



NEWSLETTER

JANUARY 2017

VOLUME 13, NO. 1

JANUARY 2017 PRESIDENTS LETTER

My dear Portage Lake Association Members and dear friends.....

This is my last newsletter to you, my term has come to an end and I want to thank the PLA members and friends for being generous with your smiles and well wishes and your fantastic support to the PLA.

I am so grateful I got what I wanted for Christmas.... I got to wish all of you a great and exciting New Year..... We had a mild fall and then winter hit in December. How beautiful, a true winter wonderland.....picturesque.

It has been a busy year for us and it ended on a peaceful note.

Our Christmas in Onekama was very successful with over 40+ vendors, offering lots of wonderful items. The PLA sold poinsettias and fresh wreaths. The Chili Cook-off gave us a chance to sample so many delicious kinds of chili. We celebrated afterwards at M22 grill with a great dinner and good friends..... The following day was the lighting of the tree at the Farr Center and the reading of the memorial and in honor of names. The reading of the names was such a solemn and peaceful experience.

Afterwards we all came inside the Farr Center with Christmas music playing, hot chocolate and cookies and a delightful get together with neighbors and friends for some caroling. A special thank you to Pat Pomaranski, Jeff Sternberger, Frank English, Beth McCarthy and Susan Barnard. We couldn't have done this without you.

I would like to introduce your new president, Julie Lapinski. Check out the "Person You Should Know" feature to find out more about Julie and to see a picture of her with her grandchildren. Julie is energetic. She is looking forward to the challenge of next year and has her sleeves pushed up and is ready to dig right in and get started. She is a true asset to the PLA. We welcome you, Julie!!

In this newsletter you will see a list of the 2017 Officers, Board of Directors and Committee heads. I want to welcome all of you for sharing your time and talents in making the Portage Lake Association the success it is.

In closing, I MUST say **thank you** to my board, my officers and my committee heads. You have been my backbone, you have always been there for me. Not only did you do a great job but you jumped in and volunteered again if I needed an extra set of hands to help that project succeed. I was blessed. Thank you!!

Diane M. Bess

Portage Lake Association APPLICATION FOR MEMBERSHIP

Name _____

Address _____

Phone _____

Email Address _____

I am a New Member _____ I am a Renewing Member _____ I would like to volunteer, please contact me _____

*Make checks payable to: Portage Lake Association • \$30 for one year family membership
Mail Payments to: Portage Lake Association, P.O. Box 493, Onekama, MI 49675*

**THANK
YOU**

A heartfelt thank you to Diane Bess, the 2016 Portage Lake Association President, for all the time and energy she devoted to the Portage Lake Association and our community this year. Under her leadership, along with her many volunteers, the Portage Lake Association continues to make the Portage Lake area a great place to live, play and work. We are so pleased that Diane will continue as Vice President for the Portage Lake Association this coming year. Her contributions are invaluable. Thank you Diane

A Person You Should Know...



My name is Julie Lapinski, and I am truly excited about becoming President this year of such an outstanding organization as the Portage Lake Association.

I retired from the Calhoun Intermediate School District where I was a therapist for 20 years, working with physically impaired children. My husband, Rich, worked for the Kellogg Company as Director of Engineering after 35 years. We have three sons, all of whom graduated from the University of Michigan (Go Blue). We have also been blessed with two beautiful grandchildren.

My husband and I have been vacationing in this area for the past 20 years - usually traveling on our bicycles. We retired and built our home in Onekama two years ago. We enjoy hopping on our bicycles riding through this beautiful area or stepping out our back door to run, hike, snow shoe or kayak.

We have also been very fortunate to meet so many wonderful people in the Portage Lake Association and this community. We hope to meet many more of you in the coming year and look forward to another great year for the Portage Lake Association and all their endeavors.

Happy New Year!

Julie Lapinski,
President, Portage Lake Association

Onekama Township Board and Fire Department 2016 Activities

2016 has been a memorable year for the Onekama Township Board and Fire Department:

Clerk Helen Mathieu is looking forward to some well-deserved retirement time, after 34 years of dedicated service to the Township.

New Clerk is Shelli Johnson of Onekama. Shelli is a member of the Onekama Fire/Rescue Department. Her husband, Rob is also a member of the Fire/Rescue Department. They are owners of Papa J's Ice Cream and Eatery in Onekama. Daughter Kaitlin is on the Fire/Rescue Department and is attending Baker College; daughter Ashley is attending Central Michigan University.

Mary Lou Millard, former Office Manager, is the new Deputy Clerk.

