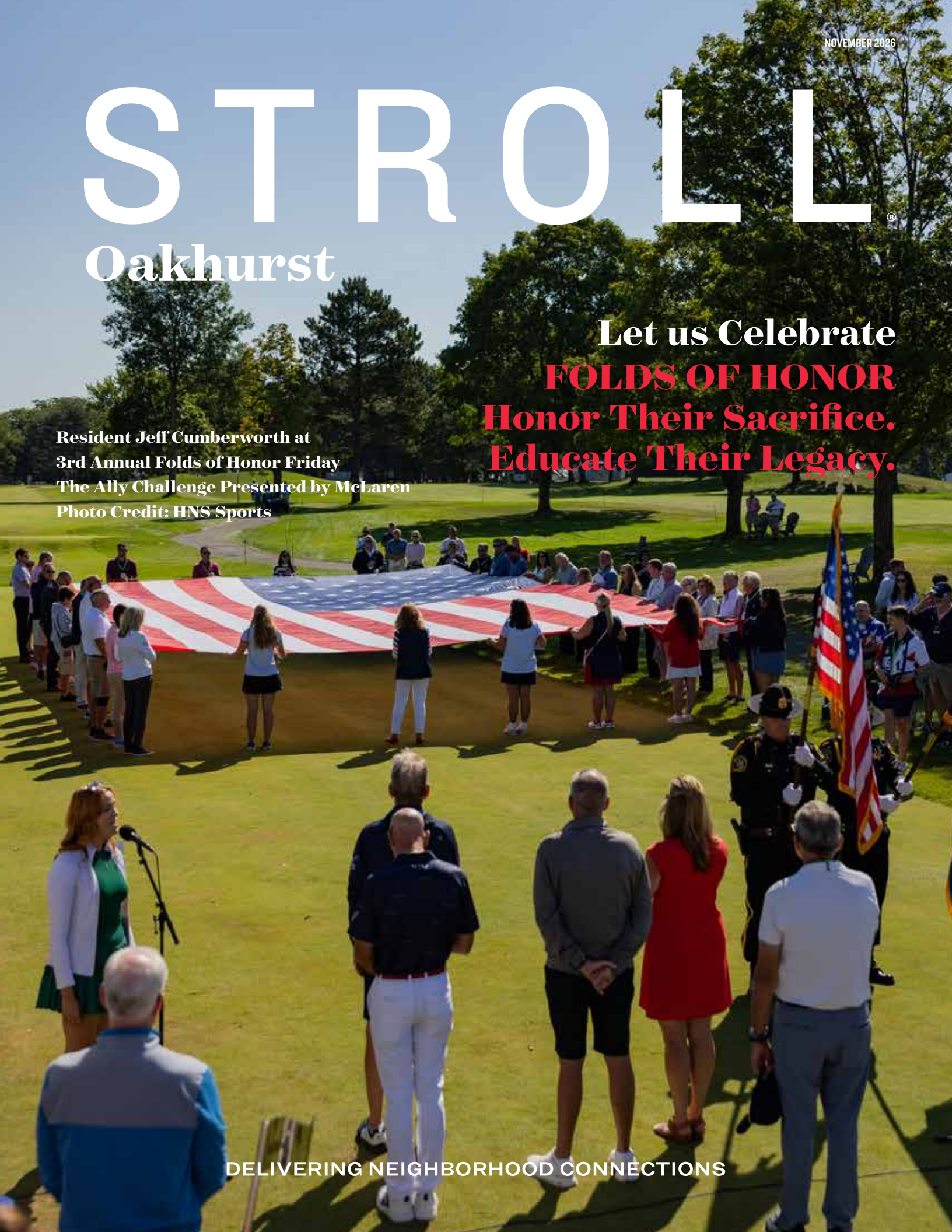
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CHRISTY HUBBARD Restaurant Manager

CHRISTY HUBBARD, RESTAURANT MANAGER



I'm incredibly excited and grateful to be part of the Oakhurst family! I've been in the restaurant and hospitality business for over 22 years, with 20 of those years spent with the same company. I spent 14 years in Traverse City, then moved back downstate to be near family and friends. Hospitality has always been something I truly love, and I'm excited to bring that experience to Oakhurst.

Since joining the Oakhurst team, I've had the opportunity to grow from a supervisor into a Restaurant Manager. I'm incredibly thankful for the opportunity and for the trust that has been placed in me. One of the things I enjoy most about my role is coaching and watching people grow while building a great team. I love watching team members learn, gain confidence, and thrive—and I believe that when you take care of your team, they will take care of members and watch out for you and the business.

For me, hospitality is about much more than food and service. It's about creating experiences, building relationships, and making people feel welcome. I'm very lucky to have such a great support system here at Oakhurst, and I'm excited to soak up all of their knowledge as we continue to grow together.

Wherever I'm at, I like to think of my co-workers as family. I'm looking forward to getting to know more of our Oakhurst members and helping make every visit to the club a memorable one.

A Little About Me When I'm not at the club, you'll most likely find me anywhere near the water. I absolutely love being around the water—it's my happy place! I'm also a huge animal lover. And if you know me, you know I'm already counting down until football season! There's nothing quite like getting together, enjoying good food, and watching football.

I'm so happy to be part of the Oakhurst community and look forward to seeing everyone around the club.

OAKHURST

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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bald mountain
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John W. Kitzmiller, M.D.
Medical Director

Diana T. Kitzmiller, MA, LLP
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September Summer Storm Surprise

Were you here on Thursday, September 3 when we had a summer storm roar through Oakhurst, surprising all of us with straight line winds and a torrential downpour that came and went as fast as it arrived? Who knew? Power went out, came back on and went out again - for some of us, a few days!

What a way to start our long Labor Day holiday. I had planned to put up the American flags but my car and the flags were stuck in my garage. Many of us began checking out the property damage throughout the neighborhood and making sure everyone was ok. It was crazy to see all the trees down - some even blocking the entrance to the sub and many pulled right out of the ground!

For those of us who had internet, we received word that the clubhouse would be serving lunch - hamburgers and hotdogs, potato salad and coleslaw, and chips - even donuts - for anyone who wanted to come by and take a break from the storm's surprise.

Thank you Matt Foyteck and your team. It was unexpected - like the storm - and a reminder to all of us that sometimes when you least expect it - people who care show up and make everything better - even if for a moment. Don't miss reading about Christy Hubbard, the new restaurant manager at the clubhouse. She is off to a great start!









