



NEWSLETTER

JULY 2012

July 2012 President's Letter

VOLUME 8, NO. 3

School is out; the scholarship was granted; the Shakedown Tournament has passed; the community web site is bigger and better; the petunias are planted and the fundraiser is over, wrapping up the busiest time of the season for the PLA. Over one thousand hours of volunteer time, and thousands of dollars of donations have been used for these activities which help make the Portage Lake Area a great place in which to live, play and stay.

Your PLA Board of Directors has been busy with some important votes in support of area projects. We supported the Explore the Shores projects involving the Village Park and Langland Park with two \$5,000 donations. The first will be granted to the Joint Parks and Recreation Committee for Onekama upon receipt of Michigan grants for renovation work at both parks. Onekama has applied for these Michigan grants, and we will know in the fall of 2012 if the township and the village were successful. The second \$5,000 will be used to match funds from the community that are donated to support these projects. Details will be available on this matching fund at the end of the year. The Board also approved a donation of \$1,000 toward the purchase of wetlands property along the shoreline of Portage Lake. We were one of many that donated to this purchase that was coordinated through the Portage Lake Watershed Forever group.

The 2012 Fundraiser event was a success. 175 people attended this year's event at the Little River Casino Resort. Over \$28,000 in auction and raffle items, donated to the PLA by over 210 business and private individuals were awarded to 127 winners. The event was underwritten by 88 businesses that advertised in the PLA program or donated a coupon to the PLA Shoreline Savings Coupon Book. Howard Hughes was named the 2012 Citizen of the Year at the event. The grand prize winner was Evelyn Sorenson, who won the Onekama Rug done by Alaina Trout. The real winners from the 2012 fundraiser are the people that live and visit in the Portage Lake area, as all of the money raised by the fundraiser goes back into the community! Look for pictures of the event on the 1.-Onekama and the PLA Facebook pages shortly.

In July, summer community events start – PLA Monday Night Concerts in the Park, Onekama Days and fishing. The concert season will be a good one with some returning favorites and some new artists to our event. Grab your family and friends and head on down to the Village Park for a free concert all summer long. Concerts are every Monday night at 7 pm starting on July 2nd and ending August 20th. Onekama Days will be from August 3rd to the 5th. The annual fireworks will be held on August 3rd at dusk, so make your plans now for what promises to be a great weekend. To find out how fishing is, go WWW.Onekama.info and check out the fishing reports for the area.

In August, Onekama faces a critical decision on Village Disincorporation. The PLA is taking no position on this issue as we are politically neutral. We are providing web site space to allow citizens in the village and the township to read up on this matter, and provide data from the Disincorporation Commission on how disincorporation will impact the community. Please go to www.Onekama.info and look under *Disincorporation Info* on the home page. You can also attend an informational meeting on July 19th from 7-9 pm at the Farr Center. The vote on disincorporation takes place on August 7th, 2012.

We have a new event planned for September 15th, 2012 to replace the Season's End Dance. We will be sponsoring a community pig roast, concert and bon fire in the Village Park. The committee is just forming to plan this event. Mark your calendars and plan to join us and your neighbors for a fun evening. All proceeds from this event will go to the PLA Scholarship fund. If you have an interest in working on this event or any of our community projects or PLA events, please feel free to contact me @ windsongmi@aol.com and I will see that your donation of time is put to good use.

If you are interested in savings for food and dining, gifts, home and garden items, golf and entertainment, purchase a 2012 PLA Shoreline Savings Coupon book. There are over \$1825 of savings in the region that can be used by folks that live in the area as well as visitors. Golf savings alone at local courses total over \$340! You can purchase these books from the local Boy Scouts, the Onekama Consolidated Schools National Honor Society or by calling Barb at 231-889-4281 ext. 2. Books sell for \$10 each and purchases through the Boy Scouts or Honor Society are shared with those groups to assist them in their fundraising efforts.

