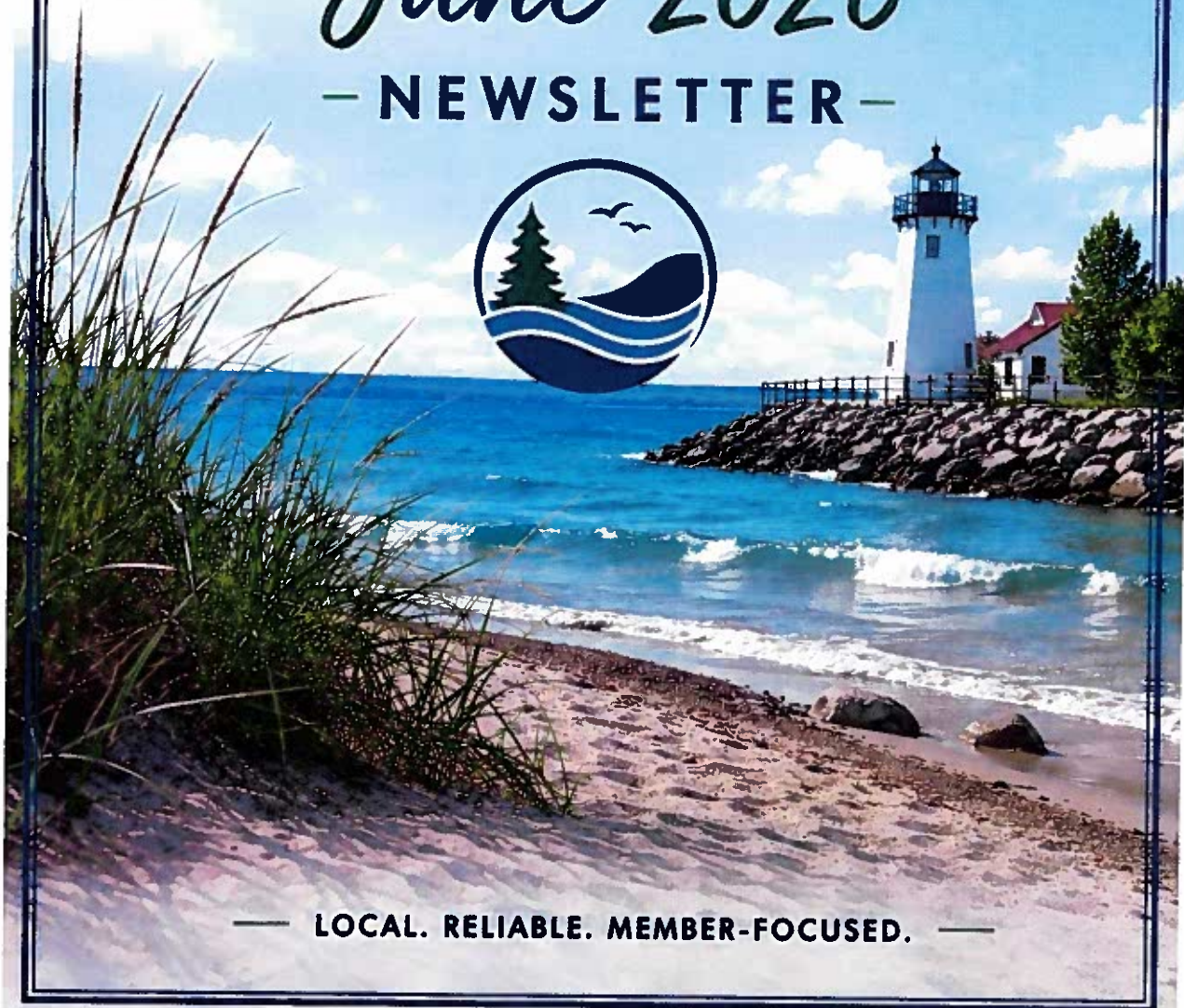


MICHIGAN SHORES COOPERATIVE



June 2026

— NEWSLETTER —



— LOCAL. RELIABLE. MEMBER-FOCUSED. —

Dear Friends,

Two weeks ago, I came downstairs to find the Shorebirds convening in the Great Room, the Finance Committee meeting on the third floor, and the Interview Committee in the Gertie Bell room chatting with potential members. Dave was at high speed with a bundle of work orders in his hand, and Shirley was busy composing her Monday morning email to the members. It was Michigan Shores at its finest. Members and staff focused on planning and making decisions that maintain and improve our community.

Communication is an important backdrop to the work we all do for MSC. Planning and making decisions are difficult to do effectively without understanding what is happening in the current operation. My plan is to use the monthly newsletter as an avenue to update the membership on what has happened over the past month, what the planning looks like for future months, and what ideas may need further development.

