

BIRCH BARKER

Weekend of July 12, 2003



East sider John Luecht enjoys a toe-dunk on the Fourth of July at the end of his neighbor's pier.

photo by Morgann's Mommy

Hey there, hi there, ho there... Well, the Fourth of July has come and gone, and with the exception of some burnt ozone, a pancake hangover and three blown pumps on the east shore, we're apparently none the worse for wear (even Bud's blue and gold raft is back after its high-speed migration during one of the storms — I think I saw it pass Steve Cranmer's boat on the way north).

All in all, the weekend was a good one for Birch Lake. The on-and-off weather was considerate enough to let us wedge the turtle races, the fireworks, one day of sailboat races, the boat parade and the pancake breakfast between storms.

Thanks to all of the people who helped out with all of the weekend's events — including Tom, Judy, Bob, Charlene, Stu, Don, Lind, Dick, Suzy, Bud, Denise, Dan, Le, Bill, Rich, Sandy, Howard, Beth, and all the pancakers and all the boat decorators — (jeeze, I know I shouldn't start listing names because I'm bound to forget someone — after a weekend like that, you're bound to forget

COMMODORE'S COMMENTS

someone so I'll apologize and plead Philzheimer's disease...)

It looks like things have finally settled down a bit after that weekend and a week of wild and wicked storms. The only "official" event this weekend will be Kids' Fishing this morning at 9 am at the Yacht Club. Unofficially, John and Nyla are celebrating their 1st year of bliss

together (happy anniversary!).

We are still taking orders for Birch Lake merchandise. Denise Smitley (west side), 476-9000 has denim and golf shirts, as well as towels; Bud Zesinger (east side), 476-2526, is handling the Tank Tops, T-shirts and sweat shirts. Don't miss out, call today!

Like the fireworks? Like the Barker? Pay your dues or we'll quit doing both!

Be safe and have a happy weekend.

-Commodore Phil

BLYC Calendar

July 12	Kids' Fishing 9 am BLYC	Aug. 2	Kids Luau, 10 am
July 19	Bad Patty Punch Party and Marc's Fancy Pants Dance	Aug. 8	Women's Golf
July 25	Men's Golf Outing	Aug. 9	Corn and Sausage Roast
July 26	Board Meeting 9 am	Aug. 16	Board Meeting 9 am
July 26	Garage Sale	Aug. 23	Fall Dinner

PLEASE NOTE: All parties at the yacht club will begin at 7 pm Indiana time ... unless otherwise noted.



We are always soliciting and accepting materials for future publication. Just put the materials in the red Barker box at 63174 Birch Rd. (East Shore) or e-mail the info to me at sailorphil@philvitale.com. If you must, mail to Phil Vitale, 122 So. Michigan, So. Bend, IN 46601, or fax your items to (574) 232-3853. To contact me by phone, call 476-1680 or (574) 232-3735.

Note: All times in the Barker are IST (Indiana Standard Time) unless stated otherwise

Birch Lake Notes

KIDS LUAU!!!

Wear your favorite Hawaiian shirt and grass skirt, and join us for KIDS LUAU on Saturday, Aug. 2, 10am at the Yacht Club. Limbo contests, hula hoop contests, and more!!

Hope to see you there!

-Paula Russell

Waxman visiting Birch Lake

Dr. Mike Waxman from Leewood, KS is spending a couple of weeks on the North side. Mike makes the trip about this time every year to renew camp Eberhart friendships and enjoy the lake.

Pancake Breakfast update

Don and I would like to thank all the people that attended the Pancake Breakfast at Camp Tannadoonah. It's a great way to visit with friends and neighbors and support the camp. Thanks again to the great group of people working the breakfast.

Debbie and Jim Bolinger, Terri and Joe Sankey, Doris and Marty Sante, Katha and Mike Machalleck, Sue and Bruce Wagner, Judy and Dave Olson, Rick Harman, Stewart Spratt, and last but not least Sandy and Phil Vitale. This breakfast would not be the success it is without all the great help.

Again a BIG THANK-YOU TO EVERYONE.

-Don and Lind Harman

Nudes from the Cove OOPS! make that NEWS

by SUNNY WATERS

Here I am again, Sunny the Superb, and her ever-loving companion, B.S. Don't I look tres chic? I bought the snazzy gown at a Cassopolis garage sale for the annual summer ball. I loved the gown even if it does smell like decomposed rats. B.S. sprayed me from head to toe. The snooty girls started to stare and giggle. All the people seemed to avoid me, with their nose plugs. It was the final bologna and B.S. waltzed me home. Phooey on them. The gown is for sale. Call 476-2090. Low price (or make offer).