The Township has accomplished many projects during 2016:

Among them: Completion of the \$390,000 Langland Park project. This includes adding new gazebos, handicapped accessible walkway and Mobi mats to access Lake Michigan, installation of new vault toilets, improving the original gazebo and securing walls around it, paving and striping of the parking lot.

The township approved development of a universal handicapped accessible kayak launch at the DNR launch site and is awaiting approval from the DNR.

Various township roads have been graveled. Several hazardous trees have been removed from parks. A new Bertelson Cemetery sign has been placed at the cemetery. The township co-sponsored Trash Day with the village.

The interior and exterior of the township hall have been painted; the hallway and bathroom floors have been tiled, the furnace room has been converted to a kitchenette, the heating/hot water system has been updated, one large and two smaller copiers have been purchased. The parking lot has been seal-coated and parking lot drain repaired.

The Onekama Township Fire Department most notably upgraded its ISO rating from 9 to 8B.

The department has been very fortunate in receiving several grants. From the Michigan Townships Participating Plan the department received funding for backup cameras and chevron on several of the department vehicles totaling \$3,776. It also received grant funding from the local Revenue Sharing Board for 2 new chainsaws, 5 carbon fiber SCBA cylinders, and help with upgrading the lights in the fire hall to LED's, altogether totaling more than \$4,400.

The department started off the year with a new 2016 Ford Explorer for its Emergency Medical Response vehicle, which is proving to be an efficient and economical way to respond to the many medical calls that it receives.

To finish the year, the department has slated for delivery (around the middle of December), a 2017 E-One Watermaster 3,500 gallon vacuum tanker. It will be replacing the current Kenworth tanker 102 that is finding a new home with the Hovland Volunteer Fire Department in Minnesota. The new truck will be an excellent match for our International-Alexis pumper.

Find us on
Facebook!
"Onekama
Township
Fire and
Rescue".

Submitted by
Mary Lou
Millard,
Deputy Clerk

ONEKAMA TOWNSHIP OFFICES:

5435 Main Street, P.O. Box 458, Onekama, MI 49675

Hours of Operation

Monday, Tuesday, Wednesday 9 am - 2pm

(231) 889-3308 • Fax: (231) 889-5587

Township Board Meets First Tuesday at 9 am

Planning Commission Meets Third Thursday at 7 pm

Zoning Board of Appeals Meets as required

BURNING PERMITS: *Burning permits issued by
visiting www.dnr.state.mi.us/burnpermits*

Summary of the Draft Village of Onekama 11/16, 2016 minutes

(for the complete minutes, visit Onekama.info)

Kevin Hughes/ Onekama School principal, gave school update: enrollment at 435 students, up from last year/ only school in the county with a wood shop, and college and tech prep classes are available to the students.

Zoning: Blarney Castle Oil Co. application and processing for a Special Use has been finalized. The Special Use Permit will be issued in accordance with the Zoning Ordinance after a full settlement of any outstanding escrow balance. Demolition of the Storage/Rental buildings (as proposed) has been completed. The ZA will also be following up on concerns brought to his attention with regard to miscellaneous alleged zoning ordinance violations.

Park Policy-work continues on amending to bring it up to date.

Due to the volume of people using the park this season the need for additional "No dumping of "household refuse" signage be posted.

