

AROUND THE SHORES

Newsletter

March 2026



Book Club

The MSC book group meets on the third Monday of each month, for a lively discussion and fellowship. We encourage all who have an interest in books and reading to join us. We meet at 3:00 pm in the Board Room on the 3rd Floor.

For February the book selection is *The Frozen River* by Ariel Lawton. Sounds appropriate for our current weather!

Please join us, more voices make for a richer discussion!

~ Mary P. (214)

Delores Jones

Was delighted to reach 90 last year on Valentine's Day. She had the ability to find something to enjoy or laugh about nearly every day.

Ten years ago, I asked if she would join me to attend a Orchestra Benzie Area Symphony concert at Benzie Central H.S., She thought about it and finally said, "Yes". I felt like a teenager on a first date. When we walked into the auditorium we were spotted by her oldest sister, Ardith, known by many here as a regular Bridge Player. I felt like a Teenager under a Magnifying Glass.

She and I celebrated a decade of shared adventures, meals and cribbage games last fall. We said to each other that we felt like the Luckiest Couple in the world. I know for myself it was THE MOST ENJOYABLE DECADE of my life.

Thank you for the many expressions of sympathy and recognition of the fact that we did belong together.

Sincerely,
Dan Remahl

Research Study for 60+ adults.

Are you (or is someone you know) an adult aged 60+ and living with chronic pain? You may be eligible to participate in a PAID research study. This study is a collaboration between the University of Michigan and the Northern Michigan Health Consortium. Participants must have chronic pain that interferes with daily activities and be experiencing some degree of loneliness. This study is testing a telephone-based educational program that teaches skills to manage chronic pain symptoms and to enhance social connections among adults, 60+ years, in Northern Michigan. Participants will be randomly assigned to either 7 weekly telephone sessions with a Community Health Worker or a one-time workshop. The entire study can be completed from the comfort of your own home. All participants will be invited to complete two telephone surveys and will receive up to \$50

for completing both telephone surveys. The SCOOP program and workshop are provided for free to participants in addition to any program materials. To find out more, contact SCOOP-info@umich.edu or call 1-844-456-4668.

Jennifer E. Diehl
Public Health Tech/CHW
Benzie Leelanau District Health Department
Community Connections
7401 E. Duck Lake Rd.
Lake Leelanau, MI 49653
Ph 231.256.0207
Fax 231.882.0143



TECHNICAL SUPPORT FOR WI-FI & INTERNET

Members, the fiber optic Wi-Fi connection is up and running, and the cooperative are paying the monthly bills to house this speedy internet, at no additional cost to the membership. However, all technical support related to the wi-fi and internet in your apartment, is for your cost.

Who should we call for technical support questions? – Call Anavon [tech support at 231-933-9744](tel:231-933-9744).

You will be billed for any technical support given by Anavon.

If there is a problem with the building wi-fi, the office will call for technical support. If you make the call, you will be billed for the support.

~ Office.

REPLACEMENT AIR CONDITIONER UNITS AT MICHIGAN SHORES

Members, we have **ALL FIVE** spots for the Replacement AC program at MSC this spring.

The board allows a total of 5 units to be replaced each year, with the first \$1,000 being paid by the cooperative. The member pays the difference, approximately \$850.

Thank you for your participation in this program. I will be reaching out to those members for their checks in a few days.

~ Office

COMMUNITY OUTREACH SPEAKER

Tamara Hoffbauer, The Executive Director of the Elizabeth Lane Oliver Art Center for three and a half years, will speak to us on March 10th at 10:00 AM in the Great Room. She will share with us the programs, goals and development of this outstanding asset in our community.

Originally from Indianapolis, Tamara brings a wide range of experience in the business, nonprofit and artistic worlds. She graduated from DePaul University with a Bachelor of Fine Arts in design and worked for several years in professional theater as a designer and stage manager before entering the business world in administration. She is also an amateur photographer and has led workshops focused on teaching artists how to turn their craft into a viable business. Tamara brings passion for the arts and community development to our northwest Michigan town and area.

She was eager to come to Michigan Shores. Please save the date and join us!