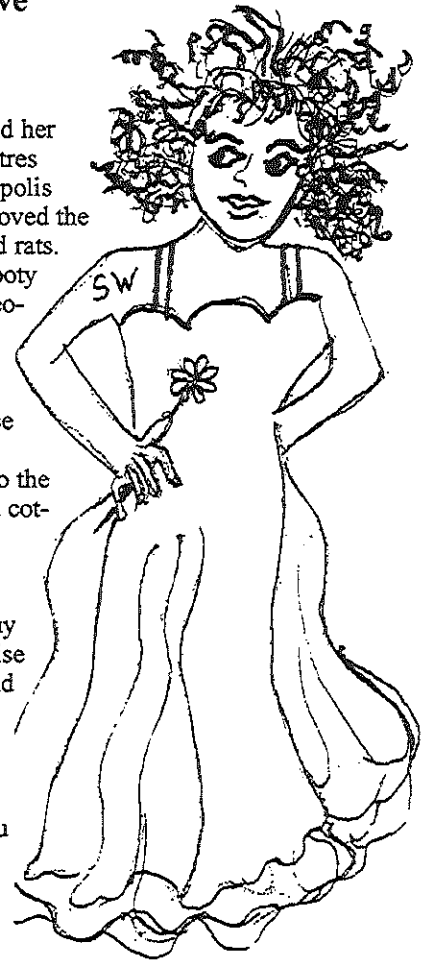
What a wonderful Birch Lake tribute to the U.S.A. The fireworks were paramount and cottagers' additions to the red, white and blue added more oohs and ahs.

GOD BLESS AMERICA!

Have you all dug in your pockets to buy the new Birch Lake towels and attire? Denise Smitley is selling, for BLYC, very nice hand towels, denim shirts and white golf shirts with Birch Lake embroidery. B.S. and I like ours, so buy some and look avant garde.

In Closing: Never lie to yourself or you are left with no one to trust.

-Your everloving Sunny,
she who reigns



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Have A Safe and Fun Summer!

BLYC Boating News

Fourth of July Regatta results

The Fourth of July Regatta was wild on day one (and cancelled on day two by the combination of lightening, thunderstorms, and just plain fickle wind conditions). In the interest of safety, we cancelled the second day's races after watching the storms (and watching the "storm teams" continue their warnings about severe weather).

We did have one good day of racing on Saturday, with good wind and good racing.

Next Sunday the races will be at 11 am (or noon, if the weather doesn't cooperate for the early start).

Don't forget, if you're not busy, we're always looking for help on the committee boat.

Hope to see you all out on the water.

-Harold Cranmer, Fleet Captain

This Weekend:
**Regular Sunday
races
11 am**
alternate start: Noon

Here are the results of the Fourth of July Regatta:

Sunfish:	1st race	2nd race	3rd race	Points/Standing
Dave Olson	1	2	2	6 pts. / 2nd place
Dewayne Weaver	2	1	1	3 pts. / 1st place

MCs	1st race	2nd race	3rd race	Points/Standing
Harold Cranmer	5	2	5	23 pts. / 4th place
Don Harman	4	4	4	24 pts. / 5th place
Scott Troeger	3	1	2	8.7 pts. / 1st place
Dave Troeger	2	5	1	13 pts. / 3rd place
Rick Harman	1	3	3	11.4 pts. / 2nd place

Boat Parade Winners

What a great Boat Parade — 13 entrees plus the Grand Marshall's boat! The 2003 **Grand Marshalls Bill and Le King** led the parade of very imaginative boats. They toured the lake to the applause of Birch Lakers who lined the shores. A big thank you to Dick Bender and Dan Reynolds for the use of their piers and to Don Harman for driving the Grand Marshall's boat. Start planning now for the 2004 Boat Parade to make it bigger and better. Remember, the judges are "bribe-able." This year's Judges were: Suzy King, Judy Olson and Charlene Sheetz.

