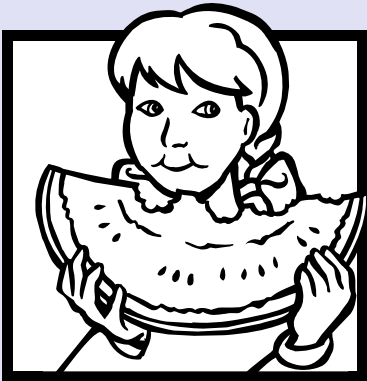


August....

3rd is National Watermelon Day
4th Friendship Day
9th is Book Lovers Day
10th National S'mores Day
13th Left Hander's Day
14th National Creamsicle Day
21st Senior Citizen Day
29th More Herbs, Less Salt Day
30th Toasted Marshmallow Day
31st National Trail Mix Day



August is National....

Peach Month
Family Fun Month
Golf Month
Picnic Month

August 2013

The Senior Scoop



"We are all flowers in the garden of the world.
Some of us are daisy's dainty and bright.
Some of us are poppy's, with sweet contagious laughter.
If there was a flower for you,
You'd be a wild orchid,
So full of life, colors alive,
Sprinkled with scarlet and purple,
Explosions of colors racing through your petals."
- Lanie Costea

The Senior Scoop is a monthly publication brought to you by:

Benzie County Council on Aging, Inc.
10542 Main Street
Honor, MI 49640

Douglas Durand, Executive Director

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or
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Hours: 8:00 a.m. - 4:00 p.m. M-F

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Benzie County Council on Aging is funded by Benzie County residents through a property tax millage, federal and state funds through the Michigan Office of Services to the Aging, Area Agency on Aging of Northwest Michigan and private donations and grants.

The Council on Aging will not discriminate against any individual or group because of race, sex, religion, age, national origin, marital status, disability, or political beliefs.

Donations/contributions are appreciated and will aid with the continuation of all needed services for the seniors of Benzie County. If you would like to make a donation, please make your check or money order payable to BCCOA (Benzie County Council on Aging), 10542 Main Street, Honor, MI 49640.

MISSION STATEMENT

To provide programs for Senior Citizens of Benzie County that promote and encourage opportunities for socialization, education, health, safety, welfare and independent living with dignity.

Hello Friends!

I hope everyone survived the heat wave we just experienced. I heard this phrase from others last week, "We are in the dog days of summer." In fact my dad and grandma would often say this phrase over and over when it got hot and muggy. So I have decided to do a little history check on the phrase, "Dog Days of Summer." This is what I found out.

People around the world use the term "Dog Days" in different ways, usually as a reference to hot weather. It comes from the Dog Star, Sirius, which is part of the constellation Canis Major. In the summer, however, Sirius, the "dog star," rises and sets with the sun. During late July Sirius is in conjunction with the sun, and the ancients believed that its heat added to the heat of the sun, creating a stretch of hot and sultry weather. They named this period of time, from 20 days before the conjunction to 20 days after, "dog days" after the dog star.

Today, dog days occur during the period between July 3 and August 11. Although it is certainly the warmest period of the summer, the heat is not due to the added radiation from a far-away star, regardless of its brightness. No, the heat of summer is a direct result of the earth's tilt.

I just want to remind everyone, whenever we are under a Heat Advisory, our doors at the Gathering Place and the Administrative Offices are always open to you to come in and cool off in the comforts of air conditioning, good food, good times with laughter and song!

I also want to thank The Prescription Shop, Victoria's Floral Design and Gifts, Honor Bank and Central State Bank for being the first to put out "Keeping the Meals on Wheels Rolling" fundraising campaign. They each have a ceramic van bank that will allow customers to donate funds towards the Meals on Wheels Program that is a service provided to our seniors from Benzie County Council on Aging. So if you happen to be at any of these locations, please consider a donation to our Meals on Wheels Program.

Have a great August and I'll see ya soon!

Douglas



Inviting Mother Over for Dinner



Brian invited his mother over for dinner. During the course of the meal, Brian's mother couldn't help but notice how beautiful Brian's roommate, Jennifer, was. Brian's Mom had long been suspicious of the platonic relationship between Brian and Jennifer, and this had only made her more curious.

