

Allendale Lifelong Learners

June 2023



In this issue:

- All Things Michigan
- Calendar of events
- Rambling Thoughts
- Just to Warm your heart

Did you Know?



Call or text Kathy at 616-843-0572 or Tasha 616-202-1547
or email lifelonglearners@allendale-twp.org
For information on the Allendale Lifelong Learners
or to sign up for any of the activities listed in this newsletter.

SUMMER CONCERTS IN THE PARK LINE-UP

- June 20, 2023: Wyatt & Shari Knapp (food truck: Lost Art Burger Food Truck)
- June 27, 2023: Tunes N' Tales by Tricia (Kids' Concert)(food truck: Kool Breze)
- July 11, 2023: Neil Woodward (food truck: Patty Matters)
- July 18, 2023: Sunchaser (food truck: Lost Art Burger Food Truck)
- July 25, 2023: Sweet Justice (food truck: Lost Art Burger Food Truck)

Each concert is held at the Allendale Community Park Bandshell at 6676 Lake Michigan Drive. The concerts run from 6PM-8PM. Food trucks are available each night. Each concert is held at the Allendale Community Park Bandshell at 6676 Lake Michigan Drive. The concerts run from 6PM-8PM. Food trucks are available each night.

Senior Citizen Golden Age Pass—If you are 60 years or older and would like FREE admission to all school sponsored activities and sporting events, stop by the Allendale Public School District office, 10505 Learning Lane. These are free to residents over 60 that live in the school district. Passes cannot be used for play-off events and some Theatre performances, but will get you free admission to regular season games and activities.



Are you looking for some extra trips? Suitcase Dreams is an affordable option that we have booked with and enjoyed. Visit their website at: www.suitcasedreams.com. Or call Julie at 231-519-1389. You can also email her at suitcasedreamstravel@gmail.com.

I would encourage you to check them out—mention you're with the Lifelong Learners too!

There are overnight trips to Branson, Biltmore Estates, New York City and more. You deal directly with Suitcase Dreams for booking these trips, and I highly recommend them! Paper copy information will be available at luncheons also.

Community Opportunities

- **Ripple Effect**—6561 Lake Michigan Drive. The proceeds are used to support mission work in our community and abroad. They are in need of volunteers to help sort store donations and to work in the store. If you are interested in helping, please stop by and let them know.
- **Love INC**—Volunteers are needed for this ministry as they continue to supply help to the needy in our community. You can work in their "New to You" store or in the office. Contact them directly at 895-5629 for more information or email—info@allendalelove.org
- **Allendale American Legion**—We meet every second Monday of the month at Life Stream Church. Door A, Room 119. Sea, air, and land stories are told at 6:30 pm, meeting at 7:00pm. If you are a Veteran, come by and check us out.
- **Engine House #5**—This local museum is looking for docents who have a passion for sharing history! Contact Jeff Blum, at 616.304.1084 or jblum@wcgrp.com for details.
- **Allendale Public Library**—Become a friend of the Library and find ways to give back to our community. Contact Mary @ 616-895-4178.
- **Allendale Public Schools**—Contact Kari Weirisma for opportunities to volunteer in our local schools. Call her at 616-892-3458.

PUBLIC SERVICE ANNOUNCEMENTS:

- When paying for an activity with the group, please make your checks out to Allendale Lifelong Learners. One check can be written to cover several payments, but please note that on the memo line. Thank you! Please note that if Allendale Public Schools are closed due to weather conditions, all Lifelong Learners events scheduled for that day will also be cancelled.

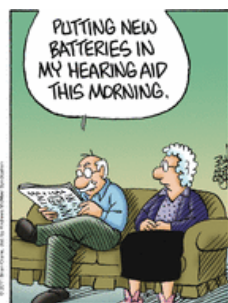
Here is information on area businesses and individuals who provide classes or events for your needs.

- **SNAP FITNESS**—If you are members of a Medicare health plan, you may have access to the SilverSneakers® Fitness Program. Stop in and see for yourself or visit the website www.silversneakers.com/snap/
- **Silver and Fit** is a program that promotes exercise for the healthy, aging population. If interested, reach out to the professional staff at IVY Rehab of Allendale at 616-895-4050 to get set up on your individualized programming.
- **PICKLE BALL**—Every Wednesday and Friday from 9:30 AM to 11:30 AM at the Pickle Ball courts in the township park in summer and at Life Stream (6561 Lake Michigan Drive) in winter. Not sure if you like to play? Stop by and check it out. There are many friendly people there to help! Equipment is provided.
- **TRIVIA**—If you like trivia, join some friends at Trail Point on Tuesdays at 7:00, at Main St. Pub on Wednesdays at 8:30 PM and at the Embassy on Fridays at 8:00 PM. Put all your useless knowledge to the test and win some prizes!!

