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So Many Reasons to Gather

Enjoy the good news on every page of this October issue from the following contributors:



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Owner and
Resident Publisher

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Guiding Light
Doula Services



Chaelynn August,
August Alchemy



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JOIN THE TEAM

If you'd like to get involved, let's connect. The more of us we can include in an issue, the better the issue will be, right? You can be as involved as you would like and whether it's photography, writing, reporting or sharing ideas, your voice matters.

DEADLINE FOR DECEMBER CONTENT: OCT 20TH

Yes, you read that right! This is your last chance to contribute to Stroll this year.!

I CAN ANSWER THAT

If you're wondering about a business owner in Stroll, just reach out and I can tell you all about why I invited them to be a part of the magazine and if you want, I can connect you personally. That's one of my favorite things to do. Let's connect!

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A Word From My Biggest Sponsor:

"They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people."

—ACTS 2:46-47



Scan to check out [Strollmag.com/Oakhurst](https://strollmag.com/Oakhurst)

STROLL RAFFLE!

Take a moment and send me your referral or recommendation and enter my October Raffle! Looking for feel good stories, families for future covers, testimonies about Stroll businesses and more! Send an email to janalee.grainer@strollmag.com or text me at (248) 459-1713!



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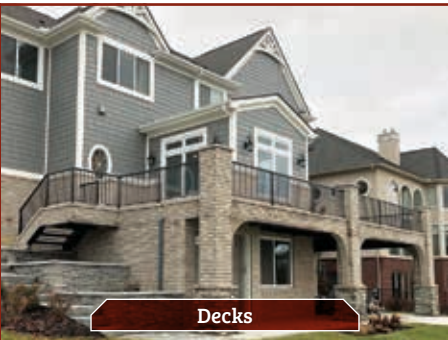
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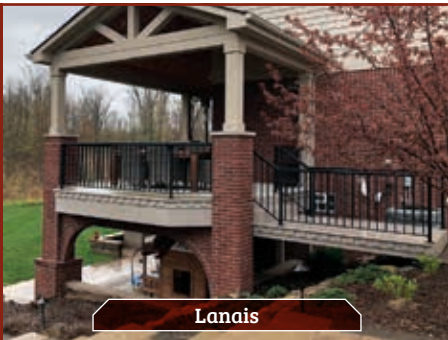
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The Summer of Smiles

Summer birthday celebrations are so much fun! A special thank you the partners and businesses that helped make the day one to remember. Those who filled the room at the clubhouse for networking, we hope to gather again on October 20th! Mark your calendar. Read to the end.



Judi Fetzer, Whimsical Sip & Snackery Food Truck



Ray and AnnaMaryLee Vollick, The Derby Bar

I am blessed to meet so many people, every day, here in the neighborhood, around town - even while traveling. Not a moment is wasted without a reason to smile. Here are a few highlights I hope remind you of a recent smile.

BIRTHDAY PARTIES

On July 25, I held a backyard birthday party to celebrate Frank's 70th early. His real birthday is December 26 - a day of rest. Haha. As everyone arrived, they began at the side gate where Katie Hess set up her Photo Booth (Photo Soiree Clarkston). If you're like me and love to share party photos, this is an easy way to capture smiles.

Throwing a party in summer gave me an excuse to invite Judi Fetzer and her Whimsical Sip & Snackery Food Truck and Ray and AnnaMaryLee Vollick & Family with The Derby Bar - a vintage horse trailer-turned mobile bar - to share with friends and family. What a day it turned out to be. Perfect in every way. There was plenty to go around and something for every palate.



Katie Hess, Photo Soiree Clarkston

There were special treats and cocktails to go with the homemade mint custard Judi brought with her and signature drinks "Pop's Gin & Tonic" and "Bluey Blueberry Lemonade" available

with draft beer selections for everyone at The Derby Bar. Memories were captured too with Katie Hess and her Photo Booth Soiree Clarkston. Thanks Katie!

It was an all day affair with grilled hot dogs ready at lunchtime with a selection of every condiment and topping you could imagine to make your dog your way. There was Cowboy Caviar, chips, salsa and watermelon and then later, Grainer BBQ and fresh coleslaw -all poolside.

Not a cloud in the sky all day and then at dusk, the lights many of you see lining the Christmas Holiday tunnel around Weston Court in December, lit up and draped the rod iron fencing around the yard, extending the day into evening. Fireflies and outdoor speakers were like quiet firecrackers and mood swings - creating our own version of Pine Knob on the lawn with flashbacks from summers' past.

NETWORKING EVENTS

While networking is all about connecting people and building relationships on a

daily basis - for me, it was fun to resume networking events. On July 29 I teamed up with Partner Kelly Richardson from Richardson Agency (Farm Bureau Insurance) and Partner Oakhurst Golf & Country Club with Kyle Kleiman (Event Sales Director) for a meet & greet happy hour setting. We had 30 participants who left knowing other business owners better.

YOU'RE INVITED

If you would like to join us this month, we'll be returning to the clubhouse on Tuesday, October 20th from 5:00 - 7:00 pm. There will be appetizers and a cash bar and you never know - you'll probably meet a new friend or find a business connection. RSVP to attend (248) 459-1713.

AS SCHOOL DAYS APPROACHED

Oakhurst Mom Sarah Taykowsky caught some kids enjoying the last days of summer. Today, they're already into their 2nd month of school. I hope they continue to have fun together, growing and learning new things everyday.



Kids enjoying the summer weather! Sarah Taykowsky

October Treats Contest for Kids

Hey kids! Take a photo of fall leaves and send it to Janalee.grainer@strollmag.com to enter a drawing for a treat you're sure to love! Deadline October 15, 2026.



The Derby Bar is a vintage-inspired mobile bar serving up handcrafted drinks and Southern hospitality for weddings, private parties, and special events across Michigan.

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WELCOME NEW PARTNERS

WELCOME NEW PARTNERS!

Over the summer, we added some amazing businesses. Take a look and when you get a chance, reach out and see if these businesses can help make your life better!



NORTHWESTERN MUTUAL

I am happy to introduce you to JT Morgan III who is a financial representative with Northwestern Mutual's Troy office. I met him at Clarkston Pilates where I noticed his friendly and knowledgeable personality right away. He isn't wasting any time at all preparing for his future, focused on Protection. Growth. Peace of Mind.



LA SALLE COLLECTION

Asia Adieh is a breath of fresh air! Currently a law student at Wayne State, Asia balances her love for justice with her love for decorating a room. She can help you see your new room before you buy your new room with tools and intuition that will save you time! Asia is ready to turn your dreams into reality.



