



Around the Shores Newsletter

June 2025

GUESTROOMS AT MICHIGAN SHORES, SUMMER AVAILABILITY

Members, we still have some availability for the two guestrooms this summer.

North Guestroom (two twin beds)

July 1 -16th all available

July 21st – 25th all available

August 10th – 30th all available

South Guestroom (one queen bed)

July 15th – 31st all available

August 1-31st all available

It's a great time to invite your friends and family to come visit this summer, at a nominal rate of \$100 per night.

~ Shirley R. (office)

*My wish for you is that
you continue,
Continue to be who
and how you are,
to astonish a
mean world with
your acts of kindness,
continue to allow
humor
to lighten the burden
of your tender heart.*

Maya Angelou

~ Dodie Bedell #310

Shorebirds Community Connections

On Wednesday, June 11th, at 10am in the Great Room, Shorebirds is inviting all of us to learn about the Elberta Waterfront Community Conservation Project.

Bring a friend from our Benzie County area who might be interested, if you like.

Barb Heflin, from the Grand Traverse Regional Land Conservancy, will provide an update on this project. With the support of many of us, the Conservancy raised a significant amount of money to protect 35 acres along Lake Michigan and Betsie Bay shoreline. Barb will share with us the next steps in the project.

These steps include:

- 1) Designing a 10-acre nature sanctuary
- 2) Planning to expand the public park
- 3) Completing the long-awaited Betsie Valley Trail extension
- 4) Working with the village of Elberta and the State Land Bank

Authority on community aligned redevelopment plans for 9 acres east of Waterfront Park.

There's a lot in the works! Come to understand and ask questions about this very significant development in our "backyard".

~ Shorebirds Executive Committee

JUNE SMILERS

WARNING: If you get abducted by a group of mimes, they will do unspeakable things to you.

After watching dozens and dozens of crime dramas, I've come to the conclusion that serial killers only target women with matching underwear sets.

Feeling so much safer now.

The inventor of the Wind Chill Factor
died recently.
He was 82,
but he felt like he was 62.

Life is short-
This year, make bad decisions
faster.

Dodie Bedell #309 or #310

Book Club

Michigan Shores Book Club will meet on Monday, June 16th, at 3pm in the Gertie Bell Room on the third floor. We will meet for about an hour.

Our chosen book this month is The Dictionary of Lost Words by Pip Williams. This bit of historical fiction follows the creation of the Oxford English Dictionary through the main character, Esme. As she grows and matures and becomes a lexicographer herself see the importance of words in literature and in culture.

Future meetings:

July - No Meeting (summer break :-)

August - The Absolutely True Diary of a Part Time Indian by German Alexis

September - Viola by Isabel Allende

All are welcome!!!

June Birthdays

03 – Jim M. (308)

03 – Irena L. (301)

15 – Linda A. (102)

15 – Ginny I. (204)

23 – Lorry H. (315)

Happy Birthday from all of us at MSC, if we missed your birthday, we're sorry and please let the office know.

Special Dates and Events in June

04, 05, 06 & 9 – Shirley off

03 – North Garage Sweep

04 – 10 a.m. Benzie Bus Presentation in The Great Room

04 – South Garage Sweep

11 – Grand Traverse Land Conservancy presentation at 10:00 a.m. in The Great Room

15 – Father's Day

19 – Juneteenth

20 – First Day of Summer

24 – Board Meeting 10:00 a.m. in The Gertie Bell Room

26 – TruGreen Weed and Feed lawn application, please keep pets off the lawn for 24 hours.

With Memorial Day just around the corner, it made me think of members who used to live here, and have since moved, if you're up for writing a postcard, I'm sure they'd love to hear from you.