😊 A Little Bit of this and that... 😊

Give me a sense of humor, Lord—Give me the grace to see a joke.
To get some humor out of life and pass it on to other folk!

- Becoming a vegan would be a big missed steak!
- My wife thinks it's weird that I stare at the window during a heavy rainstorm...it would be less weird if she would just let me in!
- When you become frustrated with older people because of what they cannot do, think of how frustrated they must feel because they can no longer do it.
- My favorite childhood memory is having energy!
- If you don't know where you are going, you might wind up someplace else!
- Life is definitely not fair!! I mean no one, NO ONE, told me that you sprout eye-brows on your chin as you get older!!
- Today I'm wearing pink to raise awareness of people like me who forget to separate their red laundry from their whites!
- Some call it multi-tasking, I call it doing something else while I try to remember what I was doing in the first place!
- Getting older is no problem...You just have to live long enough!
- When you really want to slap someone...do it and yell, "Mosquito!"
- It is better to have a friend with two chins...than to have one with two faces!
- I was born to be wild, but only until about 8:30 PM...
- Being old doesn't seem so old now that I'm old!
- There is no such thing as a grouchy old man or woman. The truth is, when you get really old, you stop being polite and start being honest!
- So, I got on my bathroom scale this morning and let me tell you...the full armor of God is HEAVY!
- I'm not hard of hearing...I'm tired of hearing!
- After all the eating I've done this winter, I'm happy to report that my flip-flops still fit!
- I'm so far over the hill that I've started up the next one.
- I miss the 90's...back when bread was still good for you and nobody knew what kale was!
- Getting older is just one body part after another saying, "hahaha...you think that's bad? Watch this!"
- Don't worry about getting older...You're still going to do dumb stuff, only slower!
- You can tell an ant's gender by putting it in water. If it sinks, it's a girl ant. If it floats, buoyant!



A husband and wife get up on Sunday morning. After breakfast, the wife notices that her husband isn't dressed for church.

"Why aren't you dressed for church?"

"Simple. I'm not going."

"Why not?"

"Well, I'll give you three pretty good reasons why I'm not going. First of all, the church is cold in the morning. It's just cold. Second, no one there likes me. Everyone is always talking about me behind my back. And third, most important of all, I just don't feel like going!"

"Well, I'll give you three pretty good reasons why you ARE going."

First of all, the church isn't cold in the morning; it's warm.

Second, I think, or I'm pretty sure, that there are some people there who do like you, and third you're the minister, so get dressed."



Got up at 5 am, ran 4 miles, came back, made a vegetable smoothie for breakfast, did 2 loads of laundry, mopped and vacuumed floors, and that's all I remember about my dream.



**I'm not old
I just need
some WD-40**

An old geezer became very bored in retirement and decided to open a medical clinic. He put a sign up outside that said: "Dr. Geezer's Clinic. Get your treatment for \$500, if not cured, get back \$1,000."

Mr. "Young," who was positive that this old geezer didn't know beans about medicine, thought this would be a great opportunity to get \$1,000. So he went to Dr. Geezer's clinic.

Mr Young: "Dr. Geezer, I have lost all taste in my mouth. Can you please help me ??"

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in Dr. Young's mouth."

Mr Young: "Aaagh !! this is petrol!"

Dr. Geezer: "Congratulations, you've got your taste back! That will be \$500!"

Mr Young gets annoyed and goes back after a couple of days figuring to recover his money.

Mr Young: "I have lost my memory, I cannot remember anything."

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in the patient's mouth."

Mr Young: "Oh, no you don't, that is petrol!"

Dr. Geezer: "Congratulations! You've got your memory back. That will be \$500."

Mr Young (after having lost \$1000) leaves angrily and comes back after several more days.

Mr Young: "My eyesight has become weak ---I can hardly see anything!!!!

Dr. Geezer: "Well, I don't have any medicine for that so, here's your \$1000 back." (giving him a \$10 bill)

Mr Young: "But this is only \$10!

Dr. Geezer: "Congratulations! You've got your eyesight back!

Moral of story -- Just because you're "Young" doesn't mean that you can outsmart an "old Geezer".