Thanksgiving Pie Fundraiser

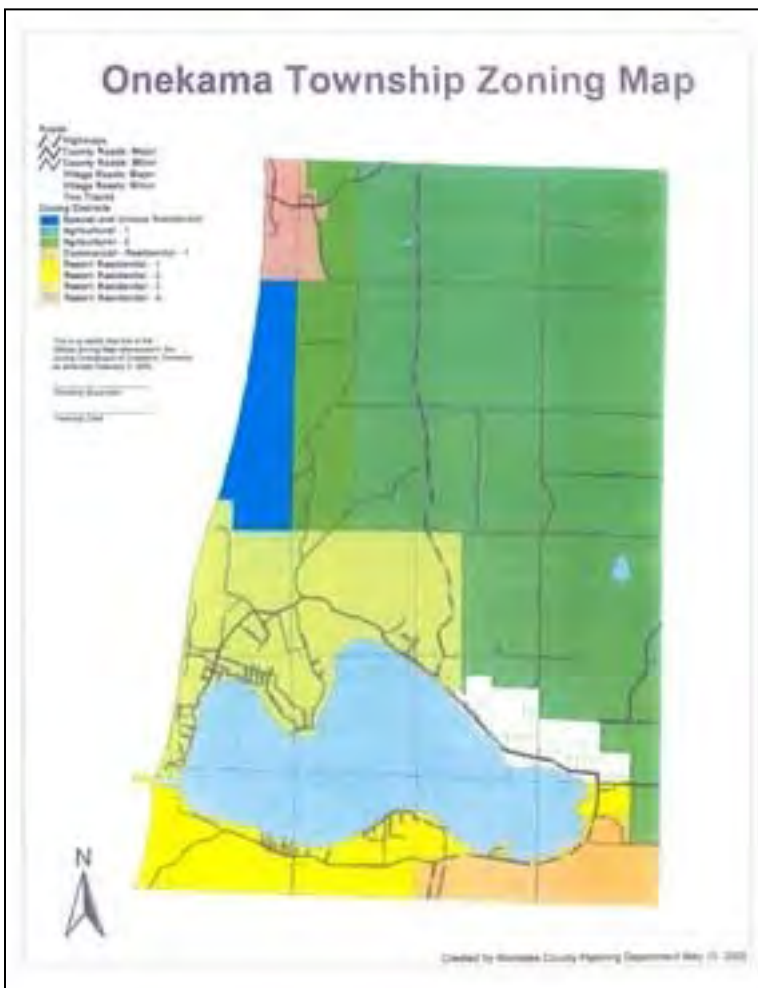
By: McKenzie Bradford and Elizabeth Domres

During the month of November, the Onekama Parent-Teacher Organization (PTO) had a pie fundraiser. Elementary students were selling pies to be able to afford a Good Behavior Ski Trip to Crystal Mountain and help raise money for educational field trips. The nine inch pies that were available were Pumpkin, Triple Berry Crumb, Apple Crumb and Cherry Crumb. The Glenwood restaurant, located in Onekama, generously made and baked all of the pies that were sold. They used the school's kitchen to make all the pies. The elementary students sold approximately 600 pies and made a total of over \$6000 in profit! Each student was in charge of selling their own pies. The class who sold the most pies won a pizza party. The student who sold the most pies won a gift certificate to Crystal Mountain Resort.

Ben Mauntler's second grade class sold the most pies. In that class is a young boy named Nelson Catanese. Nelson sold a total of 45 pies making him the grand winner. Nelson said that he was able to sell all of his pies by going to a pancake breakfast where he walked around and sold them. Nelson said that he plans on spending his gift certificate soon but doesn't know what it will be on. With the help of the Glenwood and the participation of students the fundraiser was a huge success.

Thanks to all of the volunteers: Donna Ervin, Heather Volekema, Stephanie Quinn, Rachel Catanese, Liz Bennett, Sally Catanese, Toria Short and Brooke McIsaac and Smelters, for donating the fruit.





Summary of the November Portage Lake Harbor Commission Report

The Portage Lake Harbor Commission continues to work with Federal and State agencies in an effort to secure necessary funding for repairs to the Harbor Channel Structure. This year \$250,000 of \$800,000 in funding from the Michigan Waterways Commission is being used for a complete engineering study of the channel and infrastructure. The balance will be used for structural repairs. We are working with both Federal and State officials. The study should be finished and the repair work begun in 2017. The Harbor Commission will continue to work for complete funding for all necessary repairs.

The Portage Lake Harbor Commission meetings are on Thursdays, at 7 p.m. in the Onekama Township Hall.

**Next meeting date is:
February 16, 2017**



Historic Vogue Theatre

The Historic Vogue Theatre of Manistee is a wonderful asset to our community. The Non-Profit 501(c)3 volunteer-run cinema is committed to bringing the best in cinematic programming to Manistee County.

Because of the generous support of members, volunteers, and donors the Vogue is able to offer reasonably-priced tickets, the most affordable concession in the area, educational programs, low-cost screenings for kid's groups, 25-cent kids matinees, and free community events throughout the year.

Members are the backbone of the Vogue. Memberships bring great perks and discounts each time you visit the Vogue, and at the same time help further the mission to bring the best and biggest movies to our community. From the year's biggest blockbusters to critically-acclaimed independents and award winning titles, the Vogue strives to bring the utmost variety to audiences. VOGUE MEMBERS MAKE THIS POSSIBLE. With careful fiscal management the Vogue operates in the black and manages the remaining \$700,000 building restoration debt. Last year an Annual Fund drive was initiated which will provide a "cushion" to assure continued success. VOGUE DONORS MAKE THIS POSSIBLE. A small, dedicated staff is employed by the Vogue, but the heart and soul of the operation are the Vogue Volunteers. On any given day you will see passionate volunteers working the box office, serving up delicious popcorn, and ushering patrons to their seats. The Vogue is always looking individuals to volunteer as well as groups (high school sports teams, civic groups, clubs, businesses, etc.). VOGUE VOLUNTEERS MAKE THE VOGUE POSSIBLE.



