

FRESHWATER REPORTER

A fresh approach to storytelling in Manistee and Mason counties...and a bit beyond.

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OUR BIG, FAT END-OF-SUMMER ISSUE - 50% MORE FUN

Open water swimming makes waves

By STEWART A. MCFERRAN

Half the swimmers were missing team practice at the Civic Center pool in Traverse City. Masters swim coach Tom Ulrich told me they were outside, swimming in the open water of nearby Grand Traverse Bay instead of the pool. Some call it “wild” swimming — unconfined by lane lines, concrete edges and chemicals. The water in the bay had warmed to 75 degrees. The warm water feels fresh to swimmers who often swim without wetsuits but don brightly colored safety buoys that trail behind them in the water.

Open water swimming is so popular, it has become an Olympic event. California-born-and-raised Haley Anderson, 31, is the only American to have won an Olympic medal (Silver in the 10K of the 2012 London Olympics) in open water swimming.

There is an open water swimming community in the Traverse City area. They take advantage of many fine shoreline locations in the Grand Traverse region and beyond. Tom Lechota is a swimmer and part-time coach for the Northcoast Masters. The group holds six practices a week at the Grand Traverse Bay YMCA pools (West and Central). The Michigan Masters is part of the U.S. Masters which is a competitive swimming program for adults. Kathy Coffin-Sheard is the head coach of the Northcoast Masters and an avid open water swimmer along with other coaches and members of the group.

Harriet Wall, a Traverse City octogenarian and a long-time swimmer, says she “usually swims three miles a day” at either the West or Central YMCA pools. When the water warms, she swims with a group at various locations in the cool waters of lakes and bays. “It is nice to swim outside if I can,” she told me. Her group



Top: Eric Hansen, organizer of the Mackinac Bridge Swim, enjoys his time in open water. Right: Lake Michigan swimming. Photos courtesy of Eric Hansen.

generally stays near shore and sometimes has a safety boater who tags along, ready to assist.

Kathy Heikkila said she has been open water swimming for 15 years. She has crossed the Straits of Mackinac in the water under her own power. On the longer swims, her husband Kevin and her daughter are in a safety boat and her son often stands on a paddleboard alongside her as she swims. “We had an app that told us where the freighters were,” she said.



Heikkila once swam from the Sleeping Bear shoreline to South Manitou Island. She said the guy operating the safety boat called on a Tuesday morning and told her group, “Today is the day.” She said they all picked up and left. “That day we had low

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AREA EVENTS
CALENDAR
ON PAGE 8



Summer's Parting Words

By GORDON BERG

Whoosh! Just like that, summer's over. Bonfires on the beach. A slow drift down the Manistee River. Ice cream sundaes from House of Flavors. In a few days it'll all be another great summer memory.

Maybe you caught a tribute band performance at the Ramsdell. Or perhaps you watched the Ludington High School Jazz Band show off their chops at a Rhythm and Dunes concert. I bet some of you felt goosebumps when the military vets marched by at your hometown's Fourth of July parade.

For sure many of you went camping. Maybe it was so hot you slept on top of your sleeping bag. Maybe it was so wet you slept in your car. Maybe the fish were bitin'. Maybe they weren't. The ones that got away always make for a better story.

No doubt someone reading this had their first kiss on top of Arcadia Dune's Old Baldy. Maybe you fell in love. Maybe it'll just be for the summer. Maybe it'll be forever.

Did you drive all the way to Traverse City to catch a foul ball at a Pit Spitter's game? Perhaps you put the kids in their PJs and gave them their first Cherry Bowl Drive-in theater experience in Honor. Hopefully they conveniently fell asleep halfway through the movie, giving you parents some time to feel like you were on an old-fashioned date.

Maybe some knowledgeable salesperson at the Happy Owl in Manistee helped you find your perfect summer read. Maybe someone at the Gasoline ReFind shop of vintage treasures in Bear Lake helped you carry that old bench you've always been looking for out to your truck. It's a safe bet the folks at Kampvilla RV Park helped make your family reunion one for the books. Perhaps you shared a great conversation with an old friend over coffee and fresh-baked pastries at the Yellow Dog Café. Or, like me, you found the hands-down best chocolate chip cookie in America at the Daily BakeHouse.

Yup, the summer of '23 is almost one for the books. Now begins the checklist for shuttin' down the cabin and heading back south. Turn off the water. Turn down the thermostat. Cover the furniture.

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J.J., the Insatiable Insect

By LYNN BROWN



Teeny monarch caterpillar. Photo: Lynn Brown

Hello! I'm a monarch caterpillar. You can call me J.J. Legend has it that Prince William of Orange (later King William III) was so adored by early European settlers to North America that they named me in his honor. Well, not me — I'm just a caterpillar — but after my orange and very regal winged ancestors. Eventually I will be regal, too, but being newly hatched, I'm just pale gray green after leaving the egg I was in for four days (which I ate afterward, and it was delicious).

I'm incredibly lucky to have hatched under this milkweed leaf my mother glued me to. Only 5% of our species' eggs survive in the wild. Sadly, that number is much less than it used to be. We've always had predators in nature — heck, even my own sibling might eat my egg if he hatches first on the same plant — but we also have human disconnect from nature to contend

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Red Tree Curiosities

OPEN YEAR-ROUND IN DOWNTOWN BALDWIN!

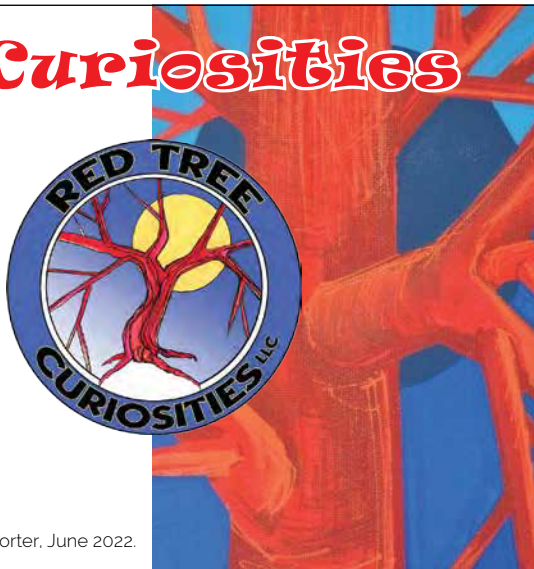
We feature Fun Art and Fine Goods made in Michigan by over 40 local artists.

Don't miss "Booth 66" Antiques in the back room.

Open Tues-Sat 10-5

879 Michigan Ave. Baldwin
redtreebiz879@gmail.com

Read our feature story online in Freshwater Reporter, June 2022.



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Bear & Crow Studio

Andrew Jagniecki

ARTIST-PRINTMAKER

Call or text for appointment:
231 557 3404
or andrewjagniecki.com



Please join us at
Pines of Arcadia
Sat., Sept. 9, at 4 p.m.

- » Artists will discuss their work.
- » Audience is invited to join the discussion.
- » Chilean artist/composer Ammy Amorette will sing.
- » Cocktails and snacks will be served.

SEE what you FEEL

Bishoff Road, just north of Arcadia Bluffs
202-427-3088

Bourbon: Why wait 'til 5 o'clock?

By JOSHUA ELIE

As a builder, a musician and even as a cook, I love my tools! I have spent my whole life accumulating tools and learned early in life about the importance of having good tools and the right tools for the job.

As soon as I was big enough to "swing an ax" (around 14), it became my job to split all the firewood. Did I have a wood splitter? No! According to my dad that would be way too expensive, so every

free of charge any time ..."

I had this feeling of giddiness come upon me, and not in a positive way.

Looking back, though, those years of splitting by hand, often in the most blistering of northern Michigan weather, gave me a sort of beyond-average work ethic that has served, and still serves, me very well. I have never needed a boss to make me feel accountable or bills looming over my head to be productive. Being productive is what makes me feel good about myself. I can look around at my family's property and see so many of my accomplishments. There are five structures and I defy anyone to find one square inch that I haven't built, installed, fixed, worked on or am working on.

I find great joy in the culinary arts, too, especially with others — sharing the mouth-watering scent of garlic and onion frying in butter, the peaceful calm after a big turkey dinner, and the anticipation of fresh baked goods. To make this happen, you first need the desire and second, the right tools. The basics are pretty much the same for everybody's kitchen, but I have two multi-purpose food processors that I couldn't live without. If you really want to get into baking, you will need something that whisks, mixes and kneads, like a Kitchen Aid. If you try to do this by hand, you will quickly lose your desire.

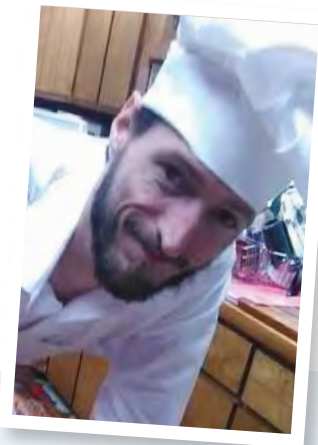
If you don't have a power tool to knead dough, this might make you think about purchasing one.

September is National Bourbon (the "Spirit" of America) Heritage Month. This year, why wait until "5 o'clock" for a drink? Have a bite instead at any time because this bourbon glaze works well on almost any pastry, even cookies.

BOURBON GLAZE: In a tall, wide-mouth drinking glass (for easy pouring), combine 2 tablespoons of double-strong coffee, a half tablespoon of bourbon (Boss's choice: Evan Williams), and one-and-a-half cups powdered (confectioners) sugar. Stir with fork until smooth.

Joshua Elie is a musician and retired building contractor. He now enjoys life as a homesteader.