Push the Button Once

We've all done it. We get to the garage door, push the button to raise it and nothing happens. So, we push the button again, and again. By now, we don't know if it will go up, plans to go up, or is not connecting at all. Right?

Two things:

- If the door is closed, push the remote once and give it time to do its magic. Some of us have had frustration with the responsiveness of the door. Dave is going to ask the technician if the sensitivity of the system can be adjusted so that it 'reads' the remote on the first try. Yes, the technician is scheduled to do more work on the doors. We have been hard on those doors, and the technician too, I suppose.
- Also, if you come up to an open door and you don't know if you have time to 'make it' through, push your remote once. It should add one minute and fifty seconds to the door in a stationary position.

Smile, You're on Candid Camera

- New security cameras are coming to the garages.
- This will allow us to monitor those entrance doors as well as the charging stations.

Keepin' it Safe

- Speaking of security, as we move into the warmer months, remember we all need to be active in keeping doors and windows closed in the evening hours.
- Kick the block out of the door. Close and lock the window. Turn off the A/C.
- We live here. We can keep it safe.

Protecting our View

- Our bluff has had a bad spring. If you haven't seen it, part of the wooden fence protecting the bluff from foot traffic collapsed in April.
- The board has initiated conversation with the city regarding their plans to mitigate bluff erosion. We will have more on that once we know more.
- In the meantime, the Building and Grounds Committee will look at securing that gap in the fence.
- Please stay on the building side of the fences.

Let Bylaws be Bylaws

- The board is nearing the end of the revision of the bylaws. As with any organization, these bylaws need to be reviewed by our legal counsel.
- Once we know that the proposed changes are attorney approved, we will proceed sharing and discussing them with the members.
- The bylaws are a document that governs the community. They are not the ad hoc committee's, nor are they the board's. They are the bylaws of the members. All of us.
- Revision of the policies to reflect the bylaws will be the next project of the board.

The Future is Ours

- Strategic Planning has been on the board's agenda for a number of months, but it has not been prioritized because of the importance of the bylaws revision.
- We discussed this at the May meeting of the board and you can expect to hear more about the process of determining *Who are we? What do we want to become? and How are we going to get there?*
- Stay tuned.

Zoom, Chucka, Zoom

- The efforts continue to get the board meetings shared with the members via Zoom in the Great Room. We haven't given up hope and remain committed to getting it right.
- The link to the Zoom meeting will now be on the bottom of the agenda each month. So, if you prefer, you can watch the meeting from any electronic device from any location. If you need help setting that up, let me know.

Time to Talk

- In order to provide a time for members to share their ideas and concerns in a less formal setting than the board meeting, I am experimenting with a monthly gathering I call, Time to Talk. In general, it will be a discussion held on the **first Tuesday of the month, 4:00 pm in the Great Room.**
- The intent is to allow a time for myself (and other members of the board when they can) to listen to the members. We cannot go wrong with providing more ways to

communicate. I encourage you to join us. Even if you do not have a pressing issue, you may find listening to your neighbors to be a worthwhile hour.

- The day/time of the meeting is flexible, but we will start on **June 2**.

Enough Already...

This coming year is pivotal for Michigan Shores. As a community, we are amending our structure (bylaws and policies) as well as putting ideas into action about our future (strategic planning). It won't all happen at the same time, but there will be some concurrent discussions as they both impact each other.

A year ago, our community embraced a process led by the Pathways and Possibilities ad hoc committee. During that time, I was so impressed with members coming together to generate ideas, debate differences and rally behind their shared decisions. From that experience, we set a foundation for the work on the bylaws and, in the future, strategic planning.

I have great confidence in this board making decisions that represent the will of the MSC community. For you to share that confidence, I encourage you to reach out to any of your board members (in person, via email or text), attend a Time to Talk session, put your idea(s) or concerns in the Suggestion Box for the board, and/or engage in the next board meeting, June 16th, 10:00 am, via Zoom in the Great Room.

I continue to believe We Can Do Hard Things.

Marty

Meet your Board of Directors 2026-2027

Board President - Marty Litherland

Vice President - Elaine Walton

Board Treasurer - John Vinkemulder

Board Secretary - Joan McFarlen

Trustee - Dale Dwyer

Trustee - Carol Edmonds

Trustee - Lee Muehlmann

Thursday, April 28th, 2026

GUESTROOMS



Members are encouraged to use the two furnished guestrooms on 1st floor. Each room has a capacity of 2-3 people. There is a love seat in each guestroom, and the south guestroom love seat extends to a pull-out bed which could accommodate another person. To cover the cost of utilities, cleaning and maintenance, a rate of \$100 per night has been established. Check-in is 2:00p.m. Check-out is 11:00 a.m. Late check-out fee is \$15.00

Keys are in the rooms. The Cooperative has provided linens & some supplies for these rooms.