Remember: Don't make old people mad. We don't like being old in the first place, so it doesn't take much to honk us off.



At the World Championships in Budapest last June, USA's Anita Alvarez sank to the bottom of the pool. Looking across the deck, then noticing she was under way too long, her coach, Andrea Fuentes immediately dove in after her fully clothed, pulling her to safety. Anita was unconscious and didn't have the capacity to kick, paddle, or help herself in any way.

If Andrea would not have noticed, she would have drown. But she knew Anita. She looked for her, quickly noticed she

was under too long, then dove in without thinking twice.

This has resonated with me.... When you are under too long, who are the people that will look for you, notice, and dive in to pull you to the surface when you lose your strength to swim? Who are the people that would do that for you?

And can someone count on you to be that person that would go looking and notice when they are under too long, diving in to support them when they are all out of fight and fuel to swim in these turbulent waters we call life? Be that person...surround yourself with those people!

Old age, I decided, is a gift. I am now, probably for the first time in my life, the person I have always wanted to be. Oh, not my body! I sometime despair over my body -the wrinkles, the baggy eyes and the sagging butt. And often I am taken aback by that old person that lives in my mirror, but I don't agonize over those things for long. I would never trade my amazing friends, my wonderful life, my loving family for less gray hair or a flatter belly. As I've aged, I've become more kind to myself and less critical of myself. I've become my own friend. I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avante garde on my patio. I am entitled to overeat, to be messy, to be extravagant. I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read until 4:00 am and sleep until noon? I will dance with myself to those wonderful tunes of the 50s & 60s, and if I, at the same time, wish to weep over a lost love, I will. I will walk the beach in a swim suit that is stretched over a bulging body and will dive into the waves with abandon if I choose to, despite the pitying glances from the bikini set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten and I eventually remember the important things. Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or when a beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect. So many have never laughed and so many have died before their hair could turn silver.

I can say "no" and mean it.

I can say "yes" and mean it.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be.

And I shall eat dessert every single day!



Some thoughts for 2023...

- Be decisive. Right or wrong, make a decision. The road is paved with flat squirrels who couldn't make a decision.
- Happiness is not having to set the alarm clock.
- When I get a headache, I take two aspirin and keep away from children. just like the bottle says.
- Becoming an adult is the dumbest thing I've ever done.
- Tip for a successful marriage: Don't ask your wife when dinner will be ready while she's mowing the lawn.
- So, you drive across town to a gym to walk on a treadmill?
- Old age is coming at a really bad time.
- If God wanted me to touch my toes, He would've put them on my knees.
- Last year I joined a support group for procrastinators. We haven't met yet.
- Why do I have to press one for English when you're just going to transfer me to someone I can't understand anyway?
- "Your call is very important to us. Please enjoy this 40-minute flute solo".

**A SHIP IS
ALWAYS SAFE
AT SHORE
BUT THAT IS
NOT WHAT
IT'S BUILT
FOR.**

Meteorologists: "today you should
dress for the mid sixties"
Me and the boys:



RULES FOR DOING GOOD.

Do all the good you can,
In all the ways you can,
To all the People you can,
In every place you can,
At all the times you can,
As long as ever you can.

**Wanted: Someone to
brush their teeth with me
because 9/10 dentists
say brushing alone won't
help tooth decay.
No weirdos.**

*It's
TO NOT
BE
Okay*

Sometimes the bad days seem to take over...this page is intended to give you hope, make you smile and let you know you are not alone. I'm not a mental health professional, but want to support those who struggle with being okay!

A BUTTERFLY..

has only 14 days to live,
still it flies joyfully,
capturing many hearts..

Sometimes, it's not how
long we live but it is
how we live it.

Each moment in life
is precious, use it to
glorify God.

Be a channel of joy,
be a blessing to others.



5 by 5 rule

If it's not gonna matter
in 5 years, don't spend
more than 5 minutes
being upset by it.

A wise man was asked
"What is anger?" He gave
a beautiful answer, "It is a
punishment you give to
yourself, for somebody
else's mistakes."

ALWAYS RISE.

If I could tell you anything, to
save you the time and the lessons in this
life, I would tell you to never let anything
that happens turn you bitter. Don't let the pain
of something that was out of your hands turn
you cold. Love, stay soft, as hard as that is
sometimes, try. Try with all of your heart to
stay tender. I know there's a lot of things
that hurt, take us to our knees and threaten
our hearts. Let it go. You can't change it, but
you can choose to not let it change you.