Award winners

Best Comedy Film Award: Erhardt and Parkinsons, Weekend at Bernie's II; **Optimistic Pigskin Award:** Doba's, Go Washington State Cougar's; **The Freedom Award:** Henderson, Celebrate Liberty and Freedom; **Birch Lake Safety Award:** Troegers (3 families), Birch Lake Fire Department; **The Birch Barker Award:** Witchie's, Mystery Machine; **The Patriotic Award:** Dufour's, Red, White and Blue; **Best Disney Film Award:** Zesinger, Rheinhardt, Bernaciak, King, and Rasmussen, Birch Lake Kids Found Nemo; **Best Fish Tale:** Foos, Nemo; **Best Music Award:** Green's, Boogie Woogie Band; **Birch Lake Clean Water Award:** Lindzy's, UnderSea Creature Boat; **Best Statement of Truth Award:** Wos's, I'm In Heaven on Birch Lake; **Miss Liberty Award:** Jones's, Happy Fourth of July; **The Uncle Sam Award:** Fillenwarth, Star Spangled Fourth

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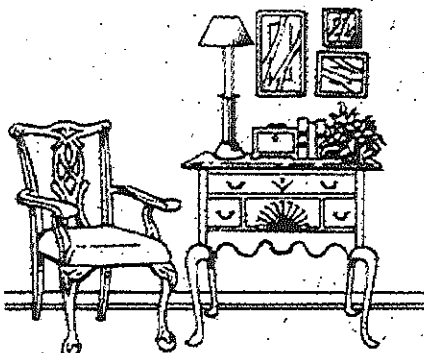
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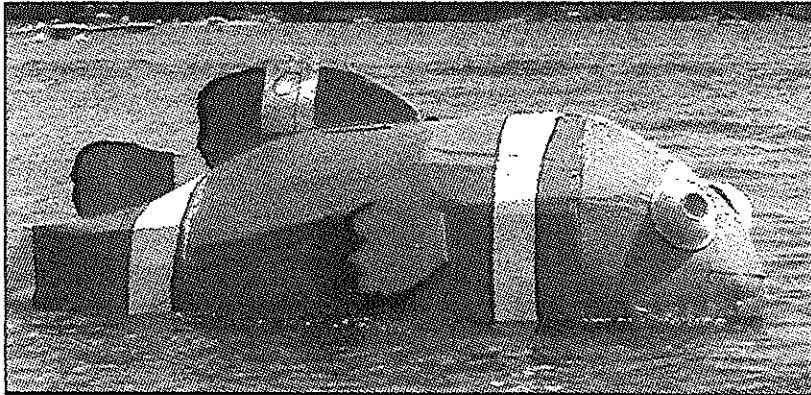
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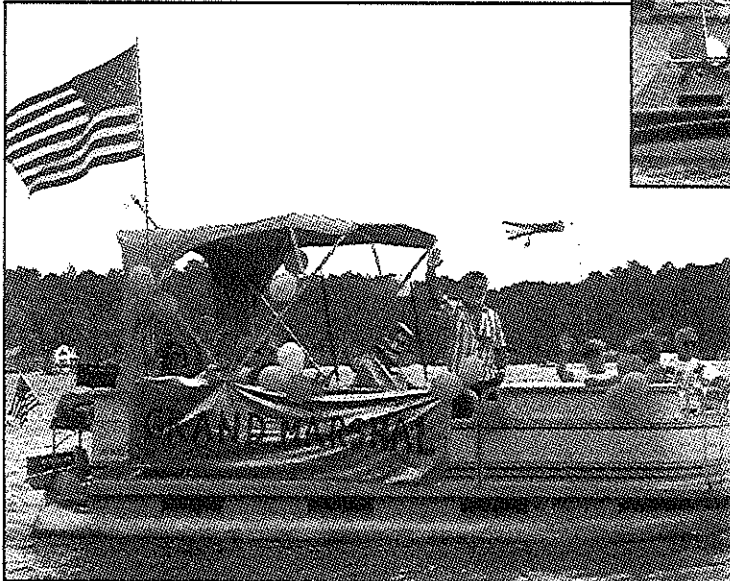
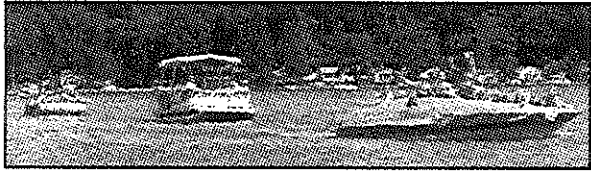
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photos provided by Bob King
and the PattiCam



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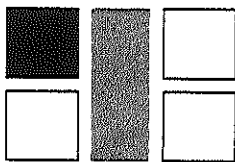
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We wish everyone a safe and enjoyable
summer at Birch Lake!