The Cooperative is responsible for cleaning and laundry after the guest checks out. Guests are responsible for daily cleaning during their stay.

RESERVATIONS

Reservations for the guestrooms must be made directly by the Member, and payment made at the time of the reservation. The member must be in the building during their guests stay. (guests cannot stay while the member is out of town or not staying in their unit).

Payment is by cash or check; credit cards are not accepted.

Please be sure of your reservation, there is NO refund for cancellations.

The use of the kitchen and its appliances are for Corporate functions only and not for guests use. Guests should use the host member's kitchen facilities. Members are responsible for the conduct of their guests.

June Birthdays :

03 – Jim M. #308

03 – Marilyn W. #114

23 – Lorry H. - #315

26 – Mac W. - #114

If we missed your birthday, we're sorry, please let the office know.

Dates to note:

02 – Westshore Plumbing replacing circulating pumps in Mechanical Room

05 – Shirley leaving at 2 p.m.

09 – Shorebirds speaker of the month – BACN 10 a.m. in the Great Room

14 – Flag Day

18 – BSR Footcare Clinic 1p.m. – 6 p.m.

19 – Juneteenth – Federal holiday

21 – Father's Day & Summer begins

26 - MSC 35th Anniversary Celebration 1 p.m. – 4:30 p.m. The Great Room

Shorebirds meeting May 11, 2026

Call to order at 10:05

Minutes from April

Emily L moves that we accept the minutes as presented in the newsletter.

Dennis seconds

Motion is accepted by unanimous vote.

Treasurer's report

There are no checks or deposits for this bank statement.

Balance \$1435.06

Motion to accept the treasurer's report by Mary Scholl

Bob Scholl seconds

Motion is accepted by unanimous voice vote.

The signing cards for the Shorebirds are taken care of at the bank, although Carol R has to go in again and sign again.

Committee reports

Bottles are being done by the Ryans this month. Thanks!
Scholl's will take June.

Old Business

None

New business/brainstorming

A program for our outreach talk will be here at 3:30 on May 12. These are students' robotic projects that won a state prize for their work.

Doug M encourages us to work with kids at the local schools with reading or other skills to support our community teachers and students.

Sarah and Jan are doing the potluck for May. We will definitely have a cookout at some point in the summer. There are slots open to organize the potlucks for the rest of the summer. Sign up! If you don't want to come because you don't want to cook, Sarah T has a plan for you! You could buy a little something at the grocery store. Also if any organization you belong to has a potluck, please see if they can include us.

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The new carpets are on the back burner.

There was a water spot in the 1st floor hall that mysteriously disappeared. Does anyone have any information?

There are two ways to bring action to the board. The suggestion box or a letter to the board or committee.

Dode and Mary S are on the pop-up committee. Dode encourages folks to help out with the pop ups, or plan their own! Bring your ideas to Dode or Mary S. Also volunteer to use the popcorn machine. Let us advertise pop ups through Shirely who can email them to all so folks in cottages are notified.

What is the guest policy for the potlucks? It is suggested they bring a dish to pass and have a member of the cooperative with them.

Louise moves that we adjourn.
Dode seconds

~ Submitted by Louise Brodie

Michigan Shores Summer Reminders

As we head into the busy summer season, we would like to share a few friendly reminders to help keep Michigan Shores safe, comfortable, and enjoyable for everyone.

Building Security

Please remember to take your keys whenever you leave the building. All entrance and exit doors lock automatically, and keeping these doors closed helps ensure everyone's safety and security.

Occasionally, there may be a need to temporarily prop a door open. If so, please keep this to short-term use only. The front entrance door is propped open during office hours, and guests and visitors are loosely screened during that time.

If you accidentally lock yourself out of the building and have your cell phone with you, you can dial your two-digit code listed on the name and telephone board in the vestibule. When your phone answers, press "9" on your keypad to unlock the front door. If needed, you may also call a neighbor for assistance.

Grilling Season

Grilling season is almost here! Members are welcome to use the propane grill located on the west side patio.

When using the grill, please pull it away from the building so smoke does not enter open windows or trigger the fire alarm system. If you run out of propane, please write a work order for Dave to get it filled.

Thermostat Tango & Air Conditioning

It's that time of year again when temperatures fluctuate and everyone becomes part of the annual "thermostat tango!"

Please remember:

- If an air conditioner is running, keep windows closed in that room.
- If no one is using a room, please turn the AC unit off.
- We encourage fresh air and open windows whenever possible, but please remember to close windows if rain is expected.