NEIMAN'S FAMILY MARKET - IS BACK!

Neiman's has a new sales director, Aaron Stallings. He is a perfect fit for the culture at Neiman's Family Market - a place to provide your family with meats, produce and baked goods for breakfast, lunch, dinner and yes, the upcoming holidays! Stop by and introduce yourself. I know you're going to like him very much.



GROUNDWELLNESS LLC

I find it fascinating when I meet someone who knows so many of my friends already. Over the years, Kris Mackson has encouraged and enlightened many Clarkston residents with her passion for health and wellness. She's on her own now and excited to build her business in Oakhurst.



NEIGHBOR FOR NEIGHBOR - NONPROFIT PARTNER

Last December, many of you attended the Tree of Dreams, an annual gala held at Deer Lake Racquet Club for the purpose of collecting holiday gifts and goodies for children of all ages. This nonprofit led by Ruth Andrews is a food and clothing pantry supporting local residents who fall on hard times. Don't miss out on this year's gala. Stay tuned!



**Neighbor
for
Neighbor**

Neighbor for Neighbor is a nonprofit, volunteer-run and privately funded Food and Clothing pantry in North Oakland County, open every Wednesday for families in need in our 9 municipalities. In addition, we help with utility assistance, provide diapers and baby wipes, distribute almost 100 backpacks at the start of school, and provide coats and boots to school age children and our seniors.

With the support of Tree of Dreams, we are able to provide Christmas smiles for over 150 families every year. We rely on donations of food, clothing (new and gently used) and financial support from the community. We have provided gift cards to our seniors at Christmas, gas gift cards to families, gift cards for teens at Christmas and all of this is because of the Tree of Dreams group.

NEIGHBOR FOR NEIGHBOR INC

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What began as a group of friends who wanted to come together and give back during the holidays has evolved into something much bigger.

27 years later, Tree of Dreams has been able to provide Christmas for many of our neighbors right here in Oakland County.

If you would like to be a corporate sponsor of this event, please reach out to Kelsey Jones at (810) 429-7009 or at Joneskelseyj@gmail.com





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Turning Connections Into Community Impact

Growing up in Clarkston in the 80’s meant growing up in a community where people knew each other, knew what was happening and showed up for one another. As Clarkston has grown, that sense of connection is still here — but it can be harder to find.

THERE ARE MORE BUSINESSES, more events, more nonprofits, more schools, more neighborhoods and more ways for people to get involved than ever before. At the same time, information is spread across Facebook groups, websites, emails, flyers and word of mouth. It became easy to live in the same community and still miss so much of what was happening around you. That idea became the heart of Connecting Clarkston.

SMALL TOWN CONNECTION

I wanted to use the digital tools we all already rely on to help recreate some of that small-town connection I remember growing up with — a modern way to help people know what is happening, discover who is doing good work locally and feel a little more connected to the place they call home.

Clarkston has always been home for my family. I graduated from Clarkston High School in 1999, my husband, Larry Hess, graduated in 1989, and we now have two kids in the district. That history gives me a personal connection to the community and has shaped the way I think about Connecting Clarkston — as a way to help local residents, nonprofits and businesses find each other more easily.



Katie Hess | Photo Credit: Colleen Quisenberry

FREE APP FOR YOU

Today, Connecting Clarkston reaches people in several different ways. The free Connecting Clarkston app gives residents one place to find local events, businesses, nonprofits, resources, deals and other community information. Our email newsletter helps bring some of the most useful and interesting local information directly to people’s inboxes, while social media gives us a way to share timely updates, celebrations and reminders throughout the week.

THE PODCAST

Then there is the Connecting Clarkston podcast, which has become our favorite way to tell local stories. I co-host the podcast with Anne (Brueck) Bushroe, Clarkston High School Class of 1994, who also helped start Connecting Clarkston. Sitting down with local business owners, nonprofit leaders, school representatives

and other people doing interesting things in the community gives us a chance to go beyond a social media post and really introduce people to the faces behind Clarkston.

FOR EVERYONE

A big part of the mission is making sure community organizations have a place to be seen. Local nonprofits are included in Connecting Clarkston at no cost, giving them a place to share events, fundraisers, volunteer opportunities and their work in the community. For-profit businesses can become annual members for \$599, which gives them opportunities to be included and spotlight their business and events throughout the year.

Over time, that has also led to new sections and ideas, including our Nonprofit Network and CHS Alumni spotlight, both designed to help people discover more of the stories and connections already around us.

100 PEOPLE WHO CARE

And now, I’m excited to take that idea of connection one step further.

This fall, I’m working with a steering committee to launch 100 People Who Care – Clarkston Area, a local giving circle designed to turn connection into direct community impact.

The concept is intentionally simple. Members meet four times a year and commit to donating \$100 per quarter. Members nominate and share information about local nonprofits, the group hears about a few of those organizations, everyone votes, and each member makes their donation directly to the nonprofit receiving the most votes.

If we reach our goal of 100 members, one hour together can result in \$10,000 for a local nonprofit.

INTERESTED?

Our first meeting is planned for October 19 at CIDL, and I’m excited not only about the money the group can collectively give, but also about the awareness it can create. Every meeting gives people the chance to learn about local organizations they may have never heard of before.

To me, that is exactly what Connecting Clarkston is supposed to do.

Technology can sometimes make communities feel less personal. My hope is to use it in the opposite way — to help people find each other, discover what is happening around them and turn those digital connections into real-life relationships, support and community impact.

Clarkston may be bigger than the community I remember growing up in, but I believe we can still keep that feeling of knowing what is happening, knowing who is doing good work and knowing how to show up for one another.

We just have to make it a little easier to connect.

HOW IT WORKS

100 People Who Care Clarkston Area

- 1. Four times a year
- 2. One hour meeting
- 3. 100-ish people
- 4. Three nonprofits are presented
- 5. Every committed member votes
- 6. Everyone makes their donation to the selected group.

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First 100 People Who Care Clarkston Area

Meeting: October 19



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There For You

I am so happy to have AnnaMaryLee Vollick's kind words in Stroll Oakhurst. Words worth repeating. Each month she'll share information that will encourage peace of mind - something we can all benefit from every day of the year. She would love to meet you.

BY ANNAMARYLEE VOLLICK, GUIDING LIGHT DOULA SERVICES

ANNAMARYLEE'S NATURAL INCLINATION toward care and understanding led her to this sacred path, where she provides comfort, guidance, and support to those nearing the end of life, helping them navigate their final journey with peace and dignity. Her calling as an End-of-Life Doula emerged from a lifelong fascination with the unknown, coupled with a strong desire to connect with people in their most vulnerable moments. Driven by an insatiable curiosity about the mysteries of existence and the great unknown that lies beyond, she fosters an environment of acceptance and reverence, offering space for individuals to explore their emotions, fears, and hopes with unwavering support.