If you are interested in volunteering at The Vogue, please register online at <http://voguetheatremanistee> or contact Sara Herberger, Volunteer Coordinator. Call the theatre box office at 213-508-8005 to request membership information. Donations may be payable to "MCCF-Vogue Theatre Annual Fund" (write Vogue Theatre on the memo line) and mailed to: The Vogue Theatre PO Box 291 Manistee, MI 49660.

The Vogue Theatre Project is the largest community-based, volunteer-led project in Manistee County's recent history, and the model is working wonders for our community. Members, donors, volunteers and patrons have brought new life to the Vogue Theatre which first opened as a cutting-edge movie house in 1938. Please consider making a donation, becoming a volunteer, joining the membership program, or enjoying quality film with your friends and family. Each dollar you spend here helps protect a valued treasure of Downtown Manistee!

FOOD PANTRY SERVES MANY FAMILIES

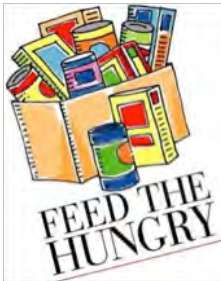


The St. Joseph Food Pantry in Onekama serves 150+ families monthly with fresh, canned, frozen and prepared foods as well as some personal care products. Many families in our area depend upon this service to make ends meet between paychecks.

The pantry relies on volunteers and money donations to do their work each month in the basement of St. Joseph Church on 5th St. in Onekama. You can make donations of food and other goods on the day before the distribution date. Monetary donations are preferred however as they can be applied more broadly and fill areas of need.

Monetary donations can be mailed to St. Joseph Food Pantry, PO Box 150, Onekama, MI 49675.

If you have any questions, contact Leslie Osborn at 231-864-2509



Community Assistance

Ask 2-1-1 www.call-211.org
This is for NON-Police and NON-fire emergency services.
Human Services, Non-Emergency Services only

**Manistee Council on Aging
Meals on Wheels**
457 River Street
Manistee MI 49660

(231) 723-6477
Open 8 a.m. – 4:30 p.m., Mon-Fri
Lunch served daily at noon



Service Organizations

Junior Clio Club
onekamajrclioclub@gmail.com

League of Women Voters Manistee County

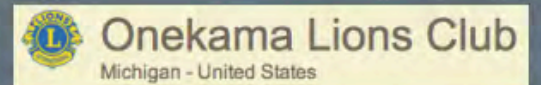
c/o Laurie Mason
3545 Glovers Lake Road
Arcadia, MI 49613