~ Carol E. (215)

Special Dates and Events in March 2026

March Birthdays:

06 – David K. (202)

11 – Ellyn B. (312)

15 – Brian E. (313)

17 – Dan Mc. C – (305)

24 – Suzy V. – (108)

25 – Dennis J. (307)

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

08 – Daylight savings Time Begins

10 – Shorebirds speaker Tamara Hofbauer from Art Center at 10:00 a.m.

17 – St. Patrick's Day

20 – Spring begins

23 – Annual Meeting packets ready for pick up in the office or email (if preferred)

24th – Board Meeting 10:00 a.m. in the Gertie Bell Room 3rd floor

MARCH SMILERS

So, I got stopped by a cop. I don't know why, but he must have suspected something. He asked me to get out of the car. So, I did.

He looked at me and said, "You're staggering."

I said, "Well, you're pretty good looking yourself."

I wonder if the guy who came up with the term "One hit wonder" came up with any other phrases.

Want to have better conversations? Ask people questions that give them an opportunity to talk about themselves. For example:

What the hell is wrong with you?

A duck was crossing the road when a chicken saw him and yelled, "Don't do it, man! You will never hear the end of it!"

~ Dodie #310



These mischievous guys had so much fun at the MSC St. Patrick's Day party on March 16th, 2003. From left to right.. Front Row, from left to right, Al Hyams, Bill Pearson, Wes Fleet, Back Row, from right to left, Moore Peregrine, Bob Ebersole, Bob Fischer, Ward Griffin, Last two people in back row are family relatives of a member.

Happy St. Patrick's Day!

Crystal Lake in the Winter

From the Book "Benzie County" by Leonard Case

Reprint by Al Hyams

Was there ever a winter when Crystal Lake did not freeze over? The answer is no. Sometimes late and sometimes early, sometimes of short and sometimes of long durations, but always no.

Winter fishing through the ice has always been popular, and there was a time soon after the discovery of smelt in the lake that one could hardly see the ice for the hundreds of fish shanties scattered all over from end to end and side to side of the lake. The few shanties which now put out each winter are just scattered remains of what used to be the great concentration on the smelt grounds out from Beulah. For several years there was taxi service to and from them, and for some year's electric light lines were run out to the Smelt Town, and each night the town on the lake would be all aglow with hundreds of lights.

For some reason ice conditions on the lake have not been favorable for skating and ice boating. There have been years when the whole surface of the lake was a large skating rink and an ice boat speedway. The ice one year in the early twenties was as clear and smooth as a pane of glass and thick without a flake of snow on its surface. There was great sport in driving your car out onto the lake. Attaching a stout rope to it and towing a line of skaters around on the ice. Such was the past history of Crystal Lake.

Shorebirds general meeting
02-09-2026

Call to order 10:10 am

Quorum is reached

Jay P .moves to accept the minutes

Bev P. second

The minutes are accepted with a unanimous voice vote

John D.moves to accept the treasurer's report

Bev P. second

The treasurer's report is accepted as read by Emily L. with a unanimous voice vote

Old Business

Louise B. was nominated by Bev P. for secretary

Louise B accepted the nomination

Doug M. moves that Louise be secretary for the current term

Jan F. second

Louise is elected secretary by unanimous voice vote

Bev P. nominates Doug for president

Carol second

Doug is elected president by unanimous voice vote

Sign up sheets are working well. Jan and Ginny are taking the lead on brunch through May.

Carol and Fred are doing an Italian potluck this month on the third Saturday of February. Bring your own service and a dish to pass. 6:00 in the great room.

Dan moves to dissolve the organization of the Shorebirds.

Bev second

Discussion regarding whether that would automatically put our money to charity (in accordance with the by-laws). A decision to table this for now until it can be more carefully studied was reached.

4 yea - 14 nay - 1 abstention

The motion fails by a show of hands.

New Business

Louise will order the meat for the Easter dinner. All participants will bring a dish to pass and their own service.

Doug M and Jan F are working on making sheets to give a structure to organizing brunches and potlucks.

Reminder that the treasurer and president must go to the bank and remove Emily and Mary P's names and add their own names.