Don't let the pain define you. You are
bigger than that. I hope you know, you are
never how someone makes you feel. Let it
hurt, then let it heal, but don't linger there.
Remember who you are and rise.

**Hate no one no matter how
much they've wronged you.
Live humbly, no matter how
wealthy you become.
Think positively, no matter
how hard life is.
Forgive all, especially yourself.
And never stop praying for the
best for everyone.**

Forgive yourself,
you are not perfect.
Show yourself grace;
you are still learning.
Show yourself patience;
you are on a journey.



All things Michigan

1. Michigan State University was founded in 1855 as the nation's first land-grant university and served as the prototype for 69 land-grant institutions later established under the Morrill Act of 1862. It was the first institution of higher learning in the nation to teach scientific agriculture.
2. The largest village in Michigan is Caro.
3. Michigan's state stone, The Petoskey is the official state stone. It is found along the shores of Lake Michigan.
4. The Mackinac Bridge is one of the longest suspension bridges in the world. Connecting the upper and lower peninsulas of Michigan, it spans 5 miles over the Straits of Mackinac, which is where Lake Michigan and Lake Huron meet. The Mighty Mac took 3 years to complete and was opened to traffic in 1957.
5. Gerald R. Ford grew up in Grand Rapids and became the 38th president of the United States. He attended the University of Michigan where he was a football star. He served on a World War II aircraft carrier and afterward represented Michigan in Congress for 24 years. He was also was an Eagle Scout, the highest rank in Boy Scouts.
6. The Kellogg Company has made Battle Creek the Cereal Capital of the World. The Kellogg brothers accidentally discovered the process for producing flaked cereal products and sparked the beginning of the dry cereal industry.
7. The painted turtle is Michigan's state reptile.
8. The western shore of Michigan has many sand dunes. The Sleeping Bear Dunes rise 460 feet above Lake Michigan. Living among the dunes is the dwarf lake iris the official state wildflower.
9. Vernors ginger ale was created in Detroit and became the first soda pop made in the United States. In 1862, pharmacist James Vernor was trying to create a new beverage when he was called away to serve our country in the Civil War. When he returned, 4 years later, the drink he had stored in an oak case had acquired a delicious gingery flavor.
10. The Detroit Zoo was the first zoo in America to feature cageless, open-exhibits that allowed the animals more freedom to roam.
11. Michigan is the only place in the world with a floating post office. The J.W. Westcott II is the only boat in the world that delivers mail to ships while they are still underway. They have been operating for 125 years.
12. Indian River is the home of the largest crucifix in the world. It is called the Cross in the Woods.
13. Michigan has the longest freshwater shoreline in the world.
14. Michigan has more shoreline than any other state except Alaska.
15. The Ambassador Bridge was named by Joseph Bower, the person credited with making the bridge a reality, who thought the name "Detroit-Windsor International Bridge" as too long and lacked emotional appeal. Bower wanted to "symbolize the visible expression of friendship of two peoples with like ideas and ideals."

Ready to brush up on your Michigan etymology? Here are some of Michigan's most unusual names, what they mean, and where they came from.

Munising

Pronunciation: myoo·nuh·suhng

The gateway to Michigan's legendary Pictured Rocks National Lakeshore is the small Upper Peninsula town of Munising. The name is derived from the Ojibwe word "minnising" which means "at the island" or "island in the lake." The Chippewa tribe had a village on the Anna River as late as 1820, and the Sault Tribe is still active in the region today.



Did you know that there are 129 lighthouses in Michigan? We have more lighthouses than any other state. Come visit Michigan and we'll leave the lights on for you. Pure Michigan, you gotta love it.

You don't need a summer body if your state doesn't have a summer.

13 Things Everyone Who's Moved Away From Michigan Has Thought

At Least Once:

1. Why aren't people waving at me?
2. You call this cold?
3. I need a beach day!
4. How am I supposed to show people where I'm from without using my hand?
5. Where can I get a nice glass of Vernor's?
6. I wish I could make a run to Meijer.
7. Why does everybody stare at me when I ask for the nearest party store?
8. How about those Tigers?
9. I need a weekend up north!
10. I miss my family!
11. I would do anything to watch a Lake Michigan sunset right now.
12. I wish it were homecoming weekend.
13. There's no place like home.



The Tridge! Midland, MI. This 3 legged foot-bridge spans over the Tittabawassee and Chippewa Rivers. Each leg is 180 foot long and 8ft wide. It opened in 1981. The side of the bridge or Tridge has lights that line the legs, they are turned on for different holidays and occasions with different colors. Such a site to see!



