



# NEWSLETTER

JANUARY 2015

VOLUME 11, NO. 1

## PRESIDENT'S LETTER - JANUARY 2015

Winter has come to the Portage Lake area, but not like last year. As of mid December, we have had 34" of snow compared to 58" last year in the same time period. We have not experienced the cold weather as was predicted, at least so far.

As we go into the new year, it is worth spending some time on reviewing what the Portage Lake Association did in 2014. Our stated mission is: *The Portage Lake Association is a group of volunteers who are dedicated to making the Portage Lake Area a great place in which to live, play and stay.* Our activities reflect our mission. In 2014, the PLA accomplished and/or supported the following events and activities:

- Petunia Parade – Planting and care of the multi-colored petunias along Main Street in Onekama
- Scholarships totaling \$2000 to students at Onekama Consolidated School
- Helped sponsor fishing tournaments in winter, spring and summer including during Onekama Days
- Lined Main Street with summer 'Two Lake Town' banners and in winter, decorative Christmas Lights
- Continued to work with the Onekama Lions to revitalize Onekama Days – 3 pancake breakfasts to raise money for Onekama Days, fireworks, promotion and moving the car show to the Village Park. The PLA also held a Michigan Craft Beer Tasting and a Pig Roast for Scholarships.
- Monday Night Concert in the Village Park – 8 concerts with a wide variety of music and the highest concert attendance in our history.
- Contributed \$5000 for the Explore the Shores project to improve the Village park, beach and access to the lake.
- Fall Festival in the Village Park with a craft show, kids' games, rides, face painting and Balloon Man.
- Christmas in Onekama - Craft show, Celebration of Lights, and decorated live Christmas tree auction. We also enabled fundraising for the Boy Scouts with a chili cook-off, local churches with bake sales, and an Ugly Sweater Contest for the OCS Student Council.
- Portage Lake Association June Fundraiser and Citizen of the Year – this is our major fundraising event and our annual recognition of someone that has made a positive impact on Onekama. Our net income from this event helps with the funding of our activities
- Quarterly Newsletter – communication to the community and our remote friends on what the PLA is doing as well as what is happening in the area with the Township and Village governments, Portage Lake Watershed Forever, Onekama Consolidated Schools, new businesses and general area interest stories.
- [WWW.Onekama.info](http://WWW.Onekama.info) – The Onekama Community web site and the 1, Onekama, Michigan and the Portage Lake Association Face Book Pages are used to communicate to our community and visitors. The web site continues to grow with more information about Onekama and the region. The site is professionally managed and is self-supported through the business directory that is included on the site. We recently added a fishing report section, a regional events section and a Portage Point Inn section to let people know what is happening from Traverse City to Ludington and all places in between. We added a shopping cart to the site so contributions, membership dues and fundraiser tickets can be done on-line in a secure fashion.
- Through our Face Book pages, we collected area photographs that were donated to us and produced the "Photographs and Memories of the Onekama Region" Coffee Table Book. We have sold over 160 books and raised over \$4000 to use for community projects. The book is still available and you can order it online.
- Finally, we have quite a few members that volunteer time to the food pantry, the school, local churches and various community groups and committees like the Planning Commissions, Parks and Recreation Board and the Harbor Commission.

We expect 2015 to have similar events, with some new ideas to improve existing activities as well as some new ones. We also expect to be active in assisting the township with the Explore the Shores project at Languard Park (aka the Turnaround). Bathrooms, better parking, universal access to the beach and west dune removal are expected in the next year and a half.

All of this comes at a price. It took over 2000 volunteer hours for our activities in 2014. It also takes funds, which means that we have to spend time soliciting support from businesses as well as our members and our neighbors. We have worked hard to make the majority of our events self-sustaining, meaning that the funds which are raised for that particular event cover the cost. For the remaining events, projects and activities, we use funds that are generated at our June fundraiser. Your continued support of our programs is needed by attending the events or making a contribution.

