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### The Lunch Bunch – March 5

**Who:** Chris Thelen,  
Area Manager, Consumers Energy  
**What:** Meeting Michigan's  
Future Energy Needs

New and changing federal regulations on air quality and carbon emissions will change Michigan's energy landscape in the next two to five years. A total of nine coal plants will shut down in the state by 2016 due to air quality rules. Even more plant retirements are expected by 2020 as the Environmental Protection Agency's Clean Power Plan begins to take affect. Estimates predict the Lower Peninsula of Michigan will be up to 3,000 megawatts short of the power our homes and businesses need. That's a loss of enough power to serve 2.1 million homes — a city three times the size of Detroit. Unfortunately, our current energy policy isn't equipped for the changes and challenges that are rapidly coming our way. Learn what Michigan must do to make sure we have affordable, reliable energy for our homes and businesses well into the future.



### Be a part of Ledges Civitan!

Our next informational meeting will be on Wednesday, March 4 at 5:30pm pizza delivered at 6:00. Any drinks will be on your own. Please let me know if you plan to attend and any special requests for your pizza. This will be our last meeting at Sanctuary Spirits 902 E. Saginaw then we will move to Sawdon School. We are still about 10 people shy of where we really want to be.....so, please invite someone that you know to join us. Questions: call Marta at 517-663-2178.

### Member Invitation

Calling All Chamber Members you're invited to Breakfast with the Grand Ledge BNI Group Tuesday, March 24 7:00-8:30am at the Opera House. This is a great way to network and promote your business! Please RSVP by March 20th to: [Kathy@theplantprofessionals.com](mailto:Kathy@theplantprofessionals.com)

### Congratulations to the City of Grand Ledge!

The City has been awarded a \$10,000 grant from LEAP (Lansing Economic Area Partnership) for public art and the Council approved a Public Art for Communities Grant Program Agreement with the Lansing Economic Area Partnership. The work of art will be located at Riverview Park at the corner of Bridge and Main Streets. A committee previously appointed by the Mayor and affirmed by the Council will select an artist for the work.

### Thank You All In Event Sponsors:





## Farm to Table

"Farm to Table" will welcome you at the Grand Ledge Area Historical Society Museum, 118 W. Lincoln St. starting March 1, 2-4 PM.

You will be able to follow the process of milking a cow to bottling milk and cream, then churning butter and ice cream. Have you ever seen a milking machine or cream separator? Don't miss the fanning mill made in Grand Ledge by Summers & Wareham that separates the chaff from the wheat before it is made into flour used to make bread.

Check out the incubator and setting hen house used when hatching baby chicks.

Area orchards produced apples used to make cider in the cider press and apple butter in the copper pot. The bee keeper is extracting the honey from the honeycombs.

Sap from the maple trees is collected in pails and boiled down in large pans to make syrup.

Families made their own sausage and lard and canned their meat when they butchered.

All farm families had gardens where they planted seeds and grew their own vegetables, such as tomatoes, green beans, cucumbers, then canned them. Check out the cabbage to sauerkraut area.

See the equipment used in these processes and the resulting products.

This exhibit will be a learning experience for the young and a trip down memory lane for the young at heart.

The Museum is open each Sunday, 2-4 PM and festival days, 12-4 PM or call 517-627-5170 or 517-896-4613 for tours and special arrangements.



## St. Patrick's Day Celebration March 13 & 14

Friday, March 13th: Join us at the Opera House beginning at 6pm for Irish entertainment, including: Glen Erin Pipe and Drum band, Irish Dancers and Live Music featuring "The Pub Runners" Irish music and story telling band. \$5 admission. Food and beverages for sale.

Saturday, March 14th: Parade downtown at 2pm. Register for the parade by visiting the website at [glstpats.org](http://glstpats.org) Bagpipers, floats & free candy followed by an afternoon and evening at the Opera House featuring the Goodrich bagpipe and drum band, Irish dancing, various live music, including "The Lash" Irish band from Grand Rapids, taking center stage at 5:30pm. Free admission. Open seating. Food and beverages for sale. The Irish Stew cook-off at the American Legion hall from 11am - 4pm. Join in the downtown pub crawl throughout the day and evening - featuring various specials at your favorite restaurants and taverns.