Thank you for your support of the Portage Lake Association! - Al Taylor, President

July, August and September Calendar of Events in Onekama



July 2 Concert in the village park
Doc Yankee 7 pm
July 9 Concert 7pm CEYX
July 16 Concert 7 pm Madcat, Kane and Maxwell Street
July 19 Disincorporation Info Meeting at Farr Center 7pm
July 23 Concert 7 pm Picks & Sticks Stringband
July 29 Watershed Forever Fundraiser
July 30 Concert 7pm An Dro
August 3 Fireworks at dusk over Portage Lake
August 4 Onekama Days continues at Fairgrounds and parks
August 5 Onekama Days parade 1 pm
August 6 Concert 7 pm BlueShadow Band
August 7 VOTE
August 13 Concert 7 pm Peter, Paul & Mary Remembered
August 20 Concert 7 pm Blue Coast Quintet
August 21-25 Manistee County Fair in Onekama
—enter something and win!
Sign up for OCS continuing ed and exercise classes-see website
September 4 School starts
September 15 Fundraiser for Scholarships at Village Park 4-7 pm

Petunia Parade

Summer has officially arrived and the petunias that line M22 through the Village of Onekama are thriving. It takes a lot of preparation before **and** after the petunias are planted and many people, young and old, are to be recognized for their help. As you will see below, many hands make for light work.

On Wednesday 5/16 over 40 volunteers (children, teenagers and adults) prepared the beds by applying fertilizer and tilling. This particular task is important to the success of the petunias. The volunteers distributed, lifted, opened, emptied and spread 114 forty pound bags of fertilizer on the beds. After the fertilizer was applied, tillers worked the fertilizer into the soil and the beds were then raked evenly. If you can believe it, this task was completed in 1 hour! Thank you to ...

Boy Scout Troop 63

Bob Porter
Jarrod Berard
Liz Coryell
Jack Coryell
Ethan Hunt
Jeff Sternberger
Cindy Sternberger
Parker Sternberger

Chuck Reed
Jewelee Franklin
Ken Franklin
Roger Cody
Jim Heiser (use of tiller & tilled)
Jim Messner (use of tiller & tilled)
Tammy Messner
Jim Spilka
Holly Spilka
Jim Simons (tilled)
Jim Moody
Rick Kemperman (use of tiller)
Carol Tamulis
Diane Marion (tilled)
Steve Zelinski
James Marion
Marilyn Acker
Bill Acker (stored fertilizer)
Nancy Behring
Dan Behring

Girl Scout Troop 458

Linda Showalter
Hope Showalter
DeeAnne Gardner
Samantha Bush
Sydnee Maxey
Katelynn Feil
Becky Feil
Lynette Maxey
Sara Madsen
Mary Madsen
Kim Anderson
Chris Bush
Mandy Gardner
Matthew Gardner

Girl Scout Troop 462

Kayla Feil
Courtney Madsen

Brownie Troop 3749

Correna Maxey

On the eve of the petunia plant, Tuesday 5/22, 18 volunteers helped fill and distribute over 95 soil and water buckets to the petunia beds. Soil and water are another important step to the success of the Petunia Parade. The next morning, planters dug a hole, added a cup of soil, insert the petunia and give the plant a drink. With everyone's help, this task was also completed in 1 hour! Thank you to ...

Grace Hughes
Kevin Hughes
Scott Acker
Kyle Acker
Patty Acker
Marilyn Acker
Nathan Bradford
Mary Reed
Carol Tamulis

Walt Tamulis
Nancy Behring
Jim Moody
Sue Osmus
Jim Simons
Jim Messner
Tammy Messner
Kyle Puite
Parker Sternberger

After the petunias are planted, Preen is applied and raked into all the beds to help with weed prevention. Thursday morning, 5/31, the following volunteers completed this task in 1-1/2 hrs. Thank you to ...

Nancy Behring
Shirley Brooks
Wendell Brooks
Jewelee Franklin

Tammy Messner
Sue Osmus
Mary Reed
Carol Tamulis

As always, when you begin listing individual names, inevitably someone is missed and feelings are hurt. If someone is missing from the above lists, PLEASE notify Tammy Messner at your earliest convenience (889-5442 or tammy.h@charter.net) so that recognition can be made in our next newsletter article which will feature the names of planters, adopters, watering teams and supporting businesses.

The Petunia Parade committee thanks the community for your generous support. We wish you all a safe and fun filled summer! Enjoy the petunias!



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New in the Neighborhood

Three new shops have opened their doors around Portage Lake. Carole Dominy, owner of **Antique Boutique**, a new antique shop across from the Onekama Building Supply, said she was drawn to Onekama because of the quaintness of the town. Carole owned and operated Port City Candy in Manistee for a number of years before making the move. In Onekama, she will specialize in high end vintage glass and jewelry as well as a large selection of vintage books, with items in all price ranges. Carole also takes item on consignment and does appraisals for a fee. Carole said her candy shop customers have

followed her to Onekama and begged her to carry some of their favorites, so watch for some sweet treats coming soon! Shop hours are Mon. to Sat., 10 – 6 and Sun. noon – 4. Carole plans to remain open throughout the year with reduced hours after the summer season.