Over the course of the evening, while watching the two interact, she started to wonder if there was more between Brian and Jennifer than met the eye.

Reading his mom's thoughts, Brian volunteered, 'I know what you must be thinking, but I assure you Jennifer and I are just roommates.'

About a week later, Jennifer came to Brian saying, 'Ever since your mother came to dinner, I've been unable to find the beautiful silver gravy ladle. You don't suppose she took it, do you?' Brian said, 'Well, I doubt it, but I'll send her an e-mail just to be sure. So he sat down and wrote:

Dear Mom,

I'm not saying that you 'did' take the gravy ladle from the house, I'm not saying that you 'did not' take the gravy ladle. But the fact remains that one has been missing ever since you were here for dinner.

Love, Brian

Several days later, Brian received an email back from his mother that read:

Dear Son,

I'm not saying that you 'do' sleep with Jennifer, I'm not saying that you 'do not' sleep with Jennifer. But the fact remains that if Jennifer is sleeping in her own bed, she would have found the gravy ladle by now.

Love, Mom



Hearing Better Now

An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength. After a few weeks the man came back to make sure the new equipment was working properly, which it was. The hearing specialist said, "It all seems perfect. Your family should be delighted you can hear everything now."
"Oh no," the man responded. "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times."

I've Sure Gotten Old!

I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes.

I'm half blind,
can't hear anything quieter than a jet engine,
take 40 different medications that
make me dizzy, winded, and subject to blackouts.

Have bouts with dementia.

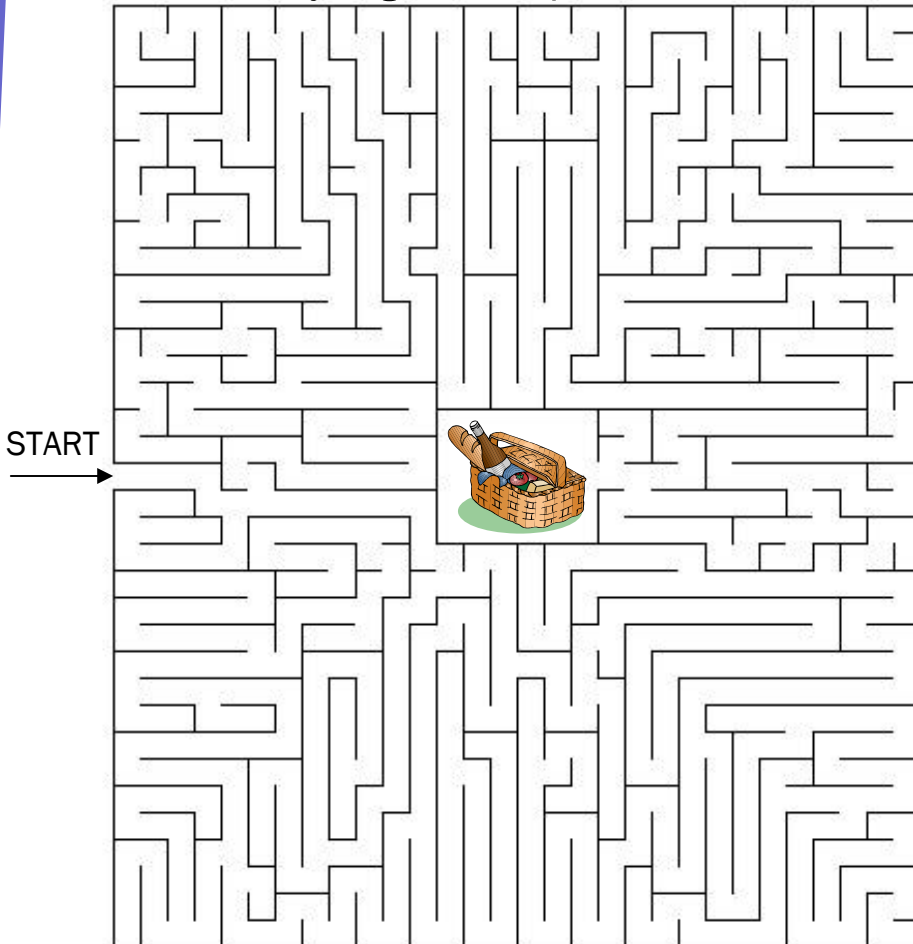
Have poor circulation;
hardly feel my hands and feet anymore.