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Before summer arrived, newly planted Clarkston resident, Bonnie Stallings and I met for lunch at Brioni's in town. There was a common bond right away. As a nurse practitioner with a background in Endocrinology and Oncology Hematology, Bonnie has opened a med spa where she plans to help clients find beauty from the inside out!







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.

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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











Richardson Agency Ribbon Cutting!

As September was just beginning, Stroll partner Kelly Richardson held her ribbon cutting with the Clarkston Area Chamber of Commerce. When Kelly began her agency, she was determined to set up shop in Clarkston and she did! Welcome Kelly! We're so glad you chose Clarkston to build your business.

PHOTO CREDIT: CASSANDRA PRESEREN, CLARKSTON NEWS

Being part of this community means more than just doing business here—it means looking out for our neighbors. I'm here to help protect you, your loved ones, your home, your vehicles, and your business—because what matters to you matters to me. Let's connect!

I'm proud to be a member of this community and honored to help protect you and your loved ones. Whether it's your home, auto, life or business, I'm here to help protect what matters most!

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Hello Oakhurst,

My name is Carly DeVitis and I am the **Residential or Replacement** Sales Manager for Pella Doors and Windows. I grew up in Ohio, earned my bachelor's degree in accounting from Kent State University and started my career in mortgage banking, which is where I discovered my passion for leadership, coaching, and helping people navigate major financial decisions.

Since homes are typically a person's largest asset, I've always focused on looking beyond the transaction to find the right long-term solutions for homeowners. Outside of work, I'm a mom of four, and yes, my family keeps me grounded and active. You can usually find us spending time outdoors on our property, on the soccer field with the kids, or in the kitchen cooking together! I carry that same appreciation for hard work and connection into my professional life every day.

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EXCEPTIONAL SERVICE FOR ALL

It goes back to what inspired the company to begin with. It is about going above and beyond to deliver an experience from start to finish you would not receive anywhere else. We also offer one of the only solid wood replacement windows out there backed by a limited lifetime warranty!

It is important to invest in the community too and every month we make a large donation to Habitat for Humanity here local to our region. We also contribute to many local event and sponsorships to the communities we do business in.

SHORT AND LONG TERM GOALS

Often times the challenge is helping customers understand what an investment it truly is to purchase windows and doors. The market is saturated with generic brand window companies, or companies that install windows along with several other installation services where not all installations are alike.That is not the Pella approach. We are there with you to discuss your short term and long term goals for your home, your finances, discuss what is the right investment for their specific home, and educate them on the various products out there and how Pella differentiates themselves.

PELLA EXPERIENCE

We are working towards elevating the Pella Experience in 2027 and I'm extremely excited for this! Every Pella purchase in 2027 will include a maintenance package to help customers through the various seasons with their Pella windows with best practices. Pella is there even after the sale, elevating our relationship with customers to show them we are all part of the Pella family from here on out!

GOOD ADVICE

Oh my, there is so much advice I could offer Oakhurst residents that quite honestly could be different advice for each and every homeowner. Maybe that's the advice I would offer? Work with a person and company that will help you come up with a plan that fits your home and your investment into a project. Also—don't trust pricing tools that are given over the internet or AI for window and door shopping!



OUR OAKHURST PELLA REPRESENTATIVE

Derek Burke is the neighborhood Pella representative. He has already helped other Oakhurst homeowners find the perfect front door or the replacement windows that fit their budget. He shares a little background for you here:

I grew up in Waterford and earned my degree in Criminal Justice after attending Grand Valley State University. I spent 13 years in law enforcement before deciding to make a career change and joined Pella five years ago. I'm currently a Residential Replacement Specialist and really enjoy helping homeowners find the right solutions for their homes. My wife and I live in Linden, where we're raising our two daughters, Charley (8) and Ellianna (6). We love spending time watching our girls compete in dance and cheer, and when I'm not doing that, you can usually find me cheering on the Detroit Lions—I'm a huge fan!
Warm Regards,
Derek Burke

When we decided to get a new front door, the options were overwhelming. Our Pella connection, Derek Burke made it easy. He helped us narrow down what we wanted and gave us the space and time we needed to make such a big decision. More importantly, he didn't try to sell us a door outside of the budget we had agreed on. Today we have a beautiful double door with the the light we wanted and the added security a triple door lock brings. Check out the before and after photo here: that's our door!
- Frank and Janalee Grainer



FOLDS of HONOR:

Honor Their Sacrifice. Educate Their Legacy.



Folds of Honor



HAVE YOU HEARD OF AMERICAN DUNES GOLF CLUB?

LT Col Dan Rooney's life calling of "inspiring people to help people" is made obvious by his variety of roles. A USA Today bestselling author whose titles include "A Patriot's Calling" and "Fly Into the Wind," he's a highly sought-after motivational speaker who has addressed over 1000 corporations and groups. As a Class A Member of the PGA, Rooney founded two nationally ranked golf clubs, The Patriot Golf Club in Tulsa, Oklahoma, and one you may be more familiar with, American Dunes Golf Club in Grand Haven, Michigan in collaboration with Jack Nicklaus.

It's nice to highlight a message like this one every November. Folds of Honor is a leading non-profit organization that provides educational scholarships to the children and spouses of America's fallen or disabled military service members and first responders.

CONTRIBUTOR: ERIN STONE, TOURNAMENT DIRECTOR; PHOTO CREDITS: HNS SPORTS

THE ALLY CHALLENGE presented by McLaren held their 9th annual PGA Tour Champions tournament from August 24 to 30th in Grand Blanc at Warwick Hills Golf and Country Club. As a salute to service, this year's tournament provided complimentary admission to all members of the United States Armed Forces, courtesy of Dow, a Midland-based materials science company that regularly engages and supports veterans through programs like VETNET Employee Resource Group and its Military Degree Equivalency Program.

I have a special place in my heart for veterans like my dad who was injured before he was deployed to the Korean War. While attending the media lunch for The Ally Challenge, I I listened as tournament director Erin Stone interviewed Folds of Honor founder, Lieutenant Colonel Dan Rooney who shared the organizations background story. I always enjoy hearing what inspires others to make a difference. I also enjoy the game of golf and the fact that Folds of Honor has brought the National Anthem to more than 50 opening ceremonies across the country for the PGA TOUR, PGA TOUR Champions and Korn Ferry Tour. Think about it: when we go to a Detroit Tiger baseball game, a Lions football game, a Detroit Red Wings hockey game, and a Detroit Pistons basketball game - they all begin with the National Anthem. Why not golf tournaments too?