## PRESIDENT'S LETTER CON'T

If you have a few hours to spare, consider volunteering with us. ***If you would like to volunteer, please contact Allen Taylor at [windsongmi@aol.com](mailto:windsongmi@aol.com).*** New volunteers bring fresh ideas with them, help us improve our events and give us renewed energy.

In closing, it was a good year for the Portage Lake Association with quite a few accomplishments and the promise that 2015 looks bright and exciting. I would like to thank all the volunteers that have given their time and talents over the years to develop these events to what they are today. I would like to thank all of the businesses and individuals that donated goods, services and funds to the PLA in 2014. Finally, I would like to also thank all the people that attended our events and/or donated to an event... Thank You to all the people that contributed to the help make Onekama and the Portage Lake area a better place to live, play and stay.

Hope to see you at some or all of our events!



## The Blue Slipper Update

From its early beginnings in the 1880's as a horse stop on the way to Arcadia, to the turn-of-the-century Manistee Brewery Co., to a lively brothel in the '30s, the Blue Slipper in Onekama has had many owners in its 130-plus year history.

It was built with brick produced by John Schroeder and William Henry Kline who owned the local brickyard. This building is shown on the 1895 insurance map. Hans Hansen owned the saloon in earlier years; it was purported to have had a special entrance for the ladies. It was most recently operated as the Blue Slipper Bistro by chef, Brian Kissel.

Onekama village resident, Rich Chmura has purchased the building and is working on restoring it to house a restaurant, a bar, and a men's clothing and gift shop. He formerly owned for almost 15 years the building where Wee Bee Jammin is now located (Norconk Rd. in Bear Lake) and sold it to purchase the Blue Slipper building.

Thus far, he has installed new electric service, new plumbing, new windows and has restored the famous Blue Slipper sign at the front of the building. The neon tubes were replaced by Amor Signs of Manistee but Rich chose to leave the sign's paint as is to retain as much of the original character as possible. The sign is now lit -although the restaurant and bar are still two years away from opening.

Delay in opening is due to the amount of work that needs to be done. The next phase is to have Rollin Well Drilling work on the water well and SEC to install gas lines to replace the propane service that was there. Until the gas plumbing is in place, Rich will not know the condition of the furnaces. Due to the many unknowns and his desire to self finance the work as he goes, the two year out plan is reasonable.

However, due to the desire for the local and summer visitors to have more businesses to frequent, Rich plans to open a shop with men's wear (bomber jackets, helmets, sunglasses, hats) and gift items. He previously owned the building where MacBeth's is located and wants to create a men's version of their shop. He also would like to rent bicycles, scooters, kayaks and other items from the shed on the property this summer. Eventually Rich would like to rehab the second floor for possible office, shop and/or private party space. This would be at least 5 years out, he predicts.

## Portage Point Inn & Marina News

A lot of activity continues to take place at the Portage Point Inn & Marina. Some of it highly visible and some of it behind the scenes.

Three new artesian wells are being completed and a new pump house has been constructed, replacing a storage garage. The exterior of the new pump house is designed to look like the historic casino building.

Marina gets a harbormaster...

Jeff Sternberger is the new harbormaster, and with help from Eddie Reed, will be making improvements to the marina and guest services. This will direct much needed attention to the waterfront. Seasonal and transient slips are available. The new contact information for the marina is 231-889-7501 and email, [jeff@portagepointresort.com](mailto:jeff@portagepointresort.com).

The Portage Point Inn & Marina has entered into a partnership with Century 21 Boardwalk Rentals who will be handling lodging reservations for the condominiums and cottages. The condominiums are open for vacation rentals year-round. Contact information is 231-889-7500 and email is [info@portagepointresort.com](mailto:info@portagepointresort.com).

The building with the pillars- we refer to as the Main Hotel- has gotten a much needed new roof. It is scheduled for re-opening in the Summer of 2016 after the completion of the interior upgrades.