June 2023



Su	Mon	Tue	Wed	Thu	Fri	Sat
				1 11:00— Exercise in the park	2	3
4	5 8:30 AM— Breakfast Club at Murphy's. Join us as we celebrate your birthday this month.	6 5:30 PM— Walking Fit	7 12:00 Noon— Potluck Lunch. Bring table service and a dish to pass. Card Bingo after	8 11:00— Exercise in the park	9	10
11	12	13 5:30 PM— Walking Fit 2:00 PM—Hand and Foot at the Allendale Town- ship library.	14 10:00 AM—Poppy Field Trip Flag Day 	15 11:00— Exercise in the park 5:00 PM— Supper club. Meet at the restaurant for dinner and	16	17 
18 Father's Day	19	20 2:00 PM— Knitting at the Allendale Town- ship Library. 5:30 PM— Walking Fit	21 9 AM—Mystery Trip. Join us as we venture out and visit places that are a little off the beaten path.	22 11:00— Exercise in the park	23	24
25	26 	27 2:00 PM—Euchre at the Allendale Township Library. 5:30 PM— Walking Fit 6:00 PM—Concert in the park	28 12 Noon—Monthly luncheon. Meet at Love INC. and enjoy a delicious lunch and catch up with one another.	29 11:00— Exercise in the park	30	

Lifelong Learners Leadership Team Meeting: The first Wednesday of each month at 10:00AM

Thursdays at 11:00 AM—Exercise class!!! Join the group as we meet in the Love INC building, located at 6631 Lake Michigan Drive . Get fit and have fun!

Join our Walking Fit Class! Enjoy some social interaction and exercise out in the natural elements. Every Tuesday from 5:30-6:30pm. Meet in front of Life Stream Church • 6510 Lake Michigan Drive

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- **Wednesday, May 31 at 12 noon.**—Lunch and Learn at the Allendale Township Hall. Cost is just \$5.00, or you can sign up to bring a salad or dessert. Main Dish will be provided. We will be joined by Jessica Arends, a lawyer from Cunningham and Dalman and learn about legal issues facing us as we get older. Be sure to sign up.
 - **Monday, June 5 at 8:30 AM, Breakfast**—Join the group as we gather for breakfast at Murphy's restaurant in Allendale. Warm your heart and tummy with good food, fellowship and hot coffee! No need to call, just show up!
 - **Wednesday, June 7, Potluck Luncheon at 12 noon**—Join us at the town hall for a lunch of goodies. Bring a dish to share (9x13 or equivalent) and your own table service. Or pay \$7/\$9 and omit the dish to pass. Drink is provided. We will play card Bingo following lunch. For prizes, bring something you have around the house that has value, but you don't need.
 - **Tuesday, June 13 at 2:00 PM**—Hand and Foot at the library. Learn this fun game and meet a new friend or two.
 - **Wednesday, June 14 at 10:00 AM**—Poppy Field Trip. See page 23 for details. Carpooling to poppy field and lunch. Call to sign up so we know you plan to be there.
 - **Thursday, June 15 at 5:00 PM**—Supper club at Pizza Ranch in Hudsonville. Free dessert if you have an anniversary this month and join us. In fact...FREE DESSERT for EVERYONE!! (They have an ice cream machine! J
 - **Tuesday, June 20 at 2:00,** Knitting at the township library. We will continue meeting on the 3rd Tuesday of Month through the summer.
 - **Wednesday, June 21, 9 AM to 3:30 PM**—MYSTERY TRIP! This is a way to visit those places that are off the beaten path, new to most and always an adventure! Cost is \$45/\$55 and is due by Wednesday, June 14. Lunch, fees and tip for the driver are included. Sign up today!
 - **Tuesday, June 27 at 2:00 PM**—Euchre at the Library. Bring your friends or meet new friends as we play Euchre at the library. FREE! You may bring snacks to share and I'll provide water and pop.
 - **Wednesday, June 28 at 12 noon**—Monthly Luncheon at Love INC, located at 6631 Lake Michigan Drive. Please RSVP by Monday, June 26, as we will be having the meal catered. Cost is \$10.00 per person and can be paid by cash or check made out to Allendale Lifelong Learners.