Being mindful of energy use helps us all remain conservative and comfortable throughout the season.

Patios, Plants & Bird Feeders

We know many members are looking forward to adding flowers and plants to patios and decks. Please place a saucer under all plant pots so excess water does not drip onto the deck or patio below.

Bird feeders are also welcome at this time. Please use husk-less birdseed whenever possible and be mindful when cleaning or brushing debris from your deck so it does not fall onto neighboring patios.

There are lots of wonderful things happening during the summer months, and these are simply gentle reminders to help everyone enjoy the season together. Thank you for helping keep Michigan Shores a safe and pleasant community for all!

~ Shirley Robert

Important Bluff Safety Notice

Michigan Shores is fortunate to enjoy one of the most beautiful locations along Lake Michigan. Our building sits approximately 100 feet back from the bluff, overlooking the lake and has spectacular sunset views. The bluff itself rises roughly 100 feet above the shoreline.

Over the years, split rail fencing was installed along the overlook areas to provide members with a safe place to enjoy the scenery, including benches and outdoor seating areas. However, due to ongoing bluff erosion, portions of the fencing are now dangerously close to the edge of the bluff and will need to be relocated farther back for safety reasons.

This erosion concern also applies to the north wooded portion of the property, where there is currently no split rail fencing. The small overlook bench in that area is now hanging precariously close to the bluff edge.

For the safety of all members, guests, and visitors, we strongly ask everyone to stay well back from the edge of the bluff at all times. These areas can be unstable and extremely dangerous.

The Building & Grounds Committee and Board of Directors are actively working with the City of Frankfort regarding bluff erosion concerns and future plans for the property.

We encourage everyone to continue enjoying the beauty of the bluff, sunsets, and lake views — but always from a safe distance.

Thank you for your cooperation and understanding as we work to keep Michigan Shores safe for everyone.

~ Shirley Robert

Garage Door Operations

Both of the doors are on a timer; the door will stay open for approximately 2 minutes when opened with a garage door opener, push ONCE only. After 2 minutes being open, it will automatically close.

If someone wants to leave the doors open for a longer period of time, this can be done by the control switch on the wall inside the garage to the side of the door by the "people doors". Hit the UP button, let the door open all the way, once it stops at the top, hit the red stop button and that will stop the timer. To reactivate the door again to close it, hit the down button on the control switch. (this is mostly used by contractors or staff to open the doors)

If the door starts to close before you are able to get close to the door, simply hit the garage opener button again, once. That will activate another two-minute time.

Springtime Beauty Around Michigan Shores

One of the true joys of spring at Michigan Shores Cooperative is watching our flowering trees come to life with color around the property. These beautiful trees not only brighten our grounds, but also remind us that warmer days are finally here.

The two white-flowered trees located on the west side of the pond are Flowering Cherry Trees. These ornamental trees are admired for their delicate white blossoms that appear in early spring, creating a soft and elegant display. Flowering cherry trees are often associated with renewal and beauty, and their brief but stunning bloom season is always a welcome sight.

At the north and south ends of the circle driveway, the vibrant red flowering trees are Red Crabapple Trees. Crabapple trees are known for their colorful spring blossoms and small ornamental fruit that often attract birds later in the season. Their deep pink to red blooms provides a striking burst of color and are a favorite springtime feature on the property.

The shorter, pink-flowered tree located on the north side at the beginning of the circle drive is a Kwanza Cherry Tree. This variety is especially popular for its showy clusters of double pink blossoms that create a fuller, almost ruffled appearance. Kwanza cherry trees are among the most colorful ornamental cherry trees and make a beautiful focal point each spring.

As the seasons change, these trees continue to add charm and character to our community grounds. Be sure to take a moment to enjoy their beauty during your next walk around the property.

~ Shirley Robert

MICHIGAN SHORES OUTREACH SPEAKER

Michigan Shores outreach speaker for June is Diane Mahoney, the Director of Benzie Area Christian Neighbors (BACN). Diane will share with us how this wonderful organization supports our area, a little history and where they are now meeting current challenges.

We will meet in the Great Room at 10:00AM on Tuesday, May 9th.

This hour-program is both informative and good fellowship. All are welcome!!

~ Carol E. (215)

Michigan Shores Book Group

Our Michigan Shores Book Group meets on the third Monday of each month at 3:00 pm. We extend an open invitation to all residents to join us then, and enjoy stimulating conversation regarding our book.

This month we have selected Everything I Learned, I Learned in a Chinese Restaurant, by Curtis Chin.

We will not meet in July. If you would like to be involved in selecting our future "reads" we encourage you to join us at this meeting.

~ Carol E. (215)

Michigan Shores Cooperative Celebrates 35 Years!

