

August 16, 1986



Well the annual Birch Lake Triathlon is now over and the turnout for this year was overwhelming!! Records show that there were three times as many people participating in the Triathlon than did last year!! Fantastic! Dan Reynolds, one of the three chairpeople for the Triathlon, was heard to say, "with a turnout like this, next year we will have to find a bigger lake!" The weather cooperated beautifully for both the participants and the spectators of the race, we had a record number of people show up to view this terrific event of the lake. All participants were awarded shirts at the Yacht Club presentation, these shirts were specially designed by Coy Jankowski, W376...."ask him how to spell Triathlon", quips Rick Doolittle!

BIRCH LAKE OPEN

The Michianna Regatta will be held at Birch Lake on Saturday Aug.16 & Sun. Aug. 17. Saturday will be the MC race, with registration from 9:00-10:30 am (In) at Troeger's cottage - 22. At 10:30 am there will be a Skippers Meeting and at 11:00 am the race will start! There will be 4 races with lunch break. For further information contact Randy Welch or Don Harman.

Sunday will be the Sunfish race with registration from 9:00-10:30 am (In) at Troeger's cottage - 22. There will be a skippers meeting at 10 :30 am. At 11 am the races will begin - with 4 races and lunch break. Trophies for top 5 places plus Jr. & Sr. awards. For further information contact Harold Cranmer, Dave Troeger or Rich Harman.

FINAL RESULTS 1986 TRIATHALON

<u>TIME</u>	<u>NAME(place overall)</u>	<u>M</u>	<u>F</u>	<u>Relay</u>
46:37	Jeff Walls/Steve Sante/Brian Machalleck			1
47:42	George Iams/Dave Troeger/Tom Troeger			2
48:08	Jeff Hammes	1		
48:37	Steve Plaia/Pedro Kinner/Bruce Vath			3
49:30	Tracey Iams/Bill Morris/ Libby Troeger			4
49:37	Kent Sante	2		
49:55	Paul Sortal/Pete Lavato/Bill Major			5
50:27	Wes Currier/Mike Reynolds/Brad Zesinger			6
51:09	Kevin Kruggel	3		
52:04	Dan Reynolds	4		
54:00	Tom Condon/Kyle Condon/Jim Cook			7
54:08	Tom Nagy	5		
54:15	Bill Carpenter/Janet Barr/Kathy Doolittle			8
54:31	Allyson Weaver/Lesley Greenig/ Terilyn Montague			9
54:57	Steve Cranmer	6		
56:06	Dick Cowen	7		
57:14	Buddy Zesinger/Buzz Rasmussen/Bud Zesinger			10
57:56	Steve Fillenwarth	8		
58:48	Shannon Condon/Kelli Condon/Joel Habich			11
59:50	Dewayne Weaver	9		
1:00:07	Coley Cook	10		
1:00:43	Troy Jankowski	11		
1:01:22	Chris Strib/Kelly Love/Ann Abernathy			12
1:02:29	Kathy Pawlak/Sandy Lamb/Geoff Lamb			13
1:02:52	Lisa Saver/Kathy Schrader/Brian Eberhart			14
1:05:48	Andrea Athanas		1	
1:07:10	Rick Doolittle	12		
1:16:51	Vicki Fillenwarth		2	

Kent Sante may not have been the fastest swimmer or the quickest runner but he left the crowd in the dust as he sped past them on his bike! Says Dave Troeger, "he passed me like I was standing still. . .".

Bud Zesinger didn't accept water at the far East end water station, could it be he had plans to stop off at his house on the route back?? No hanky-panky on the job Bud!
Enough Enough!!

B & J BLUEBERRY RANCE says that they will have Blueberries to U-Pick for at least a few more weeks, you there is still time for you to go the Blueberry fields and pick some of these delicious morsels!

