



MORNINGSIDER

The Official Newsletter of MorningSide



Future mixed-use developments such as The Coe at West Village could soon be taking shape on the East Warren corridor. Image courtesy of Woodborn Partners

E Warren/Cadieux Neighborhood Plan Taking Shape

[Eric Dryer](#) | Contributing Writer

Detroit — After months of community meetings, the East Warren/Cadieux Plan (EWCP) is entering its final stage. Mayor Mike Duggan and the planning team will be holding a virtual meeting on the evening of **Wednesday, December 16th**, to present several options to residents, answer questions, and conduct a community vote on these options. Details of the meeting will be posted on the MorningSide Community Organization's (MCO) Facebook page, website, www.morningsidedetroit.org, and Nextdoor as they are available.

The current options are the result of months of work by the EWCP planning team, holding virtual community meetings throughout the pandemic to translate residents' needs and desires into feasible projects that can be put into action by the City of Detroit.

Story continued on page 4...

OTHER STORIES INSIDE THIS ISSUE:

- New Features - 2
- Self-Care During a COVID Winter - 3
- Two Faces of Winter - 5
- MECCA Festival of Trees - 7
- Artist Jake Dwyer - 7
- Online Meetings - 9
- Morningside's Finest - 12
- Food Distribution - 13





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The Morningsider Introduces Two New Features!

Talk To Us!

One of our goals is to make *The MorningSider* more interactive and resident-driven. To that end, we invite you to send us your ideas and opinions – what do you like about the newsletter, what should we be paying more attention to, what pressing issues are Detroiters facing? Please keep your communications brief - about 200 words - and respectful in tone. Send your comments to morningsidecommunity2@gmail.com. Letters, edited as necessary for space and clarity, will be published each month.

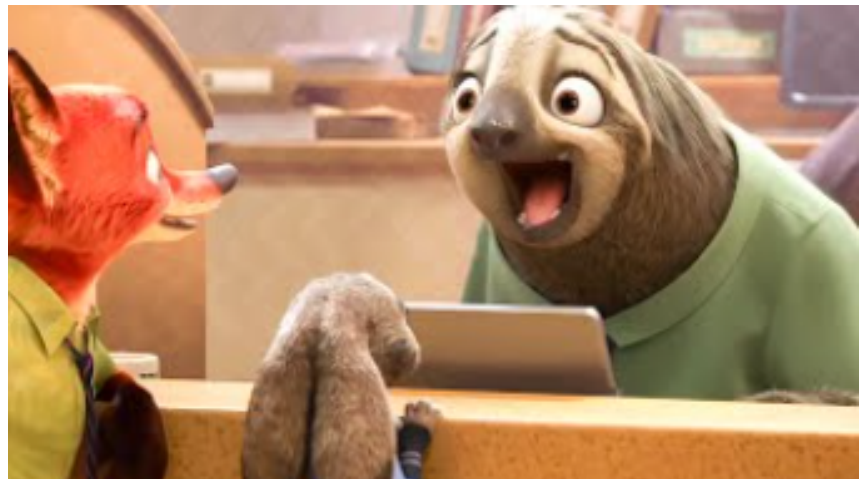
Give a Smile, Get a Smile.

2020 has been a rough year, and early 2021 promises to be difficult as well. We all need to experience a little fun each day, no matter what else is going on in the world. So send us something that made you laugh or smile today, and we'll share it with our readers. It might be a YouTube clip of a funny scene from a movie, a cute baby video, something silly you got on your Facebook newsfeed. All we ask is that it be family-friendly and short – less than five minutes. It's one easy way we can help each other to keep on keeping on!

Here's a little something to get you started:

<https://youtu.be/4aUC1VZQE1E>

Preview YouTube video Flash The Sloth Laughing Scene - ZOOTOPIA (2016) Movie Clip



Self-Care During a COVID Winter

Leah Samuel | Contributing Writer



Self Care awareness. Image courtesy of International OCD Foundation

Well, here we are. It's been a long pandemic. You've been staying home, shut in for months, staying safer but also getting sadder. Or you've lost friends and loved ones to the coronavirus and grief is wearing you down. All that is bad enough, but now we're coming to the coldest, darkest part of the year. If you're like me, that means a case of the blues bringing you down or anxiety ramping up – or both! – with or without a pandemic. So how to cope? Although I'm not a professional or an expert, I have struggled with depression and anxiety all my life, and I have some ideas:

Congratulate yourself. You know that you don't like how you're feeling and you're doing something about it by reading this article. That's huge, especially if you would rather not do anything. Pat yourself on the back for it. And while you're at it, think about all the other good things you've done or that you made happen, for yourself and for other people. Or just think of things you like about yourself or your life. Make a list on paper or your phone, or just say your list out loud. As negative thoughts creep up on you again, go back to your list.