What truly sets AnnaMaryLee apart is her dedication to unity.

What truly sets AnnaMaryLee apart is her dedication to unity. She believes that the end-of-life experience is not just an individual journey but a collective one—where families, communities, and the spirit of togetherness play an essential role in creating a holistic, peaceful transition. She strives to weave these threads together, honoring the interconnectedness of all, and offering not just physical care, but emotional and spiritual support that nurtures the soul. Through her work, AnnaMaryLee offers a safe space for reflection, healing, and closure, making sure that no one faces the end of life alone. Her approach is rooted in kindness, sensitivity, and a deep respect for each person's unique path, ensuring that each individual's final moments are met with compassion, understanding, and love.

AnnaMaryLee Vollick is a compassionate End-of-Life Doula, deeply dedicated to supporting individuals and families during one of life's most profound transitions. Guided by a profound empathy and love for others, her work stems from a lifelong commitment to the well-being of those around her. She received her certification as an End-of-Life Doula and Life Planning Specialist through The International Life Doula Movement.



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BY FLORA AND FAUNA

16 October 2026

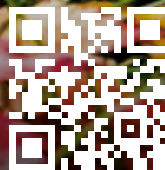
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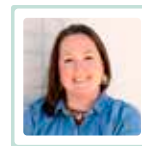


CONNECTING CLARKSTON

September in Clarkston

September brings the start of fall, Friday night football and a full calendar of community traditions. Whether you're cheering on the Wolves, exploring local art, enjoying live theater or sampling your way through downtown, there are plenty of reasons to get out and enjoy Clarkston this month.

KATIE HESS, CONNECTING CLARKSTON



FOOTBALL SEASON & COMMUNITY TAILGATE — SEPTEMBER 11

Football season is back, bringing students, families, alumni and fans together under the Friday night lights. On September 11, join the Community Tailgate before the game for a special tailgate filled with school spirit, activities and plenty of Wolves pride.

CLARKSTON WOLVES	
FOOTBALL 2026 SCHEDULE	
8/28	vs South Lyon
9/3	at Stoney Creek
9/11	vs Troy Athens
9/18	at Rochester Adams
9/25	vs Oxford
10/2	vs West Bloomfield
10/9	at Lake Orion
10/16	at Harper Woods
10/23	vs Muskegon

Scan QR code for up-to-date schedule info

STEEL MAGNOLIAS — SEPTEMBER 11-26

The Clarkston Village Players present *Steel Magnolias*, the beloved story of friendship, strength and humor set inside a small-town beauty salon. Performances run September 11 through 26 at the Depot Theatre.



ART IN THE VILLAGE — SEPTEMBER 19 & 20

Spend the weekend at Depot Park during Art in the Village. Browse the work of talented artists and makers while enjoying a beautiful early-fall weekend in the heart of Clarkston.



MICHIGAN RENAISSANCE FESTIVAL

The Michigan Renaissance Festival continues throughout September. Step back in time for themed entertainment, costumed characters, artisan shopping, food and family-friendly fun in the village of Hollygrove.



TASTE OF CLARKSTON — SEPTEMBER 27

One of Clarkston's favorite annual traditions returns on



September 27. Taste of Clarkston transforms Main Street into a lively community gathering featuring food from local restaurants, entertainment and

activities for all ages. Come hungry and enjoy a taste of everything our community has to offer!



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Addiction does not discriminate.

At Bald Mountain Behavioral Medicine, individuals with addictions are able to receive effective treatment for their illness. John Kitzmiller, M.D. and his wife, Diana, founded the clinic in 2013 to serve as a private outpatient therapeutic resource for adolescents, adults, couples and families.

Dr. Kitzmiller's knowledge of addiction is both professional and personal. Practicing as a Vascular Surgeon for more than 25 years, he left his position a decade ago due to chronic pain incurred from thousands of hours on his feet and the physical toll performing surgery had on his body.

Following his tenth back surgery, he found himself addicted to opiates. He spent four months in rehab for detoxification, took time to reflect on what was important to him, and ultimately, went back to school for a Master's degree in Psychology. Following successful completion of an in-patient treatment program, he voluntarily ran substance use disorder groups at the facility.

During this time, he met his wife, a clinical psychologist, and the two dared to dream of a way to better help those with addictions. Bald Mountain Behavioral Medicine in Lake Orion is the realization of that dream.

The definition of addiction in medical literature is that it is a lifelong disease of the brain. It's how we deal with it that we are able to achieve years of sobriety," says Dr. Kitzmiller. "I know firsthand about addiction, and I have no problem that others know about it. It makes patients more able to relate. I'm not judgmental, and I know the struggle."

Often, by the time patients reach Dr. Kitzmiller, they have nothing. They have lost their job, their families have lost their patience, and still the chronic pain and substance use continues. With proper treatment, Dr. Kitzmiller says a vast majority are back to leading a normal life within a year.

One of his first patients was a homeless, toothless teenage heroin addict who owed money to dealers. With buprenorphine, or Suboxone treatment, within three months the teen was able to pay off the dealers, move to a new place, and find a dental program to help him obtain new teeth. In a year's time, he was sober and had hope for the future.

Medication Assisted Treatment (MAT) using mild forms of opiates such as Suboxone coupled with behavioral counseling has proven to be one of the best and most effective treatments for long-lasting results. It works by eliminating the symptoms of withdrawal and reduces cravings.

"It is a game-changer and a life-saver," says Dr. Kitzmiller. Yet it is not without its side effects, which is why only select physicians are granted a license to prescribe it.



Dr. Kitzmiller was helpful in expanding this treatment in the United States, and spoke before a U.S. Senate hearing in 2014. His testimony ultimately led to the ability for state-certified physicians who prescribe buprenorphine (Suboxone is a name brand) to increase the number of patients they treat from 100 to 275. Properly certified nurse practitioners working with a physician are also able to maintain a caseload of 100 patients annually. Dr. Kitzmiller says the need is even greater.

"Almost all of us have had a friend or family member with an addiction problem," says Dr. Kitzmiller, who notes that his typical patient is not the teen heroin addict. "I see many older people who are 50 and over who have had hip or knee replacements, who took opiates for the pain, and are now dependent on them. They are living a miserable life totally dependent on when and how they will get their opiate fix that day."

With decades of collective expertise in the fields of medicine and mental health, Dr. Kitzmiller and the staff of dedicated clinicians at Bald Mountain Behavioral Medicine offer treatment for clients experiencing difficulties with addiction and the associated issues that coexist such as depression, anxiety and shame.

