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He is a wise man who does not grieve for the things which he has not,
but rejoices for those which he has. ~Epictetus

Vol2025:16 -
August 8, 2025

Alden Men’s Club - 2025 Rummage Sale

On the final Saturday of July, lots of good things happen in Alden. One of those is the Alden Men’s Club annual rummage sale. All through the year, the Club gathers donations of furniture, kitchen ware, yard furniture, hand and power tools, lamps, artwork, and many other useful items. They organize everything into tents and on tables and pallets, covering the parking lot and lawn of the Alden Community United Methodist Church. Especially valuable or unusual items go into the silent auction tent for competitive bidding. The proceeds go to fund six food pantries in Antrim and Kalkaska Counties.



News flash for our online friends: The Voice website is about to undergo some changes. You will notice some design changes, but we will do our best to keep the site at least as easy to navigate as it is now, and we hope to actually improve it. We are still working on developing the new look for the website. Things always take a bit longer than we expect, but the secret to success is to never, ever, give up.

OUT & ABOUT

Editor’s note: *This space is free to community organizations to promote events which are of benefit to the residents in and around Kalkaska County. Email your information to tina.fieldsmedia@gmail.com Please include date and time of the event, a contact number or email address. We prefer that you not include prices.*

SENIOR & COMMUNITY MEALS

Senior Lunch Kalkaska Senior Center/COA, 303 S. Coral St, no reservation required for dine-in, carry out meal (w/o salad bar), all ages welcome, contact 231 258-5030
When: Mon, Tue, Wed, Thu, Fri, Salad bar at 11:30 am, Meal served at 12:00 pm

Senior Lunch Antrim County COA, 308 E. Cayuga St, Bellaire, dine-in or carry out, 231 533-8703
When: Mon, Tue, Wed, Thu, Fri, 11:30 am to 12:30 pm for dine-in, 11:30 to 12:00 pm for carry out (site is open 8:30 am to 4:00 pm)

Senior Lunch, Mancelona Senior Ctr, 122 E State St, dine-in available, RSVP the day before to Marianne at 231 587-9131
When: Mon, Tue, Wed, Thu, Fri, Salad Bar 11 to 11:45 am, Lunch served 12:00 to 12:30 pm (site is open 9:00 am to 1:30 pm)

Senior Lunch, Central Lake Meal Site, 1622 N. M-88, Central Lake, dine-in available, RSVP the day before to Lois at 231 544-6687
When: Mon, Tue, Wed, Thu, Fri 11:30 to 12:00 pm (site is open 10:00 am to 12:30 pm)

KAIR’s Ladles of Love, 107 W. Third St, free community meal, everyone is welcome, contact 231 258-7836
When: Mon, 11:00 am to 1:00 pm

Senior Lunch (Kalkaska COA), Garfield Township Hall, 0466 W. Sharon Rd, Fife Lake, dine-in or pick-up, RSVP by 9 am to Marci at 231 360-7697
When: Mon, 12 noon to 12:30 pm

Senior Meal, Fife Lake Public Library, 77 Lakecrest Lane, Fife Lake, reservations must be made at the previous meal or 24 hours in advance, contact 231-922-4911
When: Tue, 11:45 am

Community Meal, Mancelona United Methodist Church, 117 W. Hinman, Mancelona, canceled if Mancelona schools are closed for inclement weather, 231 587- 8461
When: Tue, except holidays, 5 to 6 pm

Senior Lunch (Kalkaska COA), Bear Lake Township Hall, 198 E. Bear Lake Rd, dine-in or pick-up, RSVP between 8:30 and 9 am to Iola at 941 270-1549
When: Tue, Thu, 12 noon to 12:30 pm

Senior Lunch (Kalkaska COA), South Boardman Senior Center, 5503 Boardman Rd SW, dine-in or pick-up, RSVP by 9 am to Marci at 231 360-7697
When: Tue, Thu, 12:30 to 1:00 pm

Kalkaska Baptist Community Meal, Kalkaska Baptist Church, 1151 CR 612, open to everyone, 217 871-5700
When: 2nd and last Tue, 5 to 7 pm

Senior Meal, The Rock, 115 E. Blair St, Kingsley, reservations must be made at the previous meal or 24 hours in advance contact 231 922-4911
When: Wed, 11:30 am

Senior Lunch (Kalkaska COA) Clearwater Township Hall, 5440 River St NW, Rapid City, dine-in or pick-up, RSVP by 8:30 am to Pam at 231 564-2794
When: Wed, 12 to 12:30 pm

Community Meal, Kalkaska United Ministries for Christ, 2525 Beebe Rd, curbside pick-up or dine in, donations accepted, contact 231 258-2820
When: Wed, except holidays, 5 to 6 pm

Community Meal, Kingsley United Methodist Church, 113 Blair St, Kingsley, contact 231 263-5278
When: 3rd Wed, 5 to 6:30 pm

Easy Meals Fundraiser for American Legion, Dale H Wheeler American Legion Post 219, 10283 M-113, Fife Lake, dine-in or drive-thru, contact 231 879-4475
When: Thu, 5-6 pm

Veterans Dinner, South Torch Lake Fire Department, 8765 Helena Rd, Alden, free dinner for Veterans and their families, contact 231 331-4204
When: 3rd Thu, 5:00 to 7:00 pm

Red Apron Community Dinner, Bellaire Community United Methodist Church, 401 N. Bridge St, Bellaire, everyone is welcome to this free meal, 231 533-8133
When: Last Thur, 5:00 to 6:00 pm

Senior Omelet Breakfast, Kalkaska Senior Center/COA, 303 S. Coral St, build your own omelet, alternate available each week, no reservation required, all ages welcome (may not be served on certain holidays or if special luncheons are scheduled), contact 231 258-5030
When: Fri, 8:00 to 9:00 am

Senior Breakfast, Antrim County COA/Meal Site, 308 E. Cayuga St, Bellaire, menu changes weekly, 231 533-8703
When: Fri, 8:00 to 9:00 am

Pasties & Pot Pies for Sale, Coldsprings Excelsior Township Area (CETA) Hall, 6615 County Rd 612, (to confirm dates and availability, call 231 258-9912)
When: Fri, 1 to 3 pm

Fish Fry, Dale H. Wheeler American Legion Post 219, 10283 M-113, Fife Lake, dine-in, \$15 all-you-can-eat, age 5 and under is free, contact 231 879-4475
When: 1st Fri, 4:30 to 7:00 pm (or until sold out)

Free Breakfast, Bear Lake Christian Church, 221 E. Bear Lake Rd SE, Kalkaska, sausage, eggs, and pancakes breakfast, open to the community, contact 231-258-6107
When: 3rd Sat, 8:00 to 10:00 am

Pancake Breakfast, Bellaire Masonic Lodge, 4905 Stover Rd, Bellaire, pancakes, eggs, sausage, biscuits & gravy, coffee, and orange juice, \$10 plate, contact 713 665-4100
When: last Sat, 7:00 to 11:00 am

VFW & Central Lake AmVets Monthly Breakfast, Central Lake AmVets, 1840 S. Main St, Central Lake, serving pancakes, sausage, scrambled eggs, sausage gravy & biscuits, hash browns, toast, beverages, 231 544-6455
When: 1st Sun, 9:00 am to 12:00 pm

Family Meal Distribution, The Orchard Church, 3903 Voice Rd, Kingsley, drive thru pick-up of a day’s worth of meals for a day (breakfast, lunch, dinner) for a family of six, open to all, contact 231 263-8267
When: Last Sun, 4:30 to 6:00 pm

Swiss Steak Dinner, Bellaire Masonic Lodge, 4905 Stover Rd, Bellaire, includes dessert and beverages, proceeds to help with the Masons scholarship activities and help within the community, contact 231 377-7156
When: Last Sun, 4:30 to 7:00 pm

FARMERS’ MARKET

Bellaire Winter Farmers’ Market, 102 Maple St, Bellaire, inside the ASI Community Center, 231 350-8835
When: Fri., 9:00 am to 12:00 pm (through May ’25)

FOOD PANTRIES

Little Free Pantry, Alden United Methodist Church, 9015 Helena Rd, Alden, located in front yard of the church
When: available anytime

Fife Lake Community Church, 206 Boyd St, call 231 879-4270
When: hours by appointment only

Love Locker Project, Fife Lake Public Library, 77 Lakecrest Lane, Fife Lake, seasonal clothing for the community as needed, contact 231 879-4101
When: available anytime

Share Shack Free Food Pantry, Bear Lake Christian Church, 221 E. Bear Lake Rd SE, Kalkaska, located in the parking lot, 231-258-6107
When: available anytime

KAIR Food Pantry/Thrift Store, 324 S. Cedar St, Kalkaska, available to Kalkaska and Antrim County residents, curbside pickup only, call 231 258-0060 ext 4 by 2:45 pm to make an appointment
When: Mon, Tue, Thu, Fri, 10:00 am to 3:00 pm

Bellaire Food Pantry, 205 E. Broad St, 231-533-8600
When: Mon & Thu 10 am - 4 pm, Sat 10 am - 12 pm

ACTS (Acme Christian Thrift Store & Pantry), 8925 M-72 East, Williamsburg, serving Grand Traverse, Kalkaska, & Antrim counties, by appt, 231 267-3002
When: Tues 5 - 7 pm, Wed 1 - 4 pm, Sat 10 am - 1 pm

Mancelona Food Pantry & Resale, 201 N. Maple St, Mancelona, 231-676-1686
When: Tues, Wed, Thu, 9:00 am to 3:00 pm

Central Lake Community Food Pantry, 1875 Main St, Central Lake, 231-544-6878
When: Tue 5:00 to 7:00 pm, Fri 3:00 to 5:00 pm

Kingsley United Methodist Church, 113 Blair St, Kingsley, call 231 263-5278 for appt if you are unable to come during open hours
When: Wed & Fri, 9 am to 12 pm

Rapid City Area Food Pantry, 9456 Valley Rd NW, Rapid City, donations accepted, contact Christine at 231 331-6246
When: Fri, except holidays, 11 am to 1:30 pm

Kingsley Baptist Church, 7511 Blackman Rd, Kingsley, call Jessica at 231-263-5650 for apt if you are unable to come during open hours
When: 2nd & 4th Fri, 1:00 to 3:00 pm

HEALTH AND FITNESS

Yoga, Fife Lake Library, 77 Lakecrest Lane, with Peggy Williams, restorative yoga, suggested donation of \$5-10 per class, contact lakesidetherapeutics@gmail.com, to register, email kspratt@tadl.org
When: Mon, 11:30 am to 12:30 pm

Yoga, ASI Community Center & Park, 102 Maple St, Bellaire, with Daryl Allison-Busch, licensed instructor, contact 231 564-0010
When: Mon, 12:30 pm (Gentle) and 2 pm (Hatha)

Bootcamp Class, Kaliseum Recreation Complex, 1900 Fairgrounds Rd, included in Kaliseum membership or \$10 drop-in fee, Instructor Nickey Torrey, 231 258-5913
When: Mon, 7:00 to 7:45 pm

Yoga, Helena Township Community Center, 8751 Helena Rd, Alden, contact 231 331-4643
When: Mon, Wed, Fri 8:30 to 9:30 am

Let’s Get Moving, Bellaire Community United Methodist Church, 401 N. Bridge St, Bellaire, 30-minute “Body Groove” video for all levels (can be done in a chair, too) lead by Cherese Villareal, contact 580 471-7778
When: Mon, Wed, 11:00 to 11:30 am

Chair Exercise, Antrim County COA/Sr Meal Site, 308 E. Cayuga St, Bellaire, contact 231 533-8703
When: Mon, Wed, Thu. 10 to 10:45 am

Aerobic Exercise with Weights, (Kalkaska COA) Senior Center, 303 S. Coral St, bring small hand weights or two cans of soup, contact 231 258-5030
When: Mon, Fri, 10:30 to 11:30 am

Lyrical/Contemporary Dance for Adults, ASI Community Center, 102 S. Maple St, Bellaire, \$10 cost, contact 231 572-2518
When: 1st Tues, 5:45 to 6:45 pm