Forget yourself. Maybe you think your list of good deeds is too short, or not that special. Then it's time to focus on someone else. Look for a simple, easy way to be good to others. Help a friend solve a problem. Send somebody an email or text telling them that you appreciate them. Run an errand for someone who can't. Watch that funny video on Facebook, and then comment, "Thanks. I really needed this today." It's the truth, and someone else gets to feel good. My thing this year has been donating a few dollars to whatever fundraising my friends are doing, or sending flowers to someone out of the blue, or giving people help and feedback on writing projects. Helping, complimenting or supporting someone else is good for both of you. It takes you away from your own troubles for a minute. And you might just be helping someone who is also struggling to feel better.

Make some noise. When you're feeling depressed or anxious, it can be hard to keep up with life. You might forget things you used to easily remember. You might get distracted more easily. It can be harder to do regular, everyday things, like paying bills or making appointments. So, make it easier on yourself. There's no shame in using ringtones and other sounds on your phone for all kinds of alarms, alerts, timers and reminders to keep yourself on track when you're not able to do it on your own. An annoying fire alarm sound reminds me that my renter's insurance payment is due. An alarm with soft music, labeled, "Go to bed, Leah," lets me know that I'm up too late. Put appointments on your phone calendar and include a sound alert so you'll look at it. Add alarms for breakfast, lunch and dinner if your appetite is down and you're forgetting to eat.

Continues on page 8..

Continued... E Warren/Cadieux Neighborhood Plan Taking Shape

The goal of this process is to develop strategies for each of the plan's Focus Areas: Supporting Business and Development on E. Warren, Improving Parks and Open Space, Renovating E. Warren, and Strengthening the Neighborhoods.



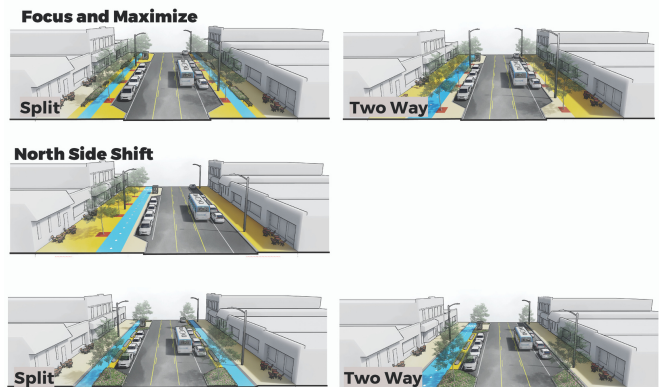
The Detroit Pepper Company is located at 17180 E. Warren Avenue. Image courtesy of The Detroit Pepper Company

You can still participate in planning by visiting www.ewcplan.com. Here you can learn about the concepts developed, watch previous public meetings, and provide additional input to the plan using the survey, or by sending us comments.

On October 28th, the project team held Community Meeting 3 via Zoom to present the draft recommended projects, which combine technical analysis completed by the project team to make sure they can be built, and the input submitted by the community. The following concepts were presented at Community Meeting 3:

Renovating E. Warren

Five potential designs for E. Warren, (pictured top right), were presented to the community and all explore ways to add additional sidewalk space, street trees, safe bicycle and mobility lanes, and upgrade bus stops, while still maintaining existing on-street parking and travel lanes. The goal with these concepts is to create a street that is safe and comfortable for all users, not just cars, making it easier for residents to support the local businesses along E. Warren Ave.



Potential designs for the East Warren streetscape. Image courtesy of the EWCP

We heard from residents that they want improved safety, better lighting, increased sidewalk space, and for the streetscape to cover as many blocks as possible. These have been incorporated into an updated set of design options that will be presented on December 16th with Mayor Duggan.

Improving Parks and Open Space

A master plan for Balduck Park was created that builds on the existing strengths of the park but adds more spaces for programs and activities. Additionally, the concept adds pathways and additional access points to the park to make getting into, and traveling through, the park easier. Other concepts include a gateway entrance into the park on E. Warren, opening and upgrading the community building in the park, and adding new seating areas throughout the park.