Can't remember if I'm 85 or 92.

Have lost all my friends. But, thank God,
I still have my driver's license.



Can you get to the picnic basket??



2 Betty Wick

4 Rita Parrotte

7 Betty Hentschel

10 Charles Poswoski

12 Berneice Radcliffe

13 Kay Bond

13 Betty Culp

13 Anna Harris

16 Joann Worden

16 Jim Burns

18 Marge Lozen

19 Bev Popp

19 Elizabeth Winchell

20 Gene Sutton

20 Lois Lumbert

26 Marion Loomis

27 Eldon Blood

28 Andy Meholic

29 Marilyn Killeen

29 Lorin Harris

31 Charles Singleton

31 Jean Hillman

ATTENTION SENIORS!! Our website is currently down until further notice. We are unable to update any new information to it at this time. Sorry for any inconvenience.



Dawn's Dish

Big news around here, we have a new phone system! How excited are we? Just stop by and ask. I'll even do a cheer for our new phones.

YAHOO! Please note that our

direct phone number has changed. In order to call The Gathering Place direct you must dial 231-525-0601. This call is long distance from a landline phone even if you are next door to us. Because of this we still have our toll free number which is 877-277-1306. The Administration Office's new number is 231-525-0600. Their toll free number is still 888-893-1102. Please make a note of these changes and pass it on! If you call us from a cell phone, it doesn't matter which number you use.

We have FREE Wi-Fi now at The Gathering Place! Grab your smart phone, Kindle, tablet or laptop and come on in.

Believe it or not, a new school year is right around the corner. For the month of August, we will be accepting donations for our 1st Annual COA Backpack Drive. Please consider donating a brand new backpack, lunch box or other school supplies. We will donate them to our local schools in honor of our senior community. Please help us give the kids a great start to the school year! Donation bin is located in the breezeway at The Gathering Place.

For the entire month of August, if you bring a new person in for lunch, both of you will receive a gift! See Dawn for details.

Monday, August 12—12:30 p.m. School Bus Safety with Yvonne Hockett, Benzie County Schools Bus Driver. Yvonne will prepare us for the return of school buses on our roads.

Monday, August 19—Traverse City Shopping trip. Let us do the driving. **Please note we are meeting at The Gathering Place instead of picking you up at home.** Use our Benzie Bus passes to get to The Gathering Place. We leave at 9am. Return at 3pm. Call Dawn for reservations and more information. 231-525-0601 ext. 201 or toll free at 877-277-1306. **Trip fee is \$10.**

Monday, August 26—Dining Out Day! We're heading to Stove Oven in Lake Ann for lunch. Each month we'll test out one of our Dining Out Restaurants. Purchase your Dining Out vouchers at

the Administration Office for \$3. They are worth \$6 at participating restaurants. Meet us there or call ahead and we'll take a van over. Van leaves at 11:15 a.m. Call Dawn at 231-525-0601 ext. 201 or toll free at 877-277-1306 for more information and to sign-up. Please register by August 22nd so we can let Stove Oven know how many of us to expect!

Tuesday, August 6, 13, 20, 27—**10:30 am The Melody Makers** provide music for your listening and dancing pleasure! Music starts at 10:30 a.m. Lunch served from 11:30 a.m. – 1:00 p.m. Grab a friend and come ready to dance!

Tuesday August 27—**Mystery Trip!** My first one! Leaving The Gathering Place at 9:00 a.m. returning at 3:00 p.m. Trip fee is \$10 plus the cost of your lunch and anything else you decide to purchase. ☺

Wednesday, August 14 & 28—9 :00am **Little River Casino Trip.** Trip fee \$10. Receive \$15 River Credits. Return by 3pm. Call now to reserve your spot on the bus! 231-525-0601 ext. 201 or toll free at 877-277-1306.

Wednesday, August 7, 14, 21 & 28—**Medicare/Medicaid Assistance Program.** Qualified volunteers are available in our Administration Office on Wednesdays to offer assistance and answer your questions. Please call 231-525-0600 or toll free 888-893-1102 to schedule your appointment. Donations Accepted!