On the morning of the opening ceremony, a big and beautiful American flag carried by volunteers was unfolded at the 10th Tee Box as the Genesee County Sheriff's Honor Guard advanced the colors. The tournament's annual Folds of Honor Friday celebration was underway, surrounded by attendees wearing red, white and blue as an outward display of unity and an inward commitment to meeting sacrifice with hope for the families of America's fallen or disabled military service members and first responders. This year the tournament also offered complimentary access on Friday to federal, state and local law enforcement officers and Fire Fighters/EMS.

The National Anthem was sung by Ava Hawkins, a versatile performer specializing in opera, musical theatre, and jazz and a senior at the University of Michigan. As Ava ended, nobody

could miss the flyover by a Black Hawk Helicopter. Pilots in command were Chief Warrant Officer Two Zachary Vial and 1LT Tristian Goans, with Major Justin Brown managing ground control support. All are members of the Michigan Army National Guard assigned to the 3-238th General Support Aviation Battalion stationed at Grand Ledge Michigan.

Among the speakers was your neighbor and mine, Jeff Cumberworth who presented to Lt Col Dan Rooney a check in the amount of $170,000 payable to Folds of Honor - made possible by contributions by top partners to the Ally Supplier Program and representing 47 future scholarships! Add that to the 73,000 educational scholarships amounting to $340 million dollars donated since 2007 nationwide - all to benefit the families of our nation's heroes. One of these generous supporters from the Ally Supplier program was lucky enough to have a one of a kind experience coming down tandem with the Patriot Parachute Team to conclude Folds of Honor Friday at the end of play. He took home a custom dual branded golf bag with a signature from every player in the field!

Jeff reminded everyone why they were all there. The Ally Challenge exists to make a positive impact in the community through charitable giving and by helping support the local economy. He was thankful for the support of the fans, volunteers, sponsors, players, and community partners that have already helped establish an incredible legacy. Ally aims to be a strong community partner - to do it right and be a relentless ally for its customers and the communities they serve. Events like the Ally Challenge bring that commitment to life in a meaningful way.

The event is made possible by those of us who attend and support, the fans and the volunteers who donate their time, and the community organizations that work every day to make this region stronger. It was a great golf tournament with so many opportunities to enjoy and reasons to uplift others. If you're a regular attendee, thank you. If you've never been to The Ally Challenge, I hope to see you there next year!



It's an inspiring experience for fans, players, caddies, sponsors, volunteers, tournament staff to engage on-site through a shared connection and appreciation of those heroes who preserve our freedom.

Thanks to Erin Stone, Tournament Director of The Ally Challenge presented by McLaren for partnering with me to share such a special feature for our November issue of Stroll Oakhurst.

FOLDS OF HONOR

FOLDS of HONOR is a leading non-profit organization that provides educational scholarships to the children and spouses of America's fallen or disabled military service members and first responders.

Folds of Honor was founded in 2007 by Lt Col Dan Rooney and has grown from a vision into a movement. The folded flag is a constant reminder of those who have paid the ultimate price for our freedom. It inspires us to help equip and educate their loved ones in need of our support.
Lieutenant Colonel Dan Rooney is a force for good. A decorated F-16 Fighter Pilot, he is best known for founding the Folds of Honor, a leading non-profit organization that provides educational scholarships to the spouses and children of fallen or disabled military service members and first responders. Since its inception in 2007, the foundation has provided nearly 73,000 life-changing scholarships totaling over $340 million dollars.
If you would like to donate and/or learn more about Folds of Honor, please go to FOLDSOFHONOR.ORG or reach out at Folds of Honor Dept #13, Tulsa, OK 74182. You may also contact Folds of Honor at contact@foldsofhonor.org or call 918.274.4700.


Lt Col Dan Rooney




Black Hawk Flyover









Oakhurst Charity Golf Classic

This year the Oakhurst Charity Golf Classic, benefiting the North Oakland Veteran Treatment Court, was held on Friday, September 11, 2026 under sunny skies and mild temps. What a great day and a great reason to golf!

BY PAT KITTLE, RESIDENT DIFFERENCE MAKER



BEFORE PLAY BEGAN, 120 golfers were standing proud with hands over their hearts during the opening ceremony while the Honor Guard from VFW Post 1008 presented the colors, gave a 21 gun salute and finishing up by playing Taps.

The kick-off ceremony closed with retired Township Supervisor Pat Kittle leading the attendees in the Pledge of Allegiance and our own District Judge Kelly Kostin, who presides over the Clarkston Veterans Court, saying a few words about the benefits of the Veterans Treatment Court in helping struggling Veterans get their lives turned around.

Everyone enjoyed the golf, retuned for a delicious meal and participated in a silent auction for an event that raised over $70,000 for the Veterans.

A special shout-out goes to Adam Hosler, the Oakhurst Grounds Superintendent, and his crew for bringing the course back to near pristine condition after the horrific storm 10 days prior. Additional kudos go to Reginia Hoder, the Oakhurst Guest Experience Director, for her attention to detail and dedication to ensuring the event was held without a hitch.

Make sure to mark your calendar's … next year's Charity Classic will be held on Friday September 10, 2027.

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A VETERAN'S STORY You are Never Stuck

You have the power and authority over your entire life. You are the one who decides what is next for you. Sometimes all you need is a helping hand to take that first step. I've been there — and I've dedicated myself to helping my fellow vets take that first step."

BY BRANDON BOUCHER, UNITY HEALING INSTITUTE



At six or seven, I found my grandfather's old Navy dress blues in a closet. He explained to me why he'd enlisted after Pearl Harbor: he loved America and couldn't sit by while it was attacked; young, willing, and able, he'd stepped up for those who couldn't. Navy service ran in the family — my grandfather and uncles had called me "Frogman" for years — and a school library book on the WW2 UDT units finally gave that nickname a shape: I would be a SEAL.

I enlisted in 1993 as a submarine radioman, then petitioned the base admiral for release to BUD/S. Training with a SEAL motivator on base, I had run the morning obstacle course a dozen times — until 1995, when the cargo net caught my leg, leaving me dangling 20 feet up and tearing my ACL, MCL, and meniscus. Within 24 hours, a Senior Chief walked into my hospital room and said: "Sorry, kid, we can't use you," wished me luck, and left. I withdrew into myself for years, until September 11th opened a different door: I was recalled and cross-rated as an Intelligence Specialist, and soon deployed to K2 airbase in Uzbekistan for fourteen months, with roughly ten combat missions.