Kay Fischer

c/o Frankfort Pines
119 Airport Road,
Frankfort, MI 49635

Susan Heacock

c/o Frankfort Pines
119 Airport Road,
Frankfort, MI 49635

Maren Hull

c/o Frankfort Pines
119 Airport Road,
Frankfort, MI 49635

Gerry Hyams

32001 Cherry Hill, Apt 115
Westland, MI 48186

Margaret Chalmers
c/o Ron Kane
1664 West Port,
Orleans, ON K1C 6G3
CANADA

Nancy Adadow Gray
Allegria Village
104 Parkview Terrace
Dearborn, MI 48126

Cheryl Reichel
c/o The Homesteader
7953 Love Road,
Benzonia, MI 49616

Jan Robb
c/o Margo Robb
1554 Andover Circle, #102
Commerce Twp., MI 48390

Light up someone's face today by sending them a note in the mail.

~ Shirley R. (office)

The January, 1912, Destruction of Frankfort's Royal Frontenac Hotel

Reprinted by Al Hyams, from notes taken from the Benzie Reader
by Leonard Case

The Royal Frontenac Hotel was one of the largest, most modern, and most beautiful buildings of its kind in the Midwest. It was a summer hotel built to rival the Grand Hotel on Mackinac Island. It was like the Grand Hotel entirely made of wood.

It was built in the late 1900's on a level neck of land owned by the Ann Arbor Railroad between Betsie Bay and Lake Michigan, where there was a fine view of the lake and beach. In size it was 500 feet long, and 100 feet wide with three stories. The hotel had 225 gueast rooms, a huge kitchen, a cigar and candy store, a beautiful barroom and a game room with slot machines. These machines were permitted in some places in Michigan at the time.

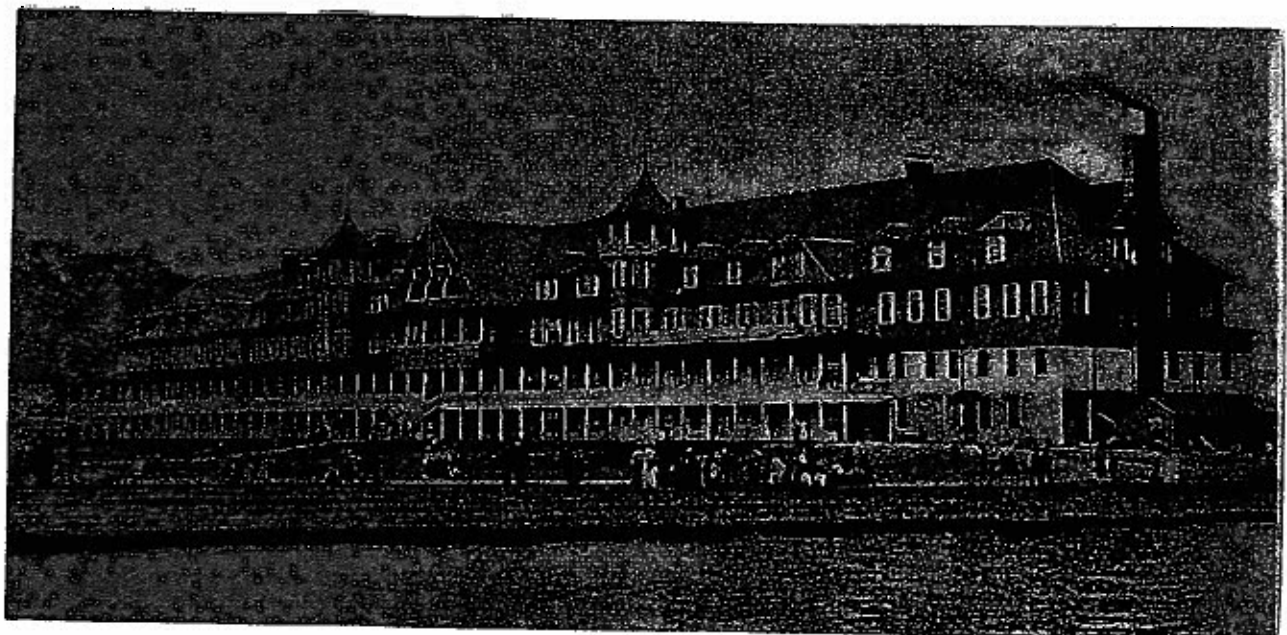
Building the Frontenac was difficult because of a wind storm in early 1901, which blew down some of the structure. It finally opened in July of 1902.