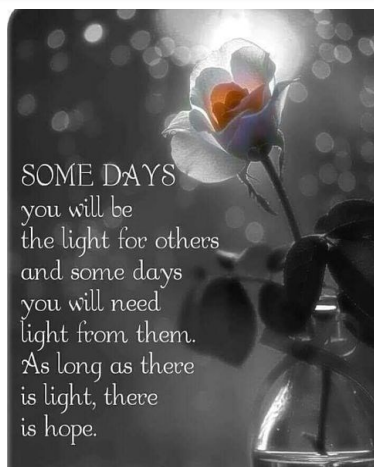
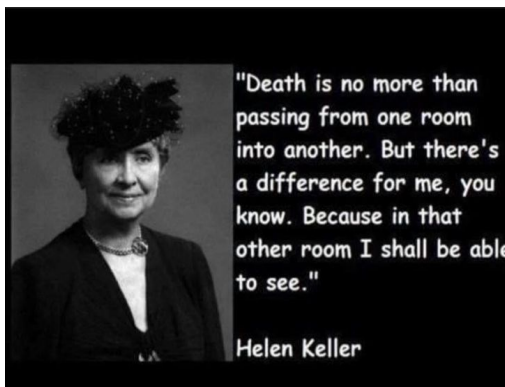
Call or text Kathy at 616-843-0572 or Tasha 616-202-1547 or
email lifelonglearners@allendale-twp.org.

For information on the Allendale Lifelong Learners or to sign up for any of the activities listed in this newsletter.



Just to Warm your Heart...

One time I met a man, Who only had a month to live.
And I asked him if he had any advice that he could give.
He said "I wake each morning knowing I am going to die.
So each day must remind me I am blessed to be alive.
You see, my life's on countdown as each hour is unfurled.
I know the clock is ticking on my time here in this world.
But what you're overlooking is that it's the same for you -
You know that I am dying, but forget that you are too!
So make the most of sunshine, and go dancing in the rain.
And sing a little louder when your favorite music plays.
Notice nature's colors, savor everything you taste.
Stop waiting for tomorrow, because you've got no time to waste.
And could you say convincingly, that you'd have no regrets?
If just the next few days or weeks were all that you had left?"
And then my breath caught quickly when he turned to me and asked,
"Could you say that you died happy if this day had been your last?"



While looking for a tattered coat for the character playing The Wizard in the Wizard of Oz, a costume assistant bought one from a second hand store. When the actor put the coat on he turned the pocket inside out - written in the pocket was the name L. Frank Baum who is the author of The Wizard of Oz books. Baum's widow later identified the coat as actually having belonged to her husband

When I was 10, my dad remarried. We moved out of the city to begin his dream of becoming a rancher. As his new ranch hand, I loved helping him with the work and caring for our farm animals.

Then one summer one of our cows died before weaning her calf. I was thrilled to bottle-feed the orphaned farm animal. And I spent every moment I could tending to the black calf I'd named Inky. He followed me around like an oversized puppy. He slept outside the house, curled up with the dogs who'd accepted him into their circle. Before long, Dad said it was time to assimilate Inky into the herd. I cried and insisted that he didn't know how to be a cow anymore. He'd become part of our family. But Dad gently persisted, saying we had to do what was best for Inky. One night, a pack of wild dogs attacked our herd. The next morning, Dad delivered the news that Inky had been killed. I was devastated.

While I was still grieving, my stepmother announced in an irritated huff that she was so sick of hearing me carry on over a "stupid cow." I was 11. And it was the first time I recognized a stark truth about life and death: Grief and loss are isolating emotions. Despair puts uneasy distance between the heartbroken and the observers—especially when the heartbroken are children and the observers are parents. A child may be grieving over something that seems inconsequential to an adult. But the emotions are still powerful for the child. When my stepmother callously referred to Inky as a "stupid cow," she was technically correct. Bovine creatures don't have nearly as high of an intellectual capacity as humans. However, she had an inability to recognize that I had a real bond with that calf, and therefore my grief and loss were real.



Dads.

Hug your sons.

And not lame little side arm hugs.

I'm talking about intentional, powerful, any-age hugs that let your sons know you love them, you believe in them and you're not so weak and pitiful that you have to hide your emotions.

Do you want to change the world? Create a generation of men who feel loved and supported by their fathers.

Dads: Hug your sons!