Continues on page 6...



The EWC Plan will further enhance such features as the walking trail throughout Balduck Park. Image courtesy of Matthew Jenkins

Two Faces of Winter

Susan Newell | The Morningsider

I've always had a love/hate relationship with winter. A snowy day on Belle Isle can be magical. Getting your car stuck in snow is not. On the cusp of another winter, I wrote these two poems as a way of coping. Embrace whichever one suits you. After all, our attitude is just about the only thing we can control in the next few months.

In Praise of Winter

I pity you, poor Floridians
who will never know
the cold

or the crunch and squeak
of boots on packed snow.
The tickle and crackle in your nose when the
temperature plunges,
and you see in every exhalation
what being alive looks like.

You'll never know the rare
dazzle of sunlight on snow
against crystal blue sky,
transcendent as any sunrise on ocean.

You will never see or make
a snow angel, snowman, snow fort,
or know the satisfying splat
of a snowball hitting its mark.

Never stop at the front door
to scrape and stomp snowy boots,
letting the rush of warm air
make your cheeks tingle,
and your toes wake up,
protesting.

Never know just how good
a fleece blanket can feel on bare toes,
as you fold into yourself
on the couch,
cradling a steaming mug

of ginger tea,
believing in and breathing in
its healing powers,
think about lighting candles,
and letting the cool jazz
of Miles Davis
steep you in a Northern kind
of warm.

Curse You, Winter!

I resent you Floridians
who will never know
the cold

or the sound
of a scraper hacking
windshield ice
in 6 a.m. darkness,
or the needles inhaled
with every breath
as the temperature plunges
to lows that should only be
experienced by frozen peas.

You will never know how easy
it is to forget the look and feel
of sunlight.

Never know the wet
shiver of snow sliding
under your scarf and down your neck
from a well-placed snowball.

You'll never race bitter wind
to the front door
to scrape and stomp snowy boots,
and curse the pain
of dead toes being resurrected.

Never need fleece on bare toes
as you stretch out on a lounge chair,
drink a pina colada

and think of playing
18 holes tomorrow.

Perhaps a bit of cognac
will ease my resentment
and soothe me into
a Northern kind of warm.



Ice Skaters at Campus Martius. Image courtesy of Jim West



Clearing the snow. Image courtesy of Jim West

Continued... E Warren/Cadieux Neighborhood Plan Taking Shape

Supporting Business and Development on E. Warren

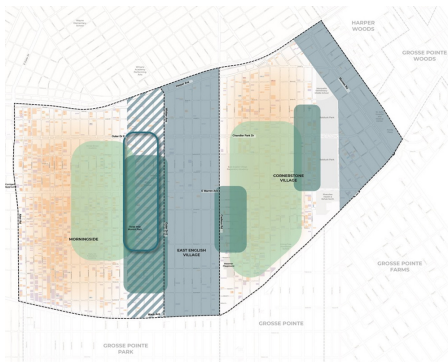
Due to the uncertainty of the real estate market from COVID-19, the project team analyzed typical buildings and development types along the corridor to determine the costs associated with redeveloping the properties. This included New Mixed-Use Construction, Two-Story Mixed-Use Redevelopment, and Single-Story Commercial Renovation. This analysis, along with input from the community, will be used to help developers understand the details associated with new projects and the types of businesses that neighborhood residents want to see.



Renovated, two-story mixed-use on East Jefferson Avenue. Image courtesy of the EWCP

Strengthening Residential Areas

Many of the tools to stabilize residential areas, like demolition, rehab, already exist; however, a coordinated strategy is needed to ensure the largest impact possible. The project team analyzed these tools and the potential budget for each one. Many of these programs should be focused in central Morningside and Cornerstone Village to build on the housing market success East English Village has had.



Left: The communities of Morningside, Cornerstone, and East English Village will see a significant impact from the EWCP. Image courtesy of the EWCP

Canvassing

Throughout October, the project team went door-to-door to increase resident participation in planning. Since the project had to switch to digital engagement due to COVID-19, some portions of the community have been hard to reach. The team targeted all of Cornerstone Village and the central portion of Morningside. The canvassing team knocked on 6,100 doors in these two areas and received responses to the survey questions from 720 residents! Each home was left with a flyer with project information and ways to connect with the project team.

The project team will also hold a final Community Meeting and plan celebration in early February 2021 to present the final concepts. Stay tuned for more details.



