

# G.A.P.S. Newsletter

Gerrish Alternative Policing Strategies

"Community with Police...Caring & Sharing Together"

FEBRUARY 2023



## Valentine Fun Facts

Valentine's Day started with the Romans around the year 270 A.D.

The first Valentine's Day celebration took place in Paris on February 14, 1400.

Passing out Valentines is a 600-year-old tradition and teachers are the #1 recipient of Valentines.

Today, an estimated 145 million greeting cards are exchanged.

The first commercialized manufacturer of US Valentine Day cards was Esther Howland in the late 1870's.

Converstaion candy hearts got their shape and endearing words pressed onto them in 1902.

Valentine chocolate gift boxes were first introduced in 1868 by Richard Cadbury and chocolate covered caramels are the most popular flavor.

King Charles II of Sweden started the tradition of sending flowers as Valentine gifts in the early 1700's.

Valentine's Day is the busiest day of the year for florists and 250 million roses are grown in the US for this day, half of them are red.

The color RED symbolizes love, however, historically this color also represents courage, celebration, anger and danger.

HAPPY VALENTINE'S DAY!

## February is American Heart Month

*Why do we observe American Heart Month every February? Well, every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.*

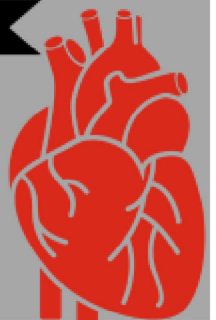
*The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste. Weighing between 8 and 12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contracting at a rhythmic pace, about 60-80 times per minute, thanks to electrical cells called "pacemakers." When the heart ceases to perform its regular function, a medical device also called a pacemaker can be implanted to assist the heart.*

*Heart disease occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbate risk factors and make people more prone to heart disease and heart failure. Today, one in four deaths in the U.S. is attributable to heart disease. Heart disease can affect everyone, but taking stock of your prior health risks, activities and diet can help you reduce your risk.*

*Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure.*

### LOVE YOUR HEART

- Get active
- Eat well
- Control cholesterol
- Manage blood pressure
- Reduce blood sugar
- Lose weight
- Quit smoking



AMERICAN HEART MONTH





## UPCOMING EVENTS/MEETINGS:

### FEBRUARY 3rd

ACT NOW Executive Board Meeting  
10:00 am @ Gerrish Twp. Police Dept.

### FEBRUARY 14th...



### FEBRUARY 17th & 18th

Higgins Lake-Roscommon Chamber WINTER FEST  
10:00 am Saturday - 7:00 pm Sunday  
@ North State Park & Lyon Township's Park 27

### FEBRUARY 25th

Food Truck Distribution @ Roscommon Area Schools  
Bus Garage (10:00 am until food is gone)

## ACT NOW SCHOLARSHIPS

2023 Scholarship Applications are available for all RHS Seniors. Two \$1,000 scholarships will be awarded at the Roscommon High School Senior Awards Night on May 1st. These scholarships are awarded based on GPA, community service and need.

Applicants must also include an Essay on the "Value of Community Service" with the application along with a copy of their high school transcript, two letters of recommendation and one letter of endorsement. Application packets must be submitted by March 31, 2023

to ACT NOW at 3075 E.  
Higgins Lake Drive,  
Roscommon, MI.

Application packets are available at the Gerrish Twp. Police Dept. and online at [www.gerrishpolice.org](http://www.gerrishpolice.org) under the ACT NOW section.

Our ACT NOW Scholarship program was established in 2008 and since then we have awarded \$24,000 to RHS Seniors.

ACT NOW also sponsors Project Graduation, Marching Bucks Breakfast with Santa, and the RHS Musical Program.

We have some very talented and wonderful students who go on to achieve great things! We are proud to support them as they journey on to their next chapter of life and continue to support the communities that they will eventually live and work in.



# 2023 Event Calendar

02/03/23

03/03/23

04/07/23

04/15/23

04/22/23

05/01/23

05/12/23

05/17/23

06/02/23

06/17/23

07/07/23

07/17/23

08/11/23

08/12/23

09/08/23

09/12/23

09/20/23

10/06/23

10/15/23

10/31/23

11/03/23

12/01/23

12/18/23

DEC 2023

ACT NOW Board Meeting  
ACT NOW Board Meeting  
ACT NOW Board Meeting  
Scrap Metal Project Starts  
Bowling Tournament Fundraiser  
Fred's of Roscommon @ Noon  
RHS Senior Awards Night  
ACT NOW Board Meeting  
Spring Road Clean-Up  
Start at 4:00 pm at GTPD  
ACT NOW Board Meeting  
Higgins Lake Sunrise Run  
ACT NOW Board Meeting  
ACT NOW Annual Meeting & Picnic @ Gerrish Twp. Marina  
6:00 pm  
ACT NOW Board Meeting  
Annual Golf Outing Fundraiser  
10:00 am (9:00 am Registration)  
@ Redwood Golf Course  
ACT NOW Board Meeting  
Annual Law Enforcement  
TORCH RUN from GTPD to  
S. Higgins Lake State Park  
6:00 pm (Registration 5:00 pm)  
Fall Road Clean-Up  
Start at 4:00 pm at GTPD  
ACT NOW Board Meeting  
Scrap Metal Project Ends  
Annual TRUNK or TREAT  
Gerrish Twp. Municipal Complex  
6:30 pm - 8:00 pm  
ACT NOW Board Meeting  
ACT NOW Board Meeting  
Shop-With-A-Cop WRAP PARTY  
5:00 pm at GTPD  
Kids Helping Kids Program  
Christmas for Foster Children & Foster Families in Roscommon County

Gerrish Township Police Department  
and ACT NOW 2022 ANNUAL REPORTS  
are available online at  
[www.gerrishpolice.org](http://www.gerrishpolice.org)