The hotel made money from the start mainly because the Ann Arbor Railroad depot was only a half block north of it, and boats could dock close to the shore where the hotel was located. People came to the place on passenger boats from Chicago, St. Louis, and Milwaukee. They also arrived on the passenger trains from Detroit, Toledo, and Ann Arbor, to enjoy the view and the cool breeze from Lake Michigan. During July and August extra Pullman cars were used from the crowded cities.

Between 100 and 150 people were employed at the hotel, with students from Fisk University in Tennessee working as porters and waiters. Horse riding lessons, boat excursions and swimming instruction were available.

For eight years, in the summer, The Royal Frontenac was an exceptional place. The Ann Arbor Railroad distributed literature throughout the Midwest. Though the hotel was always filled in the summer, the expense of operating all year round forced the management in 1907 to keep it open only during the summer months.

On a cold and clear evening, January 12, 1912, the hotel was left dark and unattended. When the fire alarm sounded there was no saving the Frontenac as it burned furiously before it was discovered. At this point the sack of the doomed hotel began. People reasoned that the furnishings would be destroyed anyway, so why not take them. The parts of the hotel, not yet reached by the flames were stripped of beds, pictures and everything else. The next day a railroad detective appeared and where property was found arrests were made, everything came back along with a fine of \$9.10.



Honoring the Stars and Stripes: A History of Flag Day – June 14



Every year on June 14, Americans celebrate Flag Day, a tribute to the adoption of the Stars and Stripes as the official flag of the United States. This patriotic observance traces its roots back to June 14, 1777, when the Continental Congress passed a resolution stating:

“Resolved. That the flag of the thirteen United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation.”

While the flag has evolved over the centuries—now bearing 50 stars to represent each state—its significance as a symbol of freedom, unity, and national pride remains unchanged.

The idea of celebrating Flag Day was championed by Bernard J. Cigrand, a Wisconsin schoolteacher, who held the first recognized observance in 1885. His passion sparked a national movement, and over the years, communities across the country began to hold their own Flag Day ceremonies.

In 1916, President Woodrow Wilson issued a proclamation officially establishing June 14 as Flag Day. Later, in 1949, Congress solidified the tradition when President Harry S. Truman signed an Act of Congress designating June 14 of each year as National Flag Day.

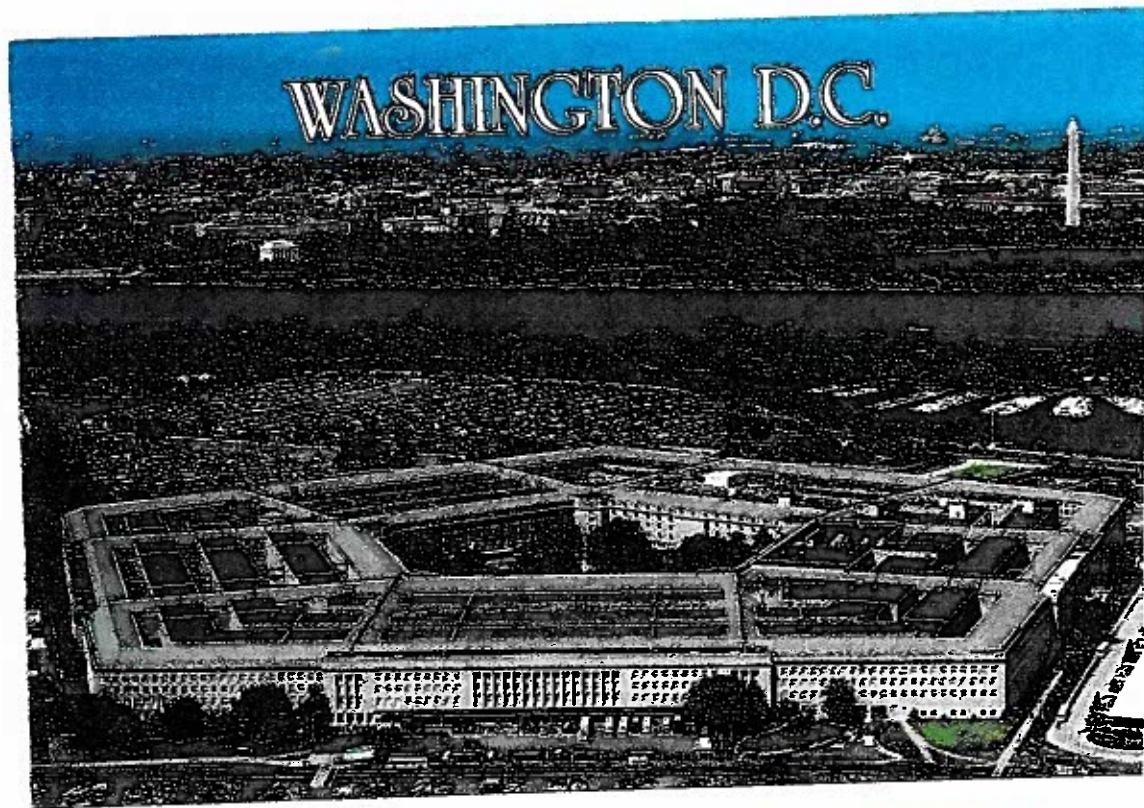
Though it is not a federal holiday, Flag Day is celebrated with parades, flag-raising ceremonies, and educational activities—an opportunity for Americans to reflect on the history and values the flag represents.