The restaurant and bar is looking for a restaurateur to lease the facility and handle all aspects of dining, bar, and banquet activities. The kitchen is in need of repair and new equipment but the possibilities are exciting. In the meantime, the dining room space, as well as outdoor space, is available to rent for special events and weddings. Tables and chairs are part of the indoor package. The dining room has a capacity of 180. Events would need to be catered. Interested parties can contact Jeff at 231-889-7501, email- [jeff@portagepointresort.com](mailto:jeff@portagepointresort.com).

Sewer line expansion continues to move forward as the new owner of the Inn, Bob Gezon, works with the township, county, and state to secure funding to help with the costs.

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*Submitted by: Jeff Sternberger, General Manager  
Portage Point Inn & Marina  
231-889-7501 [www.portagepointresort.com](http://www.portagepointresort.com)*

## **DNR TRUST FUND BOARD APPROVES GRANTS FOR MANISTEE CO. LAKE MICHIGAN PARKS**

The Michigan Natural Resources Trust Fund Board has approved two grant applications with a combined total of \$561,000 to develop two Lake Michigan Parks in Manistee County's Onekama Township and Arcadia Township with day use, universally accessible facilities. The Alliance for Economic Success (AES) prepared the grant applications on behalf of the Townships. The projects will become Explore the Shores destinations, a widely supported program created in 2008 to develop outstanding access for people of all ages, needs and abilities to enjoy Manistee County waters.

Onekama Township is slated to receive a \$261,000 grant that, along with \$87,000 in Township match, will support a \$348,000 project for the 8+ acre John Langland Park (known locally as the Portage Point **turnaround**) on Lake Michigan, just north of the Portage Lake. The project will convert the Park into a day use area and a Blue Water Trail head, including development of universally accessible restrooms, a boardwalk and pathway to connect site users with the beach and Lake Michigan waters. It will also provide interpretive and educational signage to inform users about the history, opportunities and ways to use the site along with information about the Blue Water Trail program and nearby amenities. The Park development will be an added draw for Portage Point Inn that is slated for revitalization and restoration, located a short distance from Langland Park.

"We are grateful to the Trust Fund Board and staff for approving this project that is a priority of our Master Plan, Watershed Plan, economic development strategy and the collaborative Lakes to Land Regional Initiative," said Onekama Township Supervisor David Meister. "Our plans center on bringing more visitors to our Township to play and, eventually, live and work. From fishing, sunbathing, family picnics, taking your dog for a hike or simply watching Lake Michigan, these new facilities will enable people of all ages and needs to make Onekama Township and our Lake Michigan Park a prime site to visit for a day, week or a lifetime."

Arcadia Township was approved for a \$300,000 grant for a \$405,000 project with the addition of matching funds for the 10 +acre Arcadia Beach Natural Area on Lake Michigan. The project will add to recent Park improvements completed under a grant from the U.S. Dept. of Agriculture Rural Development that organized the flow of vehicles to and from the site and provided vehicle parking. The project will provide restroom facilities, a ramp to the Lake Michigan beach, an expanded Lake Michigan viewing area and picnic and playground facilities, all designed to accommodate universal access. New interpretive and educational signage will inform users about the rich history of the shoreline, plant and animal species in the area, ways to use the site and unique features, such as the shipwreck Minnehaha that can be viewed from the Park. The site will also be a Blue Water Trail head and signage will include information about the program and amenities to paddlers who visit the site.

"The approval of this grant was crucial to sustaining our momentum to make Arcadia a must-visit site by those who appreciate the beauty and special resources of our coastal community," said Arcadia Township Planning Commission chair Brad Hopwood. "Just as we want everyone to visit Arcadia and understand how they can enjoy and become good stewards of our pristine waters, dunes and marshlands, these facilities also support our local economy and tax base and give rise to new businesses and jobs for people seeking an immensely beautiful community. This is a big step forward for our Township, the Explore the Shores program and the Lakes to Land Regional Initiative."