The current caseload is about 80 percent addiction medicine, including helping patients overcome substance abuse of opiates, alcohol, and cocaine.

Of the other 20 percent, half are chronic pain patients who need proper pain management to avoid addiction, and the other 10 percent are patients in need of counseling for anxiety, depression, anger management, domestic violence, grief/loss, post-traumatic stress (PTSD), attention deficit (ADHD) and hyperactivity, and behavioral and parenting issues.

Bald Mountain Behavioral Medicine is dedicated to offering the latest, most-comprehensive treatments available. Its caring, experienced professionals specialize in Addiction Medicine, Chronic Pain, and Psychotherapy.

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HALLOWEEN

IS OUR GO-TO HOLIDAY

Every October I hope to share a Halloween issue and every October deadline creeps up on me so fast in August as summer days fade. But, this year, Maria Osmano told me Halloween is one of their family's favorite holidays to celebrate and share with neighbors so let's find out why!

MARIA OSMANO, OAKHURST MOM



The four Osmano kids — Diago, 10, Sergio, 8, Aria, 7, and Aurora, 3 — have been celebrating Halloween in Oakhurst since their family moved to the neighborhood in January 2024.

Originally from Michigan, our family spent seven years in Chicago before deciding it was time to come back home to be closer to family when we found out we were expecting our youngest, Aurora. When we began looking for a place to call home, Clarkston felt like the perfect fit.

We fell in love with Oakhurst the first time we drove through the neighborhood. It was winter, the streets were covered in snow, and homes along Oakhurst Ridge Road were glowing with red and green holiday lights. There was such a sense of community and family that we immediately felt like this was where we were supposed to be.

Our kids definitely keep us busy! Diago loves football and golf and is happiest when he is doing something competitive. Sergio is just as sports-obsessed and, after being named Defensive Player of the Year in football, has recently decided basketball may also run through his veins.

Aria loves swimming and could happily spend all day in the water. She also has a huge heart for animals and would probably bring home every animal she meets if we let her. The three older kids all golf, swim and share a love of football — which means there is rarely a quiet weekend in our house.

And then there is Aurora, our little princess. She loves everything Disney, pink, dressing up, makeup and making sure her hair looks just right. Most of all, she loves following her big sister Aria everywhere. We call the girls “Bluey and Bingo” because they are constantly together, getting into something and making the rest of us laugh.





OUR FAMILY FAVORITE

We may put up more than seven Christmas trees every year, but Halloween is where our family really shines. Halloween at the Osmano house isn't limited to the front porch. Every room gets decorated — bathrooms included — and each year the kids help us decide what we should add or change.

DECORATIONS GALORE

There are ghosts hanging in the basement, "blood" splattered across bathroom mirrors and a Maleficent animatronic welcoming guests into the dining room. In the living room, a skeleton DJ puts on a light show beside our dance floor — and yes, we really do have a dance floor.

Add in smoke-filled cauldrons and our Halloween charcuterie-style snack table, where everything is designed to look slimy, gooey, bloody or boney, and the house takes on a completely different personality for the night.

Even when it isn't Halloween, costumes are a big part of life in our house. Our collection includes everything from dragons and ballerinas to Bluey and Bingo — and even banana costumes. The kids will find just about any excuse to dress up throughout the year.

EVERYONE LOVES A GOOD PARTY

Our first Halloween party in Oakhurst was mostly family, with about 25 people. By our second year, we had met so many wonderful neighbors and friends that the party grew to more than 60 guests.

Apparently, the kids have noticed how much fun the adults are having, because this year they are demanding a Halloween party of their own. Their argument is that "the adults have more fun." We'll see if they get their wish!

WE LOVE HOSTING

Our Halloween party has become one of those traditions that really brings our family together. Decorating is a family affair. We pull box after box out of storage, rediscover decorations we forgot we owned and decide together where everything should go that year. Nothing is too spooky, and there is always room for one more decoration.

Once fall gets close, trips to the Halloween stores become a family activity — although our Halloween season unofficially begins sometime in July when HomeGoods puts out its first decorations. That's usually when the kids and I start finding new things for our collection and trying to get them into the house before Dad notices!

Every year it gets a little bigger, a little crazier and somehow even more fun.

MEMORIES ARE MADE

As much as we love Halloween, some of our favorite Oakhurst memories are the simple ones — late nights at the pool, bonfires with neighbors and sitting on the patio until the sun goes down.

On summer nights, we can sometimes hear music from Pine Knob carrying through the neighborhood while the kids make up dances to whatever song happens to be playing. Those are the moments that have made Oakhurst feel like home.

The first year we just invited family and by year 2, we had met so many great neighbors that the party grew from 25 to 60+ guests.

The Osmano kids hope everyone has an amazing Halloween this year. And there's an extra reason to be excited: Halloween falls on a Saturday!

We can't wait to see Oakhurst filled with glowing houses, neighbors outside together and kids of all ages running from house to house in their costumes. Now there's only one important question left: Have you picked your costume yet?





Hot to Get Real Smiles From Your Kids

Tired of that “cheeeese” grin? Me too! Fake grins... painful eye squints... that’s not what we want. So what tricks work?

BY KASEY BLANCK, RESIDENT PHOTOGRAPHER



Reverse psychology. Try telling them “I bet you can’t hold a serious face for five seconds!” It’s almost always followed by a real laugh, and a real smile. Or try giving your kids a job: “Tell your sister a secret,” or “What does that flower smell like?” Kids quickly forget the camera exists when they’re busy.

One of my favorites, though is MOVEMENT. This works for all ages. Little ones will happily swing, spin and run all night. Bigger kids (especially seniors) are encouraged to wear clothing that moves and bring along meaningful props. Smoke bomb? YES PLEASE!

My sessions lean heavily on motion, custom props and the occasional treat — built-in fun, built-in distraction, real smiles guaranteed.



Little ones will happily swing, spin and run all night. Bigger kids (especially seniors) are encouraged to wear clothing that moves and bring along meaningful props. Smoke bomb? YES PLEASE

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QUARTERLY UPDATE

BY MATT FOYTECK, GENERAL MANAGER, OAKHURST GOLF & COUNTRY CLUB

Hi Neighbors,

As we enjoy warm days and cool nights at Oakhurst Golf & Country Club and throughout the community, we would like to highlight some of the Club's recent events.

POOL NEWS

We celebrated the renovation of our junior Olympic-size pool and adjoining children's pool—much-needed infrastructure improvements—and we greatly appreciated the community's patience throughout the project. To mark the grand reopening, we introduced a new Club tradition, the "Pink Polo Club," followed by several themed pool parties. Next year will be even better!