Wii Bowling, Antrim County COA/Sr Meal Site, 308 E. Cayuga St, Bellaire, contact 231 533-8703
When: Tue, 12:30 to 1:30 pm

Line Dance, Kalkaska Senior Center/COA, 303 S. Coral St, all skill levels welcome, contact 231 258-5030
When: Tue, 1:00 pm

Table Tennis, Kalkaska Senior Center/COA, 303 S. Coral St, contact 231 258-5030
When: Tue, 2:00 pm

Line Dancing, Fife Lake Library, 77 Lakecrest Lane, equipment provided, focused on seniors, contact to register 231 922-4911
When: Tue, Thu, 10:00 am

Yoga for Seniors, Kalkaska Senior Center/COA, 303 S. Coral St, contact 231 258-5030
When: Tue, Thu, 10:00 am

Cardio Drumming, Fife Lake Library, 77 Lakecrest Lane, equipment provided, focused on seniors, contact to register 231 922-4911
When: Tue, Thu, 10:00 am

Fitness Over Fifty, Fife Lake Library, 77 Lakecrest Lane, contact to register 231 922-491
When: Tue, Thu, 10:30 to 11:30 am

Chair Yoga, The Rock, 115 E. Blair St, Kingsley, class size is limited, advance registration is required, 231 922-4911
When: Wed, Fri, 9:15 am

Senior Exercise Class, Bear Lake Township Hall, 198 E. Bear Lake Rd NE, open for all seniors, mixing yoga, light impact aerobics, strength training, contact 989 330-7538
When: Wed, 9:00 to 10:00 am

Taekwondo, Kaliseum Recreation Complex, 1900 Fairgrounds Rd, included in Kaliseum membership or \$10 adults/\$5 child or senior drop-in fee, ages 6 years +, Instructor Mr. Allan, 231 258-5913
When: Wed, 4:30 to 5:30 pm

Strong Nation Class, Kaliseum Recreation Complex, 1900 Fairgrounds Rd, included in Kaliseum membership or \$10 drop-in fee, Instructor Lanae Bump, contact 231 258-5913
When: Wed, 6:00 to 6:45 pm

Hand & Foot, CETA Hall, 6615 CR612 NE, 231 587-9475
When: Thu, 10 am - noon

Wii Bowling, Kalkaska Senior Center/COA, 303 S. Coral St, COVID guidelines observed. contact 231 258-5030
When: Thu, 1:00 pm

Pound Class, Kaliseum Recreation Complex, 1900 Fairgrounds Rd, included in Kaliseum membership or \$10 drop-in fee, Instructor Nickey Torrey, contact 231 258-5913
When: Thu, 6:00 to 6:45 pm

Video-Lead Yoga, Fife Lake Library, 77 Lakecrest Lane, adult/senior video lead beginner friendly, low impact yoga, no registration needed, yoga mats available to borrow, contact 231 879-4101
When: Fri, 9:00 to 10:00 am

Bootcamp Class, Kaliseum Recreation Complex, 1900 Fairgrounds Rd, included in Kaliseum membership or \$10 drop-in fee, Instructor Nickey Torrey, contact 231 258-5913
When: Fri, 9:00 to 10:00 am

BINGO, CARDS & BOARD GAMES

Antrim County Duplicate Bridge Club, ASI Community Center & Park, 102 Maple St, Bellaire, 231 590-7293
When: Mon, 12:45 pm

Penny Bingo, Kalkaska Senior Center/COA, 303 S. Coral St, all are welcome, \$1 donation, play with pennies, win pennies, bring lots of pennies or purchase from COA, contact 231 258-5030

When: Mon, 1:30 to 3:30 pm

Euchre, CETA Hall, 6615 CR612 NE, 231 587-9475

When: Mon, 6 pm

Beginning Bridge: Sign-up is now occurring for this ten-week course that is being held at Helena Township Community Center in Alden. Cost: \$10 for book and \$5 suggested donation per lesson. Come, have fun, and meet some bridge players! Lessons, taught by Judy Kuiper, an ACBL Best Practices certified bridge teacher. To sign up, contact Judy at jkuiper@learnselfcompassion.com or 616-581-4668. Sponsored by Alden District Library and the Antrim County Bridge Club.

When: Tue 10 am - noon (begins May 6)

Mah-Jongg, People of all skill levels are invited to play. Free Event. Sponsored by Alden District Library and held at Helena Township Community Center, 8751 Helena Rd, Alden, 231-331-4318.

When: Tue, 1 to 4 pm

Euchre, (Kalkaska COA) 303 S. Coral St, \$5.00 buy-in, 231 258-5030

When: Tue, 1 pm

Euchre, Antrim County COA/Sr Meal Site, 308 E. Cayuga St, Bellaire, \$5.00 buy-in, contact 231 533-8703

When: Tues, 6:00 pm

Piggitt Hoggit, The Rock, 115 E. Blair St, Kingsley, euchre taken to the next level, \$1, contact 231 922-4911

When: Wed, 9:15 am OR 12:00 pm????

199er Bridge Game & Free Lessons: Free lessons at 11:30am. Lunch (bring your own) and bridge talk at Noon. ACBL-sanctioned bridge game for \$5.00 at 12:30pm. For more details, contact Lou Slyker at 248-770-6152 or ljslyker@gmail.com

When: Wed 11:30 am except 3rd Wed each month (May 7 - Oct 29)

Jackpot Bingo, (Kalkaska COA) Senior Center, 303 S Coral St, fundraiser for the Senior Center, community welcome, must be 18+, contact 231 258-5030

When: Wed, seating begins 4 pm, warm ups at 5 pm, regular games at 6 pm

Bingo, The Rock, 115 E. Blair St, Kingsley, \$1, contact 231 922-4911

When: Wed, Fri 10:15 to 11:15 am

Billiards, The Rock, 115 E. Blair St, Kingsley, enjoy a game on a first-come, first-served basis, all equipment provided, contact 231 922-4911

When: Wed, Fri 9:15 am to 12:15 pm

Pinochle, CETA Hall, 6615 CR612 NE, 231 587-9475

When: Wed, 6 pm

Mah-jongg, Antrim County COA/Sr Meal Site, 308 E. Cayuga St, Bellaire, contact 231 533-8703

When: Thu, 12:45 pm

Euchre, Rapid City Community Center (Red School House), 5407 River St, Rapid City, 231 331-6249

When: Thu, 1 pm

Bingo, Antrim County COA/Sr Meal Site, 308 E. Cayuga St, Bellaire, contact 231 533-8703

When: 3rd Thu, during Birthday Dinner at 11:30 am

Bingo, ASI, 102 S. Maple St, Bellaire, community welcome must be 18+, contact 231 350-8835

When: 2nd & 4th Thu, Doors open 4 pm, play 5 pm

Euchre, The Rock, 115 E. Blair St, Kingsley, single player with individual scoring, experience is necessary for team play, lessons available, contact 231 922-4911

When: Fri 10:15 am to 12:15 pm

Pantry Bingo, Kalkaska Sr Center303 S. Coral St, all are welcome, play for pantry items, \$1 donation 231 258-5030

When: Fri, 1:30 to 3:30 pm

Bingo, American Legion Hall, 9850 S. Front St, Mancelona community welcome, must be 18+, 231 499-2364

When: Sat, doors open at 4 pm, play begins at 6 pm

Pool, Kalkaska Senior Center/COA, 303 S. Coral St, open to anyone who wants to play, must contact 231 258-5030 with your name and number

When: Sat, 6 pm

Crafts & Hobbies

Small Crafts Groups, Kalkaska Senior Center/COA, 303 S. Coral St, bring a personal small craft to work on while socializing, many are willing to teach basics of

crochet, knitting, embroidery, etc, 231 258-5030

When: Mon, 9:00 to 11:00 am

Wood Carvers, Kalkaska Senior Center 303 S. Coral St, all levels of skill, teaching available, 231 258-5030

When: Mon, 6 pm

Torch Area Artisans Guild, Creating art and contributing to the community for over 40 years. For more info, email: taartisansguild@gmail.com or Facebook: [facebook.com/TorchAreaArtisansGuild](https://www.facebook.com/TorchAreaArtisansGuild). Sponsored by Alden District Library and held at Helena Township Community Center, 8751 Helena Rd, Alden, 231-331-4318

When: Tue, 10:00 am to 12:00 pm

Quilters Corner, Antrim County COA, 308 E. Cayuga St, Bellaire, bring your own project, 231 533-8703

When: Tue, 12:30 to 2:20 pm;

Juniper Garden Club, Clearwater Township Community Center, 5407 River St, Rapid City, contact 231 629-2498, new members welcome

When: 1st Tue, 1:00 pm

Alden Knitters & Crocheters, All skill levels welcome! For info, contact Sue Archer at 231-944-0013. Sponsored by Alden District Library, held at Helena Township Community Center & Library, 8751 Helena Rd, Alden, 231-331-4318.

When: Tue, 2:00 to 4:00 pm

Knitting - Bellaire Public Library, 111 S Bridge St,

When: Tue 10 am

Group Painting, Antrim County COA/Sr Meal Site, 308 E. Cayuga St, Bellaire, 231 533-8703

When: Thu, 10:30 am

Fiber Arts Group, Fife Lake Public Library, 77 Lakecrest Ln, Fife Lake, bring your own lap project and craft with others by our warm fireplace, not lessons, contact 231 879-4101

When: Thu, 3:00 to 4:30 pm

Kasky Kwilters, (Kalkaska COA) Senior Center, 303 S Coral St, come see what we are doing! 231-384-0595

When: 1st Thu, 4:00 pm

Great Lakes Scale Modelers, Traverse City Area District Library, 610 Woodmere Avenue, Thirlby Room. Plastic models, any scale, trains, planes, automobiles. Whatever floats your boat. Contact Bruce, 231-620-1767 or Frank, 231-228-3474

When: 2nd Sat, 1To 4 pm

Children’s Activities

Tot Time, Fife Lake Public Library, 77 Lakecrest Ln, Fife Lake, contact 231 879-4101

When: 1st Mon 10 am

Story Time with Miss Diane- Bellaire Public Library, 111 S Bridge St, Bellaire, open to children ages 0-5 and their caretakers, stories, crafts, snacks, 231 533-8814

When: Tue, 10:00 am

LEGO Club, Central Lake District Library, 7900 Maple St, Central Lake, available to children ages 5+, drop-in club but parents filling out a registration is strongly recommended, contact 231 544-2517

When: Tue OR Wed, 3:15 to 4:00 pm

Story Time, Mancelona Township Library, 202 W. State St, Mancelona, stories and crafts, 231 587-9451

When: Tue, 10:30 am

Wigglers Preschool Story Time, Kingsley Branch Library, 213 S. Brownson, Kingsley, children from birth to pre-kindergarten are welcome, stories, music, and movement, contact 231 263-5484

When: Tue and Wed, 10:30 am

Story Time with Miss Diana, Central Lake District Library, 7900 Maple St., Central Lake, with crafts, songs, stories, songs, and snacks, contact 231-544-2517

When: Wed, 10:30 am

5toOne Playgroup, Kalkaska Early Head Start Classroom, 424 S. Cedar St, activities for children, resources for parents, music & movement, registration is encouraged, <https://bit.ly/EHSKalRegistration>

When: 2nd and 4th Wed, 10:30 am to 12:00 pm

Teen Dungeons & Dragons, Kingsley Branch Library, 213 S. Brownson Ave, Kingsley, teen-led D&D campaign, everything needed is provided, refreshments, too, free activity and open to teens ages 13-19 years, parents are welcome, contact 231 263-5484

When: 1st and 3rd Thu, 3:30 to 6:45 pm

5toOne Playgroup, Rapid City Elementary, 5258 River St, Rapid City, child-led playtime, healthy snack, and story, registration is encouraged, <https://bit.ly/PlayinRapidCity>

When: 2nd Thur, 8:45 to 10:00 am

Teen Challenge Board Games, Central Lake District Library, 7900 Maple St, board games galore for teens age 12 and older, free with snacks provided, 231 54343-2517

When: 4th Thur, 3:15 to 4:00 pm (

Central Lake Community Playgroup, First Congregation Church, 8066 W. State St, fun activities and lunch provided, meet in lower level. 231 347-0067

When: Fri, 10:00 to 11:30 pm

Baby & Toddler Storytime: Kalkaska County Library. Stories, music, movement, & crafts to promote literacy from birth to kindergarten. FREE. Includes 5toOne playgroup. Contact Kalkaska County Library at (231) 258-9411 or info@kalkaskalibrary.org for info.