ATTRACTIONS IN THE AREA: Aug. 16: summer Art & Craft Show: Dowagiac, CityHall Park
Aug. 16-17: Kayak Triple Crown Race and Related Activities: South Bend, East Race
Aug. 16-17 : South Bend Air Show: Michiana Regional Airport
Aug. 17: Summerfest '86: Edwardsburg, Our Laky of the Lake Church
Aug. 17: Venetion Boat Parade and Great Lakes Windsurfing Cup Races: Grand Haven, Mi.

Polish copper with catsup, brass with worchestershire sauce, silver with toothpaste.

To clean eyeglasses without streaks, use a drop of vinegar, gin or vodka on each lens. For sunglasses smeared with suntan oil, use ginger ale.

TRIATHALON REPORT ** by Jane Nagy, Bill Carpenter, & Dan Reynolds -- Race Committee
We could not have asked for a more ideal day for our third annual Birch Lake Triathalon. Fifty-nine people participated, which doubled the number from last year.

And Birch Lakers' are also in better shape this year as the individual and relay records were broken. Our congratulations to Andrea Athanas and Jeff Hammes, Individual winners, and to Jeff Walls, Steve Sante, and Brian Machalleck- the relay winners.

Our thanks to the Welchs' and Carpenters' for letting us use their cottages for the swim and bike areas. Thanks to the Hollemans', Montegues', and Rosses', for manning the water stations and showers. And special thanks to Jane and Ernie Nagy, Dave Olson, Linda and Ken Tate, Joe O'Brien, Herm Kruggel, Earl Troeger, Ken Troyer, Mildred Carpenter, Katha Machalleck, Peggy Condon, and Barb Zesinger, without whose help we could not have had a successful event.

A very special thank-you goes to Coy Jankowski. Coy designed the logo for the T-shirts and it is terrific. Thanks Coy!! We do have a few large and extra large shirts available for \$10.00. See Dan Reynolds, Jane Nagy, Bill Carpenter, or Mike Machalleck if you want a shirt.

NOTICE: Whoever left your bicycle at the Sears Park landing contact the Rosses, 476-2196 and identify the bike to claim it.

LESLIE KRUGGEL graduated from Purdue University in December with a BA and her brother, KURT KRUGGEL graduated from Miami of Ohio in May with a BS. They are both moving to Indianapolis on August 18 to work and for financial purposes they will share an apartment! SHELLEY KRUGGEL will return to Purdue Univ. this fall, her Junior Year, to finish her Elementary Ed degree. Gosh Bev & Herm your nest will be empty, won't the house be eerie with the silence!!!

Woman to Banker: "I'd like to open a joint account with someone who has alot of money."

FOR SALE: Double Bed, head board & frame \$25.00
Two four drawer bedroom chests \$35.00 each
See Dale Leatherman 15122 Birch Lakeshore Dr. Ph.#2481

FOR SALE: Zenith console stereo; AM/FM radio; turntable, 8-track tape; all wood cabinet. Needs some work. Best Offer Contact Hollemans' 476-2800.

Every summer we make it a practice to send our kids away to the most reliable, most secure, least expensive place we know. It's called Camp Grandma.

**** LAST TEEN PARTY ****

Teens, don't forget your last "Going back to School Party" is set for August 22 at the Yacht Club. It will be a Toga Party so start assembling your costume to attend! Ken & Sally Everett are in charge of this party so if you have any questions call them at 476-2760. (8 pm Indiana Time)

GARAGE SALE: Garage Sale at the Troyer's house 63110 Birch Rd.
Saturday August 16 from 10-5 pm (Mi Time)
Sunday August 17 from 10-3 pm (Mi Time)
Lots of childrens clothes, boys & girls; girl Scout-Brownie-Uniforms;
odds & ends;kitchen things; windows, picture windows; electric range;
old old papers. Years of collections are all going!!