In 2007, the VA diagnosed me with untreated PTSD and said it could be managed, never cured. I refused "managed" as the ceiling. For six months I showed up weekly for the MAX





In 2007, the VA diagnosed me with untreated PTSD and said it could be managed, never cured. I refused "managed" as the ceiling.





Meditation System, took the Life Activation, and the Adept Initiation into the Lineage of King Solomon through the Modern Mystery School. I tracked it rather than trusted it blindly: my score dropped from 57 to 19.

That discernment reopened an unexpected door: I had made peace with being a confirmed bachelor past 35 — until Healer's Academy, where I met Katlyn. We never partnered in class and mostly rubbed each other the wrong way, until a graduation dinner, mid-outrageous-story, when she grabbed my arm laughing, "Who are you?" She later admitted feeling a jolt of electricity at that touch. I'd felt the same.

Together we're building Unity Healing Institute in Clarkston, sharing those lineage-held teachings with the whole community — veterans among them — each one learning how to set down weight carried far too long. In March 2023, we became parents to a son.

Once again, to any veteran who feels stuck, I say it plainly: You are never stuck. You have the power and authority over your entire life. You are the one who decides what is next for you. Sometimes all you need is a helping hand to take that first step. I've been there — and I've dedicated myself to helping my fellow vets take that first step.



Holiday Mini Sessions are Here!

Been holding off on booking that holiday session? Let me guess... "My kids won't cooperate." "It's just too rushed." "We won't get enough variety. Yep. I've heard it all before. But rest assured, after years of doing this, I have a few tricks up my sleeve – especially around the holidays!

BY KASEY BLANCK, RESIDENT PHOTOGRAPHER

























Holiday sessions are PRIME opportunities for engaging activities, props and food. A Santa hat, milk & cookies, a holiday storybook.... kids get lost in the activity and forget the camera is there.

No kid (or adult) poses perfectly, and that's ok — my goal is personality over stiff smiles anyway!

You'll be pleasantly surprised what we can accomplish in 15 minutes. You'll be covered with "that one photo" and many more!

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Sweet Smell of Purpose

Gathering strengthens our purpose - for whatever it may be. I hope you and your family have found purpose in supporting a cause like our neighbor, Dione Crockett. Here's a look at what strength in numbers can look like when we gather together for a cause we believe in.

BY DIONE CROCKETT, OAKHURST RESIDENT AND MOM



On Tuesday, September 15, friends and neighbors gathered at the Crockett home to support Dione's fundraiser for childhood cancer research, with the hope of creating better treatments and brighter futures for children like Nolan and so many others facing childhood cancer. While last year's event centered around Cocktails for a Cure, this year's event smelled so much sweeter! Everyone who came went home with an update on research efforts and a bottle of perfume they picked out themselves.





One guest heard about the event and traveled from the Grand Rapids area to share her son's story with those of us who were able to be there in person. Her son was a college football player with a bright future ahead of him and hopes of playing professionally when he was diagnosed with Ewing Sarcoma. Hearing another mother share her family's experience was a powerful reminder of how quickly childhood cancer can change the course of a young person's life and why continued research is so important.

It's always a good reason to gather: to support one another. The energy in the room was perfect - just like perfume.

The evening included refreshments and appetizers, but more importantly, it was a chance to pause, to listen and to support XIT Foundation. These family-led organizations do not receive government funding for their research efforts. The money they raise comes from parents, family, friends, neighbors and communities who choose to support this work. Every dollar donated matters in the life of a child.

A special thank you also goes to the neighbors who donated even though they weren't able to attend. Whether you joined us that evening, donated from home or simply continue to support our family and this cause, it truly means so much.

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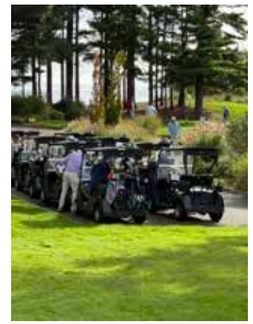
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Golfing with Purpose

Open Door Outreach Center had its 3rd annual golf outing at Oakhurst Country Club on Sept. 21st.

JON MCGREGOR, SENIOR MANAGER OF STRATEGIC DEVELOPMENT







It was a beautiful day for golf. Seventy-two golfers participated in this fundraising event that will help feed thankful families in Oakland County.

At the turn, some of the golfers took a moment to sit on the patio and have lunch while others grabbed their lunch and kept playing.

After golf concluded, there was a dinner in the clubhouse with raffles, drawings and an auction. Generous attendees loved the course and had a great time in the process of supporting Open Door.

We want to thank all the sponsors, donors and golfers for their generous support. We want to welcome you to come volunteer or donate food for our pantry that opened this year.

SEASON OF GIVING

The food pantry for Open Door welcomes donations that can be dropped off at 3795 Sashabaw Road in Waterford Township on Tuesdays from 10am to 4pm. The nonprofit also welcomes food drives too. Give them a call at (248) 360-2930 to find out how easy it is to make a difference! Community matters.

open door Outreach Center

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Roasted Butternut Squash and Bacon Soup

If fall had a flavor, I'm pretty sure it would taste a lot like this soup! Butternut squash, apples, cinnamon, nutmeg, and smoky bacon come together in a bowl that's warm, cozy, and packed with all the flavors I crave this time of year.



Healthy eating doesn't have to be complicated. Sometimes it really can be as simple as a cozy bowl of soup waiting for you in the fridge!

It's also one of those recipes that works for real life. Serve it as a beautiful first course for Thanksgiving, or make a batch ahead of time for an easy weeknight dinner. It reheats quickly, so when the week gets busy, you can have something warm and satisfying on the table in just a few minutes.

INGREDIENTS:

- 1 Large Butternut Squash, peeled and cut into large chunks (about 2.5-3 pounds)
- 3 carrots, peeled and cut into large chunks
- 1 ½ tablespoons coconut oil, melted
- ½ pound raw bacon, chopped
- 1 small onion, chopped
- 1 small apple, chopped
- 2 cups chicken stock
- 1 cup full fat coconut milk
- 1 teaspoon salt
- 1-2 tablespoons cinnamon
- 1 tablespoon nutmeg

One of my favorite things about this Roasted Butternut Squash and Bacon Soup is how rich and creamy it tastes without using any dairy.