When: Fri 10:30 am

Story Time, Mancelona Township Library, 202 W. State St, Mancelona, contact 231 587-9451

When: Fri, 3:30 pm

5toOne Playgroup, Mancelona School’s Early Childhood Space, 203 Grove St, child-led playtime, healthy snack, and story, registration is encouraged, <https://bit.ly/PlayMancelona>

When: 3rd Fri, 12:00 to 1:30 pm

Antrim/Kalkaska Paper Crafters, First Presbyterian Church in Elk Rapids. Soup and Salad Potluck lunch. Bring any handheld craft and work on your own project. Contact Beth Shuster at beth_scraps1960@sbcglobal.net

When: 3rd Sat, 9am - 5pm

O&A - continues on page 11



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OBITUARIES

Richard "Rick" Young

July 19, 1947 ~ July 29, 2025

It is with profound sorrow and deep love that we announce the passing of Richard (Rick) Young, a cherished husband, father, friend, boss. He departed peacefully in his home.



Born in Berkeley, Michigan, Rick moved to Elk Rapids in 1974, where he purchased Don's IGA and established what is now known as Village Market. With a gentle spirit and curious mind, Rick embodied values of hard work, compassion, and perseverance, which became the foundation of his life and his dedication to his family and community in Elk Rapids. A true entrepreneur, he founded businesses that not only thrived, but also uplifted the community around him.

Rick was known for his kindness, his willingness to help others, and his quiet pride in doing good deeds. He was a loving spouse, a devoted parent, and a steadfast friend. Rick enjoyed summer boating, target shooting, driving fun cars, and exploring gadget innovations.

He leaves a lasting legacy of precious memories, meaningful lessons, and a love that will never fade. His presence will be dearly missed by his family, friends, and all whose lives he touched. Though he is no longer with us in body, his spirit lives on in the hearts of those who knew him.

Rick is survived by his beloved wife, Loretta Young; his son, Kevin (Trisha) Young; his daughter,

Kelly Young; his stepsons, Robert (Kayla) Bachi, Adam (Ashley) Bachi; and his stepdaughter, Lauren (William) Schneider. He is also survived by his sisters, Betty Saunders and Joy (Bob) Young. He was a proud grandfather to 13 grandchildren and one great-grandchild, each of whom brought immense joy to his life.

He is also survived by his cherished dogs, Charlie and Bentley, who were constant companions and a source of comfort and laughter.

Rick was preceded in death by his mother, Patricia; his father, Mel Young; and his brother, Bob (Sue) Young.

True to his humble nature, Rick requested no services be held in his honor. Friends and family are invited to remember the remarkable man he was and carry forward his legacy by living with the same kindness, strength, and generosity he demonstrated daily. In lieu of cards and flowers, we invite you to honor him with an act of kindness. For those wishing to show their support, donations can be made in his memory to: Help From My Friends' Pet Crisis Center (Bellaire), Do a Little Good Organization, St. Jude Children's Research Hospital, or the American Heart Association.

Forever in our hearts, he will be remembered with love and gratitude.

Hattie Diane Jasper

March 11, 1942 ~ July 20, 2025

Hattie Diane Jasper, beloved daughter, wife, mother, grandmother, great-grandmother, and friend, passed away peacefully on July 20, 2025, in the exemplary care of Grayling Hospital. She was 83 years old.



known for her acts of kindness to brighten someone's day. Diane was also a fantastic cook and expressed her care by making excellent meals for all occasions.

Diane was the epitome of selflessness—a woman of strength,

grace, and deep compassion. There was no sacrifice too large to provide only the best for her family. Her legacy lives on in the many lives she touched through her generosity, warmth, and devotion.

She is survived by her children: Kevin Jasper, Steven (Lisa) Jasper, and Kristin (Charles) Witt. Her grandchildren brought Diane great joy. She is survived by her ten grandchildren Ben Birgy, Kyle (Brittany) Jasper, Kendra (Clayton) Drewyor, Haley Schram, Olivia Jasper, Stephen Witt, Alan Witt, Michael Witt, Jack Kloc, and Delaney Kloc; and her eight great-grandchildren: Beck Birgy, London Birgy, Esme Birgy, Ace Drewyor, Brock Drewyor, Cash Drewyor, Nolan Witt, and Amara Witt; as well as many nieces, nephews, extended family members, and a wide circle of friends, neighbors, former coworkers and students whose lives were made better by knowing her.

A memorial service was held at Kalkaska Funeral Home on Saturday, August 2nd. The Jasper family received friends and family from 10:00–11:00 AM, followed by a Memorial Service at 11:00 AM. A luncheon was served immediately following the service in the funeral home's lower level—because, as Diane would insist, everyone needs to eat. A graveside committal prayer was held at 1:00 PM at Lodi Cemetery in South Boardman, Michigan.

In lieu of flowers, please consider a donation to St. Jude Children's Research Hospital in Diane's name, honoring her compassion for children. Arrangements have been entrusted to Kalkaska Funeral Home and Cremation Services.

Born on March 11, 1942, in Toledo, Ohio, Diane was the cherished daughter of the late Neal Holman Tucker and Selma Levina (Stickel) Tucker. In her early childhood, she moved with her family to Romulus, Michigan, where she was raised alongside her younger sister, the late Susan LeNealle (Tucker) Bezeau. Diane graduated from Romulus High School, where she met her future husband and lifelong partner, the late Harold Eudell Jasper. They were married on May 27, 1961, and shared 62 years of marriage before his passing.

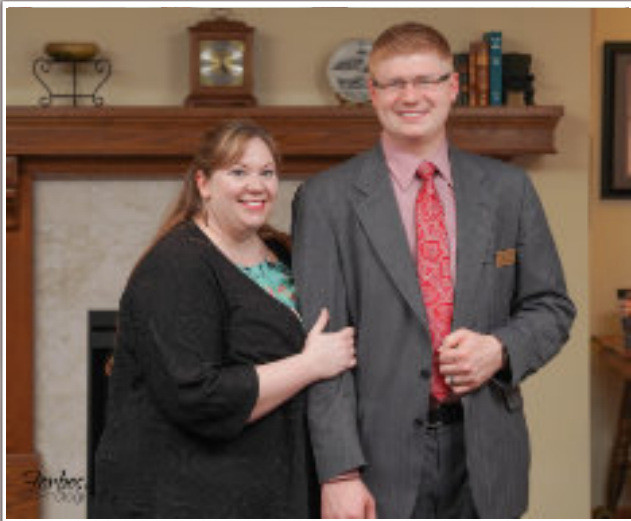
After establishing their first home in Westland, Michigan, Harold and Diane moved their growing family to South Boardman in 1974. Diane began a long and meaningful career with Forest Area Schools, where she served for over 35 years. She was often the first face children saw each morning - a firm, caring, and dependable presence who helped shape the start of countless school days. Diane made a lasting impact on generations of students with her strength, warmth, and kindness.

Together, Diane and Harold raised three children—Kevin Jasper, Steven Jasper, and Kristin Jasper Witt—all of Kalkaska County. Diane was the heart of her family and the ultimate team mom, coach, school spirit leader, and bonus mother to many. She gave her time, energy, and love without hesitation, always putting others before herself.

A gifted seamstress, Diane created handmade treasures for every occasion—from prom dresses and Halloween costumes to matching family outfits. Her creativity and love were present in everything she made. She brought thoughtfulness into everything she did and was



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Allen Lester Blanshan

October 12, 1961 ~ July 23, 2025

Allen L. Blanshan, 63, lifelong resident of Kalkaska, passed away on July 23, 2025 at Munson Medical Center in Traverse City. He is the son of Allen and Grace (Tracy) Blanshan.

Allen attended Kalkaska High School. After graduation he worked in the oil fields and later as a mechanic.

His hobbies included working on cars and computers.

Allen is survived by his loving mother, Grace Ricketts; his

siblings, Robert Morrill, Rosanne Kelley, Debora Morrill, Mark Blanshan and Christine Linz all of Kalkaska.

Funeral services were held on Monday, July 28th at 12:00 pm at Wolfe-O'Neill Funeral Home. Visitation began at 11:00 am until the time of service.

Arrangements were made by Wolfe-O'Neill Funeral Home, our family serving yours.



Munson Healthcare Update on Tragic Incident

As of today, Tuesday, August 5, Munson Medical Center has shared the latest information regarding the eleven individuals affected by the Traverse City Walmart incident:

- 1 patient is in good condition
- 8 patients have been treated and released
- 2 patients have been treated and transferred

For the most recent updates, please visit: www.munsonhealthcare.org/news

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Federal Grant Funding Released for Summer Camps, After School Programs
Programs moving forward for upcoming school year, future years uncertain

TRAVERSE CITY, Mich. - In an update to the federal funding freeze for multiple education programs, the U.S. Department of Education notified states that it will release Nita M. Lowey 21st Century Community Learning Centers (Title IV, Part B) (21CCLC) funding for local after school and summer programs for the 2025-2026 school year.

SEEDS Ecology and Education Centers, a local nonprofit, uses 21CCLC grants to provide free after school programming to 12 rural Northern Michigan schools. In addition to other youth programming, SEEDS serves over 500 students each year using 21CCLC funding.

“This is very good news for this summer and the upcoming school year,” stated Sandy Ehlers, program director of SEEDS EcoSchool. “Families need to be able to plan on this source of childcare and enrichment for their children. Now we can move forward with plans for the fall.”

21CCLC funding for the 2025-2026 school year for 10,000 programs across the country was scheduled to be released to the states on July 1. On June 30, the federal administration sent a memo to states in reference to 21CCLC and four other formula grants asserting that the Department of Education will not be issuing the funds for these programs prior to completing a review of the programs.

Many programs, including SEEDS, were hosting summer camps when they heard the news. SEEDS did not stop any summer camp programming, but some 21CCLC programs did due to the unexpected possibility of not being reimbursed for summer expenses.

“It was very important to us to finish our summer camps,”explained Sarna Salzman, SEEDS Executive Director. “We knew that our students had been looking forward to field trips and summer memories, and that their families were counting on childcare. We wanted to make sure that there was the least amount of disruption possible.”

This year’s funding amounts to \$1,525,000 and serves students in Benzie, Fife Lake, Kaleva, Kalkaska, Marion, and Mesick. While programming looks to continue for the 2025-2026 school year, future years of approved grant funding are in question since the Fiscal Year 2025 reconciliation bill, that Congress passed this summer, effectively zeroes out 21CCLC funding for after school programs.

“If 21CCLC is not included in future budgets, our region could lose out on \$4,140,000 between 2026 and 2029,” Salzman added, “We already have a shortage of funding for education and lack of childcare in Northern Michigan, especially in the more rural areas. We hope that 21CCLC and other funding streams supporting out-of-school time enrichment for youth are added back into future federal and state budgets.”

Media Contact:
Sarna Salzman | sarna@ecoseeds.org | 231-947-0312

ABOUT SEEDS ECOLOGY & EDUCATION CENTERS:

SEEDS Ecology & Education Centers is a 501c3 nonprofit organization formed in 1999 to implement local solutions to today's global challenges at the intersection of ecology, education and community design. SEEDS exists to foster healthy, vibrant communities filled with clean food, great kids, and helpful neighbors. Find us at www.ecoseeds.org or @SEEDSTC on Facebook and Instagram.



Northwest MI

VOICE

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Munson Healthcare Strengthens Commitment to Economic Security, Contributes \$150,000 to Goodwill Northern Munson Donates \$120,000 to Support Community Connections Michigan

Funds to aid in the program’s mission to address basic health needs across 31 Northern Michigan counties.

Munson Healthcare (MHC) has announced that over the next two years it is committing \$120,000 to Community Connections, a free program helping to ensure families across the region have access to basic necessities.