Onekama Lions Club
P.O. Box 321
Onekama, MI 49675
Website
231-889-9611

Portage Lake Association
PO Box 493
Onekama, MI 49675
information@onekama.info

Portage Lake Garden Club
PO Box 494
Onekama, MI 49675

Portage Point Summer Resort Corp.
PO Box 464
Onekama, MI 49675



2017 Portage Lake Association Officers, Board of Directors and Committee Heads

<u>Type</u>	<u>Title</u>	<u>Name</u>
Officer	President	Julie Lapinski
Officer	Past President	Al Taylor
Officer	Vice President	Diane Bess
Officer	Treasurer	Evie McNeil
Officer	Secretary	Mary Jo McElroy
Board Member	3 year (in 1 st year)	Nikki Torrey
Board Member	1 year (in 1 st year)	Barb Wolverton
Board Member	2 year (in 2 nd year)	Frank English
Board Member	3 year (in 2 nd year)	Al Garbrecht
Board Member	1 year (in 1 st year)	Jon Phillips
Board Member	1 year (in 1 st year)	John Wemlinger
Board Member	1 year (in 1 st year)	Wendell Brooks
Board Member	2 year (in 2 nd year)	Jean Capper
Board Member	1 year (in 1 st year)	Vicki Strevey
Board Member	1 year (in 1 st year)	Shelli Johnson
Committee Head	Petunias CoChair	Jon Phillips
Committee Head	Petunias CoChair	Tammy Messner
Committee Head	Petunias CoChair	Marilyn Acker
Committee Head	Fall Festival CoChair	Jeff Sternberger
Committee Head	Fall Festival CoChair	Susan Halloran
Committee Head	Xmas Lights and Banners	Chuck Reed
Committee Head	Lake Information	Mary Reed
Committee Head	Concerts in the Park	Steve Szilvagyi
Committee Head	Onekama Days	Al Taylor
Committee Head	Pig Out for Scholarships	Bruce Peabody
Committee Head	Beer Tasting	Steve Szilvagyi
Committee Head	Fireworks	Paul Mueller
Committee Head	Car Show	Frank English
Committee Head	Membership, Welcome	Faye Backie
Committee Head	Publicity	Faye Backie
Committee Head	Web Site, FB Publicity	Al Taylor
Committee Head	Scholarships, School Proj	Roz Jaffee
Committee Head	Citizen of the Year	Margaret Punches
Committee Head	Christmas In Onekama	Pat Pomaranski
Committee Head	Craft Show	Pat Pomaranski
Committee Head	Celebration of Lights-Tree	Frank English
Committee Head	Celebration of Lights	Susan Barnard
Committee Head	Chili Cook-off	Jeff Sternberger
Committee Head	Farr Friends	Mary Fairgrieve
Committee Head	Newsletter Editor	Jean Capper
Committee Head	Fundraiser CoChair	Al Taylor
Committee Head	Fundraiser CoChair	Diane Bess
Committee Head	Winterfest	Jamie Miester
Committee Head	Sorenson Memorial	Mary Fairgrieve

The Onekama Lions Club wrapped up 2016 with several special events

Pam Schroeder completed her term as Lions District Governor. Onekama Lions hosted an appreciation dinner in celebration of Pam and her chauffeur/gofer Dan Gibbons. It was



attended by many Lions dignitaries from around the state, plus Pam's family, friends and fellow club members. We are very proud of you, Past District Governor Pam!

The Lions held a new event, a Halloween party for the Onekama community. 100 attendees enjoyed a costume contest, games,

Trunk or Treat, and free snacks. We are already discussing enlarging the party for 2017. Pictured are the winners of the costume contest and some of the Lion volunteers, Lions Bob Baker, Dan Gibbons and Bill Lotz.

An annual event, our holiday visit to the Manistee County Medical Care Facility took place December 18th. Lion Phil Coryell played Santa, and residents enjoyed carols and cookies.

During winter 2017, we hold meetings the 2nd & 4th Monday nights at Shirley's at 6:45pm. Visitors and prospective members are welcome.

Our first Onekama Days planning meeting is tentatively scheduled for Saturday January 14th at M22 Grill at 9am. Please give feedback and suggestions to Lions Club members.

For updates on Lion activities please like the Onekama Lions Facebook page.

Lion Roz Jaffe



A PLACE TO PLAY:

ONEKAMA

Portage Lake Covenant Bible Camp, (2-3 indoor courts), 4158 Camp Delight Rd. Open play, all levels.

Tues/Thurs, from 2-4 pm and 5-7 pm (all levels)

REMINDER: CLOSED Thurs, Nov. 24th (Thanksgiving)

Note fee change: We will be collecting a donation of \$50 for the fall season (Oct-Dec), and \$50 again for the winter (Jan-Mar), this year, or \$5/day for individual sessions, to show our appreciation for the use of their facility. Please make your checks payable to Portage Lake Covenant Bible Camp, for this tax-deductible donation and give them to Jan Exo or Jeff Wagar for delivery.

TOURNAMENT NOTES:

Save the date for a great afternoon of fun: Saturday, Feb. 4, 2017, at the 5th annual PVCC "Fire and Ice" tournament in Arcadia. Details will be forthcoming on our Facebook page, or contact Sue at walker912@charter.net.

Want more information? Please send an e-mail to Margaret Zimmerman (Club Secretary) mzimmermans@yahoo.com;

Recycle Responsibly!

Recycle responsibly!!!! Bins are located in the Onekama township parking lot.

What is acceptable?