Both projects received broad support, including that of the Lakes to Land Regional Initiative, a collaborative of 16 governmental entities and a Tribal government that recently completed new master plans and a regional strategy covering portions of Manistee and Benzie Counties. Other supporters included watershed organizations, the Portage Lake Association, Manistee County government, the Disabilities Network of Northwest Michigan, the Northwest Michigan Council of Governments, the Grand Traverse Regional Land Conservancy, the offices of U.S. Senators Carl Levin and Debbie Stabenow, area businesses, the Alliance for Economic Success and Manistee County Community Foundation.

"We applaud the Trust Fund for understanding how pivotal both projects are to strengthening the sense of place in Onekama and Arcadia Townships," said Laura Heintzelman, Executive Director of the Manistee County Community Foundation. "Residents, businesses and nonprofits in these two Townships are supporting a common agenda to better their communities, including charitable giving that is targeted for these and future projects. Both communities understand the power of community philanthropy in shaping the future of their beautiful coastal communities, including the importance of unifying around priorities to funders like the Land Trust Fund Board."

## News from The Village

**Winter is here ... with all of the problems it presents.** Last year we had tons of snow and it looks like we could have a repeat this year. We thank our maintenance staff for clearing our streets and roads daily (and at times twice a day) last year and thanking them in advance for the upcoming season as well.

Please remember to **be visible when walking**, especially on our streets and roads at night or when it is snowing or foggy. Wear bright or light colored coats and hats to make you more visible to drivers at night. Bright colors will show up best when it is snowing or foggy.

The Village was busy in 2014 with overseeing the **improvements to the beach and children's play area at the village park.** We thank our council members – Rod Hudson, Roger Burger, and Ralph Drumm – as well as our main maintenance person Bob G -who spent hours guiding the project. Their donated time saved the village a considerable amount of money that would have spent on hiring a project manager. It really did take everyone to get the job done. Thanks you to all, including our contractor.

**Other projects** this year were resurfacing Mill Street, addressing problems with the storm water system in that area, and removing diseased trees (an expensive problem being addressed throughout the village- it will be ongoing and take a couple of years).

**New Village Council members** were elected in November:

Village President- Roger Burger  
 President Pro-Tem- Rudolph Milasich  
 Council Members- Ralph Drumm, Rod Hudson, Ken Bauer, Wayne Miller, Alice Hendricks,  
 Clerk- Ruth Hudson, and Treasurer- Nikki Jach

Upon the recommendation of the Village Planning Commission, the Village Council voted to adopt the **new Village Zoning Ordinance.** This project took an AdHoc Committee and the Planning Commission over two years to complete and it was long overdue. Thank you to all who worked on the project.

**Farr Center** was busy hosting various community organizations, meetings and special events as well as private party rentals. At the November Village Council meeting, the members voted to increase the rental fees at Farr Center by \$5.

At the same meeting, the council was informed that an audit of the sewer fund indicated that monthly fees need to be increased by \$4 per unit. That was not a surprise as there had been no increase in the rate for almost 4 years – yet the cost of keeping the sewer in good working order has increased over those same years.

**Recycle** at the Township Parking Lot- read the signs and use the bins responsibly!

Thank you to all of the volunteers who make the Village great! Have a safe winter!