“The most recent triennial Community Health Needs Assessment, completed in June, identified economic security among the top priorities for the communities we serve in Northern Michigan,” said Ed Ness, Munson Healthcare President and CEO. “We are proud to support Community Connections which plays an important role in addressing so many social determinants of health.”

Community Connections is the result of collaborative work through MiThrive within the Community Health Initiative Region (CHIR). The free program provides one-on-one support to help connect families to community resources that address essential needs including:

- ♣ Medical, dental, and behavioral health care
- ♣ Healthy food and lifestyle resources
- ♣ Housing and support to pay utilities
- ♣ Education and childcare
- ♣ Transportation and other services

Research indicates that access to basic needs like food, housing, and healthcare have significantly improved overall health. Community Connections is a collaboration between health departments, healthcare

providers and hospitals across the region. Recent evaluations indicate that 95% of participants had their needs met or exceeded as well as a decrease in emergency department visits’ pre-and-post enrollment by over 24%.

“With changing landscape of healthcare, the role of our community health workers may be more important now than ever before,” said Debbie Aldridge, Community Connections Hub Director, Northern Michigan CHIR. “We appreciate Munson Healthcare’s support in our work to help community members navigate these challenges and provide access to essential services for those most in need.”

Since 2024, Munson Healthcare has committed over a half-million dollars to support organizations and programs expanding access to basic needs which include Safe Harbor shelter (\$100,000) in Traverse City, Goodwill Northern Michigan (\$150,000) and a nationally recognized Street Medicine program (\$300,000) which is now expanding into Cadillac.

Community Connections is made possible through Community Health Initiative Regions, or CHIRs, with six hubs across a 31-county coverage area, including all the MHC service area and all of lower-Northern-Michigan. CHIRs bring a broad group of stakeholders together to improve the wellbeing of the residents in their community, in particular, by addressing factors that affect a person’s health.



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AUGUST 2025

August 1 - 29, Great Lakes Maritime History & Memorabilia Display. The display can be viewed in Alden District Library during normal library hours. Mon, Wed, Th, F 9:30a-5p, Tu 9:30a-6p, Sat 9:30a-2p. 8751 Helena Rd, Alden, 231-331-4318. Free Event. At a later date, a video of the display can be viewed on the library's website, aldenlib.info and look for "On Display" link at left. Sponsored by Alden District Library.

August 1st-30th. StoryWalk®. Round up the family and head out to Coy Mountain, located at 9011 Valley St. in Alden, to enjoy a romp in the woods and reading a good book along the way. The storybook is “The Hike” by Alison Farrell, and covers about a 1/2-mile portion of the trail. Free Event. Sponsored by Alden District Library and Friends, 8751 Helena Rd, Alden, 231-331-4318.

August 4, 9:30 am - 5 pm, Summer Reading Program - Prize Pick Up. Thank you to the kids and teens who participated in this program! Please bring your reading logs to the library to collect your prizes.

August 7, 10-11 am, LEGO Creation Event. Kids of all ages are welcome to this free event. Come see what you and your imagination can create! Completed Lego Creations will be displayed in the library. Sponsored by Alden District Library and held at Helena Township Community Center, 8751 Helena Rd, Alden, 231-331-4318.

August 9, 10 am, StoryWalk® with Miss CC. Families will enjoy this interactive StoryWalk® led by Miss CC, in the woods along a 1/2-mile portion of the trail at Coy Mountain, located at 9011 Valley St. in Alden. The story will be “The Hike” by Alison Farrell. In the event of rain, this program will be held in the library.

August 10, 2 pm, Folk Music by Ben Traverse. Ben is a Grand Rapids-based folk musician and member of the Earthwork Music Collective. He will be performing Traditional Folk Music, which could include old time and Appalachian music. This is a family friendly event being held outdoors at the new Alden Village Center in downtown Alden. Bring a chair, and in the event of rain, the musical program will be held at South Torch Lake Fire Station, 8765 Helena Rd, Alden. This is a Free Event. Sponsored by Alden District Library and Friends, 8751 Helena Rd, Alden, 231-331-4318.



August 12, 5:30 om, Antrim Photography Workshop-Chasing the Sunflowers, meeting at Maple Bay Farms: 10875 US-31, Williamsburg, then carpooling to the surrounding area to take pictures of the sunflowers, including a trip to the Send Family Farm: 8670 Bates Rd, Williamsburg. After chasing the sunflowers, we’ll head out to dinner around 7pm to Downtown Elk Rapids. Please continue to check for updates on our Antrim Photography Workshop Facebook page for more details, or different locations. Seasonal membership \$50.00 or non-members \$10 per workshop. Contact Lisa for details at 231-313-8820 or LL.pics44@gmail.com Sponsored by Alden District Library 8751 Helena Rd, Alden, 231-331-4318.

August 14, 3:30 pm, Books ‘n Brie Book Club Enjoy the company of fellow book lovers while discussing “Table for Two” by Amor Towles. Free Event. Sponsored by Alden District Library and held at Helena Township Community Center, 8751 Helena Rd, Alden, 231-331-4318.

August 14, 6-7 pm: Author Event - Bryan Gruley, author of the Starvation Lake Trilogy, hosted by Bellaire Public Library at the Forest Home Twp Hall 321 North Bridge Street, Bellaire, MI 49615. 231-533-8814 bellairelibrary@gmail.com

August 21, 9:30am social time with regular meeting beginning at 10:00am. Friends of Alden District Library Monthly Meeting. Topics of discussion will be plans for upcoming programs and activities, as well as volunteer opportunities. Anyone interested in supporting the library is always welcome. Held at Helena Township Community Center, 8751 Helena Rd, Alden. 231-331-4318

August 26, 5:30 om, Native Bird Create & Learn Workshop. The Antrim Photography Workshop group invites you to join them in creating your own decorative birdhouse. You’ll also receive new educational handouts and enjoy some food and refreshments. Craft is \$25.00. Seasonal membership is \$50.00 or non-members \$10 per workshop. Must RSVP by August 12th with Lisa at 231-313-8820 or LL.pics44@gmail.com. Event is held at Helena Township Community Center, 8751 Helena Rd, Alden. Sponsored by Alden District Library, 231-331-4318.

August 30, 9 am - 2 pm, Book Sale. Friends of Alden District Library are having a book sale. Available items: books, audio books, DVDs, music CDs & puzzles. Proceeds will benefit Enrichment Programs for Adults and Children. Sale is held at Helena Twp. Community Center 8751 Helena Rd, Alden, 231-331-4318

Alden

Alden United Methodist Church
9015 Helena Rd, Alden
Sunday morning:
9:00 am - Worship Service
10:30 am - ACE (Adult Christian Education)
Thursday morning:
10:00 am - Prayer Group

Boardman Township

East Boardman Community Bible Church
2080 Boardman Rd,S Boardman
Sunday morning:
9:15 am - Sunday School
10:00 am - Worship Service
10:30 am Junior Church

Central Lake

Central Lake United Methodist Church
8117 W Old State Rd, Central Lake
Sunday morning:
11:00 am - Worship Service

East Jordan

Grace Bible Church
999 W Old State Rd, East Jordan
Sunday morning:
11:00 am - Worship Service

Fife Lake

Fife Lake Community Church
206 Boyd St, Fife Lake
Sunday morning:
10:00 am - Worship Service

St. Aloysius of Fife Lake
403 East Merritt St
Sunday morning:
9:00 am - Mass

Kalkaska

Calvary Baptist Church
815 W Dresden St, Kalkaska
Sunday morning:
9:45 am - Sunday School & Adult Bible Class
10:45 am - Worship Service

Cornerstone Community Bible Church
6821 Co Rd 612 NE, Kalkaska
Sunday morning:
10:00 am - Worship Service

Church Alive Church of God
2305 US 131 North, Kalkaska
Sunday morning
10:30 am - Worship Service
Wednesday night
5:30 pm - Prayer Meeting
6:00 pm - Bible Study

Church of Christ at Spencer
4761 Western Ave SE, Kalkaska
Sunday
9:30 am - Sunday School, all ages
10:30 am - Assembly Hour
6:00 pm - Evening Assembly
Wednesday
7:00 pm - Bible study - all ages

Kalkaska Church of Christ
1725 W Kalkaska Rd, Kalkaska
Sunday morning:
9:00 & 10:30 am
- Worship Service
9:00 &10:30 am
- Kids’ programs, birth - 5th grade
10:30 am - Faith Training
- Middle & High School

If you would like your church to be listed, please send an email to tina.fieldsmedia@gmail.com

Kalkaska Church of the Nazarene
1367 W Kalkaska Rd, Kalkaska
Sunday morning:
9:45 am - Sunday School all ages
10:45 am - Worship Service

Kalkaska Peoples Church Bible Based
216 S Cherry St, Kalkaska
Sunday morning:
11:00 am - Worship Service

Kalkaska United Ministries for Christ
2525 Beebe Rd, Kalkaska
Sunday morning:
10:00 am - Worship Service

Many Rivers Church
2305 N 131, Kalkaska
Saturday evening:
6:00 pm - Worship Service
Tuesday evening:
6:00 pm - Worship Service

St Mary of the Woods of Kalkaska
438 Co Rd 612, Kalkaska
Saturday afternoon:
4:00 pm - Mass
Sunday morning:
11:00 am - Mass

St Paul Lutheran Church
2470 Beebe Rd, Kalkaska
Sunday morning:
11:00 am - Worship Service

Seventh-Day Adventist Church
2004 Birch N Birch St, Kalkaska
Saturday morning
9:30 am - Bible Study Time: Children & Adults
11:00 am - Worship Service
Tuesday evening
6:30 pm - Prayer Meeting

The Church of Jesus Christ of Latter-Day Saints
1128 N Cedar St, Kalkaska
Sunday morning:
10:00 am - Sacrament meeting

Mancelona

Antrim Church of Christ
10228 South US 131, Mancelona
Sunday morning worship
11:00 am - Sept - May
10:00 am - Jun - Aug

Mancelona Baptist Church
609 N Jefferson ST, Mancelona
Sunday
10:00 am - Sunday School
11:00 am - worship service
6:00 pm - Bible Preaching
Wednesday
7:00 pm - Bible Preaching & Teen Group

Rapid City

Rapid City Church of Christ
7964 Rapid City Rd, Rapid City
Sunday morning:
10:30 am - Worship Service

Torch Lake Assembly of God
9456 Valley Rd, Rapid City
Sunday morning:
11:00 am - Worship Service

Williamsburg

True North Vineyard Church
6517 Bates Rd, Williamsburg
Sunday evening:
5:00 pm - Worship Service

Williamsburg United Methodist Church
5750 Williamsburg Rd, Williamsburg
Sunday morning:
9:00 am - Worship Service

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DEAL ME IN

By Mark Pilarski (reprinted with permission of the author)
The greatest gambler who ever lived

7 July 2003

Dear Mark,

As one of your gambling quotes of the week, you used poker player Amarillo Slim. What ever happened to him? Is he still alive? Duke H.

Amarillo Slim Preston, the Guinness Book of Records holder for being in five Halls of Fame: poker, gambling, seniors, legends of Texas and legends of Nevada, is still with us, living it up in Amarillo, beatin' the tar-Texas style-out of anyone willing to wager on anything from pitching coins to playing poker. [Note: he was still alive in2003 when this piece was written; he died April 29, 2012.]

There is a wonderful new memoir recently released by Amarillo Slim, with Greg Dinkin (who also wrote "Poker MBA," another great read), titled "Amarillo Slim in a World Full of Fat People."

In great detail, Slim and Dinkin chronicle Amarillo's winning ways and his larger-than-life-wagers like these classics. He won \$300,000 from Willie Nelson in a televised match of dominoes, or remember when he beat Bobby Riggs out of \$10,000 in a game of Ping-Pong played with frying pans as paddles? He also trounced a world champion ping-pong player with a Coca-Cola bottle, and even whooped Minnesota Fats in a game of pool using a broomstick as a cue.