NORTHWOODS SAUCE BOSS



morning before leaving for school, and every night before going back to my studio, I was in the woodshed with a split maul and a sledgehammer held together by duct tape. When I first began, it took two hours every morning and two hours every night to keep the fire going. Sometimes my dad would come out to keep me company. He would sit on the tailgate and tell me everything that was wrong with my life ... In time, I got better. Actually, I got really good and had it down to 45 minutes each session. I was about 19 when I went to the Dublin General Store to buy a new maul and Tom Fischer (the owner of the hardware at the time) asked, "Is your dad still making you do that by hand? I don't know how many times I've told him he could borrow one of our rental splitters

Elie's "Morning After" Cinnamon Rolls

Dough:

- 2¼ + cups flour
- 3 Tbsp sugar
- 1 pack of yeast (2¼ tsp)
- ½ cup water
- ¼ cup milk
- 2½ Tbsp salted butter
- 1 large egg

Filling:

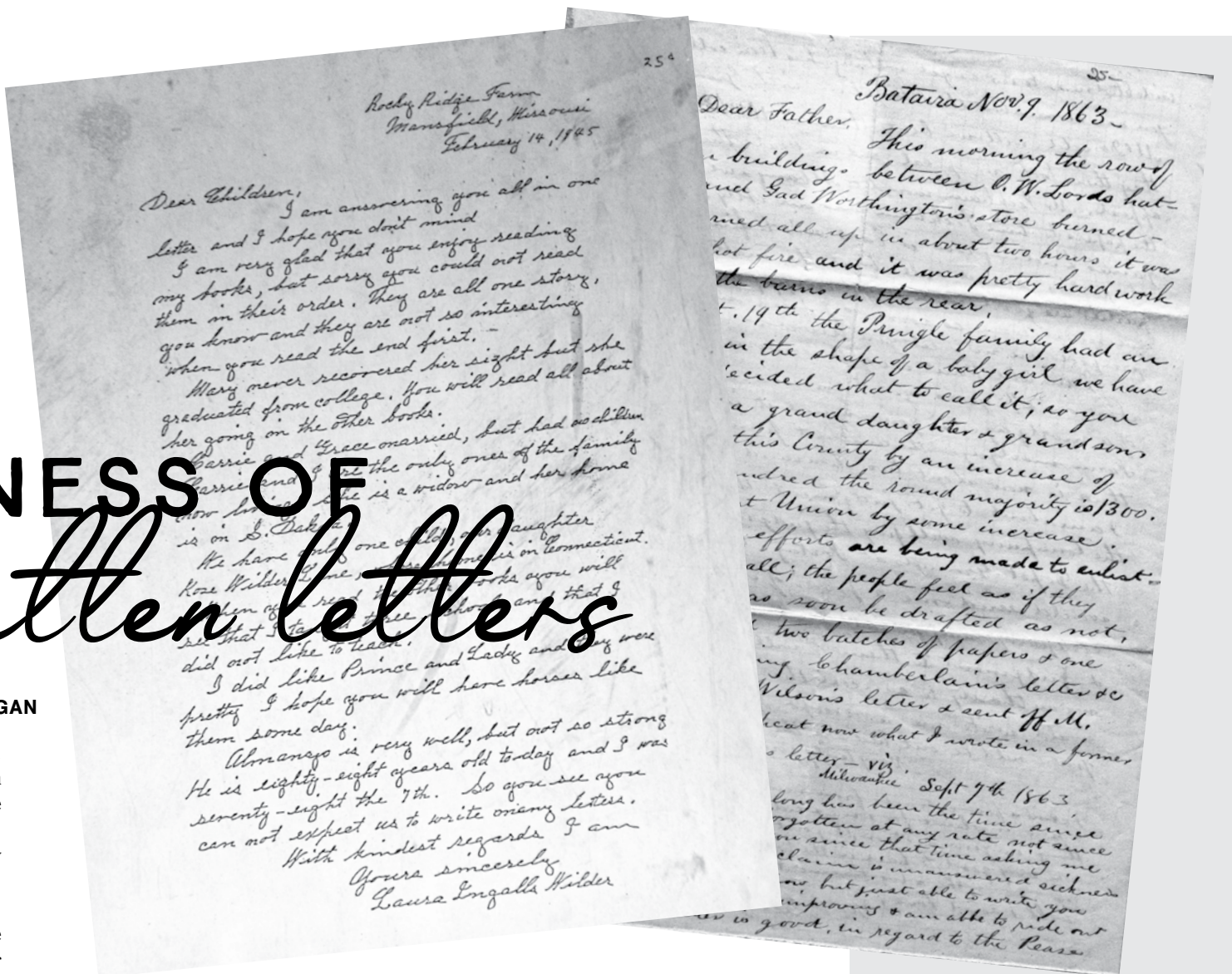
- 3 Tbsp room temperature salted butter
- 1 Tbsp ground cinnamon
- ¼ cup sugar

In a Kitchen Aid mixer bowl, mix flour, sugar and yeast then set aside. Heat milk, water, and butter to 115-120 degrees. Whisk until smooth. then pour into flour mixture. Start kneading and add the egg. Continue kneading, adding flour slowly — a little at a time — until dough does not stick to bowl. Roll into a ball then set back in bowl for 10 minutes.

In a small bowl, mix cinnamon with sugar. Roll out dough to an 18" x 8" rectangle. Use spatula to smooth softened butter flat on top of dough. Sprinkle all cinnamon sugar on butter evenly. Roll dough tightly and cut into nine 2-inch pieces. Set inside greased (I use fingers and butter to coat) 10" cake tin. Cover with aluminum foil and let rise 90 minutes or until doubled in size. Preheat oven to 375 degrees. Egg wash and bake rolls for 10 minutes with foil on. Remove foil and bake for 5 more minutes. Remove from cake tin and let cool. Drizzle with coffee/ bourbon glaze.



Left: Handwritten letter to a group of children from Laura Ingalls Wilder, Feb. 14, 1945. Right: Handwritten letter by Civil War soldier to his father, dated Nov. 9, 1863.



HAPPINESS OF handwritten letters

Story and museum photos by **GRACE GROGAN**

World Letter Writing Day, Sept. 1, was founded by Richard Simpkin in 2014 to pay tribute to the happiness of receiving a handwritten letter. Simpkin encourages children to step away from social media and handwrite a letter. The website WorldLetterWritingDay.com shares tips and information on the importance of handwriting for fine motor skills and details on making connections through the World Letter Writing Pen Pals Group.

History of handwritten letters

The first recorded letter (on paper, not a clay tablet) was handwritten by Queen Atossa of Prussia in 500 B.C. It wasn't until April 4, 1889, that then U.S. President Benjamin Harrison sent the first typewritten letter from the White House. Technology makes handwriting unnecessary in many areas. However, one cannot read historical documents and letters without being familiar with cursive handwriting. That's just one example of the importance of knowing how to read and write using cursive.

Today, many U.S. school systems emphasize keyboarding skills. They stopped teaching cursive handwriting, which went out of fashion in the 1980s. By 2010 only six states were teaching cursive. The impact of its loss became apparent. According to the National Education Association, 21 states now require cursive instruction.

In the work environment, I witnessed the impact of not learning cursive. In 2013 a new attorney, having completed four years of college plus three years of law school, could not decipher handwritten notes. His primary school district did not teach cursive. Educators believed everything would be computerized and cursive unnecessary when students graduated high school. This young attorney lacked basic penmanship skills and couldn't read handwritten notes from co-workers and clients.

Our ancestors cherished written correspondence. They saved bundles of letters, re-reading them to maintain an emotional bond between themselves and the sender. When retrieving your mail, what catches your interest and makes you smile? Is it junk mail? The bills? Of course not! It is a handwritten envelope from someone you know that touches the heart.

Young people without cursive instruction will miss this pleasure, plus the ability to read historical documents, including the Declaration of Independence and the U.S. Constitution. When I was visiting a history museum this summer, the first page of a Nov. 9, 1863, handwritten letter from a Civil War soldier to his father was on

display. How many young people will glance over that exhibit, unable to read the cursive handwriting?

In addition to World Letter Writing Day, there are three other special times each year for recognizing the significance of cursive handwriting. Celebrate and restore this fading skill by connecting with others through these events. It is more personal than an email or a social media post. The recipient will appreciate the time you take writing the letter, addressing the envelope, applying postage and placing it in the mail.

National Letter Writing Day's purpose is similar to World Letter Writing Day. Taking place every December 7, the idea is to set aside electronic communication and handwrite a letter. The origin of the day is unknown. One theory is it began in Japan, where there is a letter-writing week and a letter-writing day on the 23rd of every month.

National Handwriting Day was established by the Writing Instrument Manufacturers Association in 1977. It is observed every year on John Hancock's birthday, January 23. Studies show children who take handwritten notes develop a better understanding of the subject matter. Teachers can have students honor the day by writing on paper with a pen or pencil.

National Card and Letter Writing Month was initiated by the U.S. Postal Service. Celebrated in April, it honors the significance of the mail service, especially the importance of mailing handwritten cards.

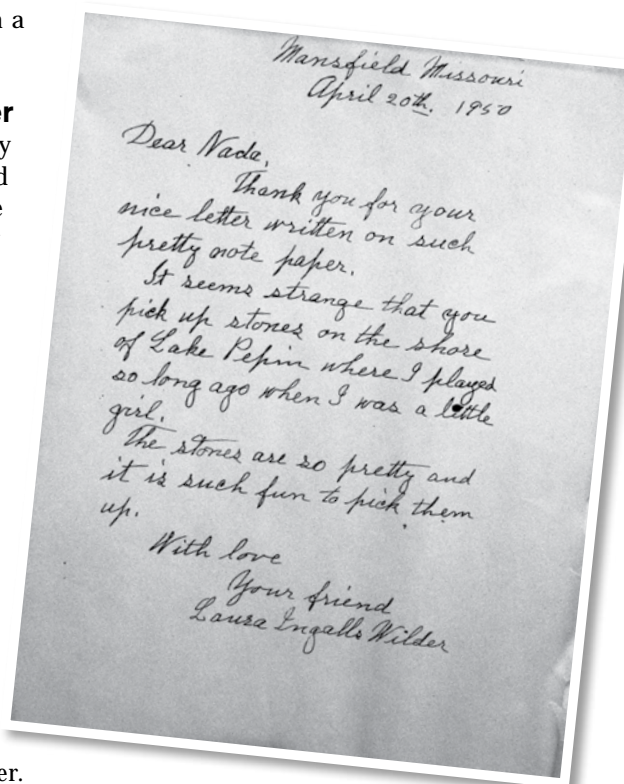
Celebrate all letter-writing days by sending a letter to an elderly relative, distant friend, deployed soldier, incarcerated person or grandchild. Children can participate by drawing pictures and signing their names or by writing short notes. A grandparent would be thrilled to receive a letter from their grandchild and will likely write back, beginning a tradition. How

do I know? Because my love of letter writing began with sending letters to my grandparents, and they always wrote back. When I was about 11 years old, I joined the International Pen Friends Group (ipfworld.com) still in existence today, with 300,000-plus members in 192 countries. At one time, I had around a dozen pen pals. My first pen pal, Waana, lives in New Zealand. She and I are still in contact via Facebook. I'm glad we've remained in touch.