Just down the street, across from the Village Park, sisters Diane Baldwin and Christine McGurn have opened **Lakeside Treats**. The sisters wanted to open a shop in a small Lake Michigan town and started their search by looking north of their home, Chicago, but considered Onekama because of family connections to the area. A snow day at her son's school gave Diane the opportunity to make a trip to Onekama to look at properties. She decided to revive the former Fun Stuff location with a similar focus, remembering how much her children enjoyed the store. Lakeside Treats will have something for everyone – toys and games, clothing, coffee and soft drinks as well as other goodies. A rustic row boat, which belonged to Diane's father-in-law, serves as a display rack and an example of their slogan "boatloads of fun"! Hours through the summer are Mon. to Sat. 10 – 6 and Sun. 10 – 7:30.

On the south side of Portage Lake, Doug and Jane Kott have opened **Kott'n Pickin' Antiques & Collectibles** at 3443 Crescent Beach Rd. They have over twenty years of experience in the antiques business, having run Corner Stone Antiques in the T. J. Ramsdell Bldg. in downtown Manistee for many years. They are currently dealing in cottage rustic and primitives including furniture, bottles, canning jars and rustic crockery. The Kotts dedicate a portion of their net proceeds each month to a different non-profit group, currently the Vogue Theatre. During the winter they plan to expand into a two-story barn on the property and will feature the work of local artists, in addition to antiques. The couple also deals in scrap metal and will pick up items. The shop hours are Mon. to Sat. 10 – 6 and Sun. noon – 5, May through November, with reduced hours after the summer season.

Be sure to pick up a schedule of events for Onekama Days in one of our local shops or businesses.



The dates are August 3, 4, and 5.

Sponsored by the Onekama Lions Club.

We would love to hear your **feedback** on this newsletter or anything else of concern, interest, etc.

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THE VILLAGE NEWS

It looks like it is going to be a veeerrrry busy summer...so are you ready?

The major focus for many of us these past months has been the subject of disincorporation of the village into the township, that is, if it should or should not happen. To answer voter's questions about the proposed disincorporation there will be two information meetings **at the Farr Center on June 21 and July 19 at 7 p.m.** **The vote on the matter will take place on August 7th during the primary election.**

The village is working on the Explore the Shores project with many others where the goal is to provide access to Manistee County lakes for everyone. We are anxiously awaiting a decision about the grant where we applied for financial support of three park projects: Langland Park (the turn around), Village park and the park area at Farr Center. For additional information see the May PLA Newsletter's 1st page or go to the website at www.onekama.info.

Other on-going projects are:

Upgrade of our sewer system

Ecoli water testing at the village park is ongoing and will continue until September 1st

Brush pick up is the 1st and 3rd Friday of each month through October

Please note the bicycle "racks" located throughout the area. So far I found several at the village park and one by the library and Farr Center. No doubt more will appear shortly. They are outstanding! The village continues to work with the Parks and Recreation and Watershed Committees on various other projects.

A heads up!! If village residents are planning to build anything on your property (home, garage, accessory building, lake front structure, deck, dock, fence, sign, new addition, demolition or remodeling) you may require one or more of the following applications: DEQ, Corp of Engineers or a Land Use Permit from the Village. Please contact the Village Zoning Administrator at 889-3308 for additional information.

Village office hours for the Village Clerk and Village Treasurer are: Monday, Tuesday and Wednesday 9 to 2.

Village council meets the 3rd Wednesday of each month at 7 p.m.

Special Village council meetings are posted as to date and time

Farr Center is available for your special occasions or meetings.

Contact the Village Clerk at [231-889-3171](tel:231-889-3171).

NO MORE SHARKS IN OUR PARKS BUT WE DO HAVE LEAVES, GRASSES AND BARK!!!

Submitted by: Tina Hall

As a way of introducing families to all of Onekama's wonderful parks during Onekama Days in 2010 and 2011, children found every shark located in those parks. The shark cards were then taken to North Point Park which resulted in a prize and a hot dog lunch for their entire family.