As we honor Flag Day this June 14, let’s take a moment to appreciate the enduring legacy of the red, white, and blue - a banner that continues to unite and inspire.

~ Shirley Robert (office)



My Daughter Heidi is with Award-Winning Actor- Ernest Borgnine. In 1999, Heidi was hired as a staff photographer For the film "The Lost Treasure of Sawtooth Island." It was Shot on location hear Frankfort, Michigan and near the South Manitou Island.



Dennis J - 309

BENZIE BUS PRESENTATION

Health Rides survey.

Wednesday, June 4th, from 10:00 AM to 11:00 AM in the Great Room.

This session aims to present the key findings and potential solutions identified from the survey. This follows a successful focus group held on Tuesday, February 26th, with cooperative members, during which we gathered valuable insights into the needs of senior citizens and identified service gaps. The upcoming feedback session will allow us to share these results and gather further input from the community.

Hosted by: Rob Scott, Mobility Manager,
Benzie Transportation Authority

Posted: May 21, 2025



Explore Benzie County's Hidden Gems with the Benzie Bus' Trip Planner!

Hours of Operation
Monday - Friday: 5:30 AM - 8 PM
Saturday: 6 AM - 5 PM

Dispatch Hours
Monday - Friday: 7 AM - 7:30 PM
Saturday: 7 AM - 4:30 PM

Call: (231) 325 - 3000, EXT. 1
Text: (231) 325 - 3000

SCAN HERE TO BOOK YOUR RIDE!

Shorebirds Regular Meeting

May 12, 2025

Call to Order President Mary Peters called to order the meeting of the Shorebirds on May 12, 2025 at 10:00 a.m.

Secretary Report Secretary Moline stated the Minutes from March 10, 2025, were published in the March 2025 Newsletter. Secretary Moline noted there were 2 corrections. President Peters moved that the minutes from March be approved with corrections. Bev Popp motioned and John Vinkemulder seconded the motion. The March 2025 minutes were unanimously approved with corrections.

Treasurer Report Treasurer Emily Luxford gave her report. Starting balance on hand was \$2,483.36. Receipts were \$192.00 for Easter dinner. \$145.00 for Soup Supper. End-of-the-month interest monies were received: \$.06 February 2025 interest and \$.06 March 2025. Total Receipts were \$337.12. Disbursements were: Mary Peters \$170.51 for Easter Dinner and Mary Peters \$47.36 Soup Supper, \$2.00 paper statement fee for February 2025 and \$2.00 paper statement fee for March 2025. Total Disbursements \$221.87. Balance is \$2,598.61. Pop can account \$142.60. Joan McFarlen motion for approval of Treasurer's report; seconded by Fred Edmonds. Treasurer's Report was approved.

Committee Reports. No reports.