DIRECTIONS:

1. Preheat your oven to 350 degrees F.
2. Toss squash and carrots with the coconut oil. Place in a baking dish and roast uncovered for 35 minutes or until tender.
3. In a large stock pot over medium heat, cook bacon until crisp. Remove bacon and set aside for the garnish. Add the onion and apple to the pot and saute in bacon fat over medium heat until tender, about 5 minutes.
4. Add the roasted butternut squash, carrots, chicken broth, and coconut milk to stock pot and bring to a boil, stirring often.
5. Remove from heat. Use an immersion blender to blend your soup, or working in several small batches, blend soup in a food processor or blender until smooth.
6. Return to stock pot, bring to a simmer and season with salt, cinnamon and nutmeg.

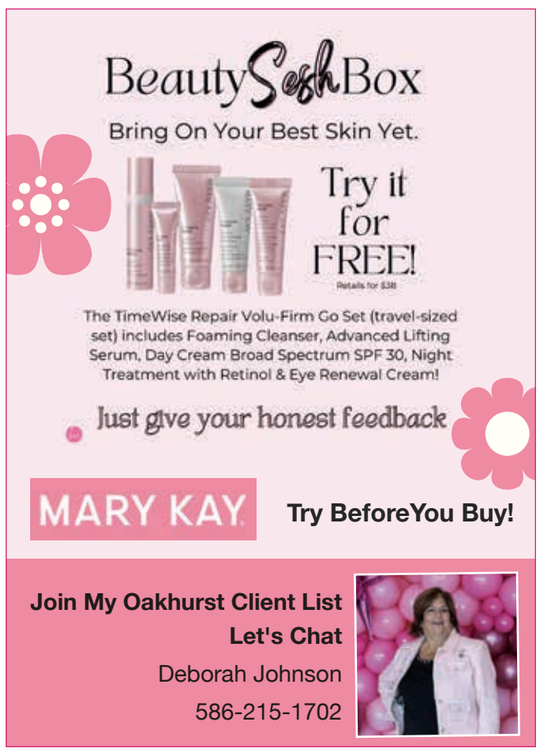
Serve soup in large bowls garnished with bacon. Enjoy!
Makes 6 servings.

The coconut milk gives it that velvety texture while the roasted squash and carrots add a little natural sweetness—and, of course, the crispy bacon on top makes everything better.











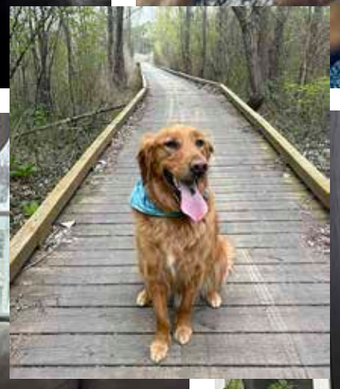
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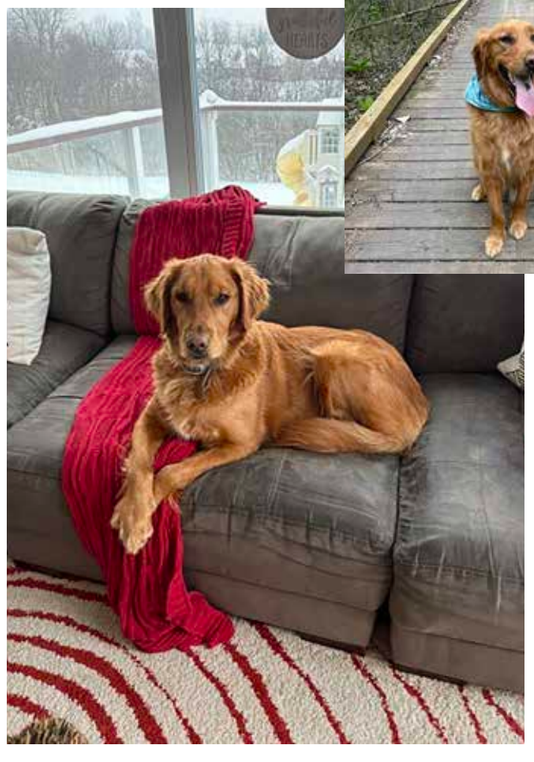
There is something special about pawsitive pet stories when they're told from the pet's point of view. It's been awhile but I can't wait to share what Duke has to say about living his best life here in Oakhurst with his family, Emily, Charly and Mikey.

SHARED BY THE LAURENCE FAMILY













My family has lived on Binghampton Court in Oakhurst for over 12 years! They love this community made up of so may wonderful neighbors and friends. My name is Duke. I am three years old Golden Retriever who happens to be a "Field Golden." If you want to know, Field Goldens are determined by their pedigree and working drive. I must come from generations of dogs bred for hunting and performance - but I don't know if I personally have any special titles. I'd rather not know.

What I do know is my family adopted me when I was only 9 months old from the Golden Retriever Rescue of Michigan. The story goes like this: three years ago in November, they wanted to adopt a dog and a neighbor introduced them to the rescue organization. In March 2024, my family was selected just for me! I was named by my foster care family - after that dog in the Busch's Baked Beans commercials - and it stuck. They loved the name. I do too!

No lie. It took me awhile to settle into my new home, but day after day, it got easier and easier. In no time, I felt so comfortable with Charly (Charlotte 12) and Mikey (10), and my new home became home sweet home. I have so many fur friends - Phoebe, Holden, Arnie, Bindy, Murphy, Ozzy and more - to play with in the yard and to say hello to when I go on walks around the neighborhood.

I am definitely a member of the Laurence family. I have my chores. It's my job to pick up the toys Charly and Mikey leave in the yard and carefully "retrieve" them - as I should! You could say my "allowance" is a benne bone. I love to chew them so much.

My family's favorite memory of me has to be the time they saw me swim for the first time. I wasn't quite sure what to do at first but I went ahead and jumped right off the dock into the lake! What a day!

I love to go to the local dog park on Sashabaw. I always make new friends each time I go and it's always a bonus when there are other Goldens there too. We Goldens know we are from the same breed and lhow fun is it to run after each other and say hello.

I also love to go into the "Magic Forest" - the trail between Hole 2 right on Oakhurst Ridge Road. Did you know there is a bridge to Montclair? This is especially fun in the winter time when I get to chase a few squirrels. The trick is not to retrieve a squirrel. That would not be fun!



GOLDEN RETRIEVER RESCUE OF MICHIGAN

If you're ready to adopt your very own Golden Retriever like Duke, check out Golden Retriever Rescue of Michigan at www.grrom.com or call their hotline at 888-814-9670. Adopt some love that lasts forever. They come highly recommended.