We are excited to announce that Michigan Shores Cooperative will be celebrating our 35th Anniversary in June! The celebration will take place on Friday, June 26, from 1:00 PM until approximately 4:30 PM.

We have a wonderful anniversary committee that has been meeting weekly to help plan this special event. With everyone's ideas, talents, and enthusiasm coming together, we are looking forward to creating a fun and memorable celebration for all of our Michigan Shores members.

We do need your help with one small thing!

Do you remember how many years you have lived at Michigan Shores? As part of the celebration, each attending member will wear their Michigan Shores name tag, which will be available in the Great Room and handed out at the event. Along with your name tag, we will add a small round yellow sticker showing how many years you have called Michigan Shores home. We thought this would be a fun way for everyone to see the many years of community and friendship represented here at Michigan Shores.

If you do not remember your move-in year, that is perfectly okay — just let me know, and I can look it up for you.

Thank you for your cooperation and help as we prepare for this special celebration!

You may send that information to me in several ways:

- Email: shirley@michiganshores.net
- Office voicemail: 231-352-7217
- Text message: 231-383-0128

Thanks,
~ Shirley R. (Office)



Memorial Day flag etiquette: What to know **AI Generated by USA TODAY**

The article explains the proper Memorial Day flag etiquette, highlighting the often-missed rule to fly the U.S. flag at half-staff from sunrise until noon and then raise it to full staff for the remainder of the day, and outlines additional flag-handling guidelines.

Key points:

Under the U.S. Flag Code, the flag should be at half-staff from sunrise until noon on Memorial Day, then raised to full staff for the rest of the day.

Many Americans either keep the flag at half-staff all day or leave it at full-staff all day, missing the intended transition.

Aaron Bacon, program manager for the American Legion, notes that limited awareness of the Flag Code leads to common flag-display mistakes.

The Flag Code requires the flag never touch the ground, water, or anything beneath it.

The flag should not be displayed in severe weather unless it is an all-weather flag, nor used as clothing, drapery, decoration, advertising, or disposable items.

~ Submitted by Sarah T. (#309)

JUNE SMILERS

Here are more things to worry about:

How is it possible that "fat chance" and "slim chance" mean roughly the same thing?

You have to be extremely precise when trying to identify fungi. There is not mushroom for error.

If you die and get cremated, have your family put you in an hourglass. Then you can still participate in FAMILY GAME NIGHT!

The pollster asked , "What inspires you to get out of bed everyday?"

The old guy replied,
"My bladder, mostly."

House cleaning tip:

If you pretend you are erasing the evidence of a murder while cleaning the house, you'll do a better job and housework will become more fun.

Dodie

Welcome our new member
Barb Newman Biography #105

I was born September 15, 1943 in Highland Park, Michigan, to Arnold and Cleora Steckling. Two years later, my brother John was born, and together we grew up in West Acres, a close-knit community in Orchard Lake originally developed for auto workers by Henry Ford and Senator James Couzens. I attended Walled Lake Schools and, after graduation, went on to Michigan State University (MSU), where I earned a Bachelor of Science in Nursing.

While at MSU, I met Bob Newman, the love of my life. Shortly after graduating, we married and began our life together in Racine, Wisconsin, where Bob worked in purchasing for J.I. Case. After several years, Bob returned to Milwaukee, Wisconsin, to attend mortuary school and earn his mortuary license. The funeral business had long been a part of Bob's life—his uncle was a mortician, and Bob began working in his funeral home at just 12 years old. Over a 30 year career, Bob worked in funeral homes, owned one with a partner, and later sold caskets to funeral homes. Though we heard every funeral-related joke/story imaginable, Bob genuinely loved his work, especially the opportunity to support families during their most difficult times.

Bob's career took us to several places, including South Haven, Michigan; Menomonee Falls, Wisconsin; Waterford and Ortonville, Michigan. Throughout these moves, the flexibility of my nursing career, and the constant need for nurses, allowed me to find meaningful work wherever we lived. I worked in hospitals, for a pediatrician, and in home-health care.

One of the joys of our marriage was raising our two children, Brad and Sarah. Brad earned his undergraduate degree in packaging from MSU and began his career at General Motors (GM). He was awarded a GM Fellowship to attend the University of Michigan (U of M), where he received his MBA. Today, he is a partner at Ernst and Young. Brad and his wife, Michelle, have two children: Molly, a U of M graduate now in her second year of dental school at Case Western Reserve University, and Tommy, a senior at Indiana University's Kelly School of Business, who will join Ernst and Young after graduation. Our daughter Sarah also attended MSU earning her undergraduate degree in biology before attending The Ohio State University College of Optometry. She became a successful partner in Visioncare Optometry in East Lansing. Sarah is married to Scott Knapp, a trial-lawyer, and they have two sons: Will, a U of M graduate now working for Price Waterhouse, Coopers, and Holden, currently a junior at the University of Wisconsin pursuing a double major in real estate and finance.