Not one to pass up a poker playing opportunity, Slim has played poker with Presidents Lyndon Johnson and Richard Nixon, and drug lords Pablo Escobar and Jimmy Charga – Slim states he has never seen men with more money and less brains than drug lords- always applying Slim's Top 10 Keys to poker success, which follow here at no extra charge.

- 1. Play the players more than you play the cards.
- 2. Choose the right opponents. If you don't see a sucker at the table, you're it.
- 3. Never play with money you can't afford to lose.
- 4. Be tight and aggressive; don't play many hands, but when you do,

- be prepared to move in.
- 5. Always be observing at a poker game. The minute you're there, you're working.
- 6. Watch the other players for "tells" before you look at your own cards.
- 7. Diversify your play so others can't pick up your tells.
- 8. Choose your speed based on the direction of the game. Play slow in a fast game, fast in a slow game.
- 9. Be able to quit a loser, and for goodness' sake, keep playing when you're winning.
- 10. Conduct yourself honorably so you're always invited back.

Sagacious advice from the Winner of the World Series of Poker in 1972 at Binion's Horseshoe (he still plays this tournament), and whom many call the greatest gambler who ever lived. I know you will enjoy, Duke, his fascinating new memoir. I surely did.

Dear Mark,

Is it to the house's advantage, or the player's, when the dealer stays on a soft 17? Tom

To be a consistent winner in blackjack, Tom, you must play basic strategy and play only on games ... (are you listening?) ... only on games with the most favorable playing rules.

A dealer's stay on a soft 17 is one such rule that is ALWAYS to the player's advantage. You have a built-in advantage of 0.20% when the dealer is forced to stay on a soft 17. And you, of course, then put on your suave and casual smile and go for the jugular.

=====

Gambling quote of the week: "If there is anything worth arguing about, I'll either bet on it or shut up. And since it's not becoming for a cowboy to be arguing, I've made a few wagers in my day. But in my humble opinion, I'm no hustler. You see, neighbor, I never go looking for a sucker. I look for a champion and make a sucker out of him." - Amarillo Slim



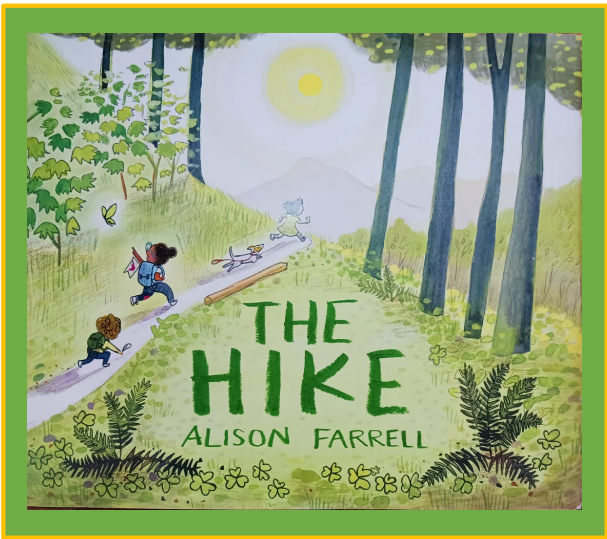
Sudoku Puzzle
August 8, 2025

				3	7	6		
	5			6	9	1	2	3
			1		8			
	1						3	
		5			3			
		2		1		4		7
			7	8		3	5	
5				9		7		
9	6		3		1		8	

Solution on page 15

StoryWalk®

presented by Alden District Library
AUGUST 1st-30th



Hours: Sunrise to Sunset

Location: Coy Mountain, 9011 Valley St, Alden

QUILTS NEEDED

A special request for quilts has been made by the Chemewa Indian Boarding School in Oregon. This school is supported by the National Society of Daughters of the American Revolution (NSDAR) and the Job Winslow chapter of Traverse City. These quilts welcome the new students into their housing as school starts. It wraps them in warmth and love as they start the new school year. The quilt size needs to be 66" x 86" (to fit a Twin XL size bed). And must be made using all cotton quilt pieces and cotton batting.

We are also collecting Baby blankets for young active military families. These may be knit or crochet - minimum size 36"X 36" Please contact Kathy Wilson, Job Winslow NSDAR chapter at kathyqx@sbcglobal.net if you are making a cotton quilt or baby quilt to donate.

= MENTAL HEALTH CORNER =

Celebrating Small Wins

Sometimes in life we get the big wins. These are the triumphs that seem huge, and we are sure to celebrate them. Graduations, promotions and the birth of a child are all the types of wins that we stop to take the time to acknowledge. But what about all the small wins that it took to get to that point? What about all the nights you studied, tests you took or late hours you put in working on that one project at work? Celebrating these “little wins” can be just as important as the “big wins” for our overall mental health.

Celebrating “little wins” helps to boost our motivation to stay on track for the big ones. Stopping to savor a small success can boost our confidence and help create emotional resilience over time. Stopping to celebrate small victories can help us overcome the tendency to get discouraged when we are working on achieving something grand. Progress, even a little bit, can keep us motivated in life and in our work.

This is something that has helped me over the years, and it’s hard to express just how important this has been. Just yesterday, my wife and I hung two of the gates in our new pastures. It was hard work, as we didn’t have exactly the right tools, but we eventually had the gates up. When we were done and the gates were hung, we walked back about 30 feet to have a look at our work. This was not a prideful moment. It was simply a moment to celebrate our accomplishment and to honor our “little win.” There’s still a lot of work to be done in getting these pastures all set up and ready for the horses, but it’s all made up of small wins like this. Taking the time to celebrate these moments keeps us motivated and on track to completing the bigger tasks.

When we stop to celebrate our small wins, we reward ourselves, and we avoid burnout. If we go from one task to the next without celebrating our wins along the way, we risk feeling

overwhelmed, but when we pause to see the smaller wins, we find the truth: Big Change is Just Small Wins Stacked Over Time.

Challenge: Find as many small wins as possible this week. Take a moment to celebrate them.

-Adam DeVaney, LCSW, CECF

Adam DeVaney is a clinical social worker and therapist with over a decade of experience working with clients with a diversity of challenges from addiction and anxiety to overcoming trauma and helping people to learn what it takes to live their best lives. Along with his wife, Mandi, he founded Life’s Work Clinic in Kalkaska, Michigan, and Life’s Work Coaching with a local and global footprint. Adam has dedicated his life to serving others and walking with them on their healing journeys.

Job Winslow Chapter NSDAR



Upcoming events of the Job Winslow Chapter NSDAR

August 16, 2025 - constitution Week Pep Talk -
Beth Pack & Tina Fields

September 20, 2025 - America 250!
Themed program.

October 18, 2025 - Pumpkin decorating
(pumpkins go to veterans homes)

November 15, 2025 - Linda M. Woods
Presentation: American Indian Walking Stick

If you have questions about the meetings or about the
DAR, please contact Patricia Braun Media Chair at
pbraun503@yahoo.com

Rep. Borton presents state tribute to retiring Michigan State Police canine

State Rep. Ken Borton, R-Gaylord, this week was proud to present Loki, a retiring Michigan State Police canine, with a state tribute commemorating his service to Michigan. The tribute also recognized the work of Loki’s handler, Trooper Adam Whited.

“The work that Loki has done during his 982 calls, including locating missing seniors and children, detecting narcotics, and tracking innumerable suspects, has surely been felt by the entire community,” Borton wrote in the tribute. “In the eight years since Loki joined the Michigan State Police (MSP), his training, demeanor, performance, and obedience have made Houghton Lake a safer place to live, work, and raise a family. We also want to make sure we thank Trooper Whited for the dedication, patience, and care he has shown Loki, who is surely one of the most important and unsung heroes of the Michigan State Police family.”



Photo courtesy of the office of state Rep. Ken Borton.

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Community Foundation Awards Half a Million Dollars in Scholarships

TRAVERSE CITY – The Grand Traverse Regional Community Foundation recently awarded 277 scholarships, totaling \$509,728, to 223 high school seniors, college students, and trade school students across the five-county region.

“The variety of scholarships we have provide opportunities for students pursuing diverse post-secondary pathways,” said Gina Thornbury, senior community impact manager of the Community Foundation. “Supporting access to education and learning beyond high school is an essential part of building healthy, resilient, thriving communities.”

As part of this year’s scholarship awards, the Community Foundation supported:

- \$77,462 to 24 students from Antrim County.
- \$173,397 to 38 students from Benzie County.
- \$214,763 to 139 students from Grand Traverse County.
- \$17,272 to six students from Kalkaska County.
- \$13,204 to eight students from Leelanau County.
- \$13,630 to eight students from outside the region through partnerships with national and state-wide organizations.

In addition to these scholarships, the Community Foundation granted \$110,000 earlier this year to 10 local schools and school districts to support student scholarships, including Benzie Central Schools, Buckley Community Schools, Elk Rapids Senior High School, Forest Area Community Schools, Frankfort Elberta Area Schools, Kalkaska High

School, Kingsley Area Schools, Leland Public Schools, Mancelona Public Schools, and Suttons Bay Public Schools. These grants came from the Community Foundation’s Wilfred and Joan Larson Endowment and bring the Foundation’s total support for post-secondary education opportunities to \$619,728.

“Congratulations to all students receiving scholarships this year! We’re honored to support their current and future endeavors,” said Torey Caviston, youth and community impact coordinator of the Community Foundation “Through the generosity of donor partners and our role as steward of community assets, every year we’re able to support local students in their post-secondary pursuits.”

For more information about Community Foundation scholarships, please visit the Foundation’s website at www.gtrcf.org/scholarships/. To view a full list of 2025 scholarship recipients, visit www.gtrcf.org/scholarships/scholarship-recipients.

The Grand Traverse Regional Community Foundation stewards community assets for lasting impact by investing in the people and places of Antrim, Benzie, Grand Traverse, Kalkaska, and Leelanau Counties as well as the Grand Traverse Band of Ottawa and Chippewa Indians, a federally recognized tribe. Established in 1992, the Community Foundation works to support healthy, resilient, thriving communities for all across the region by serving donor partners, awarding meaningful grants and scholarships, and participating in collaborative leadership efforts on important community issues. For more information, please visit GTRCF.org.



Crystal Downs CC Scholarship recipients.

O&A - continued from page 3

Kids’ Coding Club, Bellaire Public Library, 111 S. Bridge, Bellaire, an opportunity for kids to explore the world of computer coding at their level, ages 8-13 welcome, registration required, call 231 533-8814
When: 3rd Sat, 10:00 to 11:00 am

Meet and Eat, Youth Event, Mancelona United Methodist Church, 117 W. Hinman, Mancelona, planned by youth for youth including a meal, music, pastor’s message, games & fun, grades 7-12, 231 587-8461
When: 4th Sunday (3rd if 4th is a holiday weekend) 7:00 to 8:30 pm

Miscellaneous

Monday Tech Help 1-on-1 Kalkaska County Library, 247 S. Cedar St, If you need some help setting up your new phone or laptop, troubleshooting tech problems, or just want to learn more about using the internet safely, then contact us to get 30 minutes of personalized support from our tech services librarian! Contact (231) 258-9411 or info@kalkaskalibrary.org to sign up!
When: by appointment Mon 10am-4pm & Thu 1-5pm

Stroke Recovery Group, Antrim County COA/Sr Meal Site, 308 E. Cayuga, Bellaire, must register prior to each session, please call 231 533-8703
When: 3rd Mon, 3:00 to 4:00 pm

Tech Tuesdays with Gabe, Bellaire Public Library, 111 S. Bridge St, contact 231 533-8814
When: Tue, 11 am to 3 pm

Kalkaska County Breastfeeding Support Group, Blue Fish Early Learning Center, 405 E. Dresden St, contact District Health Department 10 at 231 258-8669
When: 1st & 3rd Tue, 10:00 to 11:00 am

Kalkaska Baby Pantry, Kalkaska Church of Christ, 1725 W Kalkaska Rd, Clothing, diapers, wipes available (donations of such are accepted), serving children to size 4T, contact 231 258-9441
When: 2nd & 4th Tue, 9:30 am to 1 pm.