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Here at Summit Dental Group, we love meeting new patients. Part of easing your concerns is explaining what you can expect from our practice. When you are new to our office, we put in the effort to provide you with a positive and comforting experience. Once you have been with us for a while, you can continue to expect the highest level of service. We focus on providing quality dental care, excellent customer service, and a relaxing environment to maintain a lasting patient relationship. We consider your first visit the start of a long-term relationship with you.

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Is Your Pillow Truly the Right Fit for You?

Whether you're an athlete or not, quality sleep is essential for healing, recovery, and overall health. Dr. Ken Murkowski shares why the pillow you sleep on really does make a difference.

DR. KEN MURKOWSKI II, CHIROPRACTIC PHYSICIAN

Your body spends roughly one-third of every day in bed. That's thousands of hours each year when your spine should be supported, not stressed. A properly fitted pillow, appropriate sleep position, and correct pillow placement work together to maintain healthy spinal alignment and reduce unnecessary strain on your muscles and joints. For many patients, these simple changes can improve sleep quality, reduce pain, and enhance the results of chiropractic care.

At our practice, we believe spinal health extends beyond the adjustment table. Helping patients improve their sleep environment is another way we support lasting health, comfort, and function. If you're experiencing persistent neck pain, headaches, or morning stiffness, it may be time to look beyond your mattress and ask a simple question: **Is your pillow truly the right fit for you?**

During sleep, the body repairs muscles and soft tissues, restores energy, and allows the nervous system to recover from the physical demands of the day. However, even if you're getting enough hours of sleep, poor sleeping posture or an improperly fitted pillow can contribute to neck pain, headaches, shoulder tension, and back discomfort.

As a chiropractor, I often focus on posture during daily activities, but posture doesn't stop when you go to bed. In fact, you spend approximately one-third of your life sleeping. Maintaining proper spinal alignment during those hours is just as important as maintaining good posture while sitting, standing, or lifting.

SIGNS YOUR PILLOW MAY BE CONTRIBUTING TO YOUR PAIN

Consider having your pillow evaluated if you frequently experience:

- Neck pain when you wake up
- Morning headaches
- Shoulder stiffness
- Numbness or tingling in your arms
- Frequent tossing and turning
- Needing to fold, stack, or adjust your pillow throughout the night
- Feeling better after you've been up and moving for a while

These symptoms often indicate that your neck isn't being properly supported while you sleep.

Many people think of a pillow as simply something soft to rest their head on. In reality, its primary purpose is to support the natural curves of your cervical spine (neck) while keeping your head aligned with the rest of your body.

When a pillow is too high, the neck is pushed into excessive flexion. When it's too low, the head drops backward or sideways, placing unnecessary stress on the muscles, joints, ligaments, and discs of the cervical spine. Night after night, this poor positioning can contribute to muscle tension, restricted joint movement, headaches, and ongoing discomfort.

A properly fitted pillow helps maintain a neutral spinal position, allowing the muscles to relax and reducing unnecessary strain on the joints throughout the night. Chiropractic adjustments help restore motion, improve function, and reduce stress on the spine. However, the hours spent sleeping can either support those improvements or work against them.

Think of your pillow as part of your home care plan. Proper sleep posture complements chiropractic treatment by helping your muscles and joints recover in a neutral position, allowing the body to heal more effectively between visits. Small changes in sleep ergonomics can have a significant impact on long-term comfort and spinal health.









This is a busy time of year!

Whether you're dreading the busyness or have had your Christmas tree up since October, it's here with its social events, late nights, and treats. The holidays are such a special time, but unfortunately, the demands of the season can leave us feeling worn down and ready for it to be over.

BY CHAELYNNE AUGUST, INTEGRATED HEALTH PRACTITIONER





The good news is that there are small things we can do to support our bodies and enjoy this time a little bit more!

During the busy holiday season, your immune system is working hard to help your body navigate everything from increased stress to changes in sleep, food, and routine. One simple way to support it is to make sure you're getting the nutrients it relies on, including vitamin C, vitamin D3, and zinc. You don't have to get these nutrients from supplements alone. Citrus, berries, leafy greens, seafood, meat, and seeds are just a few foods that can help provide these foundational nutrients.

The good news is that there are small things we can do to support our bodies and enjoy this time a little bit more!

Another simple way to support your body is to give yourself a little more structure during the busy weeks ahead. It's easy to think there isn't any extra time during the holidays to stop and plan. But remember: fast is slow, and slow is fast. The more disorganized we are, the more chaotic everything can feel. We forget things, lose things, and add more stress to an already maxed-out body. Taking 5–10 minutes each week to look at what you have coming up can help you make time for some self-care while taking some of that mental load off your plate. And as you move through the season, maybe the most important thing you can do is give yourself some grace and recognize the season of life you're in.

This is a busy time. It's not realistic to expect yourself to be perfect in every area of your life—and honestly, that's not realistic during a slower season either! The mental stress we carry affects our physical health, so taking a deep breath, letting go of perfection, and truly enjoying this time can do wonders for how we feel.

Don't let another crazy holiday season keep you from enjoying the moments that make this time of year special. Live your best life now. I can help.

TAKE CARE OF YOURSELF

You don't have to do everything perfectly to take care of yourself. Choose one thing you can realistically commit to this holiday season. Maybe it's getting enough sleep, eating a nourishing meal, moving your body, or simply taking a few minutes to slow down.









A Different Kind of Holiday Conversation

The holidays bring families together in ways everyday life often doesn't. Adult children come home. Grandparents sit beside grandchildren. Siblings who live in different places suddenly find themselves around the same table.

BY ANNAMARYLEE VOLLICK, GUIDING LIGHT DOULA SERVICES



One simple question can open the door to what matters most.

We spend that precious time catching up, sharing stories and carrying on traditions. But being together can also offer an opportunity for something deeper—not necessarily a heavy conversation about illness, aging or end-of-life, but a chance to become a little more curious about the people we love.

This holiday season, consider asking one simple question: **"What do you hope there is still time for?"**

There is no right answer.

Maybe it's a trip someone has always wanted to take. Repairing a relationship. Staying in their home. Returning to a favorite place. Finishing a project. Spending more time with grandchildren. Learning something new. Or simply feeling less alone.

Whatever the answer, resist the urge to immediately turn it into a plan.

Get curious instead.

Ask, *"Tell me more about that."*

Listen for what lives underneath the answer. Often, that's where we begin to understand what truly matters to someone.

The most important part may be how you listen.