While Brad and Sarah were in college, I decided it was time for a career change. With a predicted shortage of teachers, Oakland University offered a program for people with college degrees to apply their college credits towards earning a Bachelor of Arts in teaching. I enrolled in that program and upon graduating taught fourth and fifth grades in Ortonville-Brandon Schools for 12 years.

Bob introduced me to the joy of sailing, a passion that became a defining part of our family life. He learned to sail racing Sunfish sailboats, and our adventures truly began when we purchased a 27-foot Hunter Sailboat. We kept our boat in Rogers City, Michigan and spent many summers sailing the North Channel, Canada, reaching as far as Georgian Bay, and exploring northern Lake Michigan with our family. After the children were grown, Bob and I chartered sailboats in the Caribbean, working our way from Anguilla to Guadeloupe. Our last major sailing adventure took us through the Pacific Northwest from Puget Sound, Washington, to Desolation Sound, Canada.

I encouraged Bob's love of downhill skiing, convincing him that western ski trips were worth the drive. Many winter family vacations were spent skiing in Colorado and Utah, creating lasting memories together. I also enjoy gardening, hiking, kayaking, and playing both bridge and euchre.

Through our friendship with the Whisners we discovered Frankfort and were drawn to the area by its natural beauty, proximity to Lake Michigan, near-by rivers and the abundance of hiking trails. We purchased a small home, remodeled the inside, joined St Andrews Presbyterian Church, and became active in kayaking, hiking, and cross-country skiing groups. Best was the ease of meeting new, kind, interesting, active people. Unfortunately, I lost Bob in March 2022 to prostate cancer. I continue to spend time in Frankfort because I enjoy the people I have met, and the abundance of natural beauty it offers.



A FISHING MEMORY! 1986
A MAHI-MAHI - Kalua-Kona, Hawaii!
Dennis Johnson

Communication Tree



Michigan Shores Members have been added to a communication tree through Phonevite.

A **phone tree** is a prearranged system for activating a group of people by **telephone**, or email. The **phone tree** system can help you spread a brief message quickly and efficiently to many people.

It will be used to communicate the following, including but not limited to:

- Announce important news.
- Recruit volunteers
- Provide important reminders.
- Broadcast urgent notifications.
- Call for lost and found items.
- Emergency Procedure Messages

The caller ID number will come from the Michigan Shores office phone number 231-352-7217 or from my cell phone 231-383-0128.

When you answer the call, you will hear the voice message. Please do not opt out of these messages, it is the only way for the management to reach each one of you in case of an emergency.

If you are not able to answer the call, the system will leave you a voicemail.

If you change your phone number, please notify the office. There is no need to call the number back for the message. If you missed the call, go to your voicemail.

Shirley Robert, Cooperative Manager
Updated May 12, 2026

Shorebirds meeting May 11, 2026

Call to order at 10:05

Minutes from April

Emily L moves that we accept the minutes as presented in the newsletter

Dennis seconds

Motion is accepted by unanimous vote

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Louise moves that we adjourn
Dode seconds

Submitted by Louise Brodie

THE WAY IT WAS –

An article that appeared in the February 2018 ATS Newsletter

Logging played an important part in the history of Benzie County. To the lumbermen of the 1880's, it seemed as if there was an endless supply of timber for the small towns along the Betsie and Platte rivers. In 1890, there were 15 towns in the county having a post office. Today, only a third of these exist. In the book "Michigan Ghost Towns" by Roy Dodge, there is a listing of former Benzie County lumber towns. For those interested in such history, here are two of those mentioned:

Almira - 16 miles north of Frankfort. In 1877 the population totaled 350. Waterpower from the Platte River powered a sawmill and grist mill. Stagecoaches went to Traverse City and Glen Arbor. There were several general stores and carriages, and wagon works. Today, only the Almira School and the cemetery remain.

Wallin - 14 miles east of Beulah on the Betsie River. In 1918, Wallin had a population of 100 and contained, in addition to the sawmill and general store, a broom handle factory. It also boasted a hotel and, strange as it may seem, an opera house.

In Benzie County the passing of the great forests opened the land to farming and fruit growing, but this is another story, for another time.

BY AL HYAMS, submitted by Ginnie I. #204

Meet your new neighbors in Unit 207 - Dave and Jan Wynne

While Dave has been a summer visitor to Frankfort and the CSA annually since 1968, we have been summer residents since 1995 and year-round residents of the CSA since 2014 when we relocated from Park Ridge, IL, where we had lived since 1986.