Girlfriends Social Hour, Kalkaska Senior Center/COA, 303 S. Coral St, grab a friend and enjoy a coffee or juice, and time with other ladies, senior and nearly senior women are welcome, contact 231 258-5030
When: Wed 10 am

Tech Tuesdays with Gabe! Bellaire Public Library, 111 S. Bridge St, 231 533-8814
When: Wed, 11 am to 3 pm

Spanish Speaking Cohort, Bellaire Public Library, 111 s. Bridge St, 231-533-8814
When: Wed, 4 pm

Thursday Tech Help 1-on-1 Kalkaska County Library, 247 S. Cedar St, If you need some help setting up your new phone or laptop, troubleshooting tech problems, or just want to learn more about using the internet safely, then contact us to get 30 minutes of personalized support from our tech services librarian! Contact (231) 258-9411 or info@kalkaskalibrary.org to sign up!
When: Thu, 1:00 to 5:00 pm

Everyone Has a Story, Kingsley Branch Library, 213 S. Brownson Ave, join with the library and the Kingsley Folk School for a storytelling community circle, you are welcome to share your personal stories with others to create connections in our community, 231 263-5484
When: 2nd Thur, 5:30 to 7:00 pm

Antrim County Baby Pantry, St. Anthony’s Church, 209 Jefferson Ave, Mancelona, providing food, clothing, diapers, and other items for children from birth until their 6th birthday (donations accepted), masks optional, one shopper per family and children are welcome but must remain with their parent, new families, please arrive by 2 pm for paperwork and bring valid ID, 231 492-7426
When: 2nd & 4th Thu, 11:00 am to 3:00 pm

Dance, Mancelona Senior Center, 122 E. State St, Mancelona, \$7 admission, bring a dish to pass, contact Cheryl at 231 587-9131
When: 1st and 3rd Fri, 6:00 to 9:00 pm

Fruit of the Womb Baby Pantry, Kalkaska Baptist Church, 1651 County Rd 612, contact 231 258-5409
When: Sat, 9:00 to 11:00 am

Rock n’ Jam, The Rock of Kingsley, local musicians are welcome to come jam and the public is welcome to come listen, tap their toes, dance, contact 231 263-7000
When: 2nd Sat, (through Oct) 5:00 to 8:00 pm

Simply Delicious with Chef Tom, Kingsley Branch Library, 213 S. Brownson Ave, a quick and inspiring cooking class, learning tips and techniques while exploring global cuisine and spices, contact 231 263-5484
When: Last Saturday of the month, 10 - 11 am

Veterans/Active Duty

MWR (Morale, Welfare, & Recreation), Belay My Last Barracks, 5210 E. Boardman Rd, South Boardman, veterans are welcome to hang out and enjoy a meal, use the rec room, gym, or theater, peer support specialist is also available, contact 231 631-5372
When: Mondays, 6:30 pm

Kalkaska VFW Land-O-Lakes Post 8684, VFW Post 408 Hyde St, Quartermaster: Joe Graff, Commander: Luke TenHopen
When: 1st Mon, 6:00 pm

Mancelona American Legion Post #0264, 9850 S. Front St, Commander: Benjamin Zerod, Adjutant: Tamara Hunt
When: 1st Mon, 6:00 pm

Antrim County Veteran Coffee Talks, 118 Bridge St, Elk Rapids, contact 231 533-8499
When: 3rd Mon, 9 am

Vets Coffee Time, Kalkaska Senior Center/COA, 303 S. Coral St, free coffee and donuts, hosted by American Legion Post #480, contact Darel at 231 258-9445
When: 2nd Wed, 9:00 to 11:00 am

American Legion Post 219, 10283 M-186, Fife Lake, Commander: Cameron Wojoie, Adjutant: Craig Heckert, contact 231 879-4475
When: 2nd Wed, 6:30 pm

Coffee Talk for Veterans, M88 Morning Grind, presented by Antrim Co Veterans Affairs, contact 231 533-8499
When: 3rd Wed, 8:30 am

South Boardman American Legion #463 and Auxiliary Meeting, South Boardman Legion Hall, 5479 Boardman Rd (at the tank), South Boardman, Commander: Lindarae Radtke, Adjutant: Elwin Hall, contact 231 369-2944
When: 1st Thu, 7:00 pm

Kalkaska American Legion Post 0480, Kalkaska Senior Center/COA, 303 S Coral St. Commander: Jim Brown, Adjutant: Stephen Bloomfield, contact 231 384-0762
When: 3rd Thu, 1:00 pm

M88 Monthly Muster, M-88 Morning Grind, 614 Cayuga St, Bellaire, coffee talk for Antrim County Veterans and their families to connect and share in much needed military camaraderie, contact 231 632-9155
When: 1st Sunday, 12:00 pm

BOOK CLUBS

The Bookies Book Club, at host’s home, contact 231 879-4101 or flpl@tadl.org for location and details
When: 3rd Tue, 7:00 pm

The Last Tuesday Book Group- Bellaire Public Library, 111 S Bridge St, Bellaire, contact 231 533-8814
When: last Tue, 1:00 pm

Monthly Book Club, Kalkaska Senior Center/COA, 303 S. Coral St, new book each month to be announced at previous meeting or contact 231 258-5030 for info
When: 2nd Wed, 1:00 [m

The Page Turners Book Club- Bellaire Public Library, 111 S Bridge St, Bellaire, registration appreciated, contact 231 533-8814
When: 2nd Wed, 7:00 pm

Nature Book Club, Bellaire Public Library, 111 S Bridge St, Bellaire, led by members of the Antrim Conservation District, contact 231 533-8814
When: 1st Thu, 9:30 am

Kingsley Afternoon Book Club- Kingsley Branch Library, 213 Brownson Ave, Kingsley, does not meet in Dec, June, July, or Aug, contact 231 263-5484
When: 4th Wed, 2:00 to 3:00 pm

Fife Lake Library Book Club-Take 2, Fife Lake Public Library, 77 Lakecrest Lane, Fife Lake, 231 879-4101
When: 4th Wed, 2:30 pm

Mindfulness Book Club- Bellaire Public Library, 111 S Bridge St, Bellaire, contact 231 533-8814
When: last Wed, 4:00 pm

Books ‘n Brie Book Club, Presented by Alden District Library, Helena Township Community Center, 8751 Helena Rd, Alden, enjoy snacks and beverages while discussing the month’s book, free of charge, sponsored by the Alden District Library, contact 231 331-4318
When: 2nd Thu, 3:30 pm

T.T. Nooners Book Club, Kalkaska County Library, 247 S. Cedar St, 231 258-9411
When: 3rd Thu, 12 to 1 pm, except December

Teen Book Club - at the Kalkaska County Library. Teens ages 14-18 are welcome to join us to read and discuss books with friends. Snacks will be provided! Contact (231) 258-9411 or info@kalkaskalibrary.org for more info.
When: 3rd Thu, 3:30pm

The Rory Gilmore Book Club, Fife Lake Public Library, 77 Lakecrest Lane, Fife Lake, contact 231 879-4101
When: Last Sat, 4:00 pm

Organization Meetings

Kalkaska Democrats, contact Gary at 231 590-3397 for current meeting location
When: 1st Mon, 6:00 pm

Kingsley Friends of the Library, Kingsley Branch Library, 213 S. Brownson, Kingsley, open for ages 0-5 years, contact 231 263-5484
When: 3rd Mon, 5:00 to 6:00 pm

Kalkaska Conservation District Board of Directors, District Office, 406 S. Cedar St, Suite A, Kalkaska, contact Mark, 231 258-3307
When: 3rd Mon, 5:00 pm

National Trout Festival, Trout Town Tavern & Eatery, 306 Elm St, 231 384-1509
When: 4th Mon, 5:30 pm

Kalkaska Republicans, Kalkaska COA/Senior Center, 303 S. Coral St
When: Last Mon., 7:00 pm

Kalkaska Kiwanis Meeting, Kalkaska Senior Center/COA, 303 S. Coral St
When: 2nd and 4th Tue, 12:00 pm

Friends of the Central Lake District Library, Central Lake District Library, Conference Room, 7900 Maple St, contact 231 544-1144
When: 3rd Tue, 10:00 to 11:00 am

Friends of the Kalkaska County Library, Kalkaska County Library 247 S. Cedar St, downstairs
When: 4th Tues., 4:00 pm

Friends of the Fife Lake Public Library, 77 Lakecrest Lane, Fife Lake, contact Denise, 734 444-2484
When: 2nd Wed., 11:00 am

Chain of Lakes Genealogy Club, Central Lake Library, 7900 Maple St, 231 544-2517
When: 3rd Wed, 6:00 pm

BIGG (Genealogy Group), Bellaire Public Library, 111 S Bridge St, Bellaire, contact 231 533-8814
When: 1st Thu., 10:30 am

South Boardman American Legion #463 and Auxiliary Meeting, South Boardman Legion Hall, 5487 Boardman Rd (at the tank), South Boardman, contact 231 369-2944
When: 1st Thur., 7:00 pm

Knights of Columbus, St Joseph the Worker Council #7419, St Mary of the Woods Catholic Church, 438 Co Rd 612 NE, Kalkaska, contact Dave at 231 587-4328
When: 1st Thu, 7 pm

Friends of the Alden District Library, Helena Township Community Center, 8752 Helena Rd, Alden, 231 331-4318
When: 3rd Thu, 9:30 am social time, 10:00 am meeting

Alden Men’s Club, Alden United Methodist Church Fellowship Hall, 9015 Helena Rd, Alden. Come see what we are all about, “Helping others in need,” contact 603 540-3581 or visit www.aldenmensclub.org
When: last Saturday of the month , 8:00 am (except July and November), no meeting in December.

SUPPORT GROUPS

Alcoholics Anonymous (AA), Alden United Methodist Church, 9015 Helena Rd, Alden
When: Sun, 7:00 pm

Alcoholics Anonymous (AA), Central Lake VFW Hall, 1805 S. Main St, Central Lake
When: Sun, 7:00 pm

Alcoholics Anonymous Meeting (AA), Sportsmens Club, 6095 Garfield Rd, Kingsley
When: Sun, Tue, 8:00 pm (Sun only May-Sept Mayfield Pond Park)

Narcotics Anonymous (NA), Living in Harmony, United Methodist Church, 2525 Beebe Rd, Kalkaska
When: Mon, 7:00 pm

Alcoholics Anonymous Meeting (AA), Fife Lake Methodist Church, 206 Boyd St,
When: Mon, 8:00 pm

Alcoholics Anonymous Meeting (AA), Hope Lutheran Church, 2680 S. M-88, Bellaire
When: Mon, 8:00 pm

Alcoholics Anonymous Meeting (AA), St Anthony Catholic Church, 209 Jefferson Ave, Mancelona
When: Mon, Wed, Fri 7:00 pm

Alcoholics Anonymous Meeting (AA), Forrest Home Township Hall, 351 Bridge St, Bellaire
When: Mon, Wed, 12:00 pm

Alcoholics Anonymous Meeting (AA), Forrest Home Township Hall, 351 Bridge St, Bellaire
When: Mon, Thu, 12:00 pm

REFLECTION

Editor’s note: Op-Ed pieces and Letters to the Editor are welcome. Discussion of ideas and issues is one of our fundamental rights and duties, as well as being essential to the advancement of all people. The main requirement for acceptance is that they maintain civil discourse. Articles or letters that engage in ranting or ad hominem attacks will not be published. An extra long article or letter may be edited for the sake of space. Email your article or letter to tina.fieldsmedia@gmail.com, or send it via the USPS to Editor, Northwest Michigan Voice, PO Box 28, Rapid City, MI 49676

Gifts and graces

August 8, 2025

From Luke 12:48 - From everyone who has been given much, much will be demanded.

=====

I learned it as “From those to whom much has been given, much will be required.” No matter the precise wording, the message is clear. Anyone who has been graced with greater opportunity, ability, knowledge, or resources, is held to an equally higher standard of responsibility and accountability.

I remember my grandmother delivering that very same message as we studied the parable of the talents (Matt 25:14-30). She said that the talents I was born with were to be developed into skills and put to good use in the world. The talents did not make me a better person than anyone else, and they did not come to me of my own merit. They were a pure gift to me from God. They were also an obligation, to be used for the good of others. In that way, I could properly say “Thank You” to God.