GOLF OUTINGS

This quarter, we hosted several golf outings for organizations, including the Detroit Red Wings Alumni Foundation and the Clarkston Foundation. Our women's and men's leagues continued to offer fun, competitive play throughout the summer. The Pink Classic Golf Outing, which raises funds for breast cancer research, was also a great success, with participants and volunteers showcasing their pink attire and creatively decorated golf carts. These are just a few of the golf events held this year.



HOLIDAYS AND MORE AWAIT

As the second quarter of 2026 comes to a close, we look forward to an exciting, fun-filled third quarter that honors our traditions while creating new ones.



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Pink Classic Golf Outing

The Oakhurst Women's Golf Association held its annual Pink Classic golf outing on August 18 at the club. It was a lovely evening, and the golfers and supporters raised approximately \$15,000 for the Breast Cancer Research Foundation (BCRF).

REVIEW AND PHOTOS PROVIDED BY JAN DEYTON, OAKHURST RESIDENT GOLFER

The evening began with pizza and beverages before golfers headed out for nine holes of golf, followed by dinner. Once again, Oakhurst families showed their generosity by sponsoring hole signs that uplifted participants and honored breast cancer warriors.

Raffle gifts were generously donated and included wonderful prizes such as dinners, golf lessons, gifts, and more. The always-popular wine pull was also a success. The 50/50 raffle added even more excitement, especially because this year's winner is a breast cancer survivor!

Two new awards were introduced this year for Best-Dressed Foursome and Best-Decorated Cart. Selecting the winners was no easy task, as there were so many creative and fantastic choices.

Oakhurst also hosted a pool party on August 8 in support of the Pink Classic. Proceeds from the raffle gifts donated by Oakhurst were contributed to BCRF. Although attendance was light, those who attended had a wonderful time, and the event was greatly appreciated.

Thanks to the combined efforts of our sponsors, donors, and golfers, the Pink Classic continues to make a meaningful impact year after year. We are grateful to everyone who helped make this special evening a success and supported the ongoing fight against breast cancer.

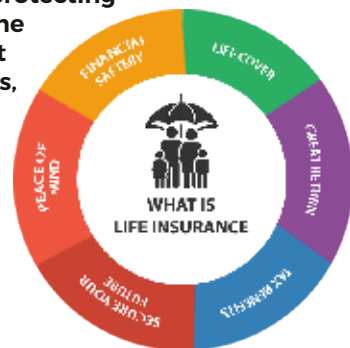


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23rd Annual Michigan Fallen Heroes Memorial Golf Outing Brought Community Together

The Michigan Fallen Heroes Memorial recently brought together law enforcement, firefighters, community leaders, businesses and supporters for its 23rd annual Golf Outing at Oakhurst Golf & Country Club in Clarkston.

For more than two decades, the outing has been an important fundraiser supporting the Michigan Fallen Heroes Memorial and its mission to honor Michigan police officers and firefighters who made the ultimate sacrifice in the line of duty.

The Memorial, located on the grounds of the Oakland County complex in Pontiac, serves as a permanent place of remembrance for fallen heroes from communities throughout Michigan. Funds raised through the golf outing supported the ongoing care of the Memorial, as well as special events and programs that help ensure the service and sacrifice of these heroes are never forgotten.

Golfers enjoyed 18 holes of golf, along with contests, raffles, a silent auction, food and refreshments, and opportunities to connect with public safety professionals and community partners.

The event was made possible through the generosity of sponsors, donors,

This year's outing was particularly meaningful as the Michigan Fallen Heroes Memorial marked its 20th anniversary and prepared to commemorate the 25th anniversary of September 11.

volunteers and local businesses that contributed financial support, auction items, and prizes.

This year's outing was particularly meaningful as the Michigan Fallen Heroes

Memorial marked its 20th anniversary and prepared to commemorate the 25th anniversary of September 11. The Memorial was also home to the Pathway of Honor, a special America 250 display featuring American flags honoring service, sacrifice and the enduring spirit of our country.

After 23 years, the golf outing continued to demonstrate the incredible support the Memorial receives from across the community. Every golfer, sponsor, donor and volunteer who participated helped ensure that Michigan's fallen heroes — and the families they left behind — would continue to be remembered and honored for generations to come.



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Allison Thurman with her Dad, Mike

Neighbors attend McLaren's Adaptive Golf Clinic

On Monday, August 24th, neighbors, Allison Thurman, Sebastian Truskowski and Frank Grainer were treated to a morning of adaptive golf instruction at The Ally Challenge presented by McLaren.

For August, it was a cooler than usual morning, but that didn't keep anyone away. Trained adaptive golf coaches split 42 participants up into three groups and worked with individuals with physical disabilities, teaching them golf skills using special adaptive golf equipment and techniques based upon individual needs. All ages and skill levels were represented and no previous golf experience was required.

As an onlooker, I saw drives go the distance, chips up to the green get close to the pin, and putts that improved each time a tip was given. The group photo says so much without saying a word.

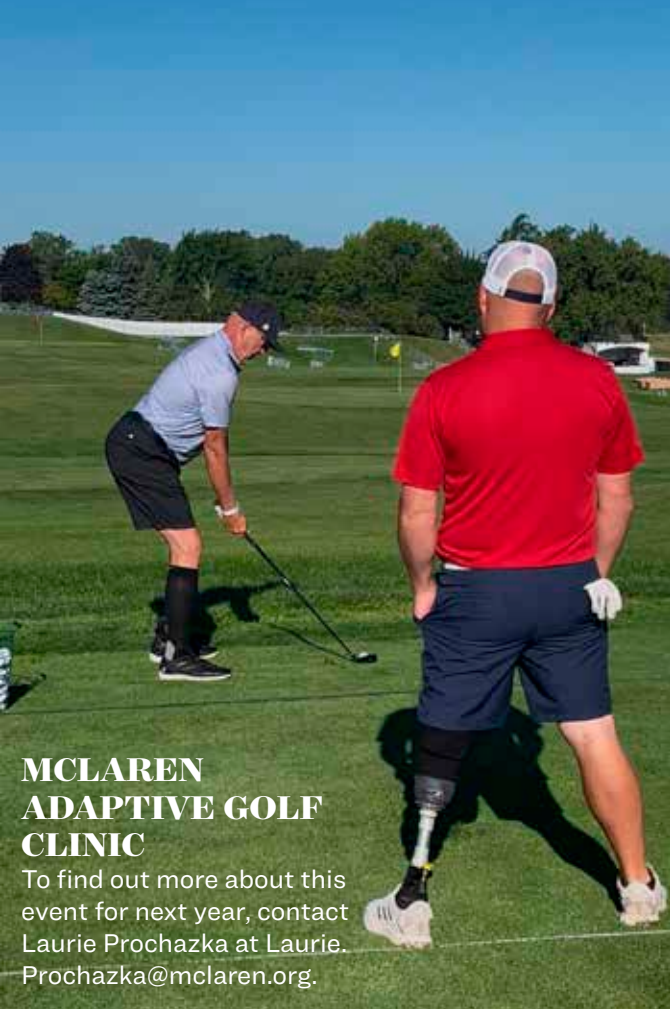
After the lessons, we all gathered at the hospitality tent on the 17th hole for a delicious and healthy lunch catered by Andiamo.