Dave grew up as 1 of 5 children in a military family, and his mother, Dot Wynne, was a long-time resident of the CSA and Michigan Shores. His siblings live from Stonington, ME to Mt. Vernon, WA. Jan grew up in Scottsbluff, NE and has a brother who currently lives in Texas. We have three children, two of whom live in Rochester Hills, MI. Tracy and Scott gave us our first grandson, Owen, while Brian has two children, Brooke (12) and Cameron (9). Daughter Kimberly is moving to Bellingham, WA and does not have children.

Dave spent forty-five (45) years in a variety of sales and marketing positions before retiring in 2014 as Sr. VP-Education for Stenograph where he had responsibility for the management of three associate degree-granting colleges. He is a graduate of Indiana University-Bloomington with a joint major in Anthropology and Zoology. He was active in several state and national professional associations and boards during his career.

Jan worked in sales and marketing for one of Chicago's largest privately held companies, Wheels, Inc. Wheels manage fleets of vehicles for many blue-chip companies in the United States. She wore a few hats in sales and marketing which included transfers of contracts and buyouts. She was the first Wheels employee to be outsourced to a client. Jan agreed to work from Baxter Healthcare and report to one of their vice presidents and their fleet manager while ending her days at Wheels. During that intense year, Baxter Healthcare mandated all their vendors to participate in a program developed by Malcolm Baldrige (Commerce Secretary during the Reagan Administration). Jan and her team won the Malcolm Baldrige National Quality Award at Baxter Healthcare...what a team!

Jan is currently President of P.E.O. Chapter EK and had been active with the CSA Women's Association including as Arts and Crafts Fair vendor coordinator and co-chair of Cottage Treasures. She previously worked on the Ecology Committee. Jan also serves as a mentor at Homestead Hills Elementary School. Her hobbies include travel, reading and gardening.

Dave stays active in his retirement as Board member and past president of the Crystal Lake Watershed Association, president of the Guatemala Housing Alliance, a non-profit providing housing and education support to Indigenous Mayans around Lake Atitlan, and as president of the Benzie Sunrise (Beulah) Rotary Club Foundation. Other local volunteer efforts include working with Healthy Harvest, the Volunteer Income Tax Assistance (VITA) program preparing tax returns for low income and elderly individuals, as Treasurer of the CSA Education Fund, as a member of the Programs Committee of BACN, and member of the Paul Oliver Memorial Hospital Community Health Council. His hobbies include golf, traveling, and gardening.

April, 27, 2026.

Board of Directors,

Michigan Shores Co-operative

We formally request that the Board write and publicize a letter of commendation to John Vinkemulder for his dedicated work on the financials of the Co-operative. He should be recognized for his outstanding work on the mortgage refinance and the annual budgets. Members are very appreciative of his hard work and service.

Mary Peters
Lyn Johnson
Don W. Ryan
James E. Laddner!
Darryl
Tamara Royle
Mary & Bob Schall
Melanie Beagle
Gunny Istnick!
Janet
David
Betty Walker
Tom
Jan Warriner

John & Ginny Daugherty
Go Moline
Hendi Miner
Mary Jane Hall
Carol Reznick
Linda
John
Emily
Dodie Bedell
Marty
Don Mc Laren
Evan Walker
Carol Edmonds

Researchers are learning that many cases of vertigo—especially common ones—can be diagnosed and treated more effectively with targeted techniques rather than expensive ER scans or medications. Article WSJ April 21st, 2026.

What causes vertigo:

- A frequent cause is BPPV (benign paroxysmal positional vertigo), triggered by tiny calcium crystals in the inner ear becoming dislodged.
- These crystals disrupt the body's balance system, creating a spinning sensation, dizziness, and sometimes nausea.
- Other causes include migraines, inner-ear disorders, aging-related changes, and head injuries.

Why it's often mishandled:

- Many ER visits lead to unnecessary CT scans and sedating medications, which often don't help and can worsen symptoms.
- Dizziness can be hard to evaluate because symptoms are vague and overlap with more serious conditions.

Better diagnosis methods:

- Simple bedside tests like the Dix-Hallpike maneuver help doctors identify BPPV by triggering characteristic eye movements.

Effective treatments:

- The most effective treatment for BPPV is the Epley maneuver, a series of guided head and body movements that reposition the loose crystals.
- Patients can sometimes learn to perform these exercises at home.
- Physical therapy focused on balance and vestibular rehab is also important.

New research and insights:

- Links are being explored between vertigo and migraine, osteoporosis, and low vitamin D.
- Supplements like vitamin D and calcium may reduce recurrence in some patients.