Adjourned at 10:44

Submitted by Louise Brodie

This One is For the Birds

Dodie B. #310

This is the first time in ten years that Marty and I are experiencing winter in the north. The weather isn't quite like we remembered it. The winds seem stronger and longer, and the temperatures have never been colder. But it is beautiful and once again we enjoy feeding the birds and watching the frozen woods come with more birds than I expected. We enjoy watching their antics; if one hairy woodpecker stops in, we know its partner is waiting nearby, in the wings, so to speak for its turn. The dark stripey Pine Siskins are the tiniest of our visitors and are as scrappy as bantam roosters, but with more attitude. The Goldfinches, all 567 of them swarm in like they came from a drinking bus, partying, laughing, getting in spats and singing drinking songs until one of them yells, "Cat!!!" and they go into mass panic, flying to the trees until someone apparently says, "Gotcha!" and they tumble back down, more hungry than embarrassed.

We now have our first spring visit. Two grackles stopped by a few days ago. Then, four. Any day now, I expect to see a couple thousand performing graceful murmurations over the lake.

I have lived in Benzie County for 59 years, and I have seen some odd weather, but never like this year. Feeding winter birds again is a joy, so of course I made a makeshift feeder for our deck. Now we spend a lot of time calling to the other," Come look!"

But then the winds came, so strong and lasting so long and the temperatures dropped lower than I can ever remember. If it is too cold to fly, how will they live? I kept my feeder full, but the birds were gone for days. Our birds have the pick of several diners here, so I tried not to worry. Then they slowly returned, but not the chickadees. I hoped that they found safer, fancier cafes around the building, and I am still hoping.

Chickadees, like most of our winter birds, are uniquely adapted for cold climates. They have harvested and tucked seeds and insects into crevices for the anticipated cold, and remember each and every pantry. All birds fluff up their feathers to trap body heat in those little downy cavities. Sometimes you will see them perch side by side to keep warm, just like we would if we inhabited cold tree limbs.

In the winter, the winds from our lake are predominantly W and NW. Our birds look for thick brush and conifer stands, our many great tree holes, our branch piles, and even small manmade bird houses. Some types of birds will all crouch together in a cavity like some kind of frat house. All of these need entrances opposite the prevailing winds.

Most birds have scales on their legs that shield some of the wet and cold. If possible, they sit on their downy butts. Sometimes they can tuck their heads in the plumage. In extreme cold, many birds shiver, using that energy to keep warm. Chickadees, with a heartbeat of 500-800 beats per minute, are able to slow it down, go into a torpor to slow their metabolism. Come morning, they will have lost 10 to 15% of their body weight and need to replace it rapidly.

Chickadees have developed an amazing circulatory system that keep their legs just above freezing without burning too many heat calories. The arteries from the heart run down alongside the veins returning from the legs. In that way, the cool blood returning to the heart is somewhat preheated by the neighboring arteries so the heart does not have to work as hard.

All of this requires good caloric energy. Providing suet is a good way but it must be from a hanging suet cage. Suet is primarily fat and if even the tiniest speck touches a feather, the bird

will try to preen it out, but in reality, the fat will just spread, coating the tiny feathers which will never fluff again and death can result.

Sunflower seeds have excellent fat. We use the hulled variety. It is pricey but with no hulls dropping around, we hope to keep both the birds and the neighbors happy. A variety of birds call for a variety of high quality mixed seed. Poor quality seed, full of fillers, and white bread can fill the birds up, but do little or nothing to help the little guys survive our winters.

When Marty and I lived in our cabin we kept feeders full for most of the year. Eventually we found feeders twisted into abstract art forms. Then came the Meet and Greet with the artists. Bears remember food stops and will come back each year. We didn't want those encounters to become a Greet for Meat, so we completely stopped for a few years. After last year's bear visits here at the Shores, we can expect them to return.

All I want to return are those chickadees.

MARCH 17-ST. PATRICK'S DAY

In previous editions I have shared with you the Grand Rapids Press article from March 1957 detailing the St. Paddie's Day birthday my brother and I share. I thought I might expand on the McCarthy journey through various St. Patrick Days.

I was born in 1949. Brian in 1956. We have a middle brother Steve who was born April 7, 1952. Exactly 21 days after March 17th. I don't know exactly what Joe (McCarthy) and Mary Therese (O'Brien) were doing in mid-June every year, but the results were rather astounding. Probably just being faithful Catholics in a pre-Vatican II culture.

