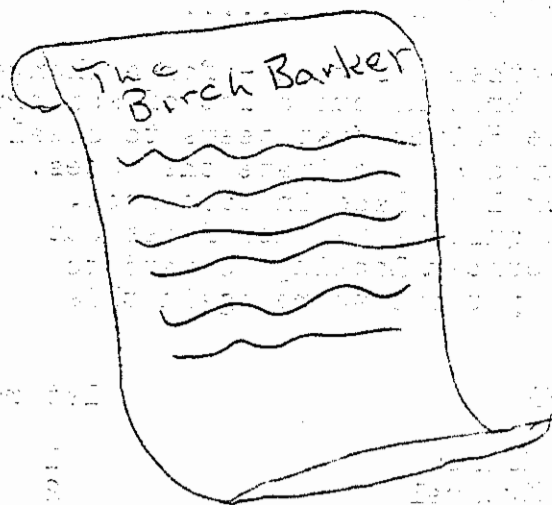


The Birch Barker



Birch Lake Yacht Club
Vandalia, Michigan

July 22, 1978
Issue #7

CALENDAR OF EVENTS:

Sundays Sunfish Races
Wednesday, July 26 Crafts 1:00/2:00 Yacht Club
Thursday, August 3 Turtle Race
Saturday, August 5 Monte Carlo Nite
Tuesday, August 8 Ladies Golf Outing (see below)
Friday, August 11 Teen Hay Ride
Sunday, August 13 Couples Sunfish Race
Saturday, August 19 BLYC Fall Dinner

THE TIME IS HERE! DONT BE LATE? THE WOMEN ARE COMING.....

Women's Golf Outing is on August 8 starting at Park Shores Golf Course and ending with LUNCH at K-Tap in Vandalia.

Golf alone is \$3.00
Lunch alone is \$4.00
THE WHOLE DAY..... \$7.00

Schedule: Donuts at 9:00 a.m. MI
Tee-Off 9:30 a.m. MI (Shot-gun)
Luncheon 12:30 p.m. MI

Reservations are to be turned in by Sunday, August 6 to:
Lynne Schaar (#141) .. Shirley Ross (#101)
Nadine Brown (#127) .. Eileen Price (#136)

Any prize donations will be accepted and may be dropped off at:
Lynne Schaar's #141 or Shirley Rosses #101

Lets all mark the day on the calendar so we can have the biggest and best turn out yet. Remember to let us know by Sunday, August 6.

July 11, 1978

To The Editor:

In our first week back at Birch Lake we have noted daily violations of the boating rules by motor boats running between the rafts and piers.

On the west side within our range of vision, the offenders have been largely adults traveling at moderate speed through the swimming areas and rubber-necking at the shore.

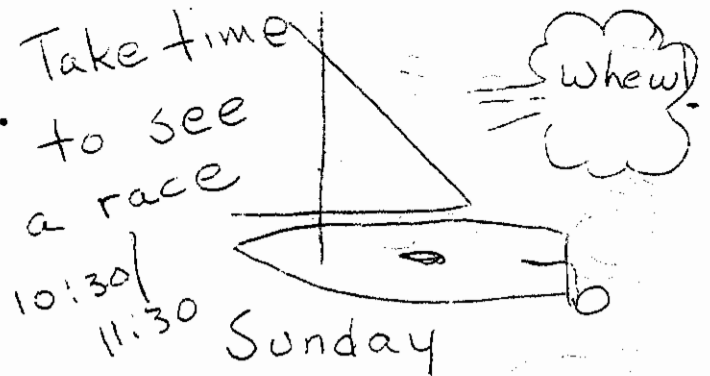
It is time to remind ourselves that the excellent safety record here at Birch is the result of following the safety rules and setting an example for the young people, using good judgement and insisting on they using theirs, and having a bit of luck. Lets not start riding on the latter.

Jack Asire
John Parnell

A HAPPY SUNNY DAY.....

The weather was good - for a change and it brought out a lot of sailors.

Howie Haines just seems to steal that wind and dominate the races. He took 1st place in each race. We had quite a few new faces out there Sunday. Looking forward to seeing you out there again this week.



SKIPPER	1st race	2nd race	3rd race	Season Average
Howie Haines	1	1	1	1631
Kevin Kruggel	2	2	D.N.S.	1554
Dave Troeger	3	4	2	1534
Dave Lovejoy	4	7	4	1480
Kurt Kruggel	5	3	5	1477
Tom Troeger	DNS	DNS	3	1454
Ron Whiteman	9	10	9	1241
Bill Carpenter	DNS	6	DNS	1235
Bud Lovejoy	6	5	14	1177
Tom Howard	DNS	DNS	7	1166
George Varga, Jr.	DNS	DNS	8	1099
Scott Vicsik	DNS	13	16	1083
Bill Hammes	7	8	6	1081
Clem Haines	11	16	11	1068
Dave Olson	15	14	13	1065
Mike Machalleck	8	11	DNS	1046
Joe O'Brien	10	15	12	1031
Tim Blackwood	DNS	DNS	DNS	1030
Dave Anthony	13	9	10	991
Don Harmon	12	17	17	898
Chuck Fortino	14	12	15	779
Jay Huckins	DNS	18	18	549

Eileen called

NOTE TO THE YOUNG SET:

Wed. July 26th will be the next Craft Day. Please bring along a small paint brush (or artists' brush) if you have one. 1:00 IN

If anyone has trouble catching a turtle for the big August turtle race, please see Doug Davis at #322 or call Brad Zesinger at 476-2568.