Old Business

Doug McFarlen followed up regarding quorum requirements. He recommended setting the quorum at 8. There is confusion as to whether the quorum number should refer to members or apartments. Also, some members suggested setting the quorum at 10 or 12. Jan Faulkner suggested having the corporate board clarify members or apartments. President Peters thought maybe the Shorebirds needed a by-laws committee. However, Linda Kerr an incoming member with legal credentials is going to review the by-laws. President Peters tabled the discussion.

Gift from Shorebirds: Discussion included possible uses for funds.

1. Tree(s) for circle: Janet Crawford suggested dogwood; John Vinkemulder suggested the Shorebirds fund the redbuds for the Shade Garden (a bid from Carolyn Thayer is forthcoming).

2. Jo Moline suggested another table and chairs for the patio and/or sturdy chairs for card/game area; John Vinkemulder said that floor items would be a capital expense for the corporate account/board - he would like to see game tables with nice chairs.

3. Ginny Istrick mentioned a sofa for the second floor. Like the chairs, some furniture might fall under corporate purview.

4. Marty Litherland said members could put ideas in the suggestion box, written and signed, and the corporate board will consider the items.

President Peters concluded the discussion and suggested we wait for the corporate board regarding bids for redbuds and clarification on furniture.

Shorebirds Regular Meeting

May 12, 2025

New Business

Community Connections/Speakers Series.

Tuesday, May 20 at 10 a.m. Mercedes Bowyer, from the Grand Traverse Regional Community Foundation, will discuss the foundation and the impact on the region. Benzie has the highest endowment rate of any county in the region.

Wednesday, June 11, at 10:00 a.m. Barb Heflin, from the Grand Traverse Regional Land Conservancy, will address the development plans for the Elberta Waterfront.

Upcoming Events and Announcements

Community Connections: May 20, 2025, 10.00 a.m.

Brunch, June 7, 2025, 10 a.m.

Community Connections, June 11, 2025, 10:00 a.m.

Bonfire, June 11, 2025, 7:30 p.m. Come for S'mores

Potluck, June 21, 2025, 6:00 p.m. Italian cuisine

Bonfire, July 3, 2025, 7:30 p.m.

Fireworks, July 4, 2025.

Brunch, July 5, 2025, 10 a.m.

Shorebirds Meeting, July 14, 2025, 10:00 a.m.

Potluck, July 19, 2025, 6:00 p.m.

Meeting Adjourned 10:35 a.m.

Submitted, May 20, 2025, Johanna Moline, Secretary, Shorebirds

Invictus

BY WILLIAM ERNEST HENLEY

Out of the night that covers me,
 Black as the pit from pole to pole,
I thank whatever gods may be
 For my unconquerable soul.

In the fell clutch of circumstance
 I have not winced nor cried aloud.
Under the bludgeonings of chance
 My head is bloody, but unbowed.

Beyond this place of wrath and tears
 Looms but the Horror of the shade,
And yet the menace of the years
 Finds and shall find me unafraid.

It matters not how strait the gate,
 How charged with punishments the scroll,
I am the master of my fate,
 I am the captain of my soul.

Copyright Credit: William Ernest Henley, "Invictus" from *Poems* (London: Macmillan and Co., 1920): 83-84. Public domain.

Source: *Poems* (Macmillan and Co, 1920)

Christie Robnett
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Sea-Fever

BY JOHN MASEFIELD

I must go down to the seas again, to the lonely sea and the sky,
And all I ask is a tall ship and a star to steer her by;
And the wheel's kick and the wind's song and the white sail's shaking,
And a grey mist on the sea's face, and a grey dawn breaking.

I must go down to the seas again, for the call of the running tide
Is a wild call and a clear call that may not be denied;
And all I ask is a windy day with the white clouds flying,
And the flung spray and the blown spume, and the sea-gulls crying.

I must go down to the seas again, to the vagrant gypsy life,
To the gull's way and the whale's way where the wind's like a whetted knife;
And all I ask is a merry yarn from a laughing fellow-rover,
And quiet sleep and a sweet dream when the long trick's over.

