

# September 2015

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# **Welcome New Members**

Andy & Amy McLean

# **Thank You All In Event Sponsors:**





# Welcome to The Ledges Group, AAA

The Chamber hosted a ribbon cutting to welcome The Ledges Group, AAA during their Grand Opening Celebration and Customer Appreciation Day.

Stop in to say hello- they are located at 512 S. Clinton or give them a call at 517-925-8820. Like them on Facebook, too!



(Pictured from I to r) Mava Gregory Karla Chamberlain Walt Eschtruth Alex Morris

Jeremy Rush Larry Austin Kenadi Kelley Malikah Gregory Abdullah Muhammad Marian Phillips Barbara Jetmore Sheli Zakora Sheri Ide

# **Artisan Demos September 5**

Join us at Ledge Craft Lane to discover the talents of Artisans at work. On Saturday, September 5, 2015, we will be featuring select demonstrations of our talented artisans. The event will take place from noon- 4 pm. See live demos and explanations of how these artists create their crafts and the time it involves to create each unique item for you. You'll see Larry Bourland creating his custom name puzzles. Watch as he uses a band-saw and sander among other tools to fashion your name into a puzzle. Lisa Ashcraft will be creating cute fabric pumpkins using a skill called needle sculpting. She will also be utilizing machine stitching, and stuffing to create these cute fall items. Lucy Hunley will be making beaded bracelets, showing you the different effects and elements used to make these lovely fashion items. Judy Koos will show you the steps and tools used to re-cane a chair and discuss the finishing and upkeep methods to help you keep your caned furniture looking new. Please come and enjoy the demos, ask questions and shop for gifts. For more information call (517) 627-9843, Wednesday – Friday from 10:00am

to 5:00pm.

# **Labor Day Bridge Walk**

Grand Ledge State
Representative Tom
Barrett, of the 71st District
in the Michigan House of
Representatives has been
named Grand Marshall of
the Eaton County Parks
and Recreation Labor Day
Bridge Walk to be held
Monday, September 7,
2015 from 9 a.m. to Noon.

The fifth annual event is sponsored by the Eaton County Parks & Recreation Commission and staff. This event features a FREE walk from Oak Park on the north side of Grand Ledge, across the downtown Grand River Bridge back to Fitzgerald Park along the scenic Ledges Trail or Jefferson Street.

Participants should park at Fitzgerald.
Our program partner,
Dean Transportation has donated busses that will take you from Fitzgerald Park to Oak Park. The walking route and transportation is accessible for all. Walkers are encouraged to bring a water bottle to stay hydrated.

This event is a local opportunity for the entire family to enjoy a fun and healthy bridge walk closer to home. Come and join us on this walk as part of the Choosing Health! "Walking Society designated walking program.

For more information: 517-627-7351.

# **Back to School Night Owl**

Friday, Sept. 11 from 5-10pm, Downtown, Grand Ledge Visit eight shops to check out fall merchandise, including Big Purple Bloomers, Ledge Craft Lane, The Nail & Hair Boutique, Painted Teal, Rescued Treasures, The Salvage Yard Antiques, Sports Stop and the grand opening of Greater Grace Boutique within Big Purple Bloomers. Pick up a card and have it stamped at each shop. Three stamps equal a chance to win a gift basket provided by Grand Ledge Area Retailers valued at approximately \$150.00.

For information email katherine.schmidt@1791.com or call 517-627-5210.

#### **Take Time for Wellness!**

Please help us get the word out about our ECSAAG Recovery Month Initiative called Take Time for Wellness (TT4Wellness) being held in collaboration with AL!VE. The TT4Wellness Initiative is part of National Recovery Month in September which celebrates the dedication of people in recovery living healthy- one day at a time. You don't need to be in recovery to participate, though! Everyone can benefit from improved health in one area or another whether is it exercise, diet, sleep, relaxation, mental health, volunteering to help others or helping to create a healthy environment.

Please visit the website at http://tt4wellness.weebly.com/ for full information on TT4Wellness along with the list of other upcoming Recovery Month Events as well as ongoing events in the community. Attached below you will also find a flier about TT4Wellness and the tracking log to track your participation.

Please mark your calendars and plan on participating in any or all of the following special events:

Pre-event Garden Party at Barry-Eaton District Health Department on Wednesday, September 9 5-6:30,

Kick-off event at the Live Life Nspired Family 5K Run/Walk at Hayes Green Beach EMS Garage on Saturday, September 12 at 9:45 am

Closing event on Saturday, September 26 at the Family Health and Fitness Day at AL!VE 9 am-Noon.

