

35th Annual North & South Manitou Island Excursion
Saturday, July 30, 2005 AM - 4:00 PM
Empire Township Hall
Empire, MI 49630
17th Annual Meeting
Manitou Islands Memorial Society
Saturday, July 30, 2005
1:00 PM
Empire Township Hall
Empire, MI 49630
13th Annual South Manitou Island Excursion
Sunday, July 31, 2005
9:00 AM - 6:00 PM
Fishtown Dock
Leland, MI 49632

Worried about Sea Sickness?
Seasickness is thought to result from the brain's difficulty in coping with conflicting balance signals. It is also known to be highly psychosomatic. Studies show that everyone is susceptible to seasickness. If you're among the estimated 40% who are most vulnerable, you probably feel ambivalent about your cruising. Here are some tips to help you avoid seasickness:
- Have a light meal no more than three hours before sailing, but avoid dairy products, rich foods or salty snacks. Stay upright, keeping your head up. Concentrate on a horizon to provide the brain with a frame of reference. Avoid activities such as reading, watching movies or playing video games. Occupy your mind with conversation, or thoughts of something other than how lousy you're beginning to feel. If feeling ill, don't be embarrassed and try to pretend you're not affected. Slightly add to the discomfort.

Many now swear by a set of wristbands called Sea Bands, or Sea-Straps. It's your work via acupressure points on the wrists, and are actually government approved for the relief of certain types of nausea. Look for these at Meijer, Wal-Mart or your favorite pharmacy. Price: about \$4.95 per set.
As an exciting new initiative, MIMS, MIT and Health Enterprises Inc. have instituted a pilot project, making a test quantity of this drug-free, one-dose-fit-to-all sea sickness remedy available aboard MIT's boats. They'll be dispensed by the crew as needed, on a complimentary basis. If the results are favorable, the Memorial Society may adopt this as a permanent promotional public service.

Membership Audit Envelope
The bylaws require that the Secretary audit the membership rolls annually coincident with the annual meeting. The purpose of the audit is to keep the mailing list up to date, and assure that everyone can be notified of opportunities and important events in the life of the organization. A mailing list enclosed for that purpose. You can also see this online at http://www.manitouislands.org/members/

There is no need to RSVP in order to attend the annual reunion/meeting and island excursion. Indicate what your plans are if you can. Otherwise, don't worry about it. Just come and enjoy some good times with old friends, or meet-to-be old friends.

Work to Stay - Lodging Assistance
Affordable accommodations in the area of the Lakeshore are typically difficult to come up with on short notice. On the other hand, nearby Traverse City offers a wealth of choices, and usually has only a light calendar of activities the last weekend of July, when our events are always scheduled. Trips between Traverse City-Empire, Traverse City-Leland or Empire-Leland are all about 25 miles, or about 40 minutes driving time.

What To Do With Grandma's Old Photo Albums and Scrapbooks - Free Scanning Offered at the Annual Reunion.
Over the years, grandma lovingly collected photos, newspaper clippings and other mementos about family, friends, home and significant events in the family's life. Then one day her life's work is passed on for safekeeping to a next-of-kin. Chances are, they'll also pass it on, and within a generation or two, the memory, and even knowledge, of grandma's life to a generation to represent all the things she's carefully saved. What to do with those aging albums and scrapbooks, with their fading pictures and brittle pages? Scrapbooks are, they'll eventually be discarded, and what a tragic loss that might be!

SMI Schoolhouse Project
The schoolhouse preservation project is now well underway. The work is being done as a cooperative effort between the Lakeshore and the Memorial Society. The Lakeshore is providing professional advice and direction, treatment of the building, and the Memorial Society is providing volunteer and materials, and is funding the cost of materials, supplies and other expenses incidental to the preservation effort. Once the job is complete, the Lakeshore will feature the building as a regular interpretive stop on the motor tours offered by Manitou Island Transit.

SLBE Refurbishing South Manitou Lighthouse Buildings
The Lakeshore has obtained funding to do some much-needed maintenance on South Manitou's lighthouse. The work will include painting the exterior of the light, roof repairs, and other exterior and interior renovations. The tower will therefore not be open to visitors for much of the 2005 season. Other buildings in the complex will be opened for inspection and the Park has provided some temporary interpretive displays at the site.

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