I'm told that on the day of my actual birth there was a great Irish gathering at Finnegan's Tavern in Grand Rapids' Eastown neighborhood celebrating Joe and Mary's accomplishment of producing an Irishman on St. Patrick's Day. I was also told for the rest of my mother's natural life that she was in labor for three days. My dad never disputed it.

I wondered for many of my early years why Joseph and Mary didn't name me Jesus. I thought this was an injustice. As I aged, I came to appreciate their restraint. Imagine, Sheila and Jesus McCarthy. That never would have worked.

The day Steve came home from the hospital in 1952 we were preparing to move to Opa-locka, FL where my dad was recently assigned as a Marine pilot. Both events seemed to me to require action on my part. So, I did the only reasonable available thing under these circumstances: I stuck a raisin up Steve's 72-hour old nose. Well, my generosity did not elicit the response I expected. Apparently extracting it was a problem and my effort was not appreciated by those who gathered to essentially save Steve's life. I sure knew how to get attention. But the wrong kind! With apologies to Langston Hughes, I have always been very proud in my steadfast belief that this episode was surely the inspiration for Lorraine Hansberry's 1959 novel "A Raisin in the Sun." She just happened to misspell "son."

Similarly, when Brian was first brought home in 1956, I bounded up the concrete steps immediately after running home full steam from school, slipped and chipped one of my front teeth. Again, I kind of robbed the baby of center stage. I had that chipped tooth until 1968 when I had it fixed by a ghoulis dentist at Ellsworth AFB in South Dakota. My parents, Brian and my baby sister, were visiting and I didn't tell them I had the tooth fixed. They finally figured it out and the family had another Kodak moment.

My first legal purchase of alcohol was March 17, 1970 in Rapid City, South Dakota. Not a bastion of Irish heritage but the odd Guinness was on offer in a couple local watering holes. Instead of a pub crawl Sheila and I sipped homemade banana daiquiris made with the bottle of rum I bought across the street that day. BANANA DAIQUIRIS! I consider myself brave (or is it foolish?) to admit it.

My 40th St. Patrick's Day was memorable for a couple reasons. I came to work in a tux and in face paint. Essentially made up as a corpse. I laid out on my back on the conference room table with a bouquet of dead lilies in my hands and reposed for an hour. Never said a word. People walked in and out. Word spread about the strange happenings in HR. Eventually one of the photographers from A/V came and took a bunch of photos. Which later appeared in the internationally distributed Employee Magazine. Later that night a great time was had by all at a local watering hole arranged by some neighbors. I was presented with various regalia including a green sport coat with "DAN, DAN THE IRISH-MAN" embroidered on it. Pretty cool!

My 50th was celebrated with fellow villagers at The Boot pub in Sarratt, Hertfordshire, England. We had recently been in the States and brought back a dozen baseball-style caps. These were relatively foreign in pre-9/11 rural England and were the hit of the party as we distributed them. The wearers took great delight in wondering about a Nebraska Cornhusker or the Crimson Tide. It was great fun.

Six months later the pub threw a party to celebrate Sheila's 50th. It was a wonderful and meaningful gesture. The publican's mother made a birthday

cake for her! Typically, her September 18th birthday took a backseat to the St. Paddie's Day shenanigans. I have always been very pleased they were so kind to her on a milestone birthday.

This March 17th I will turn 77 and Brian will be 70! We'll be together in GR tippin' a few! It's my first birthday without Sheila since my 13th in 1962.

Slainte!

Not Jesus McCarthy



Give a Little Leeway:

Allow people some buffer time to get their clothing out of the machine. If they don't show up, you may move their things but be considerate where you put them.

Be Timely:

Be considerate to your neighbors and get your clothes out of the machine on time so that others may use it. This will also ensure your stuff doesn't get moved.

Clean your Area:

Always clean the lint trap after you use the dryer. Also remember to clean up any detergent spills and pick up your used fabric softener sheets. Empty laundry containers need to be placed in the recycling containers in

the Storage rooms, not in the garbage cans in the laundry rooms.