This year, the Parks and Recreation Committee in Onekama is asking area kids to enjoy Onekama's parks by identifying leaves, grasses and bark. Each park will have different plant materials to search for and have verified. Again the results will be taken to North Point Park for a prize and the entire family can partake of lunch during Onekama's Park Appreciation Day.

***Our identification event will take place from
11- 12 on Saturday, August 4th.***

Complete information about the event will be available at Onekama Library and at Onekama Marine's main yard beginning in July.



The blue bicycle in the park is actually a bike rack and you will see more bike racks being installed throughout our community. These are the result of a Revenue Sharing Grant that was received by the Village and donations from Onekama Township, Village and the PLA. There will be a total of 16 bike racks of various shapes and sizes installed over the next few weeks.

A special thank you to
Bob Blackmore and Bob Gronostalski
for doing the installations.



Dave & Beth Barrett, Owners

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Citizen of the Year

The Portage Lake Association presents the "Citizen of the Year" award each year to honor and recognize a person or group that has contributed to our community to "make it a better place to live". This year, 2012, we had many outstanding nominees from our community. They were Bob Blackmore, Chuck May, Al Taylor, Lee LeFleur, Howard Hughes and Bret Matieu. Each of these men have contributed many hours of time and effort to make our community a great place to live.

This year's winner is not a native of Onekama but grew up in the Flint area, and attended University of Detroit where he was a pitcher for the U of D baseball team. He majored in English and was part of the ROTC program so he spent two years in the army. After returning from the army he got a Master's Degree and then took a position as a 5th grade teacher at Holy Name Elementary in Birmingham, Mich. Another U of D graduate, Patricia Kennedy became the other 5th grade teacher at Holy Name Elementary. After teaching together, and with their student's encouragement, they were married in 1959. Our winner this year worked in other schools and for 28 years he was a counselor, professor, Director of Guidance, and Vice-President at Mott Community College in Flint, Michigan.

During this time the family grew with one girl and four boys and they began to visit Onekama. They enjoyed camping, hunting, and especially fishing on Portage Lake and Lake Michigan. In 1993, they sold their home in Grand Blanc and moved to Onekama permanently. They now have 13 grandchildren, some who live here and others who spend much of their summers in the Onekama area. They have been a very visible part of the community, either walking the streets of Onekama, participating in activities, both for pleasure or the betterment of the community. Our winner has been a member of the Onekama Parks and Recreation Committee for many years and now serves as co-chairman. By now I am sure you know that the 2012 "Citizen of the Year" is Howard Hughes! Congratulations, Howard!

Submitted by Margaret Punches

PLA Scholar Award for 2012

The Portage Lake Association (PLA) awarded a \$1,000 scholarship to Jaylee Brown, daughter of Bonnie and Jerry Brown. Jaylee plans on a career in nursing at Northern Michigan University.

The PLA awards a non-renewable scholarship each year to a graduating senior from Onekama Consolidated Schools. The student must have been accepted at a post high school degree/certificate granting institution and must have been actively involved for at least two years in school and/or community activities with a recognized community civic organization. The student must have a 2.8 minimum GPA and have support from the school counselor and principal.

The Scholarship Committee members felt that Jaylee met the awards criteria set by the PLA. An honor roll student since her freshman year, Ms. Brown has been a dual enrollment student at West Shore Community College, focusing on medical careers. Ms. Brown has been active on a variety of sports teams and has been All-State for track and field for four years and Division 4 State Champion in pole vault this year. She also holds the Onekama record in that event. In addition, Ms. Brown has taken leadership roles at school, serving as President of the Student Council and Vice President of the National Honor Society. She was selected to represent Onekama Schools at MACUL Technology Showcase as a result of her facility with technology. Ms. Brown has also volunteered at the Onekama Food Pantry and local blood drives.

The Portage Lake Association congratulates Ms. Brown on her achievements and wishes her well in her future endeavors



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Harbor Commission Presents Governor's Award

*Awarded to
Portage Lake
Harbor Commission*

Members of the Portage Lake Harbor Commission attended the May 1st meeting of the Onekama Township Board and presented a GOVERNOR'S AWARD from the State of Michigan for Innovative Tourism Collaboration to the Board. This award was presented to the Portage Lake Harbor Commission at the Statewide Tourism Conference recently held in Grand Rapids.

It is based upon the Harbor Commission's efforts to bring tourism to our harbor by working for dredging of our channel, as well as renovation and re-erection of the 1930's North Pier Light Structure in order to promote tourism and preserve the history of the Portage Lake Harbor.