Today I live and travel full time in an RV. I send handwritten notes on postcards to each grandchild and my adult children. Both families save the correspondence in postcard albums. The children like looking through them to see where I've been.

When writing your letter or card, explain how handwritten correspondence is at risk of becoming obsolete. Remind them how thrilling it is to receive a handwritten note instead of a text message or an email. Encourage them to "pay it forward" by surprising someone they know with a handwritten note. Send a letter to someone you love today!

Grace Grogan is a freelance writer and photographer. She and her partner Paul roam the country in their 35-foot motorhome.



Handwritten thank-you letter, dated Aug. 20, 1950, from Laura Ingalls Wilder.

Snail Mail Pen Pal Companies

International Pen Friends. 300,000+ members in 192 countries. ipfworld.com

Letter in the Post. Old-fashioned letter writing. letterinthepost.com

Global Penfriends. Find international friends. globalpenfriends.com

Geek Girl Pen Pals. Snail mail and letter writing. geekgirlpenpals.com

Michelle Houts 52 Letters in a Year Challenge. Ideas/tips for writing 52 letters/year. michellehouts.com/52-letters-in-a-year

The Letter Exchange. Newsletter subscription for snail-mail pen pal listings. letter-exchange.com

Snail Mail Letter Subscriptions

Snail Mail for Kids. Receive a letter in the mail every week. snailmailforkids.com

Suze's Happy Mail Project. Snail mail sent to you at no cost. happymailproject.org

Letters from Afar. A monthly letter with handwritten illustrations. lettersafar.com

The Flower Letters. Two letters per month that tell a story. theflowerletters.com

Writings from the Wild. Monthly letters with illustrations, etc., about wild animals. writingsfromthewild.com

OSIRIS-REx to return to Earth

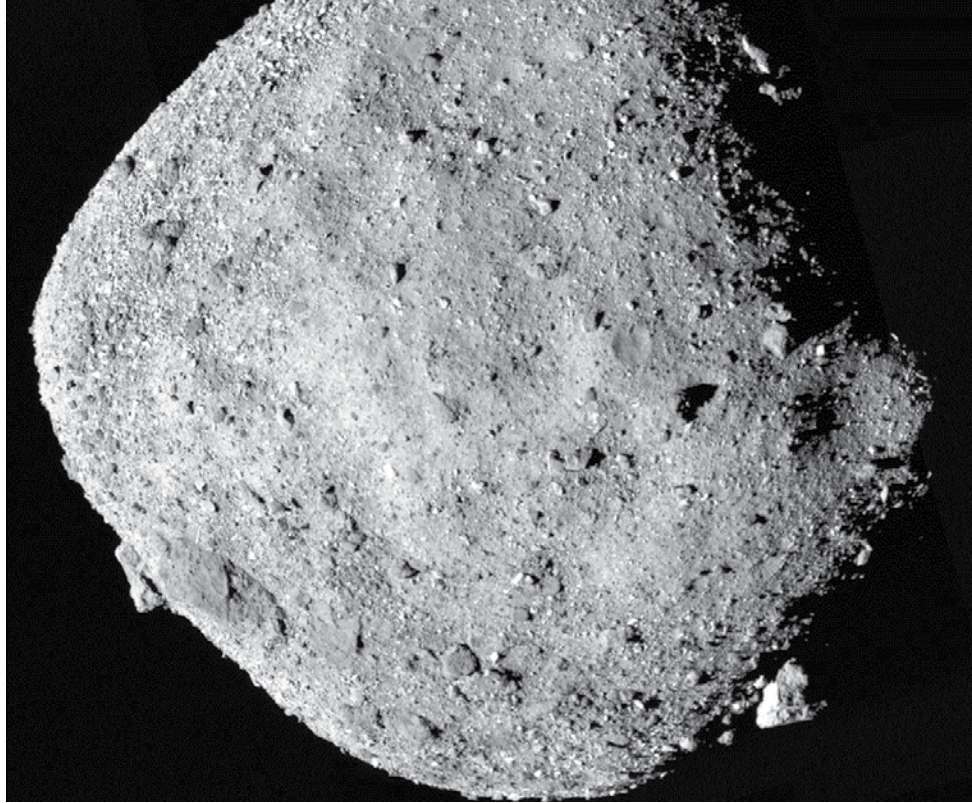
By BROOKE EDWARDS

Launched in 2016, NASA's OSIRIS-REx (Origins Spectral Interpretation Resource Identification Security-Regolith Explorer), the first U.S. mission to collect a sample from an asteroid, will return to Earth in September. In 2020, the explorer collected regolith samples from the asteroid known as Bennu. Regoliths on asteroids are developed by meteoroid impacts and consist of dust, broken rocks and other materials covering a rocky interior. Bennu is about 1,614 feet in diameter, has a mass of approximately 85.5 million tons and orbits the Sun once every 1.2 years at an average distance of about 105 million miles. Earth's average orbital distance from the Sun is 93 million miles, and Bennu makes a close approach to Earth every six years.

A leftover from the early days of the solar system, dating as far back as 4.5 billion years, this asteroid may provide insights into the function of similar asteroids in the creation of planets and the transportation of organic ingredients and water to Earth. This delivery of organic matter might have played a key role in the eventual emergence of life. By studying these samples, scientists may also better understand asteroids that could impact Earth. These data may help in future asteroid deflection efforts.

On May 10, 2021, OSIRIS-REx left Bennu for its flight back to Earth. Teams on the ground have been closely monitoring it and making course adjustments as necessary to ensure a safe return.

The Astromaterials Research and Exploration Science (ARES) team at NASA's Johnson Space Center in Texas is awaiting the sample's return to Earth. In a NASA article, Deputy OSIRIS-REx



This mosaic of Bennu was created using observations made by NASA's OSIRIS-REx spacecraft, which studied the asteroid in close proximity for over two years. Photos: NASA/Goddard/University of Arizona

curator Nicole Lunning said: "Our team is engaged in a whirlwind of activity as we get ready for the sample."

The sample capsule, holding about a cup of astromaterial, is scheduled to parachute to the Utah desert approximately 70 miles west of Salt Lake City on Sept. 24, after 10:41 a.m. ET.

The team at Johnson Space Center has a designated lab to study and store the samples. After allocating samples for study worldwide, the team will store a portion of the astromaterial in a sterile environment

for study by future generations.

Follow updates on social media. Watch the NASA live stream and visit the agency's website on the day of OSIRIS-REx's return. Read more at: nasa.gov/osiris-rex.

Brooke Edwards is our area's NASA/JPL Solar System Ambassador. She has held Star Parties at 5th Avenue Beach and Orchard Beach State Park in Manistee. Follow her on Facebook @Brooke-Edwards-Solar-System-Ambassador.

A Perfect Storm

By Louisa Loveridge Gallas
Freshwater Reporter Poet In Residence

Distant thunder teases us,
a slow move
close, closer, suggestive...
promises of rain,
a moist new world seductive
like the intense brunette
with dark eyes in high school
who leaned into your hip
so your heart
pounded with desire,
how she pulled you
into the janitor's closet
to French kiss, and then...
and then...she laughed,
offered nothing more.
For an hour this thunder
has pretended to bring
relief to our dry soil,
sweltering roots burrow
deeper to rescue
the withered life above.

Sky darkens, thunder drums,
less distant,
lightning spikes the sky.

A few frail drops begin to
fall. We wait, our prayer
edged with doubt,
those of us who know drought,
the failed downpour.
Suddenly the wind rises,
trees bend, leaves wave,
frantic with hope.
A fresh steady rain
embraces us
as if the elusive brunette
has had second thoughts
about your kisses, swings back
through the door,
the lightning and thunder
of your bodies join,
while the sky opens, opens,
to send its gifts down to earth
in a perfect storm
of release.



Photo by D. Donson on Adobe.

Summer's words

continued from Page 1

But before you go, there's just one more thing to do ...

Remember the workers.

Every one of your memories has at least one person associated with it who helped you make this summer one you won't forget. A park ranger. The guy at the hardware store who sold you a fishing license. The housekeeper at the Manistee Inn and Marina who made your room feel crisp and fresh. The waitress who gave you a smile along with that extra cup of coffee at the Bungalow Inn, Scotty's Restaurant or Northern Exposure Cafe.

These folks work hard. Often two, even three jobs just to make ends meet. They may drive from a little community you've barely heard of because they can't afford to live where they work. But here they are. Their joy is helping you remember how friendly and personable small-town life can be. When you smile back at them, it fills their hearts in ways you can't imagine.

So let me invite you to do something crazy ... write them a note of gratitude. Stop by before you pull out of town and

tell just one person how much it meant to you and your family that they showed up every day to help create a great experience for you. Let them know the role they played in helping you make some lasting west-coast Michigan memories.

When you perform that simple act, you'll give them an enormous sense of pride for the difficult, often thankless work they do. It'll make you feel good too.

And, when you come back next year and bump into those same people, you'll find that you're more than just a visitor. You're one of us. A neighbor. Even if just for a moment.