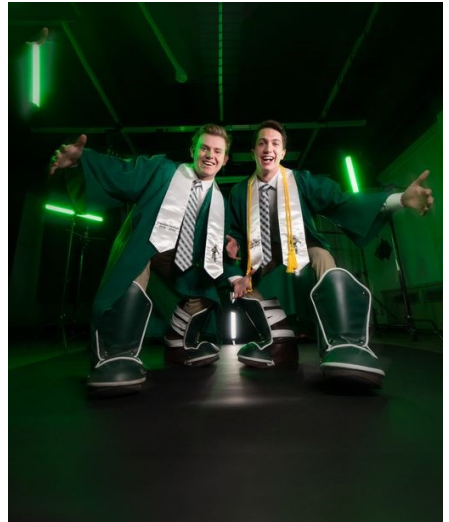
As we come to the end of a pandemic, we need to be sensitive to those who have experienced grief and turmoil because of what the world has dished out these past several years! If a loss is perceived as traumatic to an individual, they will grieve differently than you or I. We need to remember to look beyond ourselves and recognize the perception of others.

We need to be especially sensitive to our children. To sit on the proverbial ash heaps of what they've lost—school schedules, sports, playdates, relationships with grandparents—and truly listen while they lament. Both our presence and empathy are surely two of the most powerful gifts we can offer.

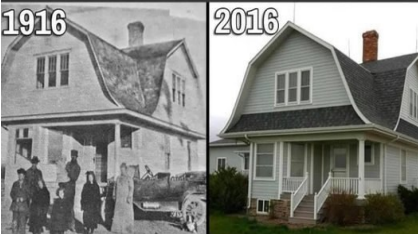


One of our favorite MSU traditions:

The seniors who are Sparty wear the boots at graduation to reveal their secret identity.



Sears once sold homes through their catalog. These kits included everything a home required, including plumbing, heating and wiring. Parts arrived by train to the buyer, who then had to assemble it themselves. Many of these houses still stand today.



1. Where is the only place where today comes before yesterday?
2. What tastes better than it smells?
3. I'm tall when I am young and I'm short when I'm old. What am I?
4. What has a head and a tail, but no body?



" And one morning we get up... We're thirty, forty, and soon to be fifty...

We realize that the years have passed at full speed, that they have left us with a few wrinkles in the corners of our eyes.

And the clock continues to tick, at full speed... So we take stock!

We think back to the people we have more or less known,

To those who counted, Those who left too soon and whom we regret, Those who made us laugh or cry... We remember the moments of happiness, To those in which we felt alone and to the dreams we had...

We see that everyone has traced their own path, Some better than others, But it is at this moment that we realize that there are several stages in a life.

Each of these stages is different, Each one has a particular taste and smell, And to each we assimilate faces, Names, memories. Hatreds and loves...

This is what life really is: A succession of memories..."

Life's too short to walk around angry! So be happy and sing it out loud!



I didn't sleep well last night so I made my coffee this morning with Red Bull instead of water. I got half way to work before I realized I forgot my car.



It turns out that when you're asked who your favorite child is, you're expected to pick from your own. I know that now!

Laughter is good for the soul!



AS A CHILD MY FAMILY'S MEAL TIME MENU CONSISTED OF TWO CHOICES



TAKE IT OR LEAVE IT.

Two women in a bus fighting bitterly over the last available seat.

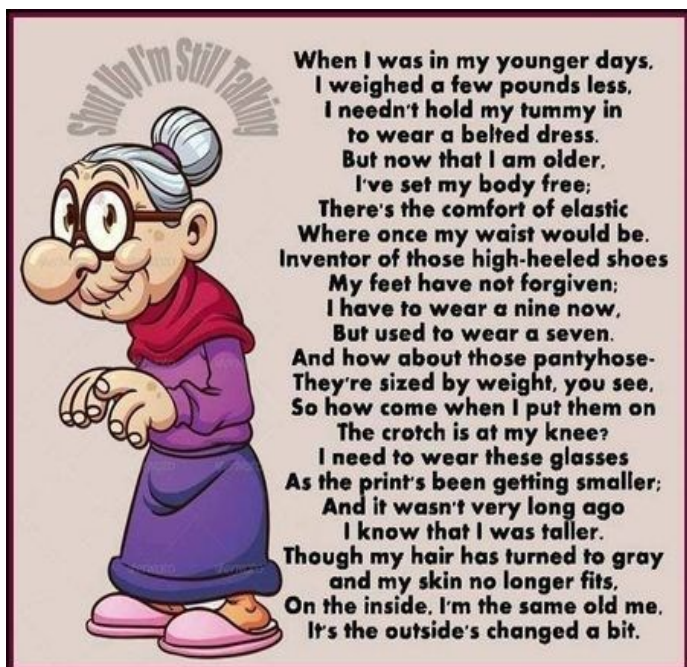
The conductor had already tried unsuccessfully to intervene when the bus driver shouted to the conductor, "Let the ugly one take the seat"

Both women stood for the rest of the journey

Argument done!