BIRCH LAKE ANNUAL DINNER

Saturday, August 23, 1986 at the Yacht Club. Featuring an Italian Dinner.
Cocktails - 5:30 (In) Dinner - 6:00-7:30 (In) Price: \$7.00 Adults (12 years or older)
\$4.50 (11 years & younger) Purchase tickets now from any BL director or Ken Tate 476-8849.
Annual meeting with election of officers & directors will follow the dinner.

RECIPE IDEA -- SOURCREAM RHUBARB CAKE

Now don't turn up your noses, this cake/coffeecake is absolutely delicious - try it!!
350 degree oven for 40 min.

1 cup brown sugar	1 tsp soda
$\frac{1}{2}$ cup crisco	$\frac{1}{2}$ tsp salt
1 egg	1 cup sour cream
2 cups flour	$1\frac{1}{2}$ cup cut Rhubarb, cut in $\frac{1}{2}$ " pieces

Mix all ingredients together and put in a greased $8\frac{1}{2} \times 11$ " pan. Bake at 350 degrees for 40 min. - add the topping before baking -

Topping: $\frac{1}{2}$ cup sugar / $\frac{1}{4}$ white & $\frac{1}{4}$ brown
 $\frac{1}{2}$ chopped nuts (cup)
1 TBL butter
1 tsp cinamin

Mix all ingred. until crumbly and put on top of batter and then bake for 40 min.
If desired you can gently poke topping into the batter with finger.

DID YOU KNOW THAT several studies suggest that garlic may actually help protect against coronary heart disease by decreasing cholesterol in the blood. It also appears to have an anticlotting agent, which would help prevent stroke. Onion was shown to cause a rise in high-density lipoproteins (which help keep arteries clear) when given in extract form to heart patients. Unfortunately, the onion extract is not yet available, and the garlic potions you can buy are worthless. But, do eat garlic & onions-their therapeutic value is limited in small amounts, but every bit counts when it comes to decreasing blood-serum cholesterol!

THE SCOOP

The Triathalon is over, no place to go, nothing to do, so why not just float. . & float.. thoughts of the people on the Cranmer pontoon boat! It seems that "Captain" Steve Plaia overestimated how far his gas would take him as he & his wife Julie, Steve Cranmer, and Greg "Pedro" Kinner, drifted towards shore on Saturday afternoon!!

Tidbits from the Triathalon. . . Three cheers for the 1st place relay team - Jeff Walls (who swam), Steve Sante (rode bike) and Brian Machalleck, the runner! Congratulations guys! Congratulations also to the 1st place Individual racer, Jeff Hammes! Jeff will certainly provide some competition for Kurt Kruggel (winner of the last 2 Triathalons) as he shaved 2 min. off Kurt's winning time from last year. Unfortunately Kurt could not be here this year as he had to be at a fraternity picnic in Columbus. Keep an eye over your shoulder Kurt!

Dan Reynolds also improved his time from last years' competition - he beat his last year time by 7 minutes, just think what it will be next year, huh Dan!!

Tom Nagy, who placed 5th for individual racers, deserves a round of applause as he beat his previous year time by a whopping 11 minutes! (he started training for next year the next day, with a "1st place" gleam in his eyes!)

Quips Earl Troeger to the last Individual racer, Rick Doolittle, "Its the pants that did it for you". Replys Rick, "Well next time I'm entering the female division so I have a chance".

The 2nd place relay of Tom & Dave Troeger, & George Iams, certainly did not impress Iams' toddling son, fast asleep on Dad's shoulder ... and he stayed that way as the guys collected their awards!! He loves ya Dad!

Kathy Green made it to the finish line with applause & cheers - and a Mic, not to drink evidently, as she immediately placed it against her cheeks! Good going Kathy!

Rick Doolittle huffed and puffed to the Eastside Turn-around and water station - to be rewarded with his own personalized cup - which he hoped had his favorite Gin in it, what a disappointment to only find water, huh Rick!