Paper: Printer Paper, Envelopes, Unwanted Mail, Newspaper, Magazines, Catalogs, Phonebooks, Paper Bags, Cardboard, and Cereal Boxes

Plastic: Bottles, jugs, containers marked #1-7 (Empty and rinsed) and Grocery bags marked #2 and #4 (clean and dry)

Metal: Steel Cans, Tin Cans, Aluminum Cans, Aluminum Foil, Empty Aerosol Cans (all empty and rinsed), lids to bottles

Glass: Empty, rinsed and lidless bottles and jars of any color

Questions? 855-246-9346 or visit manisteecounty.mi.gov

Christmas in Onekama

The weather outside was frightful (well not too bad in Onekama) but the inside craft show was great. We had 45 vendors, poinsettias and wreaths were sold. The churches sold out of their baked goods. Of course the chili cook-off warmed us up. Rosie's won best chili again. The student council and national honor society students were a tremendous help to us! This is an event not to be missed

next year! Thank you everyone who helped us out!
Pat Pomaranski

A Christmas Ornament from Onekama, with a little bit of Lake Michigan Sand

*Photo by
Michael A
Nicholson*

*Ornament
was
purchased
at
MacBeth's
around 5
years ago*



Santa Visits Onekama



The Jr. Clio Club of Onekama invited children, parents, grandparents, and friends to visit with Mr. and Mrs. Santa at the Farr Center in Onekama on December 3.

This was Mr. and Mrs. Santa's 53rd annual consecutive visit sponsored by the Jr. Clio Club. It was a warm and festive party with cookies, punch, and coffee being served while Christmas music played and each child received a gift from Santa

Portage Lake Watershed Forever

DECEMBER 2016

STATE OF THE LAKE - (Pretty Darn Good!)

Stream Monitoring - Although we monitor seven streams in the Spring and Fall as they enter Portage Lake, we have not, until recently, had resources to do any upstream monitoring. So, using some of the funds donated to PLWF by Manistee's 100 Women Who Care, we decided to take a look at the phosphorus, nitrate and sediment levels in five of those streams. If we find conditions that require remediation, we'll use the remainder of the money to implement corrective steps as warranted. If you would like to help with this project, please let us know!

Eurasian Watermilfoil (EWM) - When the lake was surveyed in late September for EWM there was not enough growth found to warrant another treatment this fall. There doesn't seem to be a ready explanation for the reduction in growth and it's too soon to consider the problem solved: in 2012 there were only 22 acres of EWM found; in 2013 the number jumped to 145 acres.

Phragmites - There isn't much of this invasive left around the lake but report and treatment maps will be available at the end of the year. Still, the pest was surveyed and treated this fall, along with purple loosestrife, Japanese knotweed and yellow iris.

Bryozoa - The picture to the right is really *not* an alien life-form but a colony of thousands of freshwater invertebrates that sway back and forth in the water to catch plankton in the water - a little like the polyps in corals. The ones that were spotted in the Easy St. canal earlier this fall were the size of volleyballballs and created a bit of a buzz. However, our lake manager confirmed that they were harmless and should cause no concern.



Our meeting with the Lake Manager is planned for late January at which time we will get a more precise report. Check our website for an update.

UPCOMING YEAR - The watershed has a long list of "New Year's Resolutions" we hope to accomplish during 2017... as do many of you. Tops on that list is our commitment to update the Watershed Plan, which will be no small feat. We know that we can count on you to remain informed and supportive in maintaining the health and vigor of our watershed and thank you.

CHANGING OF THE GUARD Watershed Executive Committee

Marked with civility and efficiency, the election of the 2017 PLWF Executive Committee was held during its Annual Meeting on December 6th. If there were any barbs thrown or outrageous amounts of money spent to achieve the following results, they have not yet been disclosed:

Al Taylor will serve as *Chair*. Al, who wears many hats successfully, brings knowledge, experience, and energy to the post.

Mary Reed, chair for the past five consecutive years - the limit established by our by-laws—will remain on the Executive Committee as *Past Chair*.

Ted Lawrence was elected as *Vice Chair*. While relatively new to the Council, Ted's interest in the watershed and his organizational skills make him a good catch.

Jim Simons remains the *Treasurer*. Be assured that our financial records remain in good hands.

Kathy Ervin agreed to be *Secretary*. She comes full circle in that capacity as she has held, with the exception Treasurer, all the other posts.

Current Council Members are Bee Capper, Frank English, Susan Halloran, Herb Lenon, Jamie Meister, Jim Mrozinski, and Lee Nordloh.

Council meetings are held at 7 PM on the last Tuesday of the month at the Farr Center in Onekama.
All are welcome.

PLAN AHEAD If there was more growth this summer of emergent plants along your shoreline, remember that you need a permit to treat them. Additional information is available on our website or from <http://www.michigan.gov/deq>



What's better than buddy reading? Seventh grader Elizabeth Sidor enjoys reading with Kindergartener Jayden Creel.

Building a School Community

On Wednesday, November 23, the students of Onekama School gave thanks for the many blessings provided by the close relationships afforded by their K-12 school.

"A great advantage of having all grades under one roof is that it allows us to develop bonds between older and younger students," explained Onekama Middle School teacher Megan McCarthy.