Sometimes the greatest gift we can give someone is enough safety to tell us the truth.

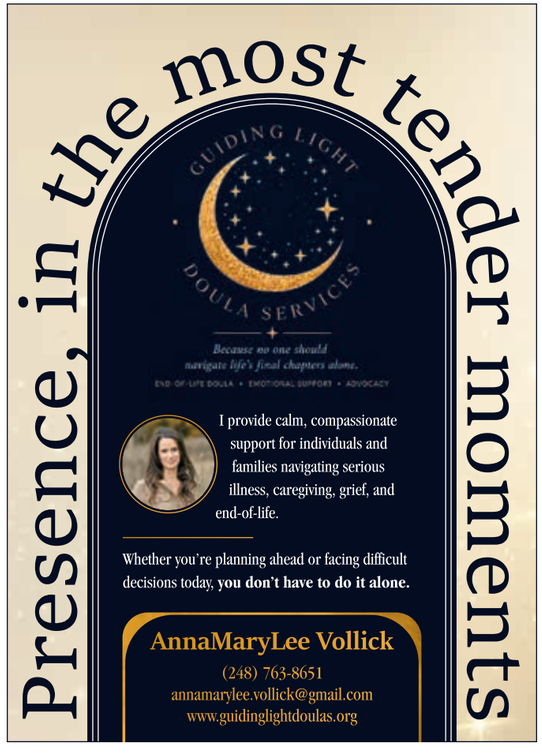
And these conversations don't have to wait until a crisis. In fact, some of the most meaningful conversations about aging, changing independence, illness, wishes and end-of-life happen long before decisions need to be made.

WANT A LITTLE HELP GETTING STARTED?

I've created a complimentary Holiday Conversation Guide with gentle questions you can use to begin meaningful conversations with the people you love.

Text CONVERSATION to (734) 224-8722 and I'll send you a copy.

AnnaMaryLee Vollick
Founder, Guiding Light Doula Services
Emotional Support Specialist | Certified End-of-Life Doula
guidinglightdoulas.org





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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Don't Miss These November Events

There's a lot happening around Clarkston this November! Whether you're looking to volunteer, support a local cause, get some holiday shopping done or just find something fun to do, here are a few events to have on your radar.

KATIE HESS, CONNECTING CLARKSTON



ELECTION DAY | NOVEMBER 3



If you shop at the Kroger on Sashabaw, did you notice your grocery bag looked a little different recently? Those decorated paper bags were part of a Get Out the Vote Academic Service Learning Project created by local sixth-grade social studies students.

As part of the project, students learned about voter apathy, the history of voting rights and the importance of civic participation. They then turned what they learned into colorful messages encouraging the community to get out and vote — and Kroger helped put those messages directly into shoppers' hands.

COMMUNITY IMPACT WEEKEND | NOVEMBER 7–8

THE COMMUNITY IMPACT

More than 500 volunteers will come together to help local families with home repairs, yard cleanup and other projects, while partnering with more than 20 local nonprofits. With more than 40 projects planned, there are opportunities for all ages, abilities and skill levels. https://www.thecommunityimpactteam.org

SHOES FOR KIDS | NOVEMBER 14

Rotary Club of Clarkston | shoes for kids

For more than 24 years, the Rotary Club of Clarkston's Shoes for Kids program has helped provide Clarkston Community Schools children with new shoes, winter boots, hats and gloves. More than 10,500 local children have been served through the program, with over $300,000 donated by the community.

Volunteers are needed for everything from setup and inventory to check-in and shoe fitting, with most shifts lasting about two hours. It's also a great opportunity for high school students needing community service hours. https://clarkstonrotary.org

HOLIDAY MARKET AT ABRAHAM RANCH | NOVEMBER 15, 11 A.M.–4 P.M.



If you haven't visited Abraham Ranch yet, I highly recommend taking advantage of this opportunity. Abraham Ranch is a Clarkston nonprofit that rescues and rehabilitates horses and farm animals, with around 60 animals on the property at any given time and more than 250 lives saved since rescue operations began in 2021.

The Holiday Market will feature local artisan vendors along with animal interactions, Santa, kids' crafts, carolers, hayrides, food trucks and more. Tickets on sale now at abrahamranch.com

SCAMP GIVING GALA | NOVEMBER 20, 6:30–10:30 P.M.

Empowering every ability • Enriching every summer
ClarkstonSCAMP

SCAMP's Giving Gala takes place at The Nova Room at Venue One Eleven in Holly. This year's Great Gatsby-inspired evening will include cocktails, hors d'oeuvres, live entertainment, a live auction, dinner, raffles and dancing to the Rhythm Society Orchestra.

The event raises support for SCAMP, helping keep the summer program accessible to campers and families. Financial assistance is available, and SCAMP has never turned away a camper because of financial need. https://clarkstonscamp.org



HOLIDAY SIP & SHOP | NOVEMBER 19

Deer Lake Athletic Club's Holiday Sip & Shop is an evening of local shopping, boutiques and holiday finds. Browse local vendors, spend some time with friends and get a head start on your holiday shopping while supporting local businesses.



CLARKSTON FARM & GARDEN CLUB HOLIDAY GREENS SALE

Clarkston Farm & Garden Club Established 1946

The Clarkston Farm & Garden Club's annual Holiday Greens Sale features fresh Michigan-grown wreaths, roping, cemetery pillows and blankets. Connect with the Clarkston Farm & Garden Club on on their website at clarkstonfarmandgardenclub.org for this year for ordering information, deadlines and pick up details.

HOLLY DAZZLE
Celebrate a Renaissance Christmas

HOLLYDAZZLE | 2026



HollyDazzle returns to the Michigan Renaissance Festival grounds in Holly with a three-quarter-mile outdoor light trail featuring more than a dozen Christmas scenes, Santa, the HollyDazzle train, HollyGrove Village, warm-up spots, treats and more. Visit HollyDazzle.com for the schedule and ticket information as it becomes available.

And, as always, this is only a small sample of what's happening in and around Clarkston. Check the Connecting Clarkston app throughout the month for even more local events, volunteer opportunities, fundraisers and holiday happenings.

See something you want to attend? Add it to your calendar, invite a friend and get out and support the people and organizations that make our community such a great place to be.

Katie Hess | Connecting Clarkston

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PAINT

Help Handyman helps homeowners by hiring the best of the best in their field to paint, construct, repair and replace whatever is needed to tackle projects on every "to do" list. This winter, why not refresh your home with a fresh coat of paint on the walls. Here is someone Jaime highly recommends:

JAIME PENNINGTON, HELP HANDYMAN SERVICES EXPERT





Looking for a Painter?