The award was also for efforts to help eliminate invasive species in Lake Michigan and Portage Lake, working to eliminate Asian carp and efforts to reform large ship "ballast water" laws to make our Great Lakes cleaner and safer for the future. Further, efforts of the Portage Lake Harbor Commission laid the groundwork for the initiation of the Great Lakes Small Harbors Coalition which leads the way in Michigan's efforts to guarantee the dredging of harbor channels throughout the State by funding from the Federal Harbor Maintenance Trust Fund.

A member of the Portage Lake Harbor Commission represents Onekama on the executive committee of the Michigan Port Collaborative which promotes State Tourism efforts as the "marine arm" of the "Pure Michigan" campaign through the State. Portage Lake, Onekama was recognized for efforts to promote tourism through its Harbor Commission and support of waterborne issues relative to Portage and the Great Lakes. David Meister, Supervisor, accepted the award for the Township.

Submitted by Onekama Marine

**For
Onekama Township News,
go to:**

http://www.onekama.info/?page_id=216

**Please take a moment to read
their notice about
mute swans.**

Annual PLWF Party

The Portage Lake Watershed Forever (PLWF) cocktail party fundraiser will be held on Sunday, July 29th from 5:00 to 7:00 at the Acton property over-looking Lake Michigan at the Portage Lake Channel.

Plan to enjoy cocktails and hors d'oeuvres with background Celtic music provided by *AnDro*. Tickets are \$60 each; invitations will soon arrive in the mail.

If you have questions, please contact Mary Reed at 231-889-3781 or Kathy Ervin at 231-723-8242.



ATTENTION ALL FISHERMAN!

The www.Onekama.info web site link to fishing reports in the area is now active and working. Courtesy of the

Manistee County Sport Fishing Association and the Michigan DNR, you can see fishing reports from charter boat captains in Arcadia, Onekama and Manistee and general fishing reports for the NW Michigan area.

Keep up with where the fish are and what they are being caught with! Enjoy some time on the water with friends and family.

Crystal Vacation Rentals



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Chapel is 100 Years Old this Summer!

The Chapel of St. John-By-The-Lake was founded by Reverend Francis Joseph Hall in 1902. The services were originally held in Rev. Hall's family cottage, here in Onekama. These Sunday morning services took place for nine summers, until the increased number of Episcopalians who visited Onekama in the summers merited the construction of a new chapel.

By 1911, the church had raised enough money to purchase a site for the new building. Hall entered into a contract with Mr. A. D. McCormick for the building of the chapel on April 29, 1912. The total cost of construction was \$709.81.

The Bishop of Western Michigan at the time, Rt. Rev. John N. McCormick, D. D., dedicated the chapel on August 11, 1912 and declared the chapel was to be managed by an executive committee. He appointed the first committee, which included Rev. Hall, William C. Moore, and Mr. R. L. Sandwick. Other families that were instrumental to the establishment process were the Speers, the Owens, and the Goulds.

In 1918 Hall purchased another site near the chapel on which to build a summer cottage. The idea was that the cottage would provide revenue from rentals, and allow the ministry at St. John's-By-The-Lake to continue after Rev. Hall was unable to lead services. Hall's idea was to provide a low-rent opportunity for Michigan priests to take a vacation to Onekama in the summer. In return, the priest would perform two services each Sunday in the chapel during their occupancy. The construction of the cottage was completed in 1924.

Rev. Hall retired from the ministry of St. John's-By-The-Lake on October 10, 1930. Since then, services have continued at the chapel each summer by faithful priests of the Church. This summer marks an important anniversary in the history of the Episcopal chapel; it has been 100 years since the first service was held there!

Services are held at the Chapel of St. John-By-The-Lake every Sunday morning at 9:00 during the months of June, July, and August.

adapted from "St. John-By-The-Lake and Its Founder: A Monograph" by Rev. Cleon E. Bigler [1959].

Submitted by Emily Bernard.



TICK TIME

The black-legged tick is one of several species in Michigan, all of which bite humans and may carry disease, but it is the only one that carries Lyme disease. They are so small that people may not readily see them. The infection rate with adult black-legged ticks is 25 to 40 percent and 10 to 20 percent with smaller, nymph-stage ticks.

Black-legged ticks were once only endemic in Menominee County. But it has since spread up the West Michigan shoreline. Ticks like moist, humid environments, in or near woody or grassy areas. They are partial to dune grass. So beaches are now a concern for tick bites.