"Welcome home!" they'll likely tell you. "It's really good to see you again."

Such a good feeling.

So, have a great rest of your year. Safe travels. Thanks for sharing your summer with us. The Summer of '24 is right around the corner. See you then!

Gordon Berg is a descendant of Manistee's Bergs, Swansons and Martinsons. His debut book, "Harry and the Hurricane", is about his father's life as a young boy and how he survived the Miami Hurricane of 1926. www.harryandthehurricane.com

Annual free barn dance

BEULAH – The Fabulous Horndogs and K. Jones and the Benzie Playboys will headline the annual barn dance at St. Ambrose Cellars on Sept. 16. The gate will open at 3 p.m. at 841 S. Pioneer Rd. Plan to arrive early to hear and dance to these two local, high-energy musical favorites.

A statement on StAmbroseCellars.com reads: "As our way of saying thank you to our community, this event is completely free to the public, ensuring that everyone can partake in the festivities and create cherished memories with friends and family."

Food and drinks, including the newly released Smashin' Pumpkin Cyser, will be available for sale. The music will begin at 4 p.m. with The Fabulous Horndogs, followed by K. Jones and the Benzie Playboys at 6:30 p.m.

Attendees are asked to bring their picture IDs. Though dogs are ordinarily welcomed, they must sit out (stay home during) this event due to the evening's expected occupancy. Visit the above website for more information.





GRAND TRAVERSE REGIONAL
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GTRLC.ORG

Meet the “See What You Feel” artists

By **PAT STINSON**

ARCADIA – The feeling you get when you look at a work of art can be immediate and visceral or take more time to form, as you internalize the experience. In the “See What You Feel” art exhibition at Pines of Arcadia, the work of six U.S. artists ranges from joyful and buoyant to mysterious and metaphysical. That’s according to Pines of Arcadia studio—gallery owner and artist Judy Jashinsky.

“I chose the artists in this exhibition because their work generated an immediate feeling when I saw it,” Jashinsky said. “The feelings are very different, but they have a common thread for me. They all have a kind of purity, a clear and singular message for the mind.”

During a special public reception to be held at 4 p.m., Sat., Sept. 9, artists will discuss their works and audience members are invited to participate. Chilean painter and composer Ammy Amorette will share some songs, and cocktails and snacks will be served.

The six artists include: Amorette, of Grant Township, Michigan; Marcia Hales, of Williamsburg, Michigan, who holds a Master of Fine Arts in both design and painting; Jamie John, of Traverse City, a two-spirit Anishinaabe and Korean American working in multiple disciplines; Maggie Michael, of Washington, D.C., whose paintings are described as part Pop Art, part Abstract Expressionism; Mel



Painting by Ammy Amorette_

Watkin, of southern Illinois, who creates works on paper, such as ink drawings, books, and catalogs as well as wall drawings; and Washington D.C.-based artist Andrea Way, whose paintings are known for their geometric and abstract patterns.

“Seeing a painting at a museum is very different than at an art fair or in a book,” Jashinsky said. “But no matter how you experience art, it always generates a feeling.”

The exhibition runs through Oct. 31. Those unable to attend the reception may make an appointment to see the exhibition by calling Jashinsky at 202-427-3088. Pines of Arcadia is located near the west end of Bishoff Road, north of Arcadia Bluffs.

Scottville to celebrate fall

From staff reports

SCOTTVILLE – The beloved Rubber Ducky Race will be back this year, one of many activities planned during the Scottville Fall Celebration on Sept. 16. The hub of the activity takes place downtown from noon to 10 p.m., with a couple of exceptions.

A benefit regulation softball tournament will be held, beginning at 8 a.m. (location not available at press time), and the rubber ducks will be launched at 11 a.m. on the Pere Marquette River at Riverside Park, 700 S. Scottville Rd.

Downtown festivities are family friendly and include kids’ games, face and pumpkin painting, touch-a-truck, train rides and a bounce house. Also taking place from noon to 10 p.m. are an adult social district with drinks from North Branch Winery and Charley’s, and food and beverages

from vendors, including North Country Café, R&T Colossal Kitchen, MCC Band Boosters and Hitch Hiker Coffee.

Main Street stage events include the Miss Mason County and Princess Pageant, 1-3 p.m.; the Scottville Clown Band, 3-5 p.m.; Working On Famous, a Manistee area cover band, 6-8 p.m.; and country/roots rockers The Whiskey Rebels, 8-10 p.m.

A cornhole tournament is planned for 6 p.m. to 10 p.m. on South Main Street.

Those wishing to register for the softball tournament, the cornhole tournament or the pageants can do so online at: <https://www.ludington.org/fallfestival/>.

The event is sponsored by the Scottville Downtown Development Authority with support from the Chamber Alliance of Mason County.

SEPTEMBER
National Suicide Prevention Awareness Month

We invite you to join us for a wellness event for Suicide Prevention & Awareness Month!



All are welcome!

- o Speakers
- o Awareness Education
- o Health Booths
- o Resources
- o Free chair massages: self-care
- o Boxed Meal
- o Yard Games
- o Balloon Artist

Free & open to the public

If you have any questions, you can call Cassandra @ 231-655-3278 or 231-398-0434.

Manistee County's Annual Suicide Prevention & Awareness Event

**September 12th
4:00pm-7:00pm**

Located @ the Lion's Pavilion at 1st Street Beach.

4:00pm-5:00pm
Activities

5:00pm-6:00pm
Speakers/Food

6:00pm-7:00pm
Activities Resume

Sponsored by LRBOI Be Da Bin Behavioral Health, Manistee Friendship Society, Centra Wellness Network, & the Manistee County Suicide Prevention & Awareness Coalition

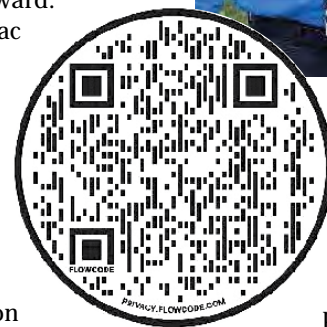
Upcoming benefit breakfast, auction for Arcadia man

ARCADIA – A pancake breakfast and silent auction benefit will be held 8 a.m.-noon, Sun., Sept. 3, at Pleasant Valley Community Center, for native Arcadian Bernie Howard.

Howard suffered a cardiac event at the finish line during the July Arcadia Daze 5K run/walk. He underwent triple-bypass surgery following the race and will be unable to work for up to six months.

The suggested per person meal donation is \$8, and all proceeds from the Sept. 3 event will go directly to Howard to defray medical costs and living expenses during his months-long recuperation.

Bernie Howard and his crew of family and friends have led the Chicken Dinner event at Arcadia Daze for many years, according to organizers of the benefit. “(He) gives so much to Arcadia, so this



is our town’s chance to give back to him and his family,” read a statement on the group’s flyer.

Silent auction items may be donated by emailing paula.rigling2@gmail.com.

Those unable to attend the event may donate through the Pleasant Valley Community Center’s website: pleasantvalleycc.org. Donors are asked to place Bernie Howard’s name in the comment section or scan the accompanying Q.R. code to be taken to the donation page.

Pleasant Valley Community Center is located at 3586 Glovers Lake Rd.

Get your pet blessed

From staff reports

FREE SOIL – Pets, livestock and their humans are invited to the 28th annual Blessing of the Animals to be held Sunday, Sept. 17, beginning at 1:30 p.m., rain or shine, under the tents and in the barn at Circle Rocking S Children’s Farm, 5487 Tuttle Rd.

Doors open at 1 p.m. for the free church service blessing to be given by the Rev. John Brown and the Rev. John Hansen. The service will be followed by a silent auction, pet show, contests and games, and is a benefit for the special needs therapy farm, which offers activities for children and adults. The cost is \$5 per class in each contest. Ribbons and trophies will be given to the winners

in each class. All ages are welcome to participate.

Pets and livestock must be on a short lead or leash or in a carrier, and owners are completely responsible for their animal friends. Attendees whose pets passed away are encouraged to bring a flower or photo to place next to the statue of Saint Francis. You do not need to own a pet or animal to participate in this event.

To see a complete list of approximately 25 contests and games and their sponsors, or to make a donation (a matching grant challenge is in place until Sept. 16), visit the website at: Circlerockingsfarm.org or call 231-462-3732.



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J.J. readies himself to become a chrysalis.
Photo: Lynn Brown



Chrysalis. Photo: Pat Stinson

Insatiable insect

continued from Page 1

with, loss of habitat, chemicals, pollution and climate change. It's a dog-eat-dog world out there!

Speaking of eating, I'm very hungry. That tiny eggshell didn't fill me up and I've much to do in the next two or so weeks! I am only 1/16th of an inch long right now; you can barely see me! Oh! Those clusters of fine hairs on the underside of this leaf look tasty. I'm too small to chew the leaf, but when I'm bigger I'll be able to devour entire leaves! I'll be an eating machine and I'll be a whole two inches long by the time I pupate if I have enough fresh young milkweed to eat. I can go about 24 hours without food, but I really don't want to. I do enjoy eating so!

Within a few days I'll begin earning my stripes in preparation for the day that I can become regal. I'm just a first "instar" now. After this first molt, I'll have my new striped suit of black, yellow and white bands! Some people refer to it as a clown suit, but I think it's quite dapper. I'll change my suit four more times in the next 2-3 weeks until I reach the rank of Five Star! Okay, it's really called fifth instar, but it's impressive if I say so myself. My skin doesn't grow. When I need a bigger skin suit, I'll spin a pad of silk and attach my hind legs to it. Then I'll just walk right out of my old suit and into my new one! Altogether, I do this five times, getting bigger each time. My growth spurt

will be 2,000% in total. I can't be moved while molting or I won't be able to finish the process, I won't get a new suit and, well, I don't want to talk about that. So, if I'm not moving, please leave me be or move what I'm on instead. Oh, look! There's my old skin. I think I'll eat that too! Do you like my new suit?