There was plenty of good conversation and I'm positive new friendships were formed. As everyone was finishing their meals, the coaches came out and each took a shot at a close up target and then hit up onto the green. It turned out Josh, who happened to be Frank's coach on the driving range, came within a foot of the hole!

We all left that day knowing the game of golf is for everyone! Thank you Laurie Prochazka and Tracy Ramin at McLaren for making the day a positive experience. Sponsors included McLaren Health Care, McLaren Flint Foundation, U.S. Adaptive Golf Alliance (USAGA), Wright & Filippis, Ottobock.Care and the PGA Tour Champions.



Group Photo



MCLAREN ADAPTIVE GOLF CLINIC

To find out more about this event for next year, contact Laurie Prochazka at Laurie.Prochazka@mclaren.org.

Frank Grainer with coach Josh

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Sebastian Truskowski with neighbor, Frank Grainer

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Building Health Through Understanding

My journey into health and wellness began through personal loss and my own search for answers.

BY CHAELYNNE AUGUST, INTEGRATED HEALTH PRACTITIONER



In 2020, my dad was diagnosed with cancer and passed away just four months later. By conventional standards, he was considered healthy, and I struggled to comprehend how something so serious could seemingly come out of nowhere.

As I began digging deeper, I learned that our bodies often whisper long before they scream. Looking back, I could see years

of symptoms that had been viewed as separate issues instead of connected pieces of a larger picture. Even worse, many of his symptoms were treated like problems to suppress instead of signals that deserved further investigation into why they were occurring in the first place. That realization completely changed the way I understood health.

This knowledge also gave me the courage to seek answers for my own health. Despite dealing with persistent symptoms, I was repeatedly told that everything looked normal. But after what I had learned, I knew there had to be more to the story. That's when I discovered integrative health and functional lab testing.

My hope is that through August Alchemy, I can help others uncover those hidden connections sooner and build lasting health through understanding. Reach out to me today at chaelynn@augustalchemyco.com

For the first time, I uncovered the root causes behind what my body had been trying to tell me and was able to address them at their source. Today, I live a healthy, balanced lifestyle without relying on extreme restrictions because I

understand my body. That understanding has been incredibly empowering, and it became the foundation for August Alchemy.

With a master's degree in science and years spent working in scientific research, I was trained to ask questions, analyze data, and look for patterns. Today, I combine that scientific foundation with advanced training as an Integrative Health Practitioner to help others better understand what their bodies are communicating—because I believe education and understanding empower people to make informed, confident decisions about their health.

I never want someone to lose a loved one because the messages their body was sending went unrecognized, nor do I want people to spend years believing they simply have to live with symptoms because they're told everything looks normal.

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Spicy Lamb Larb with Thai Roasted Cabbage

There’s something about lamb in the fall that will always feel a little nostalgic to me. Growing up, my grandpa raised sheep, so when October rolled around, lamb was fresh, plentiful, and often on the table. Lamb immediately reminds me of fall—and I love finding new ways to enjoy it.

SARA ZAK, FOUNDER & CEO, MI PRIME HEALTH



SPICY LAMB LARB

Prep time: 15 min
Cook time: — **Total time:** 15 min
Servings: 4

INGREDIENTS:

- 3 tablespoons coconut aminos
- 1 teaspoon fish sauce
- 1 tablespoon coconut oil
- 1 green chili pepper, seeded and minced
- 1 pound ground lamb
- a dash of sea salt
- 1 tablespoon lime juice
- 3 sweet mini bell peppers, diced
- 1 tablespoon coconut palm sugar
- ½ teaspoon ground fresh chili paste (sambal oelek)
- 1 large yellow onion, finely chopped
- 1 teaspoon Garlic, minced
- ½ cup fresh cilantro, chopped
- 1 teaspoon lime zest
- 3 fresh scallions, chopped
- ¼ cup dry-roasted peanuts, chopped

DIRECTIONS:

1. In a small bowl whisk the coconut aminos, coconut palm sugar, fish sauce and chili paste.
2. In a medium skillet place the coconut oil over medium-high heat. Add the onions, minced chili pepper, and cook until the onion softens, 2 to 3 minutes. Add the garlic and cook for another minute.
3. Add the lamb and cook, breaking it up, until no longer pink, about 8 minutes.
4. Add the coconut amino mixture, half of the cilantro and ¼ teaspoon sea salt. Cook, stirring often, until the pan is almost dry, about 2 minutes.
5. Remove the pan from heat and add the lime zest and juice. Mix well and season to taste with more zest, lime and salt.
6. Serve the lamb over Thai Roasted Cabbage and top with the diced sweet peppers, chopped scallions and chopped peanuts. Enjoy!

Nutrition Calories: 262, Fat: 11g, Carbohydrates: 4g, Sodium: 206g, Fiber: 2g, Protein: 33g, Sugar: 2g

THAI ROASTED CABBAGE

Prep time: 10 min / **Cook time:** 15 min
Total time: 25 min
Servings: 4

INGREDIENTS:

- 2 heads savoy cabbage
- a dash of black pepper
- 1 clove Garlic, chopped
- 1 tablespoon coconut palm sugar
- ½ teaspoon ground fresh chili paste (sambal oelek)
- 2 tablespoons coconut oil, melted
- ½ teaspoon sea salt
- 3 tablespoons lime juice
- 1 tablespoon fish sauce
- 1 tablespoon cilantro, minced, plus more for garnish

DIRECTIONS:

7. Preheat the oven to 425 degrees F. Position a rack in the center of the oven.
8. Combine the cabbage (cored, halved and cut into 1/2 inch ribbons) with the coconut oil, salt and black pepper. Spread over rimmed baking sheet and roast for 12-24 minutes, mixing every 6 minutes, until golden and well done.
9. In a small bowl combine the lime juice, garlic, fish sauce, sugar, cilantro, and chili paste.
10. Mix 2 Tablespoons of the dressing over the roasted cabbage and season with additional dressing and salt as desired. Top with fresh cilantro. Enjoy!