This time of year is always good for getting those inside paint jobs checked off your list of things to do. Windows can still be open to air out the home and kids are usually in school so there's time for walls to dry without fingerprints.

If you're looking for a painter who has time to do his best, I recommend Kevin Gerhard. He has been a friend of mine for 40 years and he's been painting for 30 years. WG Painting is the name of his business and I recommend him for your next commercial or residential project. He does both really well.

You won't find much on Kevin because he is busy painting. He works hard at his craft and has rave reviews from clients we have referred him to over the years. Now that we have settled into Help Handyman Services, Kevin is our "go to" painter we recommend when we come across a cry for help painting. While he doesn't really have a logo, you will recognize him in a baseball cap.

Kevin is one of our favorite handyman helpers! He is not overbooked but he keeps busy. Give me a call and I'll introduce you to a painter you can rely on, one you can trust, and one who will make your day!

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Checking things off your home's to do list doesn't have to be stressful. Help Handyman provides high-quality home repair services with professionalism and integrity. Whether it's a small fix or a major improvement, we've got you covered!

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What Community Banking is All About: A Message from Oxford Bank

BY MATTHEW DEFINIS, SENIOR MARKETING SPECIALIST, OXFORD BANK

At Oxford Bank, we often say that community banking is more than a business model — it's a commitment. For over a century, we've had the privilege of standing alongside families, small businesses, and civic leaders as partners in progress. But what does that really mean? Let's talk about what community banking is all about — and why it matters now more than ever.

ROOTED IN THE COMMUNITY

Unlike large national banks, community banks like Oxford Bank are locally owned and operated. Our decisions aren't made in distant boardrooms or dictated by Wall Street. They're made here — by people who live and work in the same communities we serve.

When you walk into one of our branches, you're greeted by neighbors, not just bankers. We know the names of our customers, not just their account numbers. That personal connection drives everything we do, from how we tailor financial solutions to how we invest in local initiatives.

A PARTNER IN GROWTH

Community banking is about shared success. When we help a local business owner secure a loan to expand operations or assist a young couple in buying their first home, we're not just closing a transaction — we're planting seeds for long-term prosperity.

Our lending decisions are based on relationships and local knowledge, not just algorithms. That means we're often able to find solutions that national lenders might overlook. We believe that responsible, accessible lending strengthens the entire community.

STABILITY YOU CAN TRUST

In an era of uncertainty, community banks provide a steady hand. Because we focus on sustainable growth and local investments, we're less exposed to the market volatility that can affect larger institutions. Our customers can feel confident knowing their money is managed with care, prudence, and integrity. At Oxford Bank, our roots go deep. **Founded in 1884, we are the oldest commercial bank headquartered in Oakland County, Michigan.** We've weathered economic cycles and industry changes, always staying true to our mission: to serve with strength, integrity, and heart.

A HUMAN APPROACH IN A DIGITAL WORLD

We embrace innovation and offer the digital tools our customers expect — from mobile banking to remote deposit — but we never let technology replace the human touch. Whether online or in person, our team is here to listen, guide, and support you. We're proud to combine the convenience of modern banking with the care and accountability of a true community partner.

SO WHAT DOES THAT MEAN FOR YOU?

Community banking is about relationships. It's about trust, accountability, and shared values. At Oxford Bank, we believe that when our communities thrive, we all do. That's why we're here — not just to serve, but to stand with you through every season of life.

Thank you for being part of our community. Thank you for banking with Oxford.

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ENGAGEMENT: ACT LIKE OWNERS WITH EVERY DECISION YOU MAKE.
CANDOR: WE ACKNOWLEDGE THAT THE TRUTH CAN SET US FREE, EVEN IF IT HURTS.
TRANSPARENCY: WE DON'T DO ANYTHING WE WOULDN'T TELL OUR GRANDMA.

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Jennifer Sherby,
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KELLY WEAVER
cabi Stylist

Hi neighbors,

MY NAME IS KELLY WEAVER and my husband Mike and I moved into Oakhurst **last December** but we have been members of the club since 2004. What I love most is the sense of community. Neighbors genuinely care about one another, and there are so many opportunities to connect, support local businesses, and build lasting friendships.

I would like to share my business with those of you who may not know what I do. I am an Independent Stylist with cabi, a women's fashion brand that combines personal styling, confidence-building, and community. I help women discover clothing that fits their lifestyle, personality, and body type so they can look and feel their best every day.

For the past 15 years, I have had the pleasure of helping women feel confident and comfortable in their own skin. Becoming a cabi Stylist allowed me to combine my love of fashion, relationship-building, and personal service into a business that truly makes a difference. Over the years, I've helped women simplify their wardrobes, discover their personal style, and gain confidence through fashion.

The most rewarding part about being a cabi Stylist is seeing a woman light up when she finds an outfit that makes her feel amazing. It's never just about the clothes—it's about confidence, self-expression, and helping women see themselves in a new way. I have also loved being able to bring women together to provide a sense of community. I stay updated through cabi's seasonal collections, ongoing stylist education, fashion industry resources, and by listening closely to the needs of my clients.

I'm most proud of the relationships I've built through my business and the opportunity I have had to put my family first! Many clients have become dear friends, and I've created a supportive community of women who enjoy connecting through fashion, events, and shared experiences.

I enjoy supporting local women's events, community gatherings, and charitable causes whenever possible. Building connections and giving back are important parts of both my business and my personal life. I also love being part of cabi's Heart of cabi Foundation, which empowers women and girls through partnerships with nonprofit organizations and meaningful giving initiatives that create positive change in communities around the world.

I'm always excited to host seasonal cabi fashion previews, styling events, and private wardrobe consultations. These events bring women together to have fun, learn about fashion, and connect with one another.

My business has already helped me meet and reconnect with incredible women right here in our community. Since I haven't lived in the neighborhood very long, I look forward to making even more connections and creating opportunities to bring women together through fashion, friendship, and shared experiences. It has shown me how meaningful local connections can be and how much we can learn from and support one another.

My advice: Wear what makes you feel confident. Fashion trends come and go, but personal style is about expressing who you are and feeling comfortable in your own skin.

Kelly Weaver
Independent cabi Stylist
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https://www.cabionline.com/?pws=kellyweaver
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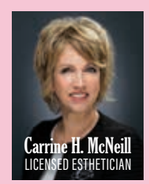
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resident business guide

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