Don't be Greedy:

Try to limit the number of machines you're using at one time so that others may also do their laundry. On that note, don't overload a single machine or it may break, making it unusable until we can fit it.

Let us Know:

If a machine breaks or you're having another issue, please let the office know.

Laundry Detergent Storage:

If you keep your laundry supplies in the laundry rooms, please write your name on them and keep them in a small box. All unmarked laundry detergent and supplies will be discarded if not claimed.



Members are encouraged to share their thoughts, ideas, suggestions with us by placing their signed suggestion in the SUGGESTION BOX on the buffet in The Great Room. The Board President will review the suggestions at each meeting of the Board of Directors.

Nominating Committee Report

February 9, 2026

The Nominating Committee, consists of Beverly Popp (Chair), Tom Warriner, Fred Edmonds, Tamara Royal, and Suzy Voltz.

The committee are pleased to present the following nominees to fill the THREE open board vacancies beginning April 23, 2026:

- Jay Peregrine
- Joan McFarlen
- Mary Peters
- Lee Muchlman
- Carol Edmonds


Each nominee has received the following materials: Board Member Folders, Board Member Confidentiality Agreement, 2025 Michigan Shores Board Members and Terms, You're a Board Member—Now What? document, and the New Board Member PowerPoint presentation, from Shirley Robert, via email.

These candidates will submit their biographies to Shirley for inclusion in the February 24 board meeting materials.

Respectfully submitted,

Beverly Popp, Chair

On behalf of the Nominating Committee

A handwritten signature in black ink that reads "Beverly A. Popp". The signature is written in a cursive style with a large initial 'B' and 'P'.

Carol Edmonds Biography

I have been a part of Michigan Shores Cooperative with my husband, Fred, since the summer of 2023. We have appreciated the warmth and variety of friends we have made here.

Recognizing this is a Cooperative, I would gladly serve on the Board to encourage the opportunities and quality of life found here. Shorebirds is of particular interest to me with its focus on community.

I am a retired elementary teacher, wife, mother of three children and have served on the Board at the Congregational Summer Assembly.

Greetings from Joan McFarlen

I am running for a second term as a Michigan Shores Board member. Recently I was on an ad hoc committee formed to streamline the internal transfer of apartments to make the process easy, fair and consistent. The team decided that since some of the process is included in the bylaws, to review and update those also. I am hoping to get reelected to be able to see this project through completion.

I also observe the interview committee. That way I can have first knowledge of the candidate interviewed.

Even though Doug and I moved to Michigan Shores just a few years ago I feel that I have been here much longer because of the friendly, helpful, fun residents that we now know. I enjoy the activities here and currently attend the book club and I have been fortunate to be able to join bridge and mahjonng groups.

We moved from Kalamazoo Michigan where we lived for 55 years after graduating from Western Michigan University. I retired after 30 years from Consumers Energy where I was in customer service, CAD mapping, and lastly a distribution technician who for many years was the only female in the state (I am proud of that).

I have been familiar with Benzie County since Doug introduced the area to me when we were in high school. For the last 37 years we have owned a small cottage on the north shore of Crystal Lake where we spend most of our summer time hosting our 2 sons and our five grandchildren and two greatgrandchildren I do return to Michigan Shores often to attend activities.

I know serving on a board can be very stressful. I was on the board of our condominium association for seven years before we located to Michigan Shores. I feel that it is very important that an organization adhere to their bylaws to make decisions easier to follow and understand. I feel board members should show interest in their position, pay attention to details, consider their votes effect on all members and be receptive to our members' concerns.

Thank you for your consideration,

Joan McFarlen

LEE MUEHLMANN

While I was born and raised in Detroit, my roots in Benzie County are deep, with my parents from Frankfort and Arcadia and aunts, uncles and cousins aplenty to visit every summer. Though we have lived at Michigan Shores just a year, my affection for it is also deep as my brother Jack ("Magoo") lived happily here for 12 years.

After high school I joined the Air Force and trained as a military policeman serving overseas and stateside. I then returned to Detroit and began working as a purchasing clerk for a steel service center. I also got married, had children and began 7 years of college at night. I rose to the Vice President responsible for purchasing and logistics of 120,000 tons each year of foreign and domestic steel.

