants may bring and use their own water shoes and gloves. Please also bring your own pool noodles (2) to class. Drop-in fee \$10 per class.

Water aerobics sessions: register for one, two, or three days

Session I: Jun. 19-Jul. 17

Tue. or Thu. 12:00-1:00 p.m. \$50R/\$55NR

Tue. & Thu. 12:00-1:00 p.m. \$100R/\$105NR

Saturday Morning Classes: 10:30 – 11:30 a.m.

Jun. 17-Jul. 15, Jul. 22 – Aug. 19 \$50R/\$55NR

Session II: Jul. 24-Aug. 23

Tue. or Thu. 12:00-1:00 p.m. \$50R/\$55NR

Tue. & Thu. 12:00-1:00 p.m. \$100R/\$105NR

Fee classifications: R = resident, NR = non-resident



Join the 2018

Pleasant Ridge Piranhas!

To sign up, please find the 2018 Registration form on the City's webpage at: www.cityofpleasantridge.org or www.pleasantridgepiranhas.com. Request a form via email: prswim@cityofpleasantridge.org.

Important Dates: (all events will be held at the PR Community Center unless otherwise noted).

May 2: Parent Info Night

May 7: Indoor practice begins at FHS

May 21: Welcome dinner & suit try on

June 18: First outdoor practice at PR pool

June 18: First away swim meet

July 29: Team banquet



2017 PR Piranhas

NW Suburban Swim League 2018 Schedule

Meet times to be announced

6/18: Pleasant Ridge at Beechview

6/25: Pleasant Ridge at Bloomfield Hills

6/28: Home Meet

7/2: Home Meet

7/9: Home Meet

7/12: Pleasant Ridge at Woodbroke Hills

sign up for camp!

Summer Drop-In Program

Mon.-Thu. 10 a.m. - 3 p.m., Jun. 18-Aug. 2

\$185/First Child & \$155/Second Child, ages 7-15

Participants must turn 7 by Dec. 31, 2018. Our drop-in

format allows you to come every day, a few times a week or come for specific activities. **Pick up the parent packet at the Community Center/Pool Desk beginning in May for more info. Packet and Registration form will also be posted at www.cityofpleasantridge.org.**

SUMMER 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WEEK 1 (6/18-21)	First Day of Camp!	Marvin's Marvelous Mechanical Museum (O)	Pool Day	Joe Dumars' Field House (AC)
WEEK 2 (6/25-28)	**Hungry Howie's 11 & Up (\$6) 9:15 a.m.	TBA	Toledo Zoo (AC)	Pool Day
WEEK 3 (7/2-3)	TBA	Airtime Trampoline (AC)	NO CAMP	NO CAMP
WEEK 4 (7/9-12)	Henna Class (\$10/\$5)	Jump Island (AC)	Tie Dye/Pool Day	CJ Barrymore's (O)
WEEK 5 (7/16-19)	Bouncer 1-3 p.m.	Waterford Oaks (11 & Up) (O)	Pool Day	Roller Skating (AC)
WEEK 6 (7/23-26)	Oakland County Nature Table (2 hours)	TBA	Flower Workshop w/Olive's	Ford Field (AC)
WEEK 7 (7/30-8/2)	**Cupcake Wars (\$5)	TBA	Talent Show, Potluck & Pool Day	Detroit Dart Club (AC)

WHAT TO BRING DAILY TO CAMP: BAG LUNCH, SWIM SUIT & TOWEL, GYM SHOES & SOCKS

FIELD TRIP DAYS: CAMP T-SHIRT, BAG LUNCH, GYM SHOES & SOCKS, (SWIM ATTIRE IF NEEDED)

*SOME DAYS CAMP WILL MEET EARLY OR RETURN LATE FROM TRIPS. YOU WILL HAVE PRIOR NOTIFICATION.

AC = All-Camp Trip O = Optional **MUST be pre-registered for activity. **Camp trips and activities subject to change.**

Travel Camp: M-Th, Aug. 6-9 • 9 a.m. - 4 p.m., \$190 week or \$50/day



CITY OF PLEASANT RIDGE
23925 WOODWARD AVE.
PLEASANT RIDGE, MI 48069

PRSRT STD
U.S. POSTAGE
PAID
TROY, MI
PERMIT NO. 156

this spring at the **PR WELLNESS CENTER**

Yoga with Michele O'Brien, RYT

Yoga for All: Tue. & Thu., 2 p.m.

6 classes: \$66 • 12 classes: \$122

Hatha Yoga with Michele O'Brien, RYT

Hatha is a potent alignment-oriented practice that emphasizes the forms and actions within yoga-postures. This class is based on physical postures (asanas), deep breathing, mindfulness and listening to the body.

Thu., 5:30 p.m. • 6 classes: \$70 • 12 classes: \$140

Drop-in: \$15

Cardio • Strength • Flexibility

with Melanie Sevald. Incorporating the components of fitness, cardio, strength and flexibility, this class will get you moving to raise your heart rate and improve cardiovascular fitness. We will use body weight and resistance tools to increase strength and combine yoga, stretching and relaxation techniques.

Apr. 7- May 25, Mon., Wed., Fri. 9 - 10 a.m.

1 day: \$60, 2 days: \$90, 3 days: \$120 • Drop-in: \$10

Pilates with Karen Haque

Small equipment (including the Pilates Circles and foam rollers) are used in this class. This helps to enhance, and help to connect the mind and the body experience during the exercises.

Sundays at 9 a.m., 6 weeks

6 weeks for \$72 or \$15 drop-in.

Sit & Get Fit with Victoria Dickinson

Wed. & Fri., 9-10 a.m., \$20 for a 10-visit punch card

Pilates with Pam Kampf

Mon., 9 a.m. & 7 p.m.; Tue. 5 p.m.

Foam Rolling Class

Advanced registration required

April 22, 12-1 p.m., \$10 drop-in fee

If you have a foam roller, please bring it to class. There are a limited number of rollers to loan out.

This class will include some advanced foam-rolling techniques. Instructor: Victoria Dickinson

Open 5 a.m.- midnight • 7 days a week, including weekends and holidays!

Stop at the front desk during open hours to get your key fob. You must be a PR resident and at least 16 years of age. Don't forget a picture ID to get fob during business hours.

**TREADMILLS • STAIR CLIMBER • STATIONARY BIKES • ELLIPTICAL • FREE WEIGHTS
WEIGHT MACHINES • SMITH MACHINE • TOWEL SERVICE • FREE PUBLIC WI-FI**



RECYCLE The Ridger!