A local resident holds a copy of the EWCP framework. Image courtesy of the EWCP

Eric Dryer is a senior urban planner with OHM Advisors.

Meet Jake Dwyer: Three Mile Park Muralist

Jeffrey D. Lewis II | The Morningsider



Artist Jake Dwyer. Image courtesy of Murals in the Market

Morningside will soon have a beautiful, new mural gracing the grounds of the Three Mile - Munich Park!

Artist Jake Dwyer was selected by the Morningside community as the top vote-getter out of a talented group of muralists commissioned by the city of Detroit and its *City Walls* program.

Dwyer, originally from Minneapolis, Minnesota has resided in Detroit since 2016. He attended the University of Michigan earning a Bachelor of Fine Arts degree.

His practice utilizes hand drafted lettering, pattern making, ornament, and pictorial works executed through sign painting and traditional painting techniques.

We look forward to having Jake's work featured in our community!

Jeffrey D. Lewis II, 2nd VP of MCO, Urban Planner, Editor in Chief of *The Morningsider*, Owner of *Morningside Cafe*.

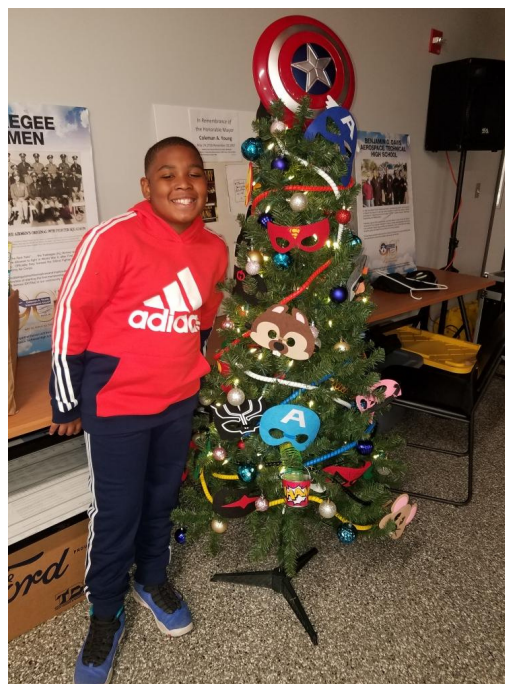
MECCA Festival of Trees Auction

Latisha Johnson Davis | Contributing Writer

During the Holiday season many of us look forward to slowing down the pace of life to enjoy time with friends and family. That may include decorating with holiday lights and greenery, preparing a hearty feast or listening to holiday music. As this has been a challenging year for us, we decided to host a Festival of Trees auction that would bring joy to the homes of several people while supporting the work MECCA Development Corporation does for our residents.

We were able to encourage 10 friends to decorate 15 trees with various themes. All of the trees were sold and several were donated to senior centers and nonprofit organizations, including Samaritas in Cornerstone Village. We hope you all find joy during this Holiday season. To stay connected on upcoming programs and activities visit our website at www.meccadc.org

Latisha Johnson Davis, East English Village resident, president of MECCA Development Corporation.



Eddie, an enormous Captain America fan, received the "Mask Up" tree for his 11th birthday. Image courtesy of Rhonda McGigor

Continued... Self-Care During a COVID Winter

Screen your screens. When we're already depressed and anxious, we don't need anybody else's craziness. Limit how much news you'll read or watch. Stay away from online political debates, celebrity feuds and the coronavirus death count. Hide those shocking news stories about crime, corruption or tragedy from your newsfeed. Be careful with Facebook, Twitter and Instagram. Seeing friends posting about good times can make you feel miserable. So can those mean and negative posts over family drama. Block or hide some folks for a while. Or take a complete break from news media and social media for a few days. We all know it's not going anywhere.

Move. Exercise really improves my mood and clears my mind. Now, I have online classes or coaches for one-hour workouts three times a week. But I didn't start there, and you don't have to either. Keep it simple and start slowly. Do a few leg raises before you get out of bed. When you're in the bathroom, do some squats in front of the sink, or march in place while you wash your hands. While you're sitting at the table or on the couch, raise your arms above your head and wave them around for a minute or two to get your heart rate up. If you're anxious, though, you're probably already moving – fidgeting or pacing, feeling shaky and restless. In that case, move even more. Work your muscles using hand weights or canned goods. Find exercise videos online. Walk around the block instead of just pacing. Or put on some music and dance if that's your thing. Don't strain yourself, but do enough to burn off some of that anxious energy.