It's been a few weeks now. I've eaten all the milkweed I need, and I have my best suit on. I think I'll go for a walk and find a place to rest. All that eating and suit-changing is tiresome work! Don't worry, I'm not going far. About 15 or 20 feet. Far enough from the milkweed to avoid predators if I can. I like hanging pots, climbing vines, fences are cool, so is your house, and what a lovely garden to hang out in; that is a fine trellis you have!

Yes, a lovely spot to rest for a spell. I'll spin a silk mat with the spinneret under my head right here to hang from with my cremaster on my other end. 1, 2, 3! Watch me let go! Wow! It's like being in a high-wire act! The world is upside down! Look, I can make the letter J, just like my name! This is great!

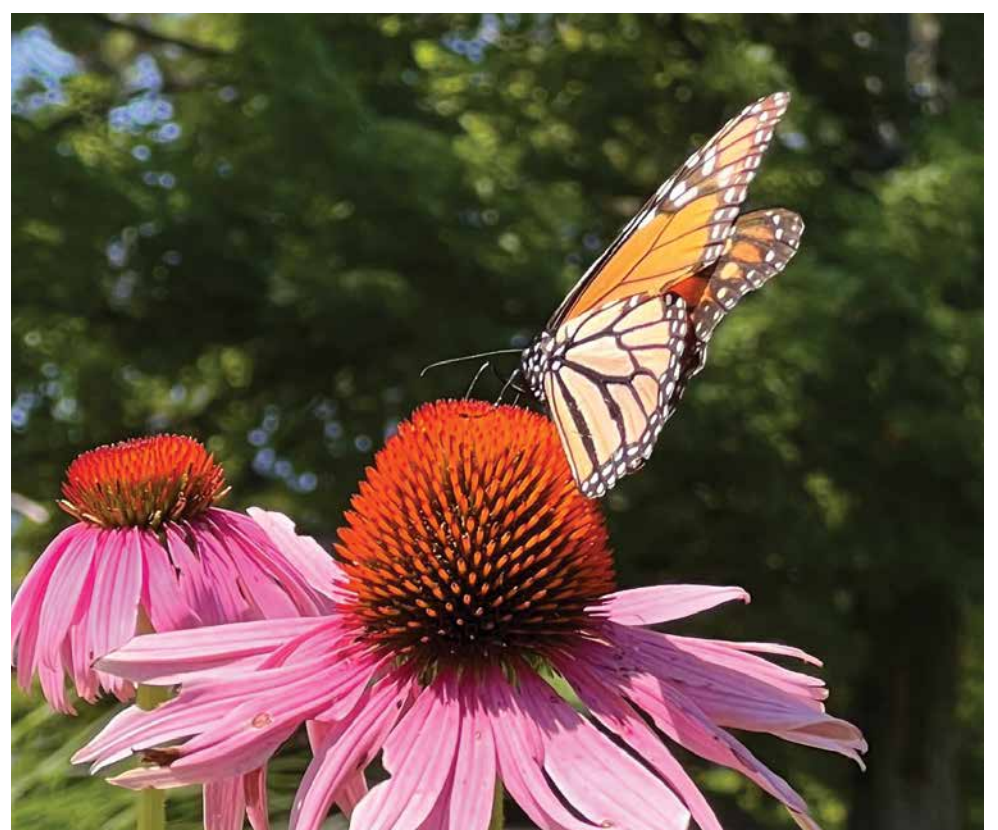
Gosh, it feels great to be off my legs after crawling and munching my way through caterpillar world. Don't be alarmed if I just stay hanging here for the next 12-24 hours. It may be less or more, but it will be exactly how long I need. I'll also need you to not move me right now. If you absolutely need

to move me, please wait about 48 hours, after I've done my hokey pokey dance, swinging back and forth and in a circle to get this fine suit off, and have donned my beautiful new jade suit of armor, my next

step to becoming regal. Once my armor or chrysalis (not a cocoon) has hardened, I can be moved safely if necessary. I'll be at my most vulnerable until then. And please do admire the brilliant golden little jewels adorning my new armor. Such finery! The word chrysalis originates from the Greek word "chrysos" which means gold. These dots provide oxygen exchange while I'm going through metamorphosis. I'll be too busy rearranging my insides to fend off predators, and these markings also help confuse and deter them by reflecting light. You'll know that I am almost ready to emerge from my chrysalis (eclose) when my new colors of orange, black and white are able to be seen! I'll pop out of my chrysalis case in about 10-14 days, depending on outdoor temperatures. The warmer, the faster!

I'll have to hang and dry my wings for a couple hours after I emerge, but I'll be seeing you soon! Proudly showing off my spectacular colors as I majestically grace your gardens in search of blooming native nectar flowers. Make sure to have blooms for me through September. I may be a butterfly, but I'll still be hungry and need much energy and luck to migrate back to Mexico for overwintering. I'll be sure to tell my great-great-great-grandchildren to look you up when they return next year. Please have lots of healthy, fresh milkweed ready!

Lynn & Scott Brown, Bear Lake
Monarch Waystation 40425
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Monarch butterfly on a coneflower. Photo: Lynn Brown.

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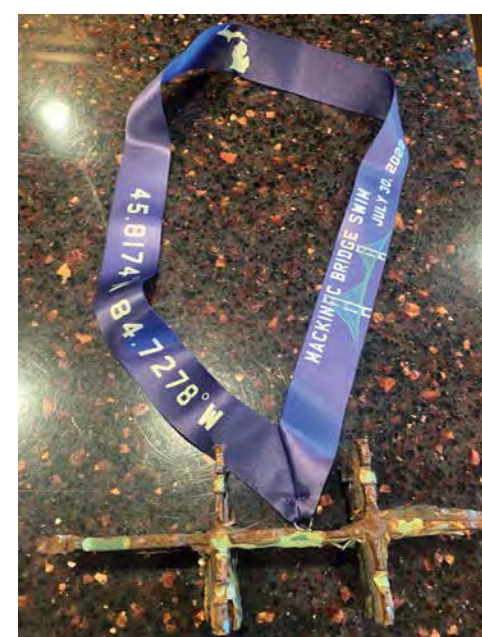
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Re-imagined Re-sale
 & Art Gallery

f i



Safety buoys trailing behind them, swimmers waded into the water. Photo: Jeri Fare.



Eric Hansen fashions medals from discarded pieces of the Mackinac Bridge for swimmers completing the Straits swim. Photos courtesy of Eric Hansen.

Swimming

continued from Page 1

winds and a little push up my side all the way to Manitou."

"All of us that I swim with, we swim in all kinds of water; we don't just swim in flat water," she added.

Heikkila weighed the pros and cons of wearing a wetsuit.

"I typically don't wear a wetsuit," she said. "I'm not swimming for speed. I just feel a lot better without a wetsuit on. There are times when I have worn a wetsuit in the early spring just because the water is cold."

She explained that a wetsuit allows you to swim faster because you float on top of the water and "just glide," swimming rather effortlessly.

"I like to swim without a wetsuit," she continued, "because I can feel the water, and I have better rotation. When I wear a wetsuit, I feel constricted in my shoulders."

Heikkila participates in an annual swim from Empire to Esch Road (Otter Creek Beach) that has attracted up to 15 swimmers at a time.

"It can be a little wavier in August," she observed. "Whatever the wave conditions are, we go. I've swam that (location) where I've just been sailing down the shoreline. It's just a peaceful swim; you are not going by a bunch of houses. There (are) no boats

down there, really."

Safety Around Water instructor and "Breakers" youth program coach Chris Corrado said that sometimes the longer open water swims become scavenger hunts. She said, "As you're swimming, you look at the bottom. We always find golf balls and fishing lures; we seem to find Barbie Dolls a lot. I did find somebody's scuba gear. It was, like, the tank and everything."

Corrado and her friend Kathy Coffin-Sheard swim the "Big Shoulders" open water race in Chicago each year. It is sanctioned by the Chicago Masters and this year includes 2.5K and 5K swims at Ohio Street Beach on Sept. 9. About 1,200 swimmers will ply the Lake Michigan waters there, within sight of Chicago's tall buildings.

Coffin-Sheard is the swim coach for Northcoast Masters and head coach of the "Breakers" youth program at Grand Traverse Bay YMCA. She attended the University of Georgia, where she swam very fast and won medals. She told me her favorite open water swim takes place in the Little Traverse Bay at Harbor Springs. It is organized by the Coastal Crawl Swim Club. Kathy expounded on the beauty of the clear water that allows a fabulous view of the steep drop-off into the deep, cold water of Little Traverse Bay. The 3-mile event takes swimmers around the point, allowing them to peer down into the deep. She said some

find it disorienting and turn back.

Eric Hansen of Grand Rapids tries to swim in the open water three or four times a week and likes to train at West Olive. He also organizes an annual open water swim across the Straits of Mackinac. He said 106 swimmers were expected for the four-and-a-half-mile course below the Mighty Mac Bridge this year.

"The Mackinac Bridge Swim is a nonprofit event raising money for first responders in Michigan," Hansen explained. They raised \$27,000 for First Responders of Michigan.

In addition to the currents and waves of the Straits, there is a shipping channel that extends from the south to the north piers of the bridge. As race director, Hansen must obtain a permit for the event from the U.S. Coast Guard. If a freighter appears while swimmers are in the water, safety boats pick them up until the coast is clear. Swimmers then jump back in the water to complete the swim. There is also an 8-mile swim at Mackinac Island. Swimmers can stay near the shore, so no permit is needed from the U.S. Coast Guard.

Hansen's wife Amy checked in with me the day before the big group swim.

"It's a gorgeous morning on Lake Huron and Lake Michigan," she said. "A group of a dozen or so are swimming the Straits right now, and the big group of almost 110 swims tomorrow. The water is pretty glassy ... Happy for them!"



This group enjoys swimming in the open water of West Bay. Harriet Wall on far left. Photo courtesy of Harriet Wall.



Per the U.S. Coast Guard, swimmers must pile into a safety boat until a freighter passes. Photo courtesy of Eric Hansen.