UNCLASSIFIED ADS:

8' X 8' Redwood swimming float with ladder (barrels not included). Reasonable. Also walnut chiffarobe & crib with Kantwet mattress -- very good condition. Can be seen at #101 (Rosses) or call 476-2196

GARAGE SALE:

Friday 5 MI PM - Sunday nite #5 Eastside Hill Coles.....

NEEDED:

Somone to hire to install an electric water heater. Contact Everett's cottage #309, 476-2760

NOTICE: We have received names and addresses for the Directory that has no cottage number and cannot trace quickly. If anyone can tell us about

Richard and Ruth Treichel please contact Julie Weaver, 4A, 476-2869 before Monday as typing will be started then.

BIRCH LAKE NEWS:

Visiting the lake this week at Tudor's rental cottage on the West side are Becky (Walters) Bergstrom and her three children Leslie 12, Ricky 10, & Eric 6. She is the sister of Sally Everett residing on the West side at cottage #309. They spent the summers here on the lake as children in the former Foote cottage on the south side. The Everetts and the Zesingers welcome them to the lake. ****

A Big Happy Birthday to Mort Hunt who will celebrate his on July 19. How old Mort? 39 again..ha..ha.. The Gang ****

Daughter Kathleen & husband Ed Fenrich and children Lisa, Holly, and Keith surprised Granny Rose Klappauf with a big Birthday cake over the weekend. ****

The Douglas Weavers will be host to the Frazer Family from Kempner Texas for at least 10 days. Linda and Dick, with their children Ruth Ann and James and foster children Teresa, Onna, Chris and Thomas will arrive late Thursday to prepare for all but Thomas to join the Weavers children in a week at Camp Tannadoonah. The Moms and Dads plan a week of rest and relaxation with a babysitter for Thomas occasionally so they can see the sights and sight the seas. Welcome back Frazers.

From the desk of SHIRLEY ROSS:

I was asked at the beginning of the summer to write several articles concerning first aid information which might be of use to lake residents. It has been a very busy summer and so I'm finally fulfilling my promise. Let me first state that I am not a medical expert and therefore the following has been paraphrased from an excellent textbook, Emergency Care & Transportation of the Sick & Injured, which was used last fall in the E.M.T. (Emergency Medical Technician) course which I completed at Southwestern Michigan College.

In trying to decide upon a topic to write about, I remembered an incident which occurred several weeks ago at an area golf course. The day was extremely warm, sunny & humid & one golfer became physically ill due to the heat.

Athletes & workers engaged in outdoor activities are susceptible to illnesses from exposure to heat. Some specific syndromes which result from heat exposure are: 1) heat cramps; 2) heat exhaustion and 3) heat stroke (sunstroke).

Heat cramps are due to an imbalance of the salt & water concentration within muscle tissue. Normal contraction & relaxation of muscles requires a strict balance within the muscles of water & salt. When a person perspires excessively, both salt & water are lost & reserves of each within the body become depleted. The individual usually interprets this depletion as thirst & will begin drinking large quantities of water without taking any additional salt. The result of the abnormality of salt and water concentration is an involuntary uncontrolled muscular spasm which causes the characteristic cramp.

Generally, people with heat cramps need more salt. The drinking of a glass of salt water, made by mixing one teaspoon of table salt to a quart of water will rapidly reverse the cramping. Frequently heat cramps can be avoided if a person swallows a salt tablet along with the water he drinks while working or exercising vigorously in the sun.

Heat exhaustion or heat collapse is a common illness caused by heat. It's signs are weakness, faintness, dizziness, headache, loss of appetite & nausea. The person may appear ashen gray & his skin may be cold and clammy. The person suffering from heat exhaustion is in a mild state of shock & should be placed in a cool room on his back & made comfortable. He should rest to allow his vascular system an opportunity to meet the demands placed upon it.

Heat stroke or sunstroke is a far less common occurrence, but by far the most serious. Heat stroke represents a failure of the heat regulatory mechanism of the body (central nervous system). The person who develops heat stroke is one in whom sweating has ceased. Thus as the major mechanism for heat loss by the body is no longer functioning, heat builds up within the body causing the body temperature to rise.

The signs of heat stroke are quite obvious. The person will have a warm dry skin with a temperature of 105° or even higher. There will be a history of prolonged exposure to heat, usually within a humid environment where it is particularly difficult for sweat to evaporate. As the heat stroke progresses other changes occur. Heat stroke is a true emergency & it is vitally important that the proper medical personnel be called & the patient transported rapidly to the hospital.

Shirley Ross

LOCAL EMERGENCY NUMBERS:

AMBULANCE - 120 - 244-5235 (Newberg-Porter, Jones)
& or call Cassopolis
FIRE 445-2481 or
445-2500

SHARIFF - 445-2481

STATE POLICE 120 - 483-7611
White Pigeon

ESSENTIAL INFORMATION -

Name is: Julie Weaver
Location: South Side of Birch Lake west of Public Beach
Problem: Hangnail????
Who will be waiting where for emergency vehicle:
Small lady by small red car on drive by
Weaver Mailbox

Be sure you listen carefully as all operators and dispatchers are trained to ask questions and take down information so that emergency personnel are aware of the severity of problem.

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Hanson 476-2265