Christie Robnett
313

LIBRARY NOTES by Janey

I have a flood of new donations for you! Keep in mind our donations at Michigan Shores are not just old books folks have had on their shelves! Most are recent publications with a few old classics thrown in. We also get excellent varieties of authors and genres. Come grab a book and enjoy reading in one of our nice chairs with water views on the lawn.

Fiction:

The Women by Kristan Hannah
The Night Watchman by Louise Eldrich
A Mercy by Toni Morrison
The Heart Is a Lonely Hunter by Carson McCullers
The Housemaid by Freida McFadden
Ladies Night by Mary Kay Andrews
Black Cake by Charmaine Wilkerson

Mystery:

The Fury by Alex Michaelides
The List by Mick Herron
Highgate Rise by Ann Perry
The God of the Woods by Liz Moore
Hunters in the Dark by Lawrence Osborne
The Love of My Life by Rosie Walsh
First Lie Wins by Ashley Elston
Going Rogue by Janey Evanovich
The Soulmate by Sally Hepworth

NonFiction:

The Great Lakes Cycle by Alexis Rockman
Alzheimer's Disease - Mayo Clinic
Owners Manual for the Brain by Howard

Poetry: One Hundred and One Famous Poems

Cookbooks:

Easy Recipes From Here and There

From Soup to Nuts by Michigan Shores residents. (This little gem appears to be from the early years of MS. The only name I recognized was that of our dear Kay Fisher who lived here for many years).

Stroke causes and warning signs

Most strokes are preventable. Know your risks for stroke and how to act FAST if someone is having a stroke.

CHRONIC CAREFOOD AS MEDICINEGENERAL WELLNESSHEALTH OUTCOMES



Every year more than **795,000** people in the U.S. have a stroke, with about 3 of 4 being first-time strokes. The good news is **80%** of all strokes are preventable and there are many stroke risk factors you can control.

First, what is a stroke? It's a life-threatening loss of blood flow to the brain due to blocked blood vessels or bleeding in the brain. Strokes can cause permanent damage to the brain; they're medical emergencies that must be treated quickly.

What causes a stroke?

Strokes can happen for many reasons. Some factors that cause strokes can't be controlled, but many risk factors can including:

- **High blood pressure** (or hypertension) - Know your numbers and keep them low because high blood pressure is the leading cause of stroke and the most controllable risk factor
- **Smoking** - take steps to stop.
- **Diabetes type 1 and 2** - Controlling blood sugar, high blood pressure, elevated cholesterol and weight gain associated with diabetes is also important in lowering the risk of stroke
- **High cholesterol** - Elevates the risk of stroke, so keeping it low is key
- **Physically inactive** - Being inactive can lead to weight gain and other health issues
- **Being overweight or obese** - Reducing weight to a healthy range also reduces the risk of stroke
- **Poor diet** - A diet high in processed foods, saturated and trans fats, sodium and sugar increases other risk factors that lead to stroke

Consult your primary care physician to create a plan tailored to your health needs to address your risk factors.

Why is diet so important?

Your body and brain need a variety of nutrients to stay healthy. A nutritious diet full of fresh fruits and vegetables, whole grains, fish, lean meats and low-fat dairy helps lower cholesterol and reduce blood pressure, both of which strain blood vessels and cause inflammation.

Know the warning signs for stroke

Don't ignore these symptoms, even if they go away. Call 9-1-1 or the emergency services number in your area. Responding quickly is critically important!

Adding in 30 minutes of exercise five times a week not only helps manage weight, control other risk factors, and helps you feel great, it can also reduce your risk of stroke by 25%.

Know the stroke warning signs and Act F.A.S.T.

The American Stroke Association has an easy way to remember the signs of a stroke and what to do.

- **F** = Face drooping
- **A** = Arm weakness
- **S** = Speech difficulty
- **T** = Time to call 9-1-1

Other stroke symptoms

Don't ignore these symptoms, even if they go away. Call 9-1-1 or the emergency services number in your area. Responding quickly is critical.

- **Sudden numbness or weakness** of the face, arm, or leg, especially on one side of the body
- **Sudden confusion**, trouble speaking or understanding
- **Sudden trouble seeing** in one or both eyes
- **Sudden trouble walking**, dizziness, loss of balance or coordination
- **Sudden severe headache** with no known cause

Stroke treatments

Getting the right care quickly can make the difference in saving lives and maintaining quality of life for people who have a stroke.