*Submitted by Alice Hendricks*

### Your 2015 Portage Lake Association Officers, Board Members and Committee Heads

Title	Name	Email
President	Al Taylor	windsongmi@aol.com
Past President	Margaret Punches	margaret.punches07@gmail.com
Vice President	Diane Bess	dianembess@gmail.com
Treasurer	Evie McNeil	evelyn@chartermi.net
Secretary	Faye Backie	faye.backie@gmail.com
<b>Directors</b>		
3 year (in 2 <sup>nd</sup> year)	Barb Wolverton	barb@alpinemotorlodge.com
1 year	Susan Barnard	wildbarn@att.net
2 year (in 2 <sup>nd</sup> year)	Frank English	nmicarguy@gmail.com
3 year (in 3 <sup>rd</sup> year)	Sheila Heiser	jpscheiser@aol.com
1 year	Paul Mueller	jane-paul@sbcglobal.net
1 year	Bruce Peabody	brucepeabody@gmail.com
1 year	Nikki Torrey	ntorrey@manistee.org
2 year(in 2 <sup>nd</sup> year)	Jean Capper	planewsed@gmail.com
1 year	Pat Pomaranski	patpomaranski@gmail.com
1 year	Cynthia Kadzban	lovebiking@live.com
<b>Committee Heads</b>		
Petunias	Jon Phillips	jphillips2939@gmail.com
Petunias	Tammy Messner	tammy.h@charter.net
Fall Festival	Jeff Sternberger	jsternberger@chartermi.net
Xmas Lights and Banners	Chuck Reed	creed4573@yahoo.com
Lake Information	Mary Reed	mreed4573@yahoo.com
Concerts in the Park	George Punches	george.punches@gmail.com
Onekama Days	Al Taylor	windsongmi@aol.com
Pig Out for Scholarships	Bruce Peabody	brucepeabody@gmail.com
Beer Tasting	Steve Szilvagy	szilvagy@gmail.com
Membership	Barb Wolverton	barb@alpinemotorlodge.com
Publicity	Faye Backie	faye.backie@gmail.com
Web Site	Roger Cody	rogcody@yahoo.com
Publicity – Facebook	Al Taylor	windsongmi@aol.com
Scholarships	Leann Burger	rlozark@sbcglobal.net
Citizen of the Year	Margaret Punches	margaret.punches07@gmail.com
Christmas In Onekama	Pat Pomaranski	patpomaranski@gmail.com
Celebration of Lights	Jewlee Franklin	jewkenfran@gmail.com
Celebration of Lights Outside	Frank English	fenglish@jackpine.net
Craft Show	Jewlee Franklin	jewkenfran@gmail.com
Chili Cook-off	Jeff Sternberger	jsternberger@chartermi.net
Newsletter Editor	Jean Capper	planewsed@gmail.com
Fundraiser cochair	Al Taylor	windsongmi@aol.com
Fundraiser Chair	Diane Bess	dianembess@gmail.com
Winterfest	Jamie Miester	jamie_m_816@yahoo.com

We thank Leann Burger and Jennica Mathieu for their service on the 2014 Board of Directors.

We thank Mary Fairgrieve for serving as our newsletter editor for the past 5 years and for all the improvements that were made!

## 2014 State of the Lake Report

The Invasive Species and Water Monitoring Committee of the Watershed and Township met with the Lake Manager Bre Grabill on December 9th to review the 2014 Lake Management Annual Report. The committee requested some additional charts and explanations of the data; the final report should be finished before Christmas. It will be made available in the Township Office, Onekama library and will be posted on the Portage Lake Watershed and Township websites under 'State of the Lake'.

Portage Lake has been managed over the past 7 years with goals of identifying and reducing the presence of exotic species throughout the Portage Lake watershed, tracking plant trends, improving water quality and protecting Portage Lake into the future. In 2014 just over 180 acres of Eurasian water milfoil, Phragmites, Purple Loosestrife and Japanese Knotweed were treated. Extensive lake mapping, vegetation mapping and water quality testing was performed. In addition to the AVAS surveying done by the Lake Manager, a volunteer also surveyed aquatic plants using BioBase mapping equipment purchased by the watershed. Surveying found that **we have maintained our abundance of healthy native plants which are so important and directly impact the health of the lake.**

**Eurasian water milfoil (ewm) continues to be our greatest challenge.** Since it has formed a hybrid, it is more difficult to treat. Different agents and concentration were used to try and determine a more effective treatment. We had an unexpected treatment failure this year to 2 hybrid areas. This was studied and the areas were retreated at the manufacturer's expense. The total acres treated this year of ewm was up due to these retreatment areas. However, the percent cumulative cover was significantly reduced from the 2008 number of 10.4% to 2.57% for 2014.