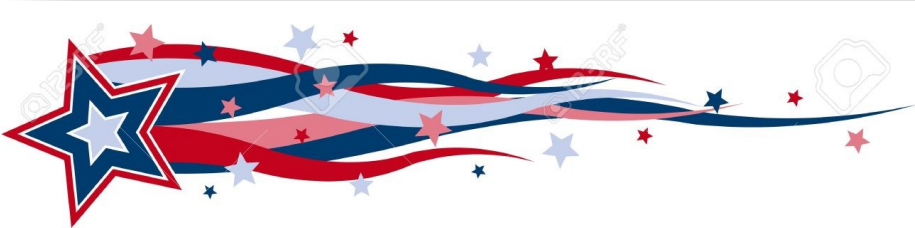
- The older I get the tighter companies are putting the lids on jars.
- You can't control everything...your hair was put on your head to remind you of this!
- Bikini season is right around the corner, but unfortunately so is the bakery!
- Don't you wish some people would start using glue instead of lipstick?
- New exercise for seniors: Sit down in an Adirondack chair. Try to get up. Continue for 30 minutes or until light-headed.
- Don't go to a school reunion. There'll be a lot of old people there claiming to be your classmates!
- My mother always used to say, "the older you get the better you get, unless you are a banana!"
- If you add S, I and L, it will really make me smile! I promise!!
- Dr. Awkward spelled backwards is still Dr. Awkward!
- A guy asked me if I know where Engagement, Ohio is. I said it's between Dayton and Marion!
- I have a pen that can write underwater...it can write other words too!
- Getting old is weird because you're still that same enthusiastic kid trapped in an antique body.
- Grandma once said, "Sometimes you have to hug the people you don't like so you know how big to dig the hole in your backyard."





Join us for the annual Activities in the Park during the Allendale Fourth of July Celebration! The activities will be held from 11AM-2PM at the Allendale Community Park, 6676 Lake Michigan Drive. We will have food, games, and fun for all ages. From 11PM-1PM, John &

Tamara Andrews will be performing at the bandshell. This free community concert is presented by Allendale Charter Township. If you have any questions or are interested in volunteering, please contact the Township Community Coordinator, Elizabeth Szymanski, at 616-892-3118 or elizabeths@allendale-twp.org.



Come to the Allendale Community Park this summer for our annual series! Concerts are held from 6pm-8pm with the exception of July 4th.



- June 20 | Wyatt & Shari Knapp
- June 27 | Tunes N' Tales with Tricia (Kids Night!)
- July 4 | John and Tamara Andrews (11am-1pm)
- July 11 | Neil Woodward
- July 18 | Sunchaser
- July 25 | Sweet Justice



This project is funded in part by Michigan Humanities, an affiliate of the National Endowment for the Humanities, and the Michigan Arts and Culture Council.



CHECK THIS OUT!

Each month I will feature a local event or activity that might be of interest to you. Please share if you know of an upcoming event that I can include here.



Have you heard of the Poppy Field that was planted near Fennville to honor a couples military son? John and Joan Donaldson filled a four acre field with poppies or people to come and see in honor of their son, who took his own life following his tour in Afghanistan. The couple's son, Mateo, was a bee keeper on their farm before he joined the Army, and his parents are hoping that by honoring his memory in this way, it will help other soldiers who visit and suffer from PTSD.

Most people who visit the poppy field experience a feeling of peace and calm. It's beauty is being documented with pictures and paintings. Seeing the field is giving people a sense of hope and inner joy. When visiting the field, the Donaldson's only ask two things; don't walk on the field and please don't pick the flowers.

The field is planted and already showing some blooms, but the best month to visit is in June, with peak time around Father's Day.

Poppy seeds are like dust; there's like 875,000 seeds to a pound!

If you would like to visit the Poppy Field, we will car-pool to the site on **Wednesday, June 14. We will leave from Allendale park area at 10:00 AM** and travel to the Fennville field, arriving by 10:45 AM. We'll stroll around for about 45 minutes and take in the serenity and beauty. We can make a lunch stop on the way home, if there is interest. Sign up by email, call or text so we can plan who will drive. There is no cost up front, but be kind to your driver.