Thursday, August 1, 8, 15, 22, 29—Euchre at The Gathering Place!!! 6:00pm Potluck & 7:00pm game time!

Thursday, August 1—9 :00am **Hearing Clinic**, sponsored by *Miracle Ear*. Free hearing tests, check and service hearing aids. Call 800-459-5992 for appointment.

Thursday, August 22—August Birthday party! Join us in celebrating our friends born in August during lunch.

Thursday, August 21—Tender care of Leelanau will be here serving us **root beer floats** during lunch! Join them in a discussion about Nursing Home coverage, benefits and insurance.

Friday, August 2—10:30am Bingo; Noon-Lunch in Thompsonville! Join us for lunch and music. Please call Dawn at 231-525-0601 ext. 201 or toll free at 877-277-1306 for reservations.

Dawn's Dished continued on next page.....


Dawn's Dish Continued.....

Friday, August 16 - 11:00am-12:30pm **Blood Pressure Clinic.** R.N. from The Maples will be here for a free Blood Pressure Clinic.

Friday, August 23 - 12:30 pm. Coho Festival Senior King & Queen Coronation at The Gathering Place. Come for lunch and stay to help us welcome our new royalty.

Friday, August 30 - **Ol' Time Gathering!** Come and enjoy food, music and fun. Music (acoustic) will start at 6:00 p.m. with a potluck dinner at 7 p.m. Donations accepted. All ages invited! Bring a dish to pass, an instrument to play and a foot to tap!

Events at The Gathering Place for August 2013

Monday	Tuesday	Wednesday	Thursday	Friday
Backpack Drive the month of August! See Dawn's Dish for more details!	 <p>Sign up for Dawn's first Mystery Trip on the 27th!</p>	Watch for your Coho Festival Senior King & Queen in the Parade on the 24th!	1 9:00 Hearing Clinic 10:00 Bible Study 11:30 Lunch 1:00 BUNCO 6:00 Euchre Potluck & game	2 9:30 BUNCO 10:30 Thompsonville Lunch & Bingo 11:30 Lunch 1:00 Wii Bowling
5 10:00 Yoga 11:30 Lunch 12:00 Pinochle	6 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	7 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 1:00 Knitting club	8 10:00 Bible Study 11:30 Lunch 1:00 BUNCO 6:00 Euchre Potluck & game	9 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling
12 10:00 Yoga Exercise 11:30 Lunch 12:00 Pinochle 12:30 School Bus Safety	13 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	14 9:00 Little River Casino 10:00 Exercise with Doris 12:30 BINGO 1:00 Knitting club	15 10:00 Bible Study 11:30 Lunch 11:30 Tendercare discussion 1:00 BUNCO 6:00 Euchre Potluck & game	16 9:30 BUNCO 11:00 Blood Pressure Clinic 11:30 Lunch 1:00 Wii Bowling
19 9:00 TC Shopping 10:00 Yoga Exercise 11:30 Lunch 12:00 Pinochle	20 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	21 10:00 Exercise with Doris 11:30 Lunch—Senior Citizen Day! 12:30 BINGO 1:00 Knitting club 2:00 Board Meeting	22 10:00 Bible Study 11:30 August Birthday Celebration 1:00 BUNCO 6:00 Euchre Potluck & games	23 9:30 BUNCO 11:30 Lunch 12:30 Senior King & Queen crowning 1:00 Wii Bowling
26 10:00 Yoga Exercise 11:15 Dining out Day! 11:30 Lunch 12:00 Pinochle	27 9:00 MYSTERY TRIP!! 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	28 9:00 Little River Casino 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 1:00 Knitting club	29 10:00 Bible Study 11:30 Lunch 1:00 BUNCO 6:00 Euchre Potluck & games	30 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 6:00 Ol' Time Gathering



Summer Heat Safety



Extreme heat can cause illness and even death.

Who's At Highest Risk??

- Individuals 65 years or older
- Overweight people
- Children up to age four
- Those who work outdoors
- People who are ill or on certain medications

Be Smart!

- Don't leave infants, pets or elderly people in parked cars.
- Check on elderly and home-bound people often.
- Drink plenty of water, even if you don't feel thirsty.
- Avoid alcohol and liquids containing large amounts of sugar or caffeine.
- Wear loose-fitting. Lightweight light colored clothing.
- Limit vigorous activity to cooler mornings or evening hours.
- Wear sunglasses, a wide-brimmed hat and SPF 15 or higher sunscreen.