"I may be getting older but I refuse to grow up" was seen on a T-shirt sported by Bill Carpenter - do you want us to believe this Bill??

Connie Troeger was seen holding a cute child on her shoulder, asked if it was her grandchild, she says, "No, we only have a Grand-dog!!".

Andrea Athanas and Vicki Fillenwarth were the only two women to compete individually -- and finish!... Andrea's finishing words at the Triathalon were, "This is demoralizing!"

Dick Cowen wanted to take a "rest stop break" at the Eastside water station but the competition was nipping at his heels - Run Dick Run.

COMMODORE'S CORNER

What a great day we had for the triathlon. I want to thank the participants and spectators for a very successful and safe event. Everything went so smoothly and was very well organized. My thanks go to Dan Reynolds, Bill Carpenter, Jane Nagy and all the volunteers. A special thanks to Dan Reynolds who donated all the trophies.

The sailboat races had to be cancelled because of rain on Sunday. Let's hope we have some nice weather for the Michiana MC & Sunfish sailboat races this weekend. It should be a fun time so get your registration in and let's have a good representation from Birch Lake.

Also, get your reservation and money in to Ken Tate for the Annual Dinner - August 23rd. Your Director has tickets.

TRIATHALON SHIRTS

Beautiful long sleeve white shirts designed by Coy Jankowski are available for sale for \$10.00. Only Large & Extra Large are left. They are available from Dan Reynolds, Bill Carpenter or Mike Machalleck. We also ask those that bought a shirt and didn't pay to get your money in to one of the above people.

BIRCH LAKE CUPS

Plastic Birch Lake cups are available for sale at \$5.00 per dozen. They make great gifts for those who visit or just great to use at home or at the lake. They are available from Mike Machalleck or they can be purchased at the Annual Dinner. All proceeds go to the Yacht Club.

DATES TO REMEMBER

Aug. 16 - Michiana MC Sailing Regatta

Aug. 17 - Michiana Sunfish Sailing Regatta

Aug. 22 - Teen Party - Yacht Club

Aug. 23 - Annual Dinner - reservations Ken Tate (8849)

BOARD OF DIRECTORS MEETING

Monday, August 18 - 7:00p.m. (IN) at the Yacht Club.

Please make every effort to attend.

VICE-COMMODORE'S COMMENTS

Thank you ladies for an outstanding job of distributing the Birch Barker. I appreciate you taking the responsibility and time to get the Barker to every member.

Janet Barr - Southside

Cheri LaPierre - Southside

Jane Nagy - Eastside

Linda Curtis - Eastside

Linda Tate - Northside

Sherri Holleman - Cove

Nancy Walker - Westside

Jackie Mingling - Westside

Thank you,

Ken Tate

The Seasons

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Scallop Strudel	Scallops, mushrooms and cream cheese baked in a fine strudel pastry.	11.25

King Crab Splits	Market Price	Broiled Filet of White Fish	8.95
Served with drawn butter.		Broiled Filet of Sole	9.95
Broiled Lobster Tail	Market Price	Frog Legs	10.25
Served with drawn butter.		Hand breaded and deep fried or sauteed with garlic, lemon, white wine and parsley.	
King Crab or Lobster Tail with Filet Mignon	Market Price	Broiled Red Salmon Steak	9.25
		Served with dill-butter.	
Shrimp	13.50	Broiled Walleye Pike	10.95
Hand breaded and deep fried or sauteed with fresh mushrooms, onions, garlic, lemon and white wine.		Lake Perch pan fried in butter	9.25
Scallops	11.25	Broiled Swordfish Steak	10.95
Hand breaded and deep fried or sauteed with fresh mushrooms, onions, garlic, lemon and white wine.		Broiled Halibut Steak	11.95
Shrimp/Scallops Combination	12.95	Broiled Red Snapper	9.95
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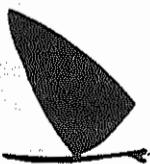
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