Contact Holly Makimaa athmakimaa@eatonresa.org or 517-667-0631 if you have questions, would like to volunteer, or have prize donations for our participants.

# Color Cruise Ledges Tour

Take a special Color Cruise Festival one-way ride on the river boat from Island Park to Fitzgerald Park on Saturday, October 10 and/or Sunday, October 11, at 1:30pm.

Join Park Naturalist, Jackie Blanc, as she describes scenic and historic sights on the cruise and narrates the walk back along the Ledges Trail.

Interested participants will board the river boat at Island Park in downtown Grand Ledge for a 30-minute one-way boat ride to Fitzgerald Park. Once at the park, individuals will have an opportunity to explore the Nature Center and join the Naturalist for the 45 minute historic walk back along the Ledges Trail to Island Park. Cost for the boat ride is \$4/person. There is no charge for the guided walk.

Tickets for this or other boat tours may be purchased at Island Park during the Color Cruise Festival weekend— October 9th, 10th and 11th.



For more Color Cruise information, please contact Grand Ledge Chamber at (517) 627-2383 or visit www.grandledgechamber.org

# First Annual Wine Tour Event September 26, 2015 Hosted by ABWA Seven Islands Charter Chapter

Get on the bus, grab a mimosa, and hit the road!

Date: September 26, 2015

Time: Bus leaves at 9:20 AM, returns at 8 PM.

Cost: \$100

Bus will depart from LAFCU on Marketplace Blvd, Lansing.

We are visiting:

Round Barn Winery · Baroda Winery · 12 Corners Winery

#### Your ticket includes:

- · Bagels, muffins, and mimosas to kick off the trip
- · Wine samples and a souvenir glass from each winery
- · Tour of Baroda Winery
- Lunch in the vineyard weather permitting
- Live music at 12 Corners Winery weather permitting
- Prizes and games
- Snacks for the ride home







# SIGN UP TODAY AT JAZZERCISE.COM/BACKTOFITNESS OFFER EXPIRES OFFER SOME RESTRICTIONS APPLY SEE VOLUS OF OUR CENTER FOR DETAILS.

CRUSH UP TO 800 CALORIES IN 60 MINUTES WITH OUR NEW CLASSES...

DANCE MIXX • INTERVAL • STRIKE FUSION • STRENGTH • CORE



M & W at 6pm at Grand Ledge Opera House

T & Th at 9:30 & 5:45pm at Delta Twp Community Center

For More Information Call Sandy at 517-285-0066 or

www.jazzercise.com



#### A LATE NIGHT SHOPPING EVENT

What: Join us for this late night shopping event! At every shop you visit, get a stamp on a card. Three stamps equal a chance to win a gift basket from Grand Ledge Area Retailers worth approximately \$150.

WHEN: September 11th, 'til 10 p.m.

WHERE: Downtown Grand Ledge participants include:

Big Purple Bloomers
Greater Grace Boutique\*
Ledge Craft Lane
Maybelle's Café & Sweets
The Nail & Hair Boutique
Painted Teal
Rescued Treasures
The Salvage Yard Antiques
Sports Stop

# Thank You to our Sponsors

Captain John's Galley

CHILI, CHILI DOGS, HOTDOGS, POPCORN & BEVERAGES Located at the Boat Deck

# THE LOG JAM

A quick walk from the Island! Full Bar, TV's, Groups Welcome



Pizza, Burgers Kids Menu Fish-Fry Sandwiches WiFi, ATM





Sponsored By:

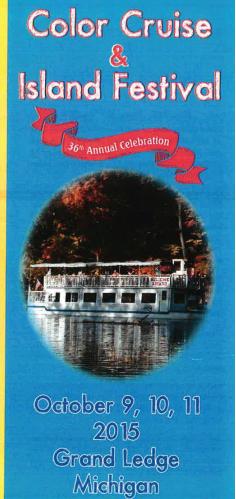
Grand Ledge, MI 48837 517.627.2383 • glaccgl@gmail.com www.grandledgechamber.com











# Color Cruise & Island Festival October 9-11, 2015 Fri, Sat, Sun 10<sup>AM</sup> - 5<sup>PM</sup>

Color Cruise and Island Festival celebrates with an unmatched combination of nature's glories and mid-Michigan good times. The towering hardwood trees compete to see which can most beautifully reflect colors on the river.