The type of treatment provided depends on the type of stroke and could include a medication treatment to dissolve the clot, surgical treatment or a medical procedure. Generally, medication must be used within three hours of the stroke and before a medical procedure. That's why acting F.A.S.T. is so important.

Every stroke is unique, but strokes tend to have similar effects including paralysis, vision loss, speech problems and behavioral and emotional changes. Various therapies can help the recovery process, and medical treatments can help lower the risk of another stroke.

May 15, 2025

~ Submitted by Shirley R. (office)

BENZIE AREA HISTORICAL SOCIETY

FOR IMMEDIATE RELEASE

May 15, 2025

**CONTACT: Matt Varnum, Executive Director
(231) 882-5539, mvarnum.benziemuseum@gmail.com**

Historic Tour of Watervale Inn

Collaboration with the Benzie Area Historical Society & The Watervale Inn

The Benzie Area Historical Society and the Watervale Inn present a Historic walking tour of the Watervale Inn. Join us on Thursday, June 5th, from 11 a.m. to 1 p.m. at the Watervale Inn, 1244 Watervale Rd, Arcadia, MI 49613. Registration is required, and there is a \$25 fee. Register and pay at the Benzie Area Historical Society website, www.benziemuseum.org, or at the Watervale Inn, including the event day. Proceeds from the event will go to support the Benzie Area Historical Society.

The tour of Watervale will include our historic cottages, Inn, and Casino. This tour will be self-guided, but there will be hosts in each spot and a program describing the unique details of each cottage and Watervale's history as a logging town. The casino will have visual displays and members of the Kraft family to discuss our history in this area. Refreshments will be served.

To learn more about the Benzie Area Historical Society, visit its website, benziemuseum.org, Instagram, or Facebook page; call the Museum at (231) 882-5539; or email info@benziemuseum.org.

To learn more about the Watervale Inn, visit the Inn's website, <https://watervaleinn.com/>, or call them at (231) 352-9083 or email frontdesk@Watervaleinn.com

MEET YOUR NEW NEIGHBORS IN UNIT 301

Irena and Joe Lekovich

Irena Lekovich

Hometown: Bielawa, Poland

Hobbies: Ikebana (Japanese art of arranging flowers), bread-making, baking, traveling, visiting sites of Frank Lloyd Wright work.

Occupation: Patient advocate for Henry Ford Health System (Detroit area).

Other: I have really enjoyed meeting the other residents of Michigan Shores and have had great fun planning birthday parties there for my uncle (Bill Pearson).

Joe Lekovich

Hometown: Farmington, Michigan

Hobbies: Cycling, concerts at Interlochen, reading on Frankfort Beach, beer tasting, traveling. Occupation: Accounting and Financial manager for small to mid-size businesses.

Other: I first visited Benzie County in 1981. My parents moved to Beulah in 1989, then to Michigan Shores in 2016. I have been fortunate to spend quality time at Michigan Shores.

Dated September 23, 2024

2025 JUNE

CALENDAR YEAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Exercise at 1pm Tues & Thurs 2:00 bridge Tues		Mahjongg 2pm third floor		
1	2	<u>N garage sweep</u>	3 <u>1:00 Benzie Bus mtg S garage sweep Shirley off</u>	4 <u>Shirley off</u>	5 <u>Shirley off</u>	6 10:00 Brunch
8	9 Shirley off	10	11 10:00Grand Traverse Land Conservancy	12 Full moon bonfire	13 Flag Day	14
15	16 3:00 Book Club	17	18	19 Juneteeth	20 First day of Summer	21 6:00 Italian Potluck
22	23	24 10:00 Board Meeting	25	26 True Green application pets off lawn	27	28
29	30				30	31

Birthdays: 03 Jim M(308);03 Irena L(301);15 Linda A(102);15 Ginny I(204);23 Lorry H(315)

Coffee@ 9:00am In Great Room
Happy Hour 5-6pm in Great Room