Because of the heavy ice cover from last winter, early surveys found very little ewm and a small area was treated at the Village boat launch in June. Repetitive vegetative surveys were done on June 16, July 23, August 6, August 22 and October 1, 2014. Additional surveys were made frequently throughout the summer for pre and post treatment evaluation and to collect water quality parameters. We are also closely monitoring for **Starry Stonewort**, a particularly devastating aquatic invasive, which is moving North up the central and eastern areas of Michigan and has now been identified in Clare County.

In addition to surveying and monitoring our native and invasive plants, we continue to establish the data base for change in the lake's water quality. We monitor the two deep basins, four shoreline sites, six tributaries and five storm drains. Concerns in Portage Lake result from nutrient loading from the watershed and the nutrient rich bottom sediments in the lake. It is important that external nutrient loads are monitored and reduced, if possible.

Our lake management company and Michigan Tech have submitted a grant application for funding to the MDNR. \$3.3 million has been designated by the State of Michigan to fight invasive species. This money is not for individual areas to treat invasives, but for research and development of collaborative programs throughout the state. If this application is successful, it will expand the hybrid and genetic testing of ewm and determine which hybrid biotypes are showing resistance. **Portage Lake will be one of the 12 lakes in Michigan that will be included in this study if the grant is successful.** Results of this study may have benefits throughout the state. The grant recipients will be announced early next year so sampling could begin in April/May. Since other organizations that are applying for this grant money have programs that could benefit us, the watershed council wrote letters to support applications from the Northwest Invasive Species Network, Manistee County Planning Dept and Oakland County.

If you have questions, please contact one of the members of the Invasive Species and Lake Monitoring Committee: Dan Behring, Herb Lenon, Jim Simons, Chuck Reed, Mary Reed.

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## OCS Community Ed Classes

**Call Mary Bergren at 889-4251 to reserve your place!**

### "Jammin' January"

**Short courses, 4 weeks for total of 8 sessions      *All New Classes to Get your New Year Started!***

**Joints in Motion—Motion is Lotion** 30-minute class featuring exercise for those who suffer from arthritis and joint problems in an effort to increase mobility.

5:00 p.m. Tuesday and Thursday with Tonya in the Fitness Room \$15

**Body, Brain and Balance** 30-minute class that strengthens the brain and body connection focusing on increased balance and agility. Recommended combining this session with Joints in Motion.

5:30 p.m. Tuesday and Thursday with Tonya in the Fitness Room. \$15

## ***OCS Community Ed Classes Con't***

**New Years Resolution Kick Start** 60-minute class that jump starts the effort to a healthier year. Includes training in the benefits of intervals and circuits protocol (cardio and light weights).

8:00 a.m. Tuesday and Thursday with Katie in the Fitness Room \$30

**Barre and Cardio** 45-minute class combines barre basic exercise with a modern beat. Stretching, strength and a moderate workout.

4:30 p.m. Monday and Wednesday with Leann in the Activity Room \$25

**Cycle and Strength** a 60 minute class that combines 30 minutes of indoor cycling with 30 minutes of core, upper and lower body strength exercises.

5:30 p.m. Tuesday and Thursday with Kim in the Activity Room \$30

**Interval Play** This 60 minute class is based on a deck of cards...draw the 7 of clubs and its seven crunches. Draw the 2 of spades and it's a two minute run. Draw the King and YOU choose! Jokers? Everyone gets a well deserved water break! Are you feelin' lucky?

6:00 a.m. Monday and Wednesday with Leann in the Activity Room \$30

**HIIT It** 30 minute High Intensity Interval Training. Short on time? HIIT It! Intense short workout using Tabata protocol and other high intensity cardio. Designed to rev the metabolism, increase endurance and make the most of your time.

6:30 p.m. Monday and Wednesday with Katie in the Fitness Room \$15

**Group Personal Training** 60 minute session with no more than 4 participants. Instructor works individually and with the group to reach individual and group fitness goals. Gather your friends and work out together.