Our beautiful river boat takes admirers up and down the river, providing a relaxing slice of history and an unmatched view of our historic 60 foot sandstone ledges. Rock climbers come from across the country to conquer the sheer ledges. Try your hand, or just enjoy watching those who dare.

Fur traders will inhabit the area all three days. Folk music played on traditional instruments, voices raised in hearty harmony, and the rhythmic thud of cloggers mark the weekend.

Then, there's the food! Chili, freshly popped black kettle caramel corn, hotdogs and brats, and more soothe appetites sharpened by the cool air.

Friday is special for seniors: Bus tours are welcome and group packages can include step-on guides, a historic driving tour and a ride on the authentic river boat.

The Historical Society Museum is open all three afternoons. There is also a narrated boat cruise and nature walk on the Ledges on Saturday and Sunday at 1:30 pm.

Children can cuddle the bunnies and pet the sheep and llamas in the petting zoo. Try a craft, paint a pumpkin or even crank an old fashioned cider press.

Grand Ledge cloaks itself in finery so vivid and exciting in October that one would think there was a party. We invite you to come!

The Grand Ledge Opera House

# Diamond D

sponsored by:





# Saturday, October 10 - Bike Ride

10 am Fítzgerald Park - 11 am Fox Park Sponsored by: Eaton County Parks eatoncounty.org/departments/parks-department

# Sunday, October 11

3 pm Oakwood Cemetery Walk Sponsored by: Grand Ledge Historical Society gdledgehistsoc.org

# CAPITOL CITY CAR CLUB VINTAGE VEHICLE DISPLAY

>> Saturday Downtown <



# **PRICES**

#### ISLAND ADMISSION

Adults: \$3.00 · Children \$1.00 Friday Special for Seniors \$2.00

#### RIVERBOAT RIDES

Adults: \$8.00 · Children \$3.00 Friday Special for Seniors \$7.00

# AIRPLANE RIDES

\$20.00

"Views from Above" are approx 20 mins. long - check in at the airport. First come, first served.

#### WAGON RIDES

Adults: \$3.00 · Children \$1.00 Friday Special for Seniors \$2.00

Sponsored by: Sen. Rick Jones



#### Take Time for Wellness Initiative Log

Choose one or more of the wellness activities below or write in your own goal and participate as many times as you can during our 14-day challenge. Place an X each time you complete an activity. Each day you participate gives you one more chance to enter our drawing for our grand prize. **Everyone** who participates for at least 7 days will get a participation prize from AL!VE. Turn your logs into AL!VE or Eaton RESA, or email them to <a href="mailto:hmakimaa@eatonresa.org">hmakimaa@eatonresa.org</a>. For more information go to <a href="mailto:www.tt4wellness.weebly.com">www.tt4wellness.weebly.com</a>

Name:Phone:															
Wellness Activities (Check box(es) for each day	9/12	9/13	9/14	9/15	9/16	9/17	9/18	9/19	9/20	9/21	9/22	9/23	9/24	9/25	9/26
completed)															
Exercised with at least moderate intensity															
Exercised to build muscular strength and endurance															
Drank 6-8 glasses of water															
Slept 7 or more hours															
Filled half your plate with fruits and vegetables during at least one meal															
Connected with others for emotional support															
Attended a health-related support group or self- management class (such as Smart Recovery or a 12-step group)															
Volunteered in my community															
Expressed gratitude and appreciation at least 3 times today															
Engaged in structured relaxation activities such as yoga, meditation, tai chi, deep breathing, prayer, a leisure activity, etc.															
Spent time in nature and/or took actions to care for the environment															
Other : (Can include refraining from substances or unhealthy activities)															



220 South Bridge Street Grand Ledge, MI 48837

(517) 627-2383 glaccgl@gmail.com GrandLedgeChamber.com Like us on Facebook at fb.com/GrandLedgeChamber



What's Happening in Grand Ledge

# September

- 5 Artisan Demos
- 7 Labor Day Bridge Walk, Downtown
- 9 Take Time for Wellness Pre-Event Garden Party
- 11 Back To School Night Owl Event
- 12 Take Time 4 Wellness Nspired Family 5k Run/Walk
- 26 Take Time for Wellness Closing Event
- 26 ABWA Wine Tour
- 27 Grand Adventure Race

## October

9-11 Color Cruise and Island Festival



Saturday, Sept 26th: Closing Event: Family Health & Fitness Day, AL!VE, 9 am-12