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September is Suicide Prevention Awareness Month & the Manistee County Suicide Prevention & Awareness Coalition is asking for help to shine the light on suicide prevention.

Join us for **CHALK THE WALK & HAVE THE TALK** during the week of September 3rd-9th!

WHAT CAN YOU DO?

Use chalk to beautify our community with images and messages of **HOPE, RESILIENCE, SUICIDE AWARENESS & PREVENTION** all around Manistee!

(For example: your driveway, sidewalks, and walking trails)

Share your fun by tagging a pic of your **CHALK THE WALK** to the Manistee Friendship Society's Facebook page for your chance to win a 60-minute massage (compliments of Anita Shaffer- Therapeutic Massage), 2 color tour tickets from the Manistee County Blacker Airport, 2 \$50.00 gift cards from Clean Lines Tattoo Company LLC or 2 tickets aboard the Princess Boat of Manistee!

A **HUGE** thank you goes out to those mentioned above for their donations to our event! It is much appreciated ❤️

#chalkthewalk2023

If you have any questions, you can call Cassandra @ 231-655-3278 or 231-398-0434.

Gun violence solutions envisioned

By **STEWART A. MCFERRAN**

Editor's note: This story was originally published online in May. This version has been updated.

A response in one local community to gun violence and mass shootings has resulted in a buyback program for assault weapons. Eligible assault-style firearms can be anonymously turned in to the Ludington Police Department at 408 S. Harrison St. in Ludington on Sat., Sept. 16, from 1 p.m. to 4 p.m. Supercenter gift cards in the amount of \$300 will be given for each eligible firearm received as part of the community's Starfish Buyback Program, a privately funded program.

According to a statement in the Starfish Buyback brochure, volunteers established the program "based on the belief that no matter how small or futile this action may appear, any effort to save precious lives matters."

The results of this program, and an identical one held in May, will not be apparent right away, but both efforts are raising awareness of gun violence in the community.

Starfish origins

Starfish volunteer Karen Reader lives in Custer near Ludington and has family in Oxford, Michigan. The Oxford community was devastated by gun violence. The survivors there are dealing with the aftermath of a school rampage by a student shooter with an assault weapon. Reader was spurred into action by that tragic event.

George Reber, of Ludington, was instrumental in the effort that hopes to stop gun violence from spilling into that shoreline community. At his memorial, mourners were asked to give to the Starfish Buyback Program. They distributed flyers in the community and told the story of the little girl who threw a starfish back into the ocean to save it. When asked why she would bother when there were still so many starfish stranded on the beach, the girl replied that her actions helped that one starfish.

"What we can do is at least make a

difference one gun at a time by removing that gun from the community and exchanging that weapon for a \$300 Supercenter gift card," Reader said. "People can use it for groceries; they can use it for something they need in their house."

The Ludington City Council voted to support the Starfish Buyback Program. Police Chief Christopher Jones will personally accept the weapons, no questions asked.

"We will establish a three-hour time frame on two different dates: the third Saturday in May and (in) September 2023," Chief Jones said.

The Ludington Police Department will supervise the exchange and distribute the gift cards. Unloaded weapons should be brought to the event in car trunks. An officer will meet the citizen in the department's parking lot to determine eligibility. The officer will remove any eligible guns and ammo and present gift cards at that time. Police will then turn the weapons over to the Michigan State Police in Lansing.

"I think it is very important to identify and engage young people... who appear to be at risk... because so often those students are quiet, and they slip thought the cracks; they need that mentorship."

"The (Ludington) chief of police has answered numerous calls from people with various questions about what assault weapon is eligible," Reader said.

Police personnel will also offer free trigger locks to anyone who needs them for guns that they keep at home.

The Starfish brochure states: "This buyback program for assault weapons is not intended to erode anyone's right to own guns for self-protection or hunting."

Similar buyback programs in other communities encourage individuals to turn in dangerous firearms. Grand Rapids held its third buyback event on Sept. 17, 2022. They issued a \$200 gift card for assault



Photo by Pedro Lastra on Unsplash.

weapons, \$100 for rifles and \$50 for other firearms. They took in 87 assault-style weapons and other guns, totaling 285 weapons.

There's historical precedent for the programs. After the Civil War, many guns used by soldiers became obsolete and uncared for. In an effort to remove these dangerous weapons from homes, the Firearms Act required individuals

engaged a wide swath of the community. They will be holding public meetings to further engage community members with the goal of supporting youth who may be isolated. With training, individuals can spot warning signs and intervene with compassion. In this way, the Safer Kids Safer Schools program hopes to avert gun violence in the community.

"I think it is very important to identify and engage young people, whether they are male or female, who appear to be at risk," Reader told me. "I think we need to do that because so often those students are quiet, and they slip thought the cracks; they need that mentorship."

She said she applauds the work of Safer Kids Safer Schools.

"I am going to look into that," she added. For more information about the Ludington Police Department programs, go to: <https://ludington.mi.us/244/firearms-programs>. Information about the Starfish Buyback Program can be found at: <https://fbook.cc/4PJT>.

to register their guns. Gun owners not wanting to pay to register their guns could turn them in to local authorities. Lots of firearms were surrendered to then Traverse City Police Chief Blacken's office in 1926. There were many Civil War rifles that "would fire when you least expected," as reported in the Traverse City Record-Eagle on Nov. 6, 1926. Chief Blacken dumped the guns in Grand Traverse Bay, ensuring the public's safety from dangerous misfires.

I spoke with Jay Berger, cofounder of Safer Kids Safer Schools. He was spurred to action by the horrible mass shooting at Robb Elementary School in Uvalde, Texas. Berger indicated that his group has

Stewart A. McFerran teaches swimming and water safety classes for youth and creates outdoor programs for young people at an area science center. He believes in responsible gun ownership.



HOMESTEADING: NEW PATTERN, NEW DIGS

This is part three in our series about homesteading.

By **STEWART MCFERRAN**

I have lived at the end of the road for 36 years. My place can't be seen from the road through the trees and rests near the river below the crest of the hill. Using recycled materials I hauled down the path, I built my home on a bend in the river.

"Pokey Huddle" is named after the hunting camp my great-grandfather Brady built in northern Michigan. It stands between the bottom of that lobe of glacial till and the river. In 1987 I cut a large tree and hand dug the stump. The resulting notch in the hill was my building site. I had no bulldozer at the time, only a blue wheelbarrow I bought from Brown Lumber. I prepared the forms for the footings and mixed the concrete in the wheelbarrow. I rather enjoy laying block and completed the foundation myself. I used mostly rough-sawn lumber from Lynn Rahle's sawmill for the studs and some planks I found on the Lake Michigan beach. My home includes old windows I collected. I bought the metal roofing I nailed to the rafters. I bought lap siding from a guy in Interlochen and a door from a guy in Rapid City. One of the windows I got from the side of the road near Elk Rapids must be quite old because it has that rippled effect. As you look through the glass, the world is distorted just a bit.

Relying on my walking stick and flashlight, I navigate the path as it goes straight up and over the crest of the hill. In a couple spots the path is steep and roots from trees can trip me in the dark. One morning I encountered a porcupine.

It bristled, and I stopped before tripping over the beast. It turned its tail and froze as I froze. My heart was already beating from the climb. As I realized what was in front of me, the porcupine relaxed and waddled away. Another morning I heard unfamiliar noises directly above me. In the dark I could not see what might be making the noise. Then I realized the murmuring and rustling was turkeys roosting high in the tall trees.

I am determining "A Pattern Language" for my new home at the top of the hill based on information contained in the 1977 book by the same name. Authors Christopher Alexander, Sara Ishikawa and Murray Silverstein — of the Center for Environmental Structure of Berkeley, California — suggest picking out a handful of patterns from the 256 they describe. I

chose about 12 that are important to me as the home's builder and dweller. The gist of the book is that people ought to design their own homes and communities.

Even though my new structure will be only 50 yards from Pokey Huddle, it will

Even though my new structure will be only 50 yards from Pokey Huddle, it will be wholly different residing at the top of the hill rather than the bottom.

be wholly different residing at the top of the hill rather than the bottom. As the sun rises across the river, the morning light will shine on me well before it does now. The hill to the east of the stream forms the hollow where I now reside. As the sun gains height, it cuts into the mist of my hollow. At the bottom of the hill, even the strongest winds from the biggest storms swirl before reaching my doorstep, and all sorts of waterfowl take refuge on the stream in front of my house. At my new elevated home site, I imagine wind from the northwest will blow from the Pere Marquette State Forest and strike the future building more directly. The sun will shine straight into the new windows on a new schedule from the east.

I recently acquired a bulldozer to dig the stumps and clear the site for my

new home at the top of the hill. As the bulldozer rumbled to life, I reminded myself that rollovers have killed bulldozer drivers. I have owned the machine for all of six months and have learned most of the controls. I have never put the machine in second gear or used the brake.

I learned that dropping the blade acts as an effective brake. Riding the two-ton machine just feet from the edge of the steep slope down to the river requires a newly acquired deftness with the controls. A small mistake with those levers could end badly.

The bulldozer is a blunt instrument and as I ended my bulldozing session there was a large pile of earth and roots in the path. I could not push farther in the dusky light for fear of rolling into the river. As the rumble of the diesel subsided, I heard sweet voices calling to each other from above. They echoed within Pokey Hollow as they stiffened their wings for a landing north of the bend in the stream. The Canada geese were familiar and welcome.

S.A. McFerran is working with a group of architects and builders committed to low carbon, sustainable and healthy building practices. Using lumber milled on site and Nexcem block, he is in the process of building "Pokey Huddle II" at the top of the hill.



Turkeys roosting above Pokey Huddle. Photo: S.A. McFerran.



Hooded Merganser taking refuge during a storm at Pokey Hollow. Photo: S.A. McFerran.

Area Events Calendar

TELL THEM YOU SAW IT IN FRESHWATER REPORTER!