Wallow. Set a time limit for feeling worried, angry, sad, guilty or whatever feelings you're obsessing over. Seriously. Set the timer on your phone for 0 or 20 minutes of each day. Or choose an afternoon out of each week, which is what I prefer. Then use that time to get deep into the awful feelings you're having. Feel bad about yourself, think about the loved ones you've lost, regret things you've done, hate on everybody who has wronged you. Let the tears flow. Pray. Curse. Play some sad or angry music.

I have a whole playlist for this, which includes Michael Jackson's "Leave Me Alone." When the time's up, wash your face and go on with life, feeling relieved and less overwhelmed.

Do a little something. Yes, the house might be a mess, but don't clean the house. Clean a room, or a corner, or the table, or that shelf. Or wash just five items in the sink. Or give yourself just 10 minutes of vacuuming. Or pick up only the socks from the floor today. My favorite is, "nothing below the waist," which means just clearing and wiping my countertops and dining table, dusting my desk and then saying, "Well, it's cleaner than it was." The point is that it doesn't help to pressure yourself about tasks you don't have enough energy to complete. Just meet one small goal today. Then give yourself permission to feel good about it.

Find help. I've had depression and anxiety all my life, but I've only been diagnosed for half of it. In that time, I've learned that managing it by myself doesn't help, and might make it worse. Talking to someone (either in person or, these days, on a screen), has helped me understand and manage my feelings better and ride out the tough times. For 20 years, I've had professional counselors who were either social workers or psychologists. For you, it could be your pastor or someone else at your church. If you're not ready to talk, you can start by reading helpful books, which is what I did at first. A few of my favorites: *The Anxiety and Phobia Workbook*, by Edmund Bourne, *Depression for Dummies*, Laura L. Smith and Charles H. Elliott, *Soothe Your Nerves: The Black Woman's Guide to Understanding and Overcoming Anxiety, Panic, and Fear* by Dr. Angela Neal-Barnett. Just remember that taking care of your mind is not something you have to do alone.

Leah Samuel is a writer and Detroit native living in Boston.

Online Community Meetings

Despite social distancing, we can still stay in touch. Here are some important meetings happening online by Zoom video conferencing website:

Morningside General Community Meeting

Second Tuesday of every month via Zoom. Our next meeting will be held **December 8th at 6:30 p.m.** To dial in with your phone, use the following info: Dial number: **(301) 715-8592 / Meeting ID: 876 5627 5944 / Password: 824390.** To access the meeting via computer, please visit either morningsidedetroit.org or the Morningside Facebook page the day of the meeting.

Mayor's Streetscape Meeting

Mayor Duggan will be hosting a community meeting via Zoom on **December 16th at 6:30 pm** to discuss options for the E. Warren Avenue Streetscape project. Join Via Computer: <https://cityofdetroit.zoom.us/j/84141620054>, Join via Phone: **(310) 715-8592**, Meeting ID: **841 4162 0054**

East Warren/Cadieux Neighborhood Framework Plan Virtual Office Hours - Date: TBA, 12:30pm to 1:30pm

Join via computer: <https://us04web.zoom.us/j/248643408>

Join via phone: **(312) 626-6799**, Meeting ID: **248 643 408**

5th Precinct Command/Community Update

The Zoom link for the 5th Precinct meeting is scheduled twice a month. For anyone who is interested in attending, please email MCO at morningsidecommunity2@gmail.com as we will provide you with the access link once we receive it.

Detroit Board of Police Commissioners Each Thursday at 3 p.m.

By computer: Use the following link and follow prompts: <https://cityofdetroit.zoom.us/j/397380647?pwd=SlkzVzU4RURFb2NBRCJlbn1kwWVNjdz09>

By phone: Call one of the these numbers: **1 (929) 436-2866**, **1 (312) 626-6799**
1 (346) 248-7799, **1 (301) 715-8592**

Meeting ID: **397380647** and press ##

The virtual meeting will use a form for public comments:

<https://app.smartsheet.com/b/form/d26fa38cc5e94a018836d065000714ce>

Let's Talk Trash

With all the Christmas packages coming to our houses this month, you may be tempted to start piling up empty boxes on the curb whenever they arrive. Please don't! Bulk trash on the curb for days and weeks makes a block look unloved and disrespected. **Bulk trash should only be put out to the curb on the day before pickup.**

Your next three bulk trash pickups are:

Thursdays - **December 10th, December 24th, and January 7th**



Illegal Dumping is one of the many items you can report via the Improve Detroit app. Image courtesy of Jeffrey D. Lewis II

Advertise in The Morningsider!