- Researchers are developing home-based rehab tools and studying balance recovery (even with input from space research).

When it's more serious:

- Symptoms like severe imbalance, double vision, slurred speech, weakness, or confusion could signal conditions like stroke and require urgent care.
- Disorders like Ménière's disease cause longer-lasting vertigo episodes and hearing-related symptoms.

Bottom line:

Vertigo is common and often treatable with simple, targeted techniques—especially when correctly diagnosed—making many costly ER interventions unnecessary.

Shirley Robert

“The Surprising History of America’s Song” by Bob Greene, tells the story behind “God Bless America” and its composer, Irving Berlin. Written during America’s upcoming 250th birthday celebration, the piece explains that the patriotic song was actually written by a Jewish immigrant who deeply loved the United States.

Irving Berlin, born Israel Isidore Beilin in Russia, came to America as a young child after his family fled anti-Jewish violence. Though he arrived speaking no English and grew up in poverty, he became one of America’s greatest songwriters, eventually writing around 1,500 songs.

“God Bless America” was Berlin’s heartfelt thank-you to the country that welcomed his family. First publicly performed by Kate Smith in 1938 as war tensions grew in Europe, the song reflected Berlin’s gratitude for the opportunities America gave him.

As the song became famous, Berlin chose not to profit personally from it. Instead, he created the God Bless America Fund, directing proceeds to organizations such as the Boy Scouts and Girl Scouts, especially those serving disadvantaged neighborhoods. Over the years, the fund donated millions of dollars.

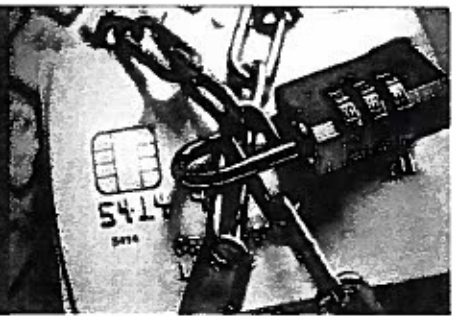
Although Irving Berlin has passed away, his love for America and appreciation for the nation that became his home continues to live on through the song.



Submitted by Ginnie I. #204

Dated May 25th, 2026

Financial Fraud Awareness Workshop



When

Tuesday, June 16
6:00 pm – 8:30 pm



Where

Grow Benzie
5885 Frankfort Hwy., Benzonia

Topics include

- What is financial exploitation?
- Different types of scams, i.e.:
 - Email/Text Fraud - AI
 - Emerging Threats - Debit Card
 - Fraud - Financial Investment
 - Scams - Local Scams
- What you can do to protect yourself

Schedule

- Refreshments: 6:00 pm – 6:30 pm
- Presentation: 6:30 pm – 8:00 pm
- Questions & Answers: 8:00 – 8:30 pm

Free Financial Fraud Awareness Workshop presented by State Savings Bank

Free transportation from Benzie Bus

Free Benzie Bus passes are provided by Benzie Senior Resources for Benzie County residents age 60+. Call (231) 325-3000 to request a pass (can be done up to the morning of the workshop).


Presenters
State Savings Bank

- Dannie Arnold
Information Technology
- Tammy Liss
Investment & Trust Services
- Ben DeHann
Clearstead Advisors
- Robin Hines
Deposit Operations
- Sara Swanson
Benzie County Prosecutor
- Benzie County Sheriff's Office
- Dan Gartland
Traverse City FBI Field Office
- Ron Stier
Department of Health & Human Services

 STATE SAVINGS BANK

-Bev P. (#111)

2026 JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Knitting group 1pm second floor	1 4pm Time to Talk, 2 Exercise at 1pm Tues & Thurs 2:00 bridge Tues	3	4	5	6
7	Knitting group 1pm second floor	8 10 - Speaker Exercise at 1pm Tues & Thurs 2:00 bridge Tues	10	11	12	13
14	Knitting group 1pm second floor	15 10 - Board Mtg Exercise at 1pm Tues & Thurs 2:00 bridge Tues	17	18	19	20
Flag Day				1pm - 6pm footcare & Mahjongg 2 pm	Federal Holiday Juneteenth	
21	Knitting group 1pm second floor	22	24	25	26	27
Fathers Day & First Day of Summer		Exercise at 1pm Tues & Thurs 2:00 bridge Tues		Mahjongg 2pm third floor	35th Anniversary Party 1pm - 4:30pm	
28	Knitting group 1pm second floor	29	1	2	3	4
		Exercise at 1pm Tues & Thurs 2:00 bridge Tues		Mahjongg 2pm third floor		

03 - Jim M. #308, 03 - Marilyn W. #1114, 23 - Lorry H, #315 and 26 - Mac W. #114

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