When that company closed I joined a group of former employees and opened our own steel service center. I was Vice President with purchasing, transportation, operations and personnel duties.

In the early 90s Sarah and I tired of the corporate rat race, sold everything and moved to quiet, beautiful Lake Ann. While she opened an antique shop, I sold real estate. In Lake Ann I served on the Township Board of Zoning Appeals and the Tax Review Board of Appeals. I worked with the Township to rewrite zoning laws and founded the Lake Association where I worked with the Township to implement new boating regulations, and with others to increase awareness of good lake management practices.

We spent 20+ winters on Sanibel Island where I was in the Coast Guard Auxiliary and taught public CPR classes. We recently bought a condo in Darien Georgia and a unit at Michigan Shores.

I am a team player and believe in a strong Board dedicated to proper governance, as well as transparency and continued affordability. If elected, I will strive to achieve these goals while keeping Michigan Shores a financially strong, fun, comfortable and affordable place to live.

I would appreciate your consideration.

Mary Peters Biography updated 02/19/2026

I am currently serving on the Board of Directors of Michigan Shores to fill in for John Lekovish who recently resigned.

I've been living at Michigan Shores for about 3 and a half years now and have just completed a term as Shorebirds President. I believe that has given me an insight as to the workings of the Shores, and a desire to continue serving the members in another capacity.

In my career I have served on several community boards, i.e the Girl Scouts Board of Directors while I was working in Oklahoma, and the Benzonia Library Board when I retired here in Benzie County. I chaired advisory committees. I do understand the difference between the two functions, and feel prepared to step into a governing board role.

I am currently an election inspector in Benzonia Township, and have been working at elections for several years. I consider that to be a vital civic duty, which I am proud to carry out.

I was privileged to be appointed to the Board at a time when they were just starting on a lengthy project to revise a number of the founding documents. I would appreciate the opportunity to continue and see this project to completion.

If elected to the Board of Michigan Shores, I pledge to listen to the members and serve to the best of my ability in the interests of all.

Jay Peregrine Biography

I have been a resident of Michigan Shores for 12 years, moving from Chicago where I was Executive Director of a non-profit charitable trust. I have previously served on the Board of Directors in various positions, as well as on the Building & Grounds and Finance committees. I have an good understanding of Michigan Shore's operations – both current and historical, and can bring continuity and expertise to the Board if re-elected.

My background is in business management, including hotel management, aircraft leasing operations, computer operations, construction management, and not-for-profit management.

I was a life-long summer visitor to Crystal Lake until I retired to Frankfort in 2014, and have deep ties to the Grand Traverse region.

I am active in Frankfort Rotary, and have volunteered or worked at multiple places (Garden Theater, Point Betsie Lighthouse, BACN, Benzie Chorus) and have made a lot of friends around here. I can do a good job representing Michigan Shores to the larger community.

ATTENTION SHOREBIRDS!

Notice of the March Meeting 9 March 2026 10AM.

We will be reporting on the February Board Meeting and the effect for our budget for the balance of 2026 fiscal year.

Please bring your Constructive ideas and any complaints you may have.

Thank you for your attention, see you there!

Doug McFarlen: Present President.



**CRYSTAL
MOUNTAIN**



1965



Submitted by: Dennis
Johnson

2026

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Knitting group 1pm second floor	Exercise at 1pm Tues & Thurs 2:00 bridge Tues		Mahjongg 2pm third floor		
1	2	3	4	5	6	7 10:00 Brunch
8 Daylight Savings begins - Spring Forward	9 10:00 Shorebirds Meeting	10 10:00 Tamara Hofbauer from Art Center	11	12	13	14
15	16 3:00 Book Club	17 St Patrick's Day	18	19	20	21 6:00 Potluck Dinner
22	23 Annual Meeting packets available	24 10:00 Board Meeting	25	26	27 Spring Begins	28
29	30	31				

Birthdays: 06 David K(202) 11 Ellyn B(312) 15 Brian E(313) 17 Dan McC(305) 24 Suzy V(108) 25 Dennis J(307)

Coffee Hour 9-10 am Great Room
Happy Hour 5-6pm in Great Room