I’ve been thinking a bit about how that principle applies to us all, not just to me. Lately, as I watch TV and see the ads soliciting gifts to help with various worthy projects – conquering childhood cancer, feeding the hungry (humans and animals), sheltering the homeless, caring for our veterans, providing healthcare for our people, protecting the civil rights of citizens and the human rights of all, guaranteeing equal access to legal representation and justice, and so much more – I find myself musing about the needs, their costs, and how much help any one individual can provide.

The plea, “For just your small monthly donation, you can help” is repeated several times an hour on every network I have looked at. Often, the presenter also says “We just need 1,000 donors to join us this month.” Now, I am a bit of a nerd, so of course I start working out the math. Both from the perspective of a caring individual, willing to share what economic resources that person has and from the perspective of the appealing organization.

So, suppose I can afford to support just one of the worthy causes. Most of them are asking for \$19 per month. If the organization is able to get 1,00 new donors each month, its income would increase by \$19,000 every month and after twelve months it would be almost a quarter of a million dollars per month. Extrapolating out with the income compounding by \$19,000 additional every month, it’s easy to see why this subscription business model is so attractive to the soliciting organizations. Even though there is a limit to how many individual donors are actually obtainable, this is an expanding resource for as long as it lasts. And, it almost meets the concept that we can accomplish together what we cannot do alone.

Almost, but not quite. Because it is, in fact, a business model. When I see ads for helping to feed the hungry or caring for our wounded veterans, for instance, I hear myself shouting at the TV, “But, isn’t that part of why we ever formed a government?” and I feel outraged that we are not, as a nation, taking care of these needs. We made a promise to anyone who put on a military uniform for the United States of America, and signed that blank check in service and swore an oath to our nation, our flag, and our Constitution. We promised to take care of them – period. There are a lot of combat veterans in my family, so I do know that the promise made is not being wholly kept. There are many hoops to jump through for our veterans to get the services they were promised. And sometimes even jumping through all the hoops doesn’t result in the needed benefits. So, when the Wounded Warrior organization is soliciting funds, I am screaming at the TV, demanding to know why we have to have a private business out there to do what the nation promised.

Another area that I get excited about is education. Our form of government is participative – it needs the participation of the citizenry. And, for that participation to be meaningful, the electorate has to be educated and thoughtful. That’s why we have public education – so we can be well-informed citizens. As the need for greater levels of education became clear, we increased our

public education from just the first eight grades to include the four years of high school. Today, there is a sound argument to be made for raising that level again, to include at least two years of higher education.

How do we pay for these public needs? By having all of us contribute according to our resources. Oh, yes, I can already hear some readers protesting that doing so is socialism. So, let’s talk about that for a moment.

What, exactly, is socialism? Here is a brief definition: *Socialism is an economic and political system characterized by social or governmental ownership and control of the means of production, rather than private ownership.*

I promise you, I am not advocating for governmental ownership and control of all the means of production. I am advocating for us to gather together to help take care of each other. When we pool our resources in order to build highways, hire teachers, feed the hungry, heal the sick, educate our children, and care for our service veterans, we can accomplish ever so much more than we can when we try to do those things all alone. That’s why we pay taxes, so that our governments, at every level, can accomplish what we need to have done for our community, or state, and our nation.

We can hardly complain about poor roads if we are unwilling to pay to have them properly maintained. Of course, we have to be very thoughtful about who we elect to carry out our governmental responsibilities. That’s why we need to be well-educated and informed, so we can make wise choices.

Working together, as neighbors, as church family members, as citizens, we bring all of our talents, gifts, and graces to enrich the lives of all of us. In this way, are we not each of us a gift from God to one another?

Well, that’s what I’ve been thinking about.

Shalom

Tina Norris Fields
Editor

Citizenship Corner

Answers to last issue’s questions

- 1) Where in the Constitution are the powers of Congress enumerated?
A. Article I, Section 8.
- 2) What is the very first listed power of Congress?
A. To lay and collect Taxes, Duties, Imposts and Excises.
- 3) Where in the Constitution are the powers of the President enumerated?
A. Article II, Section 2.
- 4) Where in the Constitution does it say that citizens of every state are equally protected by the Constitution?
A. First in Article IV, Section 2: *The Citizens of each State shall be entitled to all Privileges and Immunities of Citizens in the several States. Then again in Amendment xiv, Section 1, second sentence: No State shall make or enforce any law which shall abridge the privileges or immunities of citizens of the United States.*

Citizenship Corner

These questions may require some research on your part. Thank you for making that effort. The answers will appear in the next edition of the Voice.

- 1) Where in the Constitution do we find what offenses are impeachable?
- 2) Is impeachment limited to the President and Vice President?
- 3) What are the offenses for which a President, Vice President, or other civil officer of the United States can be impeached?
- 4) Per the Constitution, what is meant bu “treason”?



Everything in this paper
is important to somebody



County of Kalkaska
Department of Veterans Affairs
In the Kalkaska County Senior Center
303 S Coral St, P.O. Box 1204, Kalkaska, MI 49646
veterans@kalkaskacounty.org
phone: 231-258-3370

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O&A - continued from page 11

TOPS #1304 Meeting, Kalkaska United Ministries for Christ, 2525 Beebe Rd, Kalkaska, contact 231 384-2154
When: Tue, 9:00 am weigh ins, 10:00 am meeting

Al-Anon Family Group, Stepping Toward Serenity,
on ZOOM:
login information on meeting list at Alanon-d39.org
When: Tues, at noon.

Al-Anon, Al-Teen Meeting, (Kalkaska COA) Senior Center, 303 S Coral St, contact Linda 231 384-3227
When: Tue, 7:00 pm

Alcoholics Anonymous Meeting (AA), Kalkaska Senior Center, 303 S Coral St
When: Tue, 8:00 pm

Secular Sobriety Group, AA of Traverse City, meets on ZOOM, ID#447 584 8945 PW 628608, more info at secularAAinMichigan.org
When: Tues, Thu, 7 pm, Sun, 12 pm (also in person)

Alcoholics Anonymous Meetings (AA), Kalkaska United Ministries for Christ, 2525 Beebe Rd
When: Tue, Thu, Sat 12:00 pm

Alcoholics Anonymous Meeting (AA), Fife Lake Village Office, 616 Bates Rd
When: Wed, 7:00 pm

Alcoholics Anonymous Meeting (AA), Central Lake VFW Hall, 1805 S. Main St,
When: Wed, 8:00 pm

Grief Support Group, (Kalkaska COA) Senior Center, 303 S Coral St, all ages welcome, contact 231 258-5030
When: 2nd and 4th Wed, 10:30 am

Antrim Co Parkinson Support Group, Bellaire Family Health Center, 4955 S M-88, Bellaire, 231 633-1237
When: 3rd Wed, 2 pm

Grief Support, Kalkaska Church of Christ, 1725 W. Kalkaska Rd, faith-based grief support, contact 231 258-9441
When: Thu, 6:00 pm

S-Anon Support Group - Calvary Lutheran Church, 10180 Elk Lake Rd, Elk Rapids. For For family and friends affected by someone else's sex addiction. Contact: miplaceofpeace@gmail.com, 231-714-4099
When: Thu, 7:00 pm

All Recovery Meeting, Ursela House, 8099 West Old State Rd, Central Lake, peer led support group for people in recovery and/or their family members, 231 266-4412
When: Thu, 8:00 pm

Alcoholics Anonymous Meeting (AA), St Paul's Lutheran Church, 2470 Beebe Rd, Open Meeting
When: Thu, 8:00 pm

Alcoholics Anonymous Meeting (AA), The Rock Youth Center, 115 E Blair, Kingsley
When: Thu, 7:00 pm

Weight Management Support Group, Kalkaska Memorial Health Center, 419 S. Coral St, Classroom A, contact Ashley Snyder, 231 258-3613
When: 2nd Thu, 3:00 to 4:00 pm

Diabetes Support Group, Kalkaska Memorial Health Center, 419 S. Coral St, Classroom A, contact Katie Daman, 231 258-3091
When: 4th Thu, 3:00 to 4:00 pm


Deliverance, Kalkaska Baptist Church, 1651 Co Rd 612, Kalkaska, faith-based support for all addictions, contact Heath 231 564-3715
When: Fri, 6:00 pm

Alcoholics Anonymous Meeting (AA), Surrender Today Coldsprings Fellowship Church, 532 S. Cedar St, Kalkaska
When: Fri, 7:00 pm

Alcoholics Anonymous Meeting (AA), Fife Lake Village Office, 616 Bates Rd,
When: Fri, 8:00 pm

Narcotics Anonymous (NA), Mill Pond Pavilion, Hyde St, Kalkaska
When: Sat, 7:00 pm

Alcoholics Anonymous Meeting (AA), Bellaire United Methodist Church, 401 N. Bridge St, Bellaire
When: Sat, 8:00 pm



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WALK SLOWLY WITH PURPOSE

The Benefits of Down Time in the Summertime: Embracing Relaxation in a Busy World

By Dominic Fortuna

As the summer sun shines brightly, many of us are tempted to fill our days with a never-ending list of chores, errands, and activities. However, in the midst of all this hustle and bustle, it's essential to remember the importance of downtime. Taking a break from the chaos and allowing ourselves to relax can have a profound impact on our mental and physical well-being.

In a four-season environment, the summer months can feel like a sprint to get everything done before the seasons change. We often find ourselves juggling multiple tasks, from yard work and home maintenance to vacations and social events. While it's natural to want to make the most of this time, it's equally important to prioritize relaxation and self-care.

The Science Behind Downtime

Research has shown that taking regular breaks and engaging in relaxation techniques can have numerous benefits for our health. When we allow ourselves to unwind, our brains get a chance to recharge, and our bodies can repair and rejuvenate. This, in turn, can lead to:

- Improved mental clarity. Downtime allows our minds to wander and explore new ideas, fostering creativity and problem-solving skills.
- Reduced stress. Relaxation techniques, such as meditation and deep breathing, can help calm the mind and reduce stress levels.
- Boosted immune system. Studies have shown that chronic stress can weaken the immune system, while relaxation can help strengthen it.
- Increased productivity. Taking breaks and prioritizing self-care can actually improve our focus and productivity in the long run.

The Guilt of Relaxation

Despite the benefits of downtime, many of us still feel guilty about taking a break. We might worry that we're wasting time or not being productive enough. However, it's essential to remember that relaxation is not a luxury, but a necessity. By



prioritizing self-care and allowing ourselves to unwind, we're actually investing in our overall well-being.

Making Relaxation a Priority

So, how can we make relaxation a priority in our busy lives? Here are a few tips:

- Schedule downtime. Treat relaxation as a non-negotiable part of your daily or weekly routine, just like work or other important tasks.
- Practice mindfulness. Engage in activities that promote mindfulness, such as meditation, yoga, or simply taking a walk in nature.
- Set boundaries. Learn to say “no” to non-essential tasks and commitments that might interfere with your relaxation time.
- Indulge in activities you enjoy. Whether it's reading a book, taking a nap, or watching a movie, make time for activities that bring you joy and relaxation.

The Benefits of Meditation and Pondering

Meditation and pondering can be powerful tools for relaxation and self-discovery. By taking the time to quiet our minds and reflect on our thoughts and emotions, we can:

- Gain clarity and perspective. Meditation and pondering can help us process our thoughts and emotions, gaining a deeper understanding of ourselves and the world around us.
- Reduce stress and anxiety. Regular meditation practice has been shown to reduce stress and anxiety levels, promoting a sense of calm and well-being.
- Improve focus and concentration. By training our minds to focus on the present moment, we can improve our ability to concentrate and stay focused.

Embracing the Joy of Doing Nothing

In a world that often values productivity and busyness, it can be challenging to embrace the joy of doing nothing. However, by prioritizing relaxation and self-care, we can:

- Recharge and refresh. Downtime allows us to recharge our batteries and refresh our minds, leading to increased energy and motivation.
- Appreciate the present moment. By slowing down and being present in the moment, we can appreciate the beauty and wonder of life.
- Cultivate gratitude. Relaxation and self-care can help us cultivate a sense of gratitude for the simple things in life.