Nutrition Calories: 153, Fat: 7g, Carbohydrates: 21g, Sodium: 646g, Fiber: 9g, Protein: 5g, Sugar: 11

HEALTHY AND DELICIOUS

This Spicy Lamb Larb with Thai Roasted Cabbage is definitely a little different from the lamb dishes I grew up eating, but that’s part of what I love about it!

It’s packed with protein and tons of flavor, with just the right combination of spicy, savory, fresh, and a little sweet. And despite that long ingredient list, it comes together in just about 25 minutes—because healthy meals don’t need to mean spending your entire evening in the kitchen.

The Thai Roasted Cabbage is delicious and adds plenty of veggies and fiber, but this is real life, and some nights we need the easier option. Serve the lamb over white rice instead for a lower-effort, more filling meal that the whole family can enjoy.

Remember, “consistently good” beats occasionally perfect. Whether you make the cabbage, throw some rice in the rice cooker, or do a little of both, you’re getting a protein-packed meal on the table—and that’s a win in my book!

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AAA TIPS FOR A SAFER RIDE WITH YOUR DOG

I came across this information on August 26th which happens to be National Dog Day. Did you know that? We have so many dogs living here in Oakhurst and while I only get to take care of my granddad a few times a year, I have strict rules for taking Hazey for a ride. Now I know why. Keep reading.

SHARED FROM ONLINE AAA AT [HTTPS://NEWSROOM.ACG.AAA.COM](https://newsroom.acg.aaa.com)

AAA ENCOURAGES DOG OWNERS to think about securing dogs the same way they think about buckling up children or fastening their own seat belt before every trip. The goal is to keep the driver focused, keep pets safe, and reduce the risk of injury if traffic stops suddenly or a crash occurs.

- **Use vehicle-specific restraints before every trip:** Secure dogs in a properly sized restraint, carrier, or crate designed for vehicle use, not a regular walking harness or leash. Use it every time, even for short trips close to home, and choose independently crash-tested products when possible.
- **Keep pets out of the front seat:** The back seat helps prevent pets from interfering with controls or visibility and keeps them away from front-seat airbags.
- **Practice before a longer drive:** Let dogs get comfortable with the restraint at home and on short rides so the safety device does not become a new distraction.
- **Do not reach for a loose pet while driving:** If a dog needs attention, pull over safely before adjusting the restraint, offering water, or calming the pet.
- **Plan for stops and temperature safety:** Build in breaks on longer trips and never leave a pet unattended in a parked vehicle.

“The good news is this is an easy problem to fix,” Woodland said. “A properly fitted restraint, carrier, or crate can help keep your dog safe, reduce distractions, and give you greater peace of mind every time you hit the road.”

LOOKING FOR PAWSITIVE PETS

If you have a family pet that deserves to be in the spotlight, reach out and we'll have fun sharing their story and a few photos. Email Janalee.grainer@strollmag.com



NEXT MONTH

Don't miss next month's Pawsitive Pet feature about Paws with a Cause. They are looking for foster families to raise puppies to help others. I can't wait to share it!



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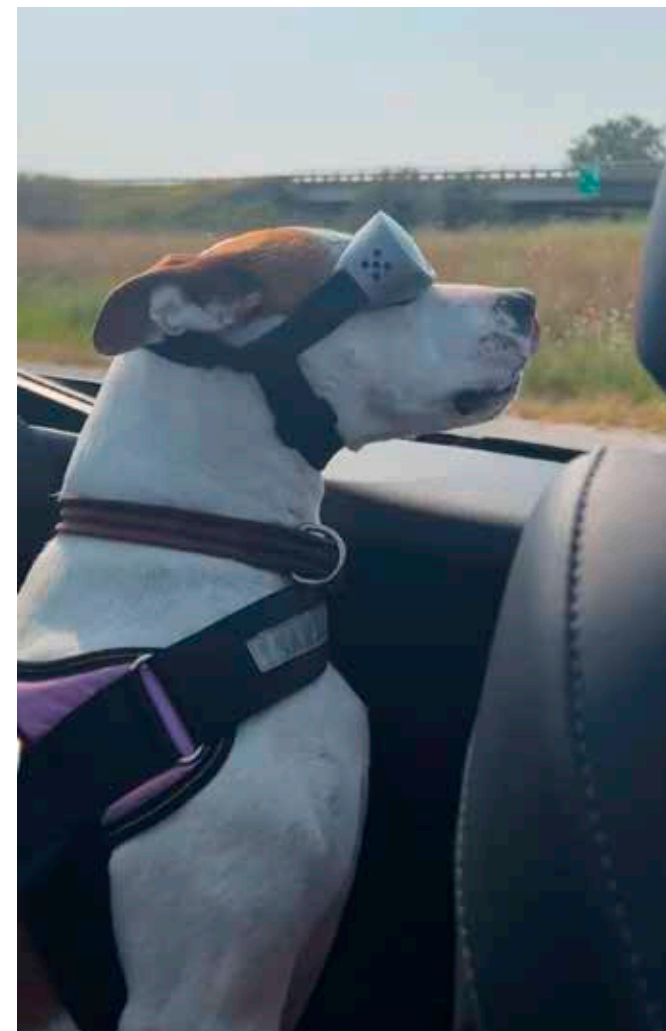
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A HELP HANDYMAN PROFESSIONAL from our team can walk through your home with you to identify potential safety hazards that could lead to accidents or injuries. Common concerns include poor lighting, cluttered walkways, unsecured rugs, and the absence of grab bars in bathrooms. After the assessment, we'll provide personalized recommendations and practical solutions to make your home safer and more accessible. Take a look at our checklist:

1. FALL PREVENTION

- Check for grab bars in bathrooms and hallways
- Check for loose rugs and carpets
- Check lighting in walkways and stairways
- Check to see if non-slip flooring or mats are needed

Our focus is on supporting seniors, assisting busy families, and simply making life a little easier around the house for our neighbors in both Oxford and Clarkston.