"On this day before Thanksgiving, we thought it would be a great opportunity to bring multiple grade levels together to strengthen the bonds of our community," added McCarthy. "We can give older students a chance to be role models, and we can provide a meaningful learning opportunity for our younger students."

Middle school students moved around the elementary school on Wednesday, helping with a number of projects and getting to make new friends in the younger grades. Some classes explored apps on student iPads, built towers together, and constructed Lego cities.

Others spent time reading aloud to younger students, or listening to their buddy build reading fluency and stamina as they read aloud to them. Students also helped with structured writing assignments and art projects.

The day was designed to combine fun, learning, and a chance to grow new friendships.

Concluded McCarthy: "In this season of Thanksgiving, these simple acts of togetherness and respect for one another are among the most valuable educational experiences we can offer our students."

Hidden Under The Snow

Although the snow is covering the ground, planning for the 2017 Petunia Parade is underway.

The Petunia Parade committee is excited to announce the addition of Larsen's Landscaping to the team. Their assistance with plot preparation will be a tremendous help to the overall success of next summers Petunia Parade.

Please join the Petunia Parade committee and the 80+ volunteers in welcoming Larsen's Landscaping as a partner in helping to beautify M22 through the Village of Onekama.



Petunia Donation Form

Each summer, M22 running through Onekama comes alive with a multitude of color. Volunteers plant and maintain over 3,000 petunias.

We invite you to help continue this beautification project by making a donation to the Petunia Parade. All proceeds go directly to the purchase and maintaining of the petunias.

Thank you for your support.



Your Name _____

Your Address _____

City _____ State _____ Zip Code _____

Home Phone Number _____ Cell Phone Number _____

Enclosed is my gift of \$ _____

Please make your check payable to: Portage Lake Association.

Mail your contribution to: Petunia Parade
P.O. Box 493
Onekama, MI 49675

WINTER 2017 12 Week Session

Classes start Tuesday, Jan 3 and conclude Saturday, March 25, 2017

MASH UP! Cycling, Bodyweight Strength and Core Training

Combine Indoor Cycling with Bodyweight and Core training and mix it up. You have the newest cycling hybrid class that is sweeping the country in gyms everywhere. Tired of grinding it out on the indoor bike for an hour? Each high energy music track requires a change of activity. Bodyweight Strength training uses your own body as resistance and Core training creates rock solid abs and back.

Tuesday and Thursday with Leann and Amber 5:30 to 6:30 p.m. in the Activity Room. \$75 for 24 sessions.

Beginning Karate

Beginners 5 years and up and welcome and families encouraged. Students are introduced to the Matsumura Seito style of Karate and learn the basic blocks, kicks and strikes along with some self-defense techniques and beginner katas. Students should wear comfortable clothes that allow good movement. Come prepared for physical activity and fun!

Saturday 9:30 to 10:30 a.m. with Duncan in the Activity Room.

12 sessions for \$40 per person or family rate (two people) \$75

Intermediate Karate

Have some martial arts experience or want to take the next step beyond beginner karate? Intermediate Karate introduces students to additional katas, intermediate techniques, and beginning sparring.

Wednesday 6:45 to 7:45 p.m. with Duncan in the Activity Room. 12 sessions for \$45.

SPECIAL WORKSHOP

Basic Self-Defense (3 two-hour workshops)

This class introduces participants to self defense with a "hands on" practical technique learning. No prior experience or physical fitness requirements necessary. Participants are guided through proven techniques to defend against common attacks. Participants should wear comfortable clothing that allows good movement and also be prepared for controlled light physical contact with other students in order to perfect techniques.

Saturday, Jan. 7, Jan. 14 and Jan. 21. 10:45 -12:45

With Black Belt Duncan McColl:

Power 60

Sixty minutes of indoor cycling, jogging, core strength training, balance, flexibility and agility in interval format to heart pumping music. We use every "toy" in the house: BOSU balls, stability balls, slam balls, light weights, battle ropes, even Solo cups!. This hybrid class provides the best of everything in the fastest 60 minutes of your day. No boredom allowed in this session. It's all about never doing the same thing twice. Moderate to high intensity workout.

Monday and Wednesday 6:00 to 7:00 a.m. with Leann in the Activity Room. 24 sessions for \$75

Gentle Yoga

Gentle Yoga provides the proven benefits of yoga, better posture, balance, strength, stress relief and improved mind body connection, in a modified and less strenuous form. Positions are not as rigorous and movement is slower with care taken to insure a gentle yet thorough and restorative yoga experience. Perfect for beginners or those who prefer a less intense workout.

