

Gun Lake Business Association

PO Box 334
Shelbyville, MI 49344



OUR MISSION

To provide information and support to members of the local business community and enhance a sound business relationship with the community.

JAN/FEB

OFFICERS OF THE GLBA

Kim Bedford - President
Lisa VanDerhoof - Vice President
Eric VanDerhoof - Treasurer
Liz Roscoe - Secretary
Monte Baker - Trustee
Mike Snyder - Trustee
Tim Shiels - Trustee

Meetings are open to all members and they are held on the **Third Tuesday of every month**. They are short and to the point. We know you are all busy but **without your input we cannot continue to grow**. You will receive an email prior to each meeting.



For news and details of past and present activities go to:
www.gunlakebusiness.com

****SPECIAL NOTE****

If any members need changes done or have special events coming up and want us to advertise for you please contact the GLBA direct via email or website.

2020 GUN LAKE WINTERFEST!!



This years event will be held on FEBRUARY 15th, 2020 @ Yankee Springs State Park from 10:00am-6:00pm. W/FREE PARKING!

Fun to be had by every member of the family!! Don't miss out!!

A listing of all the fun events and times can be found by going to www.gunlakewinterfest.com or checking out our facebook page: Gun Lake Winterfest (Official)

Your Winterfest committee has been meeting every week to make sure that this years event is even greater than the last. We hold meetings every Monday at 6:00PM at Reds in Middleville. We welcome you to join us with your thoughts and suggestions. Or feel free to contact Monte Baker at montebaker@grar.com

if you or someone you know would like to volunteer at any of the events. Help is always greatly needed and appreciated!!

SEE YOU THERE!!

FEATURED BUSINESS OF THE MONTH!!

Deb Timmerman RN- CSME- Stress Mangement

When did you start your business? I have been teaching stress management solutions as an independent practitioner since 2015, prior to that I taught them in the nursing facilities I managed.

What is unique about your business? I teach about stress from the positive prospective. If you know what to do and how to do it, you can use stress to your advantage.

What products and or services do you provide? I teach Stress Mastery Bootcamps for individuals, groups, organizations and evidence based stress lowering practices like TaiChi Easy, mindfulness, meditation and heartmath. I also have follow up coaching programs to help people sustain new habits.

What is the one thing everyone who hears about your business

asks? How did I get into this? I fell down a flight of stairs and was severely injured. Learning how to relax my body helped me heal and have no lasting issues.

Give us a little background history on your business? I've been teaching about stress and selfcare for nearly 15 years and am a member of National International Organizations that have the latest in stress science/tools.

Be sure to give her a call with all of your stress issues!!!

UPCOMING EVENTS:

WINTERFEST 2020 –February 15th
from 10:00am to 6:00pm @
Yankee Springs State Park.



CURRENT PAID MEMBERS

A Sportsman's Attic
Bay Pointe Inn & Restaurant
Bay Pointe Woods
B & R Excavating Inc.
Bernie's Haul Away Inc
Boat Lift and Dock
Boniface Heating & Air
Cascade Electric
Chicago Point Resort
Christine's Bail Bonds
Circle Inn Restaurant
Cost Segregation Sevices, Inc.
(CSSI)-Lisa VenDerhoof
Curley Cone
Deb Timmerman RN, CSME-Stress Management
Edward Jones-Rick Buller
Elite Auto Clinic of Gun Lake
Fifelski Construction
Froggy's Ice Cream & Sweet Treats
General Federation of Women's Clubs-Gun Lake Area
Gilletts Bait & Hardware inc
Gun Lake BP-Merle Boes
Gun Lake Casino
Gun River Inn

Hopkins Propane
Island Drive Specialty Services
Insurance Services Agency
Jessica Kraai-Greenridge Realty
Keller Williams Realty-Denny Moore
Kraai Well Drilling & Water Softening
Lake & Surf Shack
Lakeside Pizzeria & Grill
Lakeside Plumbing
Laurels of Sandy Creek
Legacy & Legal Business Services PLC
Liz Roscoe-Preferred Insurance Services
Long Lake Outdoor Center
Lucky's Roadhouse
Maxe Designs LLC
McDonald's of Gun Lake
Mercantile Bank
Merlex Computer Repair
Monte Baker/Five Star Real Estate
Open Road Brewery
Orangeville Community Outreach
Pam Arwady/Greenridge Realty
Parkside Park
Photographic Memory
Pixelvine Creative
PK Excavating
Railtown Brewing
RE/MAX of Grand Rapids-Katie Ambrose
R.J. Gas & Food
RT Stitchcrafts
Sam's Gourmet Store
Sandy's Lakeside Country Kitchen
SendOutCards
Shine On Sales
Son Life Camp & Retreat Center
Star Cleaning
The Landing on Gun Lake
Union Bank
United Bank Insurance Agency
United Bank Mortgage
United Bank of Michigan-Shelbyville-Ashley Melder
United Wealth Management
Vann's Valley Excavating LLC
Vann's Valley Event Center
Veenstra Team Brokored by eXP Realty LLC
Walker Fluke & Sheldon PLC
Water's Edge Floral & Gift
Wayland Hotel Bar & Grill
Wayland VFW Post 7581

WBCH Radio
Weick's Pharmacy
Womans Life Chapter 909
Wubben Construction
Yankee Springs Golf Course
Yankee Springs Marathon - Merle Boes
Yankee Springs Recreation Area
YMCA Camp-Manitou-Lin

If you have paid your dues and do not see your business listed send an email to:

eric@veenstrateam.com