First Aid

Get medical attention if symptoms are severe or victim has a medical issue.

- Get the victim out of the sun
- Loosen clothing and lay them down
- Cool down using a hose, sponge, or cold bath
- Wrap victim in wet sheets and fan vigorously
 - Give small sips of water
- If vomiting or unconscious, do not give food or water

Be Aware!

Seek medical help if you or someone you know is experiencing the following:

- Muscle pain
- Throbbing headache
- Cramps
- Red, hot skin without sweating
- High body temperature
- Confusion
- Nausea
- Tiredness
- Weakness
- Fast breathing
- Fast, weak pulse
- Seizures



Know the Facts.....

- ♦ About 675 people die each year in the U.S. due to extreme heat.
- ♦ Every location in Michigan has experienced extreme heat (100°) at some point.
- ♦ Warm nights with temperatures above 70° make it difficult for the body to cool itself and creates even more heat-related stress on the body for the next day.

Perfect Picnic Menu

Apple Bacon Coleslaw

3 tablespoons olive oil
2 tablespoons mayonnaise
1 tablespoon Dijon mustard
1 tablespoon lemon juice
1/2 teaspoon hot sauce
1 tablespoon sugar
1/4 teaspoon salt
1 (16-ounce) package shredded coleslaw mix
1 large apple, diced
4 slices cooked bacon, crumbled

1. In a large bowl, whisk together olive oil, mayonnaise, mustard, lemon juice, hot sauce, sugar, and salt.
2. Add coleslaw mix and apple, and toss until evenly coated. Sprinkle with bacon and serve, or cover and refrigerate until ready to serve.

Creamy Parmesan Spinach Dip

10 oz frozen chopped spinach, thawed and excess liquid squeezed out
1/2 cup light sour cream
5 tbsp light mayonnaise
1/3 cup Parmigiano Reggiano
1/4 cup scallion, chopped
fresh pepper to taste

Combine all the ingredients in a medium bowl. Can be made one day in advance and stored in the refrigerator. Remove from refrigerator 30 minutes before serving. Makes about 2 cups.



Croissant Club Sandwiches

1 cup mayonnaise
2 tablespoons real bacon bits
8 large croissants, split
8 romaine lettuce leaves
1 pound thinly sliced deli turkey
1 large tomato, cut into 8 slices

1. In a small bowl, combine the mayonnaise and bacon bits; mix well and spread equally over the croissant halves.
2. Layer the lettuce, turkey, and tomato equally over the bottom croissant halves; replace the tops of the croissants and serve.

Lemonade Cranberry Cooler

1 1/4 cups cranberry juice
14 mint leaves, washed and stems removed
1 cup lemonade
1 cup lemon-lime soda



Fill an ice cube tray with cranberry juice and place a mint leaf in each cube. Place in freezer until frozen, about 6 hours, or until ready to use.

Place 1/2 cup each of lemonade and soda in two tall glasses. Add 2 to 3 cranberry mint cubes to each glass, stir, and serve.

BENZIE COUNTY COUNCIL ON AGING - THE GATHERING PLACE
 Monday - Friday: 8:00 A.M. - 4:00 P.M. LUNCH SERVED FROM 11:30 a.m. - 1:00 p.m.

Call for more information!! 231-525-0601 or 1-877-277-1306
*****MENU ITEMS SUBJECT TO CHANGE*****