Two sessions to choose:

8:00 a.m. Monday and Wednesday with Katie in the Fitness Room \$50

5:30 p.m. Monday and Wednesday with Katie in the Fitness Room \$50

**POUND** For 45 minutes you can be a rock star! POUND is a full-body cardio jam session combining light resistance with drumming using POUND RipStix. The percussive workout fuses cardio, pilates, isometric movements, and rhythm training to your favorite music. Check it out on Youtube, and search "Pound Fit."

Monday and Wednesday, 5:30-6:15 p.m. with Leann in the Activity Room \$25

**Easy Machine Applique.** Participants will construct a throw size quilt with some machine applique, perfect for a confident beginner. The piecing is not complicated and the applique is a new skill with simple shape repeated throughout the quilt. The class will meet on Wednesdays in January (7th, 14th, 21st, 28th) 6:00 to 8:00 p.m.

**Call Mary B. at 889-4251 to reserve your place!**

## ***Community Ed Classes-Winter 2015***

***Starts Feb. 2 & ends March 26 - 8 weeks total***

### **Power 60**

Take your Boot Camp experience to the next level. Sixty minutes of indoor cycling, running, and core strength training in interval format to heart pumping music. This hybrid class provides the best of everything in the fastest 60 minutes of your day. No boredom allowed in this session. You'll be changing it up every three to four minutes. Medium to high intensity workout. 16 sessions.

Monday and Wednesday with Leann 6:00 to 7:00 a.m. in the Activity Room \$50

### **Group Personal Training**

60-minute session with a group of no more than 4 participants. Instructor works individually and with the group to reach individual and group fitness goals. Gather your friends and work out together. You can't get this much personal attention anywhere for this price! Two sessions to choose:

8:00 a.m. Monday and Wednesday with Katie in the Activity Room \$100

8:00 a.m. Tuesday and Thursday with Katie in the Activity Room \$100

### **Barre Basics**

Using the traditional ballet barre is one of the best ways to stretch and strengthen muscles and increase flexibility. This is not a dance class, but rather a workout that develops core, upper body and lower body strength, flexibility and balance. It's as strenuous or as gentle as you want to make it.

Monday and Wednesday with Leann at 4:30-5:15 p.m. in the Activity Room. \$40

## Community Ed Classes-Winter 2015 Con't

### Barre and Cardio

Combine barre basic exercise, emphasizing stretch and strength, with up tempo music and a bit more cardio activity, and you have 45 minutes of Barre and Cardio.

4:30 p.m.

Tuesdays and Thursdays with Leann in the Activity Room \$50

### Indoor Cycling Plus

This cardio workout is intense but fun. In addition to cycling, this class includes up to 15 minutes of core and balance exercise. Cycling portion is conducted on indoor upright stationary bicycles to high energy music. Focus on interval training and techniques used in an outdoor ride. Beginners and experienced cyclists welcome. Class is instructor led but self-paced. Our new package format allows you to sign up for as many classes during the week as you would like. Sign up for two or more and pay only \$25 per instead of \$30.

Monday with Kim 5:30 to 6:30 p.m. in the Activity Room \$30

Tuesday with Leann 5:30 to 6:30 p.m. in the Activity Room \$30

Wednesday with Kim 5:30 to 6:30 p.m. in the Activity Room \$30

Thursday with Leann 5:30 to 6:30 p.m. in the Activity Room \$30

### POUND

High energy fun that doesn't look like a workout, this hot L.A. inspired workout is a full-body cardio jam session combining light resistance with drumming using POUND RipStix. The percussive workout fuses cardio, pilates, isometric movements, and rhythm to your favorite music. Check it out on Youtube by searching "Pound Fit."

Monday and Wednesday, 6:45-7:30 p.m. with Leann in the Activity Room \$50

### Stretch and Strength

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

Tuesday and Thursday with Tonya 5:00 to 6:00 p.m. in the Fitness Room \$50

### ZUMBA

Ditch the Workout and Join the Party! This fun Latin dance style workout develops all muscle groups and ramps up your cardio. Get your friends together and get your Zumba on!