To be included in our Sept. 20 edition, submit your announcements by Sept. 9. Be sure to include the address where the event takes place. Email your events/news to: editor@freshwater-reporter.com. Always check with the venue before attending as some event dates may change or be canceled. Despite our best efforts, errors may occur. See our online calendar: freshwater-reporter.com/calendar-2

FARMERS MARKETS

Thursdays

Elberta Farmers Market

8am-12:00pm, 9am-12pm after Labor Day. Dudley Penfold Memorial Marina Park, corner of M-22 & M-168

Fridays

Onekama Farmers Market

12-4pm, THRU SEPT 1. Parking lot 4850 Main St. Info: patinamichigan@gmail.com

Ludington Artisan/Farmers Market

3-7pm. Legacy Plaza Pavilion, 112 N. James St.

Saturdays

Manistee Farmers Market

9am-12pm. Wagoner Community Center, 260 St. Mary S. Pkwy.

Scottville Farmers Market

9am-12pm. Miller's Marketplace, 202 N. Main St. Times may vary. Check: <https://nfm.org/mi/scottville/1011280>

Frankfort Farmers Market

9am-1pm. Open Space Park, 832 Main St.

ONGOING EXHIBITS/EVENTS

Thru Sept 1

NW Michigan Wood Turners Art Exhibition, Frankfort

Free. Oliver Art Center, 132 Coast Guard Rd.

Thru Sept 8

Antrim, DeGreggario, Galante Art Exhibition, Frankfort

Free. Oliver Art Center, 132 Coast Guard Rd.

Thru Sep 30

On Nature Art Exhibition, Manistee

Free. Ramsdell Regional Center for the Arts, 101 Maple St.

Sept 1-30

LACA Member Art Exhibit, Ludington

Free. Ludington Area Center for the Arts, 107 S. Harrison St.

Sept 4-25

"Upcycling" Art Exhibition, Frankfort

Free. Artworks from recycled/repurposed objects & materials. Oliver Art Center, 132 Coast Guard Rd.

Sept 15-Oct 20

Oliver Art Center Juried Show, Frankfort

Free. Oliver Art Center, 132 Coast Guard Rd.

DAILY EVENTS

August 30

Michigan Legacy Art Part Golf Classic, Thompsonville

\$125. Support the Art Park fundraiser. Crystal Mountain Resort, 12500 Crystal Mountain Dr. Register: crystallmountain.com

Music in the Park: Guitar Group, Luther

6-8pm, Free. Purchase Pavilion, 209 State St. Bring lawn chair/blanket.

LACA Summer Concert Series: Rusty Wright Blues Band, Ludington

7pm, Free. Waterfront Park, 391 William St. Bring lawn chair/blanket.

Northern Natural Concert Series:

The Accidentals, Kaleva

7pm, \$20. Northern Natural Cider House & Winery, 7220 Chief Rd. Bring lawn chair/blanket. Tickets: mynorthtickets.com

Echo through the Timber Concert Series:

General Assembly Big Band, Baldwin

7-9:15pm, Free/donations. Wenger Pavilion (behind Jones Ice Cream). Bring lawn chair/blanket.

August 31

First Person Stories & Songs, Manistee

10am, Free. "Bertha Benz: The First Driver" by Fred Colgren of the Gilmore Car Museum + a replica of the world's first auto, the Benz Patent Motorwagen. Old Kirke Museum, 300 Walnut St.

Legacy Plaza Music Series: Gabriel James, Ludington

5-7pm, Free. Legacy Plaza, 112 N. James St.

Sunset Beach Bonfire & Live Music:

Coconut Radio, Ludington

8-10pm, Free. Music, a bonfire & sunset. Stearns Park Beach, 420 N. Lakeshore Dr. Bring beach chair/blanket.

September 1

Legacy Plaza Music Series: Joe Irelan, Ludington

5-7pm, Free. Legacy Plaza, 112 N. James St.

September 1,2

5th Annual Minnehaha Brewhaha Music Festival, Arcadia

6-11pm Friday, 11am-midnight Saturday. Live music, craft beverages, food trucks, games. Arcadia Marine on US-31 next to Arcadia Ice House. Bring lawn chairs. Info/tickets: music-moves-me.org

September 1-3

Brethren Days, Brethren

8-11pm Friday, 8am-midnight Saturday, 10am-11pm Sunday. Activities include 5k run, DJ, live music, art & craft vendors, pancake breakfast, car show, horseshoe contest, cornhole tournament, fireworks & more. Info: Brethren Days on Facebook.

September 2

Minnehaha Brewhaha 5k & 15k Runs

8am at Arcadia Marine on US-31 next to Arcadia Ice House. Info/register: runsignup.com

Festival of Races, Cadillac

8am. 10k, 5k, 7m relay, 1/4 m lake swim race. Info/register: cadillacareaymca.org/cadillac-festival-of-races

Laborfest 2023, Manistee

9am-5pm, Free. 5:30pm-12am, \$30 ADV, \$40 DOS. All ages event. Car show 9am-1pm, parade 12:30pm, 8 bands from 1pm-12am, Foghat headliner. Food & beverages Avail. Tickets: saltcityrb.com, or at Sports Ink & Manistee County Visitor's Bureau

Used Book Sale, Manistee

10am-4pm. Cash/check only. Parking lot, Manistee Public Library, 95 Maple St.

Sounds from the Forest Concert Series:

Rusty Wright Blues Band, Baldwin

7-9:15pm, Free/donations. Wenger Pavilion (behind Jones Ice Cream). Bring lawn chair/blanket.

Music in the State Park: Eric Engblade, Ludington

7pm, Free/donations. Park Amphitheater, 8800 West M-116. Bring lawn chair/blanket/bug spray. MI Recreation Passport required for vehicle entry.

Coyote Crossing Music Series: The

Insiders, A Tribute to Tom Petty, Cadillac

7:30-10:30pm, \$33.85 ADV, \$30 DOS. Coyote Crossing Resort, 8593 S. 13 Rd. Info/tickets: coyotecrossingresort.com

September 3

Benefit for Bernie Howard, Arcadia

8am-Noon. \$8 per person suggested donation. Pancake breakfast/silent auction. Pleasant Valley Community Center, 3586 Glovers Lake Rd.

Worship in the Park, Ludington

6-7:30pm, Free. Praise & worship service. Waterfront Park, 391 William St.

Jazz Nights at the Garden: Monika Herzig & Alexis Cole, Frankfort

7:30pm, \$15. Garden Theater, 301 Main St.

September 3,4

Historic Walking Tour, Frankfort

2pm, Free. Leelanau Ave. Reservations required: benziemuseum.org

September 4

Cold Creek Bridge Walk & Archibald Jones Presentation, Beulah

10am-2pm, Free. Line up on the boat launch side of Cold Creek Bridge. Prize drawings & kids' activities in Beulah Village Park after the walk. Learn "The Comedy of Crystal Lake" and Archibald Jones, 11am-2pm.

Jammin' Mondays Concert Series: Nikki T & the Snake Charmers, Elberta

4-6pm. Donations requested. Amphitheater @ Elberta Waterfront Park, 1120 Furnace St. Rain site: Waterfront Park Picnic Pavilion, 1110 Furnace St. Bring lawn chair/blanket.

September 5

Weed the Park, Ludington

10am-12pm, Free. I.D. & remove invasives. Wear closed-toe shoes, long pants, long-sleeved shirts. Bring gloves, trowel, water. Meet near Rath Ave. dog park. Cartier Park, 1254 N. Lakeshore Dr.

September 6

Music in the Park: Ice Cream Social, Luther

6-8pm, Free. Purchase Pavilion, 209 State St. Bring lawn chair/blanket.

September 7

Coffee with the Councilors, Ludington

12pm. Up to 3 Councilors from the City of Ludington will hold a coffee hour to allow residents to ask questions & air their concerns about city issues. Book Mark Café, 201 S. Rath Ave.

September 8

Petunia Parade Dollar Drop Off, Ludington

4-7pm. Fundraiser for the Petunia Parade. Rotary Park, 500 W. Ludington Ave.

Legacy Plaza Music Series: Two Dudes in Flip Flops, Ludington

5-7pm, Free. Legacy Plaza, 112 N. James St.

Joscho Stephan with special guests, Third Coast Swing, Scottville

7:30pm. Center Stage Theater, West Shore Community College, 3000 N. Stiles Rd.

September 8-10 West Michigan Fun-Fly, Baldwin

10am-5pm, Free for spectators. Fun family event; many aspects of remote-control modelling are on display. See everything from RC jets to RC cars. Free parking. Baldwin Airport, 8140 M-37. Bring lawn chairs or sit on the bleachers.

September 9

Mason County Garden Club Plant Sale, Ludington

9am-1pm. Leveaux Park, 900 E. Ludington Ave.

Little River Band of Ottawa Indians 20th Annual Sturgeon Release, Manistee County

10:30am-1pm. Free. Sturgeon viewing, facility tour, yard games, release ceremony & fish release. Rainbow Bend of Manistee River. Info: 231.723.1594

"See What You Feel" Art Show Event, Arcadia

4pm. Artists will discuss their works. Audience invited to participate. Artist Ammy Amorette, also a Chilean singer/composer, will sing. Cocktails & snacks. Pines of Arcadia, Bischoff Rd. north of Arcadia Bluffs

Jake Owen Loose Cannon Tour with Daves Highway, Manistee

8-10:30pm, \$125-135. Little River Casino Resort, 2700 Orchard Hwy.

September 12

Weed the Park, Ludington

10am-12pm, Free. ID & remove invasives. Wear closed-toe shoes, long pants and long-sleeved shirts. Bring gardening gloves, garden trowel, water. Meet near the dog park at the end of Rath Ave. Cartier Park, 1254 N. Lakeshore Dr.

September 13

Historic Walking Tour, Elberta

7pm, Free. Reservations required: benziemuseum.org

September 14

Guided Bird Walk: Fall Migration, Onekama

8:30am, Free. Join bird expert Dr. Brian Allen and tour the park. North Point Park, 8999 Greenway St. Register: OnekamaTwp.org

Pre-Order Deadline Native Plant/ Beachgrass Sale, Manistee

Manistee Conservation District Office: www.manisteedc2.org/store. Pick up 10/6.