### Lucille Olson Combo

The Lucille Olson Combo Big Band and Beyond Concert at the Grand Ledge Opera House on Sunday, March 8 at 3:00 p.m. Dancers are welcome to swing and sway on an adjoining dance floor.

The Lucille Olson Combo was originally the pit band for the Social Security Scandals shows. They now play for private parties, fundraisers or groups, such as Woldumar Nature Center and for senior centers including the Marquette and Burcham Hills. Dr. Rich Martzke, a Grand Ledge dentist, played trumpet in high school with the MSU Marching Band and the River City jazz Band. He is currently active with the MSU Alumni Band and the Grand Ledge Community Band.

Tom Cornell, drummer, is a long time Grand Ledge resident. He played with Social Security Scandals and is a member of the MSU Alumni Band. He works for Marshall Music and is a substitute teacher.

Bill Botti, bass, also sings, plays guitar and banjo in a gospel group called Third Person. He is a professional forester and operates a Christmas tree farm in Eaton Rapids.

John Ross has played trombone with the Lansing Jr. Symphony, the Ross Brothers Jazz Fusion/Rock Band and Social Security Scandals. He currently plays with the Lee Jazz Ensemble and at his church.

Raymond Harris, vocalist, is a song stylist who has been singing since childhood. He sings professionally and for many charitable causes. He is known for his unique soulful presentation of both secular and gospel music. He has produced three CDs.

Lucille Olson, pianist, taught public school music at Dansville, was pianist with Second Time Around band and Social Security Scandals. She is music director at Unity Spiritual Renaissance and Fellowship for Today. Lucille has produced four CDs of original music.

Tickets for the concert are \$8.00 presale at the Opera House, MacDowell's Hearth and Floral and True Value Hardware and \$10 at the door. More information is available at 517-627-1443 and 517-627-8594.





# Do you have a healthy worksite?

Barry-Eaton District Health Department and its local partners can help answer that! Healthy Worksite program staff are available to assess current worksite policies and make recommendations for healthy changes. For a limited time, funding is available to help your business implement a health policy or change.

**Grants of up to \$500 are available to help worksites get healthy!**

## What is a “Healthy Worksite”?

Healthy worksites come in all shapes and sizes, but two things they all have in common are company policies and supports that promote healthy eating and physical activity. Below are some examples of those policies and supports:

### Policies and Supports for Healthy Eating

- Establish Wellness Committee
- Using Healthy Foods
- Nutritious Vending Options
- Healthy Cafeteria Options
- Advertising of Only Healthy Foods
- Water Available at Meetings
- Healthy Options at Company Events
- Company Farmer’s Markets
- Fruit Basket Program
- Tobacco-free Outdoor Eating Area
- Healthy Eating Lunch and Learns
- Healthy Recipe Sharing
- Healthy Cooking Magazines in Break Room

### Policies and Supports for Physical Activity

- Establish Wellness Committee
- Flexible Work Schedule for Physical Activity
- Physical Activity Breaks During Meetings
- Stairwell Makeovers and Signs
- Walking Group Challenge
- Bike to Work
- Active Volunteerism
- Company Sports Teams
- Charity Walk/Run Support
- Map Out and Post Walking Signs





### Can We Participate?

Up to 24 worksites may participate in the 2015 Healthy Worksite program. The program is open to any worksite in Barry or Eaton County in which **at least 25% of workers make less than \$30,500 per year (or \$14.66 per hour)**. Worksites must have at least **five workers**. Private offices, restaurants, childcare centers, or retail establishments are examples of worksites that may be interested in the Healthy Worksite program.