August 2013 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bring someone new in for lunch in August and you'll both receive a free gift!		August is Happiness Happens Month! Come by and share some happiness with us!	1 Tuna Plate Tomato/ Romaine Lettuce Carrots/ Crackers/ Roll Peaches	2 Spaghetti with Meat Sauce Cauliflower/ Italian Beans Garlic Bread Tropical Fruit
5 Breakfast for lunch Eggs & Cheese/ American Fries Oatmeal/ English muffin Orange Juice	6 Chicken Stir Fry Far East Blend Vegetables Broccoli/ Rice Wontons/ Mandarin Oranges	7 Sloppy Joe's Mixed Vegetables Cauliflower/ Bread Applesauce	8 Goulash Collard Greens Carrots/ Bread Pear	9 BBQ Chicken Steamed Potatoes Chef's Blend Vegetables Bread/ Banana
12 Hamburger on a bun Baked Beans Romaine Lettuce/ tomato Cinnamon Applesauce	13 Roast Pork Au Gratin Potatoes Broccoli/ Bread Banana	14 Turkey Goulash Cabbage/ Sweet Potato Grapes	15 Lemon Chicken Broccoli/ Capri Blend Vegetables Rice Pilaf/ Bread Watermelon	16 Beef Barely Soup Peas/ Cauliflower Bread/ Crackers Banana
19 Sweet & Sour Pork Broccoli in Vegetable Sauce Asian Blend Vegetables Rice/ Wontons Mandarin Oranges	20 Cabbage Casserole Carrots/ Peas Bread Banana	21 Potato Soup Mixed Vegetables Steamed Potatoes Crackers/ Fried Apples Cottage Cheese	22 Creamy Chicken Zucchini/ Capri Blend Vegetables Noodles/ Bread Orange	23 Fried Chicken Mashed Potatoes Chef's Blend Vegetables Bread/ Banana
26 Chef's Choice 	27 Bowtie Pasta Meat Sauce Italian Beans Pesto Cauliflower Garlic Toast/ Banana	28 Pork Fried Rice Broccoli in Vegetable Sauce Far East Blend Vegetables Wontons Mandarin Oranges	29 Chicken Salad Romaine Tomato Cucumbers/ Crackers Roll/ Peaches	30 Yankee Roast Pork Mashed Potatoes Carrots/ Bread/ Maple Bananas

Medicare News – August 2013

By: Jim Verville, Region 10 Coordinator

Michigan Medicare/Medicaid Assistance Program

Area Agency on Aging, Traverse City, Michigan

State of Michigan Estate Recovery Rules

Michigan estate representatives and heirs are now routinely receiving notices from the Michigan Department of Community Health (MDCH) regarding the intent to recover expenses incurred by State government on behalf of beneficiaries who have received long term care services. Once the MDCH is made aware that the Medicaid beneficiary is deceased, they will send out a notice of intent to recover. The State has no choice in the matter. The Federal government mandates the recovery process.

What is Estate Recovery?

Medicaid is a State and Federally funded program that pays for healthcare if you have limited income and assets. The Federal government requires state Medicaid programs to seek recovery from the estates of deceased beneficiaries who have received long term care benefits from a state Medicaid program. Under the Estate Recovery program, the MDCH will seek repayment of benefits received from Medicaid. Under some circumstances, the state may choose not to seek recovery from an estate.

Who is Subject to Estate Recovery?

Estate Recovery only applies to Medicaid beneficiaries who:

- Are 55 years of age or older; and
- Have received long-term care services anytime on or after September 30, 2007.

What is an Estate?

An estate includes all property and other assets that pass from a deceased beneficiary to his/her heirs through a probate proceeding.

Can I Transfer My Assets to Avoid Estate Recovery?

Your eligibility may be affected if you transfer assets to avoid estate recovery. Before you transfer any assets, you should speak with a legal advisor so that you fully understand the consequences of transferring assets in an attempt to avoid estate recovery.

How Does Estate Recovery Work?

When MDCH learns of a Medicaid beneficiary's death, a notice and other information will be sent to the estate representative or heirs. This notice will state that MDCH intends to file a claim. A questionnaire will be sent with the notice. This questionnaire must be filled out and returned within 2 weeks. It is important that MDCH receives this questionnaire in order to determine if any exemptions may apply. Once the questionnaire is returned, an undue hardship application may be requested. You should be aware that the law presumes that no undue hardship exists if the hardship resulted from transferring assets to avoid estate recovery. If no exemptions apply, then MDCH will file a claim against the estate.

Statutory Exemptions to Estate Recovery

MDCH will defer recovery if any of the following individuals are living:

1. A Medicaid recipient's spouse.
2. A Medicaid recipient's child who is less than 21 years old.
3. A Medicaid recipient's child who is blind or permanently disabled.