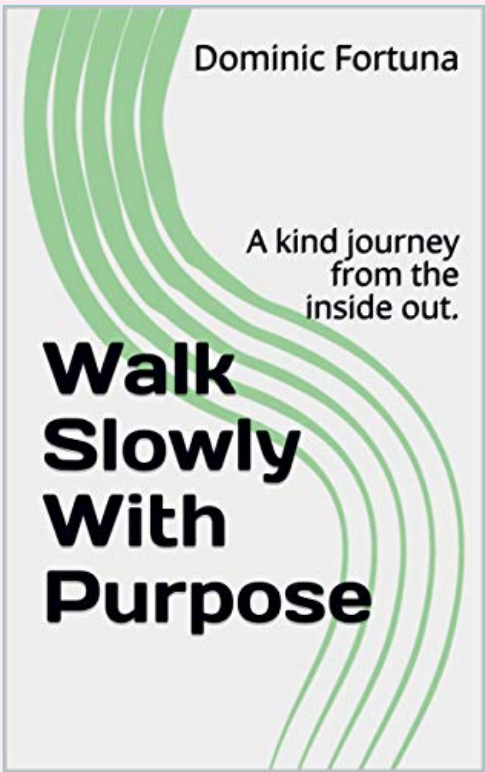
As the summer months come to a close, it's essential to remember the importance of downtime and relaxation. By prioritizing self-care and embracing the joy of doing nothing, we can:

- Improve our mental and physical health
- Increase our productivity and focus
- Cultivate a sense of gratitude and appreciation for life

So, go ahead and add "relax" to your summer to-do list. Your mind and body will thank you.

Now Available from Amazon on Kindle and in Paperback

Dominic Fortuna’s book,
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Be immersed in a magical journey from tragedy to triumph. Wise and fun characters jump off the page and keep you reading. A great and inspiring read you won’t be able to put down. Let your mind take a journey along with Gary and all of his new friends to a better life with understanding, kindness, and a grateful heart. www.amazon.com/Walk-Slowly-Purpose-journey-inside/dp/1796373141

Government Meetings

Kalkaska County Townships:

Bear Lake Township,
Bear Lake Twp Hall, 198 E Bear Lake Rd NE, Kalkaska, 231-258-4871
When: 2nd Tue, 7 pm

Blue Lake Township,
Blue Lake Twp Hall, 10599 Twin Lake Rd, Mancelona, 231-587-8354
When: 1st Wed, 7 pm

Boardman Township,
Boardman Twp Hall/Fire Dept, 4855 Pine St, South Boardman, 231-369-3336
When: 3rd Wed, 7 pm

Clearwater Township,
Clearwater Twp Community Center, 5407 River St, Rapid City, 231-331-6249
When: 3rd Thu, 7 pm

Coldsprings Township,
Coldsprings Twp Hall, 6515 County Road 571 NE, Mancelona, 231-587-8633
When: 2nd Mon, 5 pm

Excelsior Township,
Excelsior Twp Hall, 987 County Road 571 NE, Kalkaska, 231-258-6108
When: 1st Mon, 5 pm (on major holiday the Tue after)

Garfield Township,
Garfield Twp Hall, 0466 W Sharon Rd, Fife Lake, 231-369-2483
When: 2nd Thur, 7 pm

Kalkaska Township ,
Kalkaska Twp Hall / Fire Department, 209 Laurel St, 231-258-9305
When: 1st Tue, 7 pm

Oliver Township,
Oliver Twp Hall, 5472 Kniss Rd SE, 262-339-2239
When: 2nd Tue, 6 pm

Orange Township,
Orange Twp Hall, 28 Boardman Rd SE, South Boardman, 231-369-3457
When: 2nd Mon, 7 pm

Rapid River Township,
Rapid River Twp Hall, 101 Phelps Rd, Kalkaska, 231-258-2943
When: 2nd Tue, 7 pm

Springfield Township,
Springfield Twp Hall, 5253 Ingersoll Rd SW, Fife Lake, 231-879-4541
When: 2nd Tue, 7 pm

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Village of Central Lake, Central Lake Governmental Building, 1622 N. M-88, Central Lake, 231 544-6483
When: 2nd Wed, 7:00 pm

Central Lake Township, Central Lake Governmental Building, 1622 N. M-88, Central Lake, 231 544-6687
When: 3rd Wed, 7:00 pm

Village of Bellaire:
Village Offices, 202 N. Bridge St, Bellaire, 231 533-8213
Village Council-
When: 1st Wed, 7:00 pm
DDA- When: last Wed, 8:00 am

Village of Mancelona:
Village Offices, 120 W. State, Mancelona, 231 587-8331
When: 2nd Tue, 6:00 pm
Mancelona DDA, Antrim County Title, 504 S. Williams, Mancelona, 231 58-833
When: 2nd Mon, 5:30 pm

Mancelona Township:
Township Offices, 9610 S. M-88, Mancelona, 231 587-8651
When: 3rd Mon, 6:00 pm

Village of Fife Lake:
Village Hall, 616 Bates St, Fife Lake, 231 879-4291
Village Council-
When: 3rd Mon, 6:30 pm
DDA-When: 3rd Tues, quarterly Jan, April, July, October, 6:00 pm

Fife Lake Township:
Township Meeting Room, 134 Morgan St, 231 879-3963
When: 4th Thur, Jan-Oct, 6:00 pm

Village of Kingsley:
Village Offices, 207 S. Brownson, 231 263-7778
Village Council- When: 2nd Mon, 6:00 pm
DDA- When: 3rd Tue, 6:00 pm

Paradise Township:
Township Hall, 2300 E. M-113, Kingsley, 231 263-5251
When: 2nd Wed, 6:00 pm

Helena Township:
Helena Township Community Center, 8751 Helena Rd, Alden, 231 331-4643
When: 2nd Thu, 7:00 pm

Village of Kalkaska:
Village Offices, 200 Hyde St, Kalkaska, 231-258-9191
Village Council-
When: 2nd Mon, 6 pm
DDA-
When: 1st Tue, 5:00 pm

Kalkaska County:
Kalkaska County BOC Chambers, Administration Building, 605 N Birch St, 231-258-3349
Board of Commissioners-
When: 3nd Wed, 5 pm

Standing Committees-
When: 2nd Wed, times below
Judiciary & Public Health- 9 am
Health & Welfare- 10 am
Public Works- 11 am
Personnel/Interview- 1 pm
Budget & Finance- 2 pm (also meets the Tue before, 5 pm)
County Affairs/IT & Computer- 3 pm

The Northwest Michigan Voice is delivered to these locations every other week:

Alden
Alden Bar & Grille
Alden State Bank
Alden District Library
Higgins Store
Paradise Properties
The Muffin Tin
Vista Ridge

Bellaire
Applesauce Inn
Bellaire Public Library

Central Lake
Central Lake District Library
Mary's Market

Fife Lake
Fife Lake Public Library
Forest Area Federal Credit Union
The Upper Bar & Grill
Village Market

Kalkaska
Advanced Office Supply
All Seasons Hotel & Resort
Birch Street Dental Care
Carter Lumber
Earth's Garden
Family Fare
Forest Area Federal Credit Union North
K.A.I.R.
Kaliseum

Kalkaska Commission on Aging
Kalkaska County Building
Kalkaska County Library
Kalkaska Funeral Home
McLean's Hardware
Midas
Northland Foods
Rodeway Inn
The Shopping Basket
Trout Town Tavern & Eatery
Voice Motors

Kingsley
Kingsley Branch Library
Kingsley Village Offices

Mancelona
BP Station
Habitat for Humanity ReStore
Iron Skillet
Mancelona Public Library
NAPA Auto Parts
The Hen's Den

Rapid City
Absolute Shear Shack
BP Station
Johnny's Torch Riviera
Township Hall
Village Market

South Boardman
Yankee Boy

It is also delivered to several of the local churches, to the schools (during the school year) , and the Emergency Department of KMH, as well as to select senior living facilities.



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***Private parties available**

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NMCAA Early Learning Center – Discovery in Traverse City is seeking:

Early Head Start Teacher
Must have CDA, Infant Toddler preferred. 40 hours per week, 41 weeks per year. \$20.75-21.99 per hour.

Classroom Aide
High School Diploma or GED preferred. 40 hours per week, 37 weeks per year. \$14.26-15.36 per hour.

Both positions offer accrued personal/sick time, Paid Holidays, Health Insurance, Professional Development Opportunities, and summers off!
For details and to apply visit www.nmcaa.net select Careers/Search Jobs. EOE.

School Board Meetings

Kalkaska Public Schools,
Board of Education room, 315 S Coral St Kalkaska , 231-258-9100
When: 3rd Mon, 6 pm

Forest Area Community Schools
Band Room, Forest Area High School, 7661 Shippy Rd SW, Fife Lake 231-369-4191
When: 2nd Mon, 7:00 pm

Crawford School, Excelsior District #1
Crawford School 5621 M-72 NE, Kalkaska 231-258-2934
When: 3rd Wed, 4:00 pm



Mancelona Public Schools
Media Center, Mancelona Middle School, 1122 St Johns Ave, Mancelona 231-587-9764
When: 2nd Tue, 4:30 pm

Central Lake Public Schools,
8190 W. State St, Central Lake, 231 544-3341
When: 2nd Mon, 6:30 pm

Bellaire Public Schools,
204 W. Forest Home Ave, Bellaire, 231-533-8015
When: 3rd Mon, 6:30 pm

Kingsley Area Schools,
High School Library, 7475 Kingsley Rd, Kingsley
When: 2nd Mon, 7:00 pm

Sudoku Puzzle Solution August 8, 2025

2	9	1	5	3	7	6	4	8
7	5	8	4	6	9	1	2	3
3	4	6	1	2	8	9	7	5
4	1	9	8	7	2	5	3	6
6	7	5	9	4	3	8	1	2
8	3	2	6	1	5	4	9	7
1	2	4	7	8	6	3	5	9
5	8	3	2	9	4	7	6	1
9	6	7	3	5	1	2	8	4

Puzzle on page 8

Agent Charitable Fund Awards Grant to Crossroads Farm at The Lanes

South Boardman, Mich. – Crossroads Farm at The Lanes was recently awarded a \$2,250 grant to fight food insecurity in the community by the Farm Bureau Insurance of Michigan Agent Charitable Fund (ACF). Grant funds will be used to purchase food for weekly programming, special events and bus snacks for student trips.

Crossroads Farm at The Lanes is one of eight organizations throughout the state to receive a Feeding the Future Grant from the ACF in June. Organizations are nominated by a local Farm Bureau Insurance agent and selected by a committee of ACF donors based on the need of the organization, population being served, and overall goal of the program. 501(c)(3) nonprofits can utilize Michigan Farm Bureau’s Find an Agent tool to locate an agent in their area. Feeding the Future grants are reviewed every other month, and the next submission deadline is Friday, August 1.

Farm Bureau Insurance agent Christina Feike nominated Crossroads Farms for the grant and is driven to support the organization’s hunger-relief efforts. As Feike says, “Each week, this organization engages between 80 and 100 youth, many of whom face significant food insecurity. To address this critical need, Crossroads Farm ensures that food is consistently available to students during programming hours. Whether it’s a warm meal during evening events, the ministry strives to provide nourishment to every child who walks through its doors.”

The ACF, whose mission is to end hunger in Michigan, is a donor-designated fund administered through the Michigan Foundation for Agriculture. The Michigan Foundation for Agriculture, a 501(c)(3) governed by Michigan Farm Bureau’s board of directors, positively contributes to the future of Michigan agriculture through leadership and educational programming. Through grant programs like Feeding the Future, Farm Bureau agents, clients and partners provide food and educational programs to Michigan residents struggling with hunger and aid the more than 3,000 hunger-relief agencies throughout the state.

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If you would like more information about the ACF, please contact Persis Sopariwala at 517-323-6628 or psopari@michfb.com.



Photo courtesy of Michigan Farm Bureau Agent Charitable Fund



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