The CDC suggests wearing long sleeves, long pants and socks and treating clothing and boots with DEET repellents or permethrin. Other standard precautions include wearing light-colored clothing and tucking pant cuffs into socks. Check your clothing regularly and do a daily body check. That goes for children as well. Prompt removal is essential. It takes 24 to 48 hours for Lyme disease to be transmitted from a tick to a person. Pets also should be given similar exams. Dogs are susceptible to Lyme disease and can carry ticks into the home, where they may drop off and find a human host. CDC recommends using repellent collars and treatments on pets that go outdoors.



LAKE MANAGEMENT UPDATE

Divers were in Portage Lake on June 2nd to survey the aquatic vegetation!

Additional staff from Lakeshore Environmental were also on the lake for 13 hours doing aquatic vegetation surveys and water quality monitoring. The divers collected samples of plant biomass that will be analyzed to assist in determining the exact treatment that will be most effective for the eurasian watermilfoil (ewm).

Initial GPS and AVAS surveys showed a smaller amount of ewm in the deep water than was expected. We will continue to monitor the lake carefully before and after treatment.

The water quality of Portage Lake continues to be considered **good**, with high water transparency and a healthy diversity of aquatic plants. We will continue to monitor the streams and storm drains to assure that the quality of our lake remains high.

COME TO THE FAIR



126th Annual County Fair!

The Manistee County Fair is August 21-25 at the Fairgrounds on M-22 in Onekama.

See their new website

<http://www.manisteecountyfair.org/events.html>

for the Grandstand events (nightly at 7pm),
4-H events and entry categories, Agricultural
Education offerings, and Midway info.

SUCCESS!!!

The Portage Lake Watershed Forever (PLWF) Council has successfully raised the money to purchase and forever protect 2.4 acres of wetlands on Portage Lake. The property, which has 342 feet of frontage along the east end of the lake, was deeded to Onekama Township as a Wetland Preserve. Such a designation ensures that the wetlands are protected forever as a vital habitat for fish, birds and vegetation.

A special thank you goes out to the many businesses, camps, marinas, restaurants, community organizations, individuals and families that gave an enthusiastic "YES" to financially help preserve our Wetlands. This community project was chaired by DeeDee Miller who did an amazing job of obtaining the funds to reach this goal in a very short time. Thank You!



OCS Community Ed Fall Workshops

*Beginning Quilting

In four sessions you learn the basics you need for completing a wall hanging or crib quilt. The workshops include fabric choice, cutting your pieces, basic machine piecing, machine and hand quilting. Supply list will be furnished prior to the workshop.

*T-Shirt Quilts

Everyone has them...a bunch of t-shirts from vacations, athletic events, school activities. You can't wear them, but you don't want to throw them away either. In this workshop, you'll be well on your way to making a personalized t-shirt quilt that will get those t-shirts out of the closet and transformed into something unique and fun. They make great Christmas and Graduation gifts! Minimal supply list will be furnished prior to the workshop.

*What Now?? Photography Workshop

You are comfortable taking photos, you've learned how to use your camera, now what do you do with all these pictures??? Join us for a two-hour workshop and explore the unlimited options like ordering prints on-line from Walgreens, creating a hard cover book, creating Christmas Ornaments, and the list goes on. Bringing your lap top with your photos is helpful but not necessary. The instructor will provide helpful hints to put those pictures to work for you.

*Conscious Discipline

Mondays, 6:30 pm-8:00pm (seven week series)

Conscious Discipline is the most comprehensive discipline program available. It is specifically designed to provide parents with the conscious awareness and skills needed to create safe, connected, problem-solving homes.

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We can discipline differently than we were disciplined, break the cycle of "do as I say, not as I do," and learn to discipline without permissiveness, aggression or guilt.

***Check the website <http://www.onekama.info> and click on Onekama Schools, or call Mary at 889-4251 for more info or to register for a workshop.**

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What is Happening at Onekama Consolidated School?

Fall 2012 OCS Continuing Education Exercise Classes

Classes begin Monday, September 17 - To sign up for classes, call 889-4251 before Sept. 15.

Indoor Cycling and Core (16 one- hour sessions)

Group exercise class for cyclists and those who desire a cardio workout that is intense but fun. This class also includes 15 minutes of core exercise in addition to the regular cycling class. Cycling portion is conducted on indoor upright stationary bicycles to high energy music. Focus on interval training and simulation of an outdoor ride. Some upper body workout also included. Beginners and experienced cyclists welcome. Class is instructor led, but self-paced.