Tuesdays and Thursdays 5:30 to 6:30 p.m. with Sky in the Media Center. 24 sessions for \$75.

Stretch, Strength and Balance

A strong core, flexibility and balance are your most important assets regardless of your fitness level. This class incorporates core strength training, light weight training upper and lower body workouts, stretching and balance practice for an overall effective yet not so strenuous workout.

Monday and Wednesday with Tonya 4:15 to 5:15 p.m. in the Activity Room 24 sessions for \$75.

Barre and Cardio

Like to stretch but need a bit more? This fun 45-minute class combines barre exercise emphasizing stretch and strength, with up tempo music and simple barre moves that will increase your heart rate to a moderate level. No tutus required, just exercise based on FUN!

Tuesdays and Thursdays 4:30 to 5:15 p.m. with Leann in the Activity Room 24 sessions for \$60

POUND!

High energy fun that doesn't look like a workout, POUND is a full-body cardio jam session combining light resistance with drumming using POUND RipStix. This 45-minute percussive workout fuses cardio, pilates, isometric movements, and rhythm to today's hits. It's been on every major talk show and is now offered around the world. Check it out on Youtube by searching "Pound Fit." Get your Rock Star on and prepare to sweat!

Monday and Wednesday, 5:30-6:15 p.m. with Leann in the Activity Room.

24 sessions for \$60

ZUMBA

"Ditch the Workout...Join the Party." It's a crazy fun workout that looks more like a high energy dance party. No complicated moves and no dance experience required. Just follow along and enjoy better cardio endurance and toned muscles.

Tuesday and Thursday, 6:30 to 7:15 with Amber in the Activity Room. 24 sessions for \$60.

Onekama Athletic Boosters
5016 Main Street
Onekama, MI 49675
E-Mail: oab@manistee.org

Walking Track and Fitness Center Hours

Monday - Friday	5:00am - 8:00am & 3:00pm - 9:00pm
Saturday	8:00am - 10:00am
Sunday	1:00pm - 3:00pm and 6:00pm -8:00pm

Note: Walking Track is closed during Athletic Events.

Applications for key cards to the walking track and fitness center are available in the Superintendent's Office (Hours are Monday - Friday 8am-3pm).



JANUARY 2017 NEWSLETTER

planewsed@gmail.com, Newsletter Editor

Portage Lake Association • P.O. Box 493 • Onekama MI, 49675

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Farr Friends - Winter/Spring Schedule

Thursdays from 2-4 pm at Farr Center

A great way to beat cabin fever or winter boredom each week is to come to the Farr Center and join in the fun.

Cards, games, lectures, craft demos and the company of others makes the day (and week) a lot better! Bring a game, puzzle or a craft to work on or join in with others. Instruction for many games is provided. Everyone is welcome

to participate. This is a free community service sponsored by the Portage Lake Association (PLA).

NOTE: *Farr Friends is cancelled if the library is closed due to weather conditions that day.*

Jan. 5- Games, crafts and Conversation

Jan. 12- History of Little Eden Camp- Wayne Faber, exec. director

Jan. 19- Games, crafts and Conversation

Jan. 26- Games, crafts and Conversation

Feb. 2 - Games, crafts and Conversation

Feb. 9- Games, crafts and Conversation

Feb. 16- Hearts and Hands Stove Building in
Guatamala- The Garbrechts

Feb. 23- Games, crafts and Conversation

March 2- Games, crafts and Conversation

March 9- Games, crafts and Conversation

March 16- Games, crafts and Conversation

March 23- Travel Log -Cruise from Dubai to
Singapore- Gravlins, Backie & Szilvagy

March 30- Games, crafts and Conversation

April 6- Games, crafts and Conversation

April 13- Games, crafts and Conversation

April 20- Games, crafts and Conversation

April 27- Games, crafts and Conversation

May 4- Games, crafts and Conversation

May 11- FREE Rummage Sale-Donate if you have; take
what you need!

Extended hours are planned so that all can participate!

May 18- Tour of Onekama Cemetery and First Schoolhouse-Linda Joseph

May 25- Games, crafts and Conversation



ARE YOU NEW TO THE AREA OR DO YOU HAVE A NEW NEIGHBOR?

The Portage Lake Association's Welcome Committee would love to welcome new neighbors! Contact Julie Lapinski at 269-832-2392 to arrange a time for the delivery of a welcome bag.

*Spread the
Word!!*