The Morningsider is officially open for advertisement! For those who want to place ads in our newsletter, please contact Jackie Grant at (313) 720-3904. Below are the rates for advertisements:

- 6 - Month Run**
- \$825 Full Page
- \$400 Half Page
- \$275 Quarter Page



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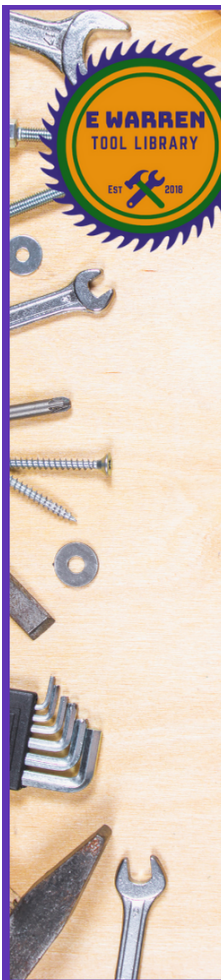
featherstone garden

DETROIT, MICHIGAN

Thank you,
**MORNINGSIDE COMMUNITY
ORGANIZATION**
for all you do!

We are proud to be in your
neighborhood!

*Featherstone Farm Stand is open to neighbors:
Thursdays from 4-7pm
4178 Lakepointe Street
www.featherstonegarden.com*



STARTING TUESDAY SEPT. 15TH

WE WILL BE LOCATED AT

15631 E WARREN, DETROIT, MI 48224

TUESDAY 2-7 P.M.

WEDNESDAY 2-7 P.M.

FRIDAY 12-5 P.M.

SATURDAY 9A.M. - 3 P.M.

FB: EWARENTOOL IG: E.WARRENTOOLLIBRARY

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CREATE ACCOUNT: EWARENTOOLLIBRARY.MYTURN.COM/LIBRARY/

Morningside's Finest

Jim West

You've probably seen long-time Morningside resident, Jim West, passing by your house on one of his regular bike rides through the neighborhood. Or perhaps you've noticed him in the background, 35 mm camera in hand, quietly capturing moments at various Morningside events over the years. We've featured many of his photos in our monthly MCO newsletters.

In his professional life, Jim is a freelance photographer, specializing in labor and social issues. He frequently attends local and national rallies and marches, capturing the images that document many important issues of our time. Jim is also a FAA-licensed commercial drone pilot which allows him to capture events using aerial photographs as well.

Jim and his wife Susan have lived in their home on Three Mile Dr. for over 35 years. They even held their wedding ceremony there many years ago! He appreciates the architectural beauty of Morningside and our surrounding neighborhoods, along with the camaraderie of neighbors and our vital Morningside Community Organization.

In his free time, Jim enjoys being in nature - hiking, camping, canoeing, and doing other outdoor activities. In addition to his solo bike rides, he stays fit and active with an "old guys" (his words) bike riding group every Sunday morning.

Morningside is blessed to have the talented Jim West as a resident. We are grateful for the time and creativity he has generously shared with our community over the years. If you're interested in seeing more of his work, visit his website at www.jimwestphoto.com. And if you're looking for unique holiday gifts, you can purchase Jim West's prints and other items here: <https://jim-west.pixels.com/>



Jim West. Image courtesy of Frank Hammer

MCO & Gleaners Food Distribution



The Morningside/Gleaners food distributions are held at The Craft Cafe, 15641 E. Warren Ave., at 11:00 a.m. on the second and fourth Monday of every month.

The next food distribution will be held on Monday, December 14th.

For anyone interested in donating or volunteering, please contact Twiana Odom at (313) 808-3493. Text message is preferred.

These are just a few of the items you'll find at the MCO + Gleaners food distribution. Image of courtesy of Gleaners Food Bank

❄️ *Happy Holidays!* ❄️



For the latest news taking place in MorningSide, please follow us on:



@morningsidedet

MorningSide is a corporation organized and operated exclusively for charitable and educational purposes outlined in section 501 (c) (3) of the Internal Revenue Code.

Contact The Morningside Community Organization at:

(313) 355-2468 or via email

morningsidecommunity2@gmail.com

Also checkout our new website!

www.morningsidedetroit.org

P.O. Box 24325, Detroit, MI 48224



#morningsiderepresent