Monday and Wednesday with Kim, 5:30 to 6:30 p.m. in the Activity Room \$50

Tuesday and Thursday with Leann, 5:30 to 6:30 p.m. in the Activity Room \$50

Indoor Video Cycling (8 one-hour sessions)

Like indoor cycling but with a video component which simulates traveling over terrain. Destinations include tropical islands, national parks and other scenic areas.

Saturday 8:30 to 9:30 a.m. in the Activity Room with Leann & Kim \$25

"Let's Play"- P.E. for Grown-Ups (NEW)

It's the newest fitness craze and it's taking East Coast gyms by storm with names like "Adult P.E." and "Old School Fitness." P.E. for Grown-Ups is an action-packed hour of fun and fitness. The sessions include a myriad of different activities and games...some you'll recognize and some you won't. Either way, we'll warm up, stretch and then, "Let's Play!"

Monday and Wednesday 6:45 to 7:45 p.m. with Leann \$50

Reveille Boot Camp (16 45-minute sessions) NEW format

Get up out of that bed and get cranking! Group fitness cardio and strength development class that uses weight machines, exercise equipment and resistance training in a circuit training format. Participants will also be introduced to Cross-Fit and Tabata training principles. When done regularly, and combined with nutritional modifications, this type of exercise is the most effective exercise for weight loss and quicker strength development.

Monday and Wednesday 6:15 a.m. to 7 a.m. with Leann \$40

Heart, Body and Soul (16 one-hour sessions) (NEW)

Using stretching techniques, elements of Pilates, yoga and other mind/body movement principles, this class helps those who seek a kinder, gentler workout. Emphasis on strengthening abdominal and back muscles, major upper and lower body muscles along with improving balance and stamina.

Tuesday and Thursday 6:45-7:45 p.m. in the Activity Room with Leann \$50

Indoor Climbing Wall (4 two-hour sessions)

Take your fitness to new heights. Learn the basics of indoor top-rope wall climbing. Instruction will include warm-up and stretching procedures, equipment and safety instruction, rope skills and climbing knots, low wall and traverse skills, climbing terminology, appropriate hand and foot positions, development of safe belay using self-braking belay device, route reading, and dead point skills. Parent/Child teams are encouraged, and children ages 10-15 must be accompanied by a participating adult. Participants will prove proficiency at the end of the class so that they may attend Open Climbing sessions. Equipment is provided by Onekama Schools.

Sunday Evenings 5:30 to 7:30 p.m. September 23, 30 and October 7 and 14 with Leann \$50 per person.

Parent and child rate is \$70.

Personal Fitness Training

Need a fitness plan that is more individualized? Fitness trainers work with clients to assess overall health and fitness levels and then help clients begin an exercise plan specific to individual needs. The \$100 package includes a two-hour fitness assessment and orientation, and two 1-hour sessions that introduce clients to their individualized programs. Contact Mary at 889-4251 to set an appointment.

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Watch For Upcoming Issues

The next **PLA newsletter** will be sent in October with the news for fall and early winter, including Christmas in Onekama.

The publishing schedule will be quarterly with issues in January, April, July and October. Thanks for reading!



FARMER'S MARKET

**in Onekama
every Friday at 2pm
on Main Street next to
the Onekama Guild building
and across the street from
the hardware store/Annie's
and Teddy's.**

Calling all readers who love to be creative!!



Announcing Onekama Originals...

On Nov. 17 at the school, PLA will sponsor the newly re-named event, *Christmas in Onekama*. In addition to the arts and crafts show, chili cookoff, church bake sale and Festival of Lights, a new event will be held. Anyone who wishes can make a decorated gingerbread house or structure of edible foods for entry in a silent auction. Try making one of your house or Portage Point Inn! The sky is the limit!

At the same time there will be a silent auction of live small potted fir trees decorated by creative groups or individuals. If you (or your group) makes glass, jewelry, pottery or embroidered, wooden, cloth or metal items you can create a tree that will be the talk of the show! Proceeds from the 2 auctions will be split 50/50 with the PLA and creative group/individual.

If you want more info, watch for the October PLA newsletter and start dreaming of your decorated house or tree!



JULY 2012 NEWSLETTER

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