Tuesdays and Thursdays, 6:45-7:45 p.m. with Tonya in the Activity Room \$50

**Call Mary B. at 889-4251 to reserve your place!**

## Meet the OCS Fitness Class Instructors

**Katie Alkire** is an American College of Sports Medicine Certified Personal Trainer. As a former OCS student, she has always been active, playing numerous sports competitively. She graduated from Northern Michigan University, with a Bachelors degree in Sports Science in 2014. Following graduation, she moved back to the area to pursue her career in Personal Training. She hopes to make a positive impact by sharing her fitness knowledge and serving as a healthy role model to the community.

**Leann Burger** did personal and group fitness training and taught a variety of land and water fitness classes in Oklahoma with Aerobics and Fitness Association of America certification prior to moving to Michigan in 2010. Prior to that she was a branch campus director and instructor at Rogers State University and Oklahoma State University. She currently helps develop the class schedule for OCS adult fitness classes, helps coordinate a wall climbing group on Tuesdays, and enjoys biking, skiing, paddleboarding and climbing.

**Kim Fischer** is a Michigan State graduate and has been teaching Kindergarten at Manistee Area Public Schools for 14 years. She started working out when she got her first Jane Fonda VHS tape in middle school. She has continued to "feel the burn" over the years through resistance training, biking, running, and skiing. Four years ago she took her first spinning class and she was hooked. Kim is a certified Spinning Instructor. She now enjoys instructing and designing her own classes that include various music genres and themes.

**Tonya Evans** moved to the area with her husband two and a half years ago when their youngest child graduated from high school. As a Zumba enthusiast, she has been interested in teaching fitness classes for many years. Tonya works as a Physical Therapist Assistant at Manistee County Medical Care Facility. In addition to Zumba, she teaches Stretch and Strength classes and instructed aqua therapy classes. She also enjoys hunting and fishing.

Welcome to our newest members of the Portage Lake Association!  
John & Diane Wemlinger of Onekama.

Join now if you are not already a member-

Please send any ideas for articles for this newsletter to:  
[planewsed@gmail.com](mailto:planewsed@gmail.com)  
We enjoy hearing your feedback and suggestions to better serve the greater Onekama community.

**Portage Lake Association APPLICATION FOR MEMBERSHIP**

NAME(S) \_\_\_\_\_  
SUMMER ADDRESS \_\_\_\_\_  
SUMMER PHONE NUMBER \_\_\_\_\_  
WINTER ADDRESS \_\_\_\_\_  
WINTER PHONE NUMBER \_\_\_\_\_  
EMAIL ADDRESS \_\_\_\_\_

**MAKE CHECKS PAYABLE TO:** Portage Lake Association **\$30 for a one-year membership**  
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**Traveling to GVSU**

by Alyssan Clarke

Onekama Schools took a college visit to Grand Valley State University thanks to a mini grant given by the MARSP (retired school personnel). This year on November 24 the senior class traveled to Allendale, MI and the following week on December 1 the junior class took the same trip. Students left the school at around 8 A.M arriving at the college around 10 A.M.



To start their tour, students were taken to lunch on campus. The students were guided to one of the many places to eat on the campus and experience what it was like to have a meal on campus. There they were allowed to eat for about an hour. There were many choices for the students to pick from and it was much different than their lunch at the high school. I think you could say that the boys' favorite part of the trip was the food.

After eating and taking a group picture, the classes were divided into groups to tour the campus. Students that are currently enrolled at the college led the tours and gave us great tips and shared their own experiences. We got to see buildings such as the library, a dorm room, and the REC center. To end the tour, a presentation was given informing students about tuition costs, enrollment information, and extra curricular activities at the college.

Overall the students had an eventful day touring the college campus and finding out what college life is really like. I think that the juniors and seniors of Onekama High School will use this experience to help guide their upcoming future decisions.



JANUARY 2015 NEWSLETTER  
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