2. BATHROOM SAFETY

- Check for walk-in tubs or showers and make recommendations
- Check for handheld showerheads and adjustable seats
- Check to see if raised toilet seats and support rails are needed

3. KITCHEN ACCESSIBILITY

- Check to see if lower countertops are needed
- Check for pull-out shelves and easy-grip handles
- Check for anti-slip mats near sinks and stoves

4. ENTRYWAY & STAIRWAY

- Check for sturdy handrails on both sides of stairs
- Check on walkway ramps or threshold ramps
- Check for outdoor lighting and pathway safety

5. MOBILITY & ACCESSIBILITY

- Check on widening doorways for wheelchairs and walkers
- Check for stair lifts or mobility aids
- Check pathways for obstacles

6. EMERGENCY PREPAREDNESS

- Check smoke and carbon monoxide detectors
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Oxford Bank's Community Involvement in Clarkston, Michigan

Strengthening Local Connections Through Support and Engagement

BY MATTHEW DEFINIS, SENIOR MARKETING SPECIALIST, OXFORD BANK

Oxford Bank has long been a pillar in the Clarkston, Michigan community, with a deep-rooted commitment to supporting local initiatives, fostering relationships, and contributing to the town's vibrant atmosphere. As a locally focused financial institution, Oxford Bank doesn't just provide financial services but also works tirelessly to ensure the community it serves thrives in various other ways. From participating in popular local events like the Taste of Clarkston to engaging with students through career days, Oxford Bank's impact in the area is both tangible and transformative.

SUPPORTING LOCAL EVENTS: TASTE OF CLARKSTON

One of the standout events that Oxford Bank participates in is the Taste of Clarkston, an annual celebration of local cuisine, culture, and community. Held every year in the heart of downtown Clarkston, the Taste of Clarkston brings together food lovers, residents, and businesses to celebrate the area's diverse food scene. This event showcases a variety of local eateries, catering businesses, and food vendors, offering the community a chance to taste the best the town has to offer.

Oxford Bank plays a significant role in supporting this beloved event. As a proud sponsor, the bank not only contributes to the event's success through financial support but also helps ensure that it runs smoothly. Volunteers from the bank often assist with selling tickets for the event, further strengthening their connection with the Clarkston community. Their involvement in such events not only boosts the local economy but also fosters a sense of unity, with Oxford Bank continuing to champion the town's diverse businesses and talent.

ENGAGING WITH THE NEXT GENERATION: CAREER DAYS IN LOCAL SCHOOLS

Oxford Bank's commitment to shaping the future of Clarkston extends beyond just financial services—it also focuses on the development of young people in the area. One of the ways the bank actively engages with students is through its participation in Career Days or similar initiatives at local schools.

During these events, Oxford Bank employees visit Clarkston schools to provide students with insight into potential career paths in banking and finance. From explaining the roles of bankers, loan officers, and financial analysts to discussing the



importance of financial literacy, Oxford Bank's staff serves as role models for young people who may not yet fully understand the various career opportunities available in the financial sector. These interactions are more than just informational; they inspire students to think critically about their futures and the paths they might take.

Moreover, these events help students build relationships with local professionals who could become valuable mentors as they progress through their academic and career journeys. By engaging with students at such an early stage, Oxford Bank is fostering a generation of informed individuals who understand the importance of financial planning, responsibility, and the diverse career options available in the local business ecosystem.

THE IMPORTANCE OF COMMUNITY INVOLVEMENT

Oxford Bank's active involvement in Clarkston is a testament to the bank's broader commitment to strengthening local ties and fostering a sense of community. By contributing to events like the *Taste of Clarkston*, engaging with students through Career Days, and supporting educational and charitable initiatives, the bank demonstrates that its purpose extends far beyond business transactions.

This deep connection with the community also reflects a growing trend in the financial services industry, where consumers are increasingly looking to support businesses that align with their values. Oxford Bank is a shining example of how businesses can take a proactive approach to community involvement and, in doing so, create lasting and meaningful relationships with their customers.

CONCLUSION

Oxford Bank's efforts to support the Clarkston community are a reflection of its dedication to making a difference. Whether it's through participation in beloved local events, educating the next generation, or contributing to community-based initiatives, the bank's presence in Clarkston continues to have a positive impact. For Oxford Bank, community involvement is not just a form of corporate responsibility—it's an integral part of its identity and mission, helping the community grow and thrive for years to come.



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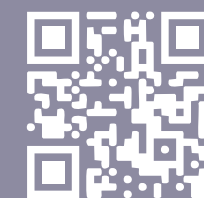
OUR COMMUNITY COMMITMENT

In 2024, Oxford Bank commemorated its 140th anniversary by donating \$150,000 and contributing 750 volunteer hours to local non-profits. These efforts benefited numerous organizations, including Food Gatherers, Habitat for Humanity Michigan, and Covenant House Michigan. The bank's team members participated in activities such as food collection drives and fundraising events to combat homelessness.



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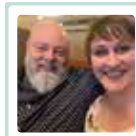


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Know Thyself. Create Your Life on Purpose.

Welcome to the season of turnings. As the golden light shifts and the air crispens, we step into the sweet threshold of the first harvest—a time for deep gratitude and pulling your energy inward to nourish your body, mind, and spirit.

BY BRANDON AND KATLYN BOUCHER, HEALING PRACTITIONERS



October invites us to gather our blessings, honor the ancestors who walked before us, and upgrade our energy before this year's busy holiday season begins. When life gets full, real transformation starts by learning how your mind, emotions, soul, and spirit work together so you can navigate shifting schedules with peace instead of fatigue.

To support your journey of personal transformation, I offer healings and classes through Ancient Mystery School tradition:

- Weekly Meditation Class (Tuesdays 6:30-7:30 PM): A cozy, sacred space to quiet the mind, restore your energy, and cultivate inner peace.
- Life Activation: A foundational 1:1 healing session that lights up your spiritual blueprint, boosts mental clarity, and clears stagnant patterns so you can align with your true purpose.
- Empower Thyself Initiation: A transformative two-day class for those seeking greater vitality, clarity, and who ask deeper questions about life, God, and the world we live in and want to make the world a better place.

Whether you need a weekly sanctuary to pause or are ready to step onto the path of spiritual self-mastery, I am here to support you. Light a candle for those who came before, wrap yourself in gratitude, and let's keep your warm fire burning bright this season.

With so much love and gentle light,
Katlyn



UNITY Healing INSTITUTE

Know Thyself
CREATE YOUR LIFE ON PURPOSE.

Book a free consultation with us to discover how we can support you on your journey to spiritual self-mastery.

For a calm mind and steady emotions, join us for weekly meditation classes.

Katlyn & Brandon Boucher

Katlyn@UnityHealingMI.com Brandon@UnityHealingMI.com
(734) 679-6918 (978) 397-9251

By Appointment Only
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resident business guide

If you are a business owner living in Oakhurst, you may list your business here. While the listing is free for all resident business owners, we encourage supporting Stroll Oakhurst as a valuable resource guide. Reach out at janalee.grainer@strollmag.com. Thank you.

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