### How Does It Work?

1. Each site forms a team of 2-5 people.
2. Your team will meet with a Health Educator or community change partner to complete the assessment (CHANGE tool\*\*) which takes 1-1 ½ hours.
3. Develop a feasible and low cost action plan focused on a health policy or environmental change to support healthy eating or physical activity.
4. Execute the plan and evaluate the difference it's making.
5. Request reimbursement up to \$500.00 per site.

### PARTICIPATING WORKSITES WILL RECEIVE

1. Free Tools for Developing Healthy Worksite Changes
2. Seed Money for Implementing Healthy Worksite Changes
3. Happier and More Productive Employees

*\*\* CHANGE is a data-collection tool that allows worksites to track progress across a five-point scale, so incremental changes can be noted. As problem areas are identified, health-related policies are implemented, and systems and environmental change strategies are put in place, team members can document the change.*

### When and Where?

All activities will take place at your worksite before August 15, 2015.

### How can we get started?

Please contact Shelli Smith, Community Health Specialist, 517-541-2644 or [ssmith@bedhd.org](mailto:ssmith@bedhd.org)



**Barry-Eaton District  
Health Department**

**Be Active • Be Safe • Be Healthy**

Funds are provided by Barry-Eaton District Health Department through a cooperative grant with the Michigan Department of Community Health Building Healthy Communities Program.



**Sláinte!**  
*Celebrate!*

*Cheers and good health to our friends near and far -  
As we spring into March, come see who we are!*

**VA Benefits:  
Free Educational  
Seminar**  
Tuesday, March 6  
3:00 pm

We know how overwhelming this process can be, and we are here to help! Join us for a free seminar on VA Aid and Attendance Benefits. An Elder Law Attorney will also be present to cover topics such as Irrevocable trusts, DPOA's, guardianship, and qualifying for these benefits. Light refreshments will be served. RSVP by March 2nd.

**Sunday Brunch**  
Sunday, March 15  
11:00 am – 2:00 pm

Executive Chef John Bastianelli and his staff pull out all the stops to present an extravagant and scrumptious dining experience, complete with entertainment. This monthly event continues to impress. Try it again and see what you've missed. Cost \$17.00 adults, \$13.00 ages 5-12, 4 and under are free. RSVP by March 12th.

**Ask Andrea:  
Gardening!**

Thursday, March 26  
1:00 pm – 3:00 pm

Horticulturist Andrea Shingledecker from Romance Gardens & Greenhouses will put on a demonstration for container gardening - with a twist! She will answer questions and talk about new plants for 2015. RSVP by March 23rd.

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[www.barryeatonhealth.org](http://www.barryeatonhealth.org)

[www.facebook.com/barryeatonhealth](https://www.facebook.com/barryeatonhealth)

Independence Village of Grand Ledge | 4775 Village Drive, Grand Ledge, MI 48837 | 517-627-7585



STORYPOINT

**2015 Ambassadors Club**

The people that make things happen & have the answers to what is going on in Grand Ledge!

We meet on the third Thursday of the month from 12-1pm at The Log Jam.

The Meeting dates for the rest of 2015 are:

March 19

April 16

May 14

June 19 (This is Yankee Doodle Days – good volunteer planning time)

July 17

Aug 21

Sept 18

Oct 16

Nov 20

Dec 18





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GrandLedgeChamber.com

Like us on Facebook at [fb.com/GrandLedgeChamber](https://fb.com/GrandLedgeChamber)



**Independence  
Village**

517-627-7585 • [www.SeniorVillages.com](http://www.SeniorVillages.com)

**STORYPOINT**  
Assisted Living & Memory Care

## What's Happening in Grand Ledge

### March

- 4 Ledges Civitan Meeting
- 5 The Lunch Bunch at the Chamber Office
- 6 VA Benefits Educational Seminar at Independence Village
- 8 Lucille Olson Combo
- 13 St. Patrick's Day Celebration
- 14 St. Patrick's Day Celebration
- 15 Sunday Brunch at Independence Village
- 19 Ambassador's Club
- 24 Chamber Member Breakfast with the BNI Group
- 26 Ask Andrea: Gardening at Independence Village