Also, MDCH will defer recovery while one of the following individuals are living in the home:

1. A survivor who lived in the home and provided care that allowed the Medicaid recipient to remain in their home for at least two years immediately prior to the Medicaid recipient's admission into a medical facility.
2. A Medicaid recipient's sibling who has an equity interest in the home and who lived in the home for at least one year immediately prior to the Medicaid recipient's admission into a medical facility.
3. If you have questions, please call Elder Law of Michigan (ELM) at 866-400-9164 or the Michigan Medicare/Medicaid Assistance Program (MMAP) at 800-803-7174. Information is also available at www.michigan.gov/estater recovery.

The Gathering Place, Benzie Senior Center



Monday - Friday 8:00 a.m. – 4:00 p.m.
10579 Main Street (in the Plaza), Honor
(231) 525-0601 or 1-877-277-1306

Lunch served from 11:30 a.m. – 1:00 p.m.
Cost is \$3.00 suggested donation



Senior Center Coordinator/Supervisor - Dawn Bousamra
Front Desk Hostesses – Paula Dolak-Stokes, Judy Fast, Kathy Burns, Corliss Mick

Mondays

Yoga Exercise: 10:00 a.m.
Pinochle: Noon

Tuesdays

Music: 10:30 a.m. - 1:30 p.m.
Chair Yoga: 3:30 p.m.

Wednesdays

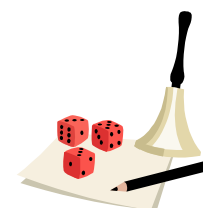
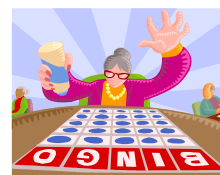
Exercise w/Doris: 10:00 a.m.
Bingo: 12:30 p.m. - 1:30 p.m.
Knitting: 1:00 p.m.

Thursdays

Bible Study: 10:00 a.m.
Bunco: 1:00 p.m.

Fridays

Bunco: 9:30 a.m.
Wii Games: 1:00 p.m.



Newsletter Subscription Form

NAME: _____ DOB: ____/____/____

ADDRESS: _____

CITY/ST/ZIP: _____ DATE: _____

EMAIL: _____

If you would like a copy of this newsletter mailed to your home OR emailed to you each month, please mail this form to the COA office, 10542 Main St, Honor, MI 49640. For annual mailing the subscription fee is \$10.00 which helps to cover printing and mailing costs. Subscription expiration dates are listed on the bottom of the mailing label.

Local News

Darcy Memorial Library Book Sale August 2-3 from 9am-4pm at the Trailhead building in downtown Beulah. Sponsored by the Friends of the Darcy Library. Proceeds go towards new book purchases.

33rd Annual Walk-A-Thon August 3rd at Bellows Park on South Shore Dr., Crystal Lake. Put your best foot forward! Join us for a beautiful morning walk along the shores of Crystal Lake, enjoy a delicious brunch and help Benzie Home Health Care provide care for Benzie County seniors. Join a team, pledge a walker, donate time or resources. You can make a difference! For info call Mary Dykstra at 231-325-0138 or email bcshhbc@sbcglobal.net

Beulah Boosters 4th annual Pig Roast August 10th from 4-7pm at Beulah Village Park & Beach on Crystal Lake. Benzie's Biggest & Best pulled pork sandwiches - specially seasoned and wood fired plus all the fixings! \$10 a plate. Tie your boat up at the day dock, picnic under the tent, a shade tree or at the beach. Carry out available.

7th Annual Pulled Pork Picnic August 16th from 5pm - 7pm. Frankfort United Methodist Church, 537 Crystal Ave., (M-22), Frankfort. Menu includes: Pulled pork sandwich, baked beans, cole slaw, potato chips, Texas sheet cake, beverage. Extra sandwiches may be purchased for \$2 each. Adults: \$8; Children under 12: \$5. Take-out available. Questions? Call 231-352-7427

Honor Coho Salmon Festival August 24-25 This annual festival in Honor began in 1967, celebrating the 'salmon run' up the Benzie County rivers. Honor, considered the 'birthplace' of salmon in the state of Michigan, is the first salmon that were planted in the Platte River. Parade, Carnival, Car show, Arts & Crafts, Flea Market, Beer tent, Horseshoe tournament, Smoked fish contest & more for the young. 5K-Walk/Run. For more info call 231-651-0914 or email info@honorcohosalmonfestival.com