Benzonia Academy Lecture Series, Benzonia

7pm, \$5 donation. "A Benzie Boy's 50+ Year Engagement with the Acholi People of Northern Uganda" presented by Ron Atkinson. Mills Community House, 891 Michigan Ave. Info/Zoom link: benziemuseum.org or 231.882.5539

September 15

Legacy Plaza Music Series: Eric Nassau Duo, Ludington

5-7pm, Free. Legacy Plaza, 112 N. James St.

September 15-17

Earthwork Harvest Gathering Music Festival, Lake City

Info/tickets/line-up: earthworkharvestgathering.com

September 16

Beach Sweep, Ludington

10am-12pm, Free. Volunteer to help AFEEW clean up the beach. Stearns Park, 420 N. Lakeshore Dr.

Fall Celebration, Scottville

12-10pm. Kids' activities, craft vendors, 5k race, Miss Mason County & Princess Pageant, cornhole tournament, & more. Live music with Whiskey Rebels, Working on Famous & Scottville Clown Band. Downtown Scottville

Petunia Parade Community Appreciation Day, Ludington

12-2pm. Serving cake & ice cream. Rotary Park, 500 W. Ludington Ave.

St. Ambrose Barn Dance, Beulah

3pm. Gate opens. 4pm The Fabulous Horndogs. 6:30pm K. Jones and the Benzie Playboys. Food and drinks for sale. No dogs at this event. 841 S. Pioneer Rd. stambrosecellars.com

September 17

Ironman 70.3 Michigan, Frankfort

Info/registration: ironman.com/im703-michigan

Blessing of the Animals, Free Soil

1pm, Free. Silent auction, games, blessing. Public invited with their pets of all kinds. Circle Rocking S Farm, 5487 N. Tuttle Rd. Info: circlerockingsfarm.org

Friends of Ludington State Park Guided Hike, Ludington

2pm, Free. Led by 2 volunteers & starting from the Warming Shelter. Ludington State Park, 8800 M-116. MI Recreation Passport required for vehicle entry.

September 22

Legacy Plaza Music Series: Road Less Traveled, Ludington

5-7pm, Free. Legacy Plaza, 112 N. James St.

Living Out Loud Crusade, Ludington

5:30-8:30pm, 9/22-9/24. Free community block party sponsored by Living Word Church & partners. Games, food, music & giveaways. Copeyon Park, 1006 S. Washington Ave.



The Spirit of the Woods Conservation Club entrance is along Coates Highway west of Brethren.

Spirit of the Woods Conservation Club

This is the fourth and final installment of our stories about local "spirits."

Story and photos by **RAMONA DEGEORGIO-VENEGAS**

The Spirit of the Woods Conservation Club was organized in 1939 by a group mostly from Manistee. The sportsmen met at the Elks Club on the west end of River Street. Their first major initiative was to put a weir into Bear Creek at the current clubhouse grounds. This was led by Emil Rengo from Kaleva who was one of many trout fisherman along the creek. They thought they were putting the weir on Consumers Power land but discovered it was on the property of a local farmer. He then posted it with no trespassing signs, so club members were faced with their first genuine problem. The club was able to purchase the 40 acres from the farmer at a fair price, and posterity was provided with a beautiful stretch of stream.



The SOW logo harkens back to its roots as a sportsmen's club.

Much of the early work at the site was done by the Civilian Conservation Corps or Roosevelt's CCC. The corpsmen lived in an encampment in Brethren, so it was most convenient for them to do the construction of the weir. Later, many local families augmented their protein source by dipping suckers at the weir. After the end of World War II the CCC camps were closed and the buildings sold or destroyed. The Conservation Club obtained the mess hall from the Stronach CCC camp and R.G. Lagerquist moved it to the current location on club property. This was not uncommon, and R.G. moved many buildings during the 1940s and '50s. The building is named

Lagerquist Lodge; we still meet there today. The weir was removed in the late 1960s but the clubhouse remains. The property still provides respite for fishermen, hikers and nature lovers. The old Coates Highway Bridge is now a foot bridge, and the highway runs north of the property, not through it.

I've been a member since the 1990s. Club highlights include the summer day/field camps for youth, our autumn banquet and raffle fundraisers and guided hikes on the property's trails. We improved the quarter-mile trail along Bear Creek to be the first accessible trail in Manistee County more

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than 20 years ago. An early member, Virgil Rose, had been saddened when a fourth grader in a wheelchair could not go on the trail for the wildflower walk. Several members worked to harden the trail. We received donations and raised funds to pave it. Today this paved route makes it possible for those with mobility challenges or baby strollers to enjoy the trail. Small accessible fishing platforms were also added on the creek along this path.

The club is open to the public for day use and offers picnic tables and a fire ring in addition to the trails and fishing platforms. Please only build fires in the designated fire ring. We depend upon volunteers and donations to maintain the facilities and operate our camp and family activities. Our focus is on helping youth and creek

lovers to learn to be responsible stewards of our natural resources. Recent projects include installation of new professional signs, protecting turtle nesting sites, clearing trails and planting trees to reduce streambank erosion.

Thank you for packing out your trash and used line, and for not leaving fish entrails on the grounds. If you'd like to join, attend a meeting or donate to our club please go to: <https://facebook.com/SpiritoftheWoodsConservationClub>.

Ramona DeGeorgio-Venegas is a retiree of the Manistee Ranger District, Huron-Manistee National Forest, where she worked in recreation and as an outdoor recreation planner.



"Kids Camp" includes outdoor crafts and exercise.

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Minnehaha Brewhaha celebrates 5th year

From staff reports

ARCADIA – Local music, brews and food will be on tap Sept. 1-2 in the parking lot of the Arcadia Marine along M-22 in this waterfront village. Festivities for the 5th Annual Minnehaha Brewhaha begin on Friday with a brew tent and food vendors and a 6 p.m. performance by Barefoot, followed by J.R. Clark at 8:30 p.m.

More than 70 varieties of domestic and craft brews and foods from a half-dozen vendors will be served. Games and activities for adults and children are planned.

New to the festival stage this year is the M3 (Music Moves Me) Summer Jazz All Stars, directed by Eric Joslin, which will perform Saturday at 4:30 p.m. The band currently consists of eight high-school students, six from Frankfort and two who are home-schooled. Dan Macek is a spokesperson for Music Moves Me, the nonprofit organization which founded and hosts the Minnehaha Brewhaha each year. He said the band's performers include two on drums, two on trumpet, one playing trombone, one on bass guitar, one on bass/cello and one playing piano.

"Director Joslin introduces students to the dynamics of jazz, use of various scales, rhythms, and intensity, and the idiosyncrasies of improvisation," Macek said. Joslin added that the band practices for two hours once a week.

According to Macek, the idea for the band was conceived in response to the lack of summer music programs for high school students and because some schools experienced a loss of music programs. A grant was awarded by Music Moves Me to fund the project.

"This is an opportunity for students from Frankfort/Elberta, Benzie Central, Bear Lake, Onkama and home school students," Macek said.

Saturday's other musical performances include Nick Veine at 11 a.m., The



Minnehaha file photo by Mark Videan.

Handstanders at 1 p.m., The Jim Cumming Band at 3 p.m., Great Lakes Brass at 5 p.m., Whiskey Wolves at 7 p.m. and The Smokin' Dobroles at 9 p.m.

The music festival's 5k and 15k runs will be held for the fourth time. Both begin at 8 a.m. on Saturday at the festival grounds, 17073 Northwood Highway (M-22). For information and to sign up, go to: <https://runsignup.com/Race/MI/Arcadia/MinihahaBrewhaha5k15k>.

Friday's admission price is \$5 to hear the performances. Admission for Saturday's events is \$45 if purchased in advance and \$50 at the door. The ticket price includes performances by six bands, five brew-tasting tickets and a souvenir tasting glass. Preorder tickets at: <http://www.music-moves-me.org>

MusicMovesMesupportsmusiceducation and appreciation in the greater Arcadia area schools and communities by sponsoring

a music scholarship at the Interlochen Arts Academy, music competition for high school musicians, music experiences for local preschoolers, and Jazz Band opportunities for aspiring instrumentalists. The nonprofit organization has fulfilled the \$50,000 endowment scholarship fund at Interlochen Center for the Arts. The Ronald Stoops Memorial Scholarship is an ongoing scholarship for future generations of students and was created in memory of Stoops, a life-long music lover, avid performer and father of the Music Moves Me founding members. The nonprofit has donated \$5,000 to music programs at Onkama, Bear Lake and Frankfort schools and tuition support for a preschool music program at Arcadia's Pleasant Valley Community Center.

For more information about the festival or fun runs, go to: <https://www.music-moves-me.org>.

Remembering Carol Duvall

By PAT STINSON

When I heard Carol Duvall — the former Benzonia resident, TV personality and crafter — had passed in July, I immediately thought back to the first Christmas in the first apartment I shared with my now co-editor and partner Mark. Tenants weren't allowed to bring live Christmas trees indoors, a big deal to those of us who were used to that tradition. Mark shared the story in our December 2021 issue of how I happened on the "Here's Carol Duvall" show one December and made a Christmas tree of chicken wire, using her instructions. It was ingenious and led me to create a tree from coat hangers years later when we again found ourselves living in an apartment.

Carol had a knack for reusing everyday household objects, transforming them so that they sometimes fulfilled a higher purpose than their original use. She was repurposing and recycling long before the two became buzz words. In fact, she published her first book about crafting in 1972. Egg cartons, Styrofoam, spray paint and construction paper. The mundane could become glorious with her creative brain and nimble fingers. Boy Scout den mothers everywhere looked to Carol for craft projects to keep their scouts busy. She was a joy to watch and empowered her audience with her can-do attitude. Lightspeed, Carol.



FRESHWATER REPORTER

A fresh approach to storytelling in Manistee and Mason counties...and a bit beyond.

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