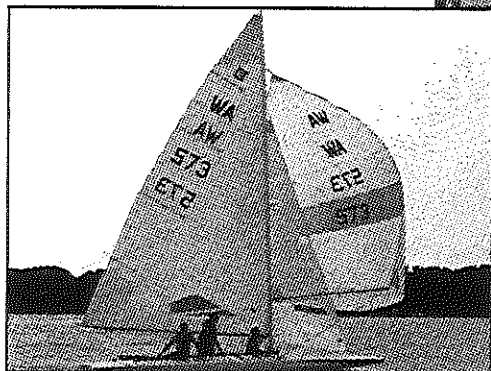
-Ben and Vanessa Wozniak

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from the weekend



photos courtesy
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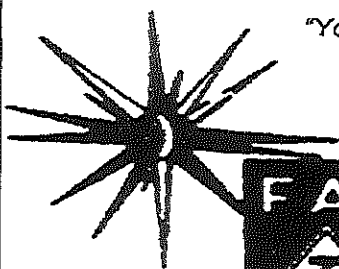
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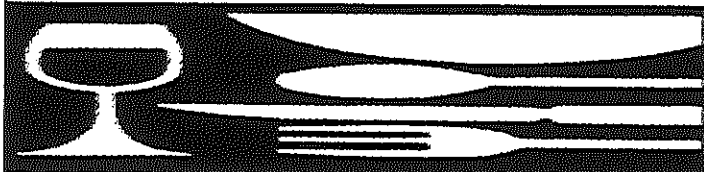


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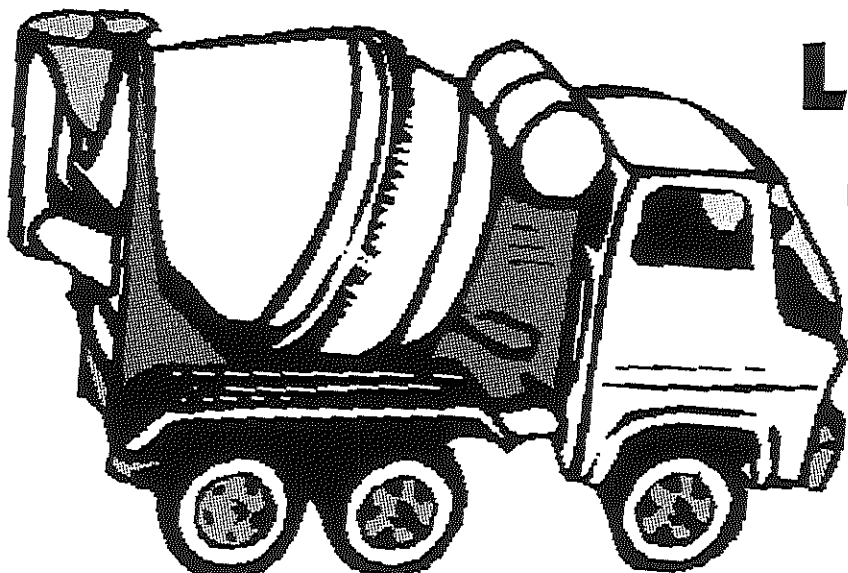
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Birch Lake Recipes of the Week

THAI CHICKEN BROCCOLI WRAPS by Darlene Troyer

- Six 8- to 10-inch plain, red, and/or green flour tortillas
- 1/2 teaspoon garlic salt
- 1/4 - 1/2 teaspoons pepper
- 3/4 pound skinless, boneless chicken breast strips for stir-frying
- 1 tablespoon cooking oil
- 4 cups packaged shredded broccoli (broccoli slaw mix)
- 1 medium red onion, cut into thin wedges
- 1 teaspoon grated fresh ginger
- 1 recipe Peanut Sauce (recipe follows)

Wrap tortillas in paper towels. Microwave on high power for 30 seconds to soften. (Or, wrap tortillas in foil. Heat in a 350 degree F. oven for 10 minutes.)

In a small bowl combine garlic salt and pepper. Add chicken; toss to coat evenly. In a large skillet cook and stir seasoned chicken in hot oil over medium-high heat for 2 to 3 minutes or until cooked through. Remove from skillet; keep warm. Add broccoli, onion, and ginger to skillet. Cook and stir for 2 to 3 minutes or until vegetables are crisp-tender.

To assemble, spread each tortilla with about 1 tablespoon Peanut Sauce. Top with chicken strips and vegetable

mixture. Roll up each tortilla, securing with a toothpick. Serve immediately with remaining sauce. Makes 6 servings.

Peanut Sauce: In a small saucepan combine 1/4 cup sugar, 1/4 cup creamy peanut butter, 3 tablespoons soy sauce, 3 tablespoons water, 2 tablespoons cooking oil, and 1 teaspoon bottled minced garlic. Heat until sugar is dissolved, stirring frequently. Makes about 2/3 cup.

ORZO-BROCCOLI PILAF by Darlene Troyer

- 2 teaspoons olive oil
- 1 cup sliced fresh mushrooms
- 1/2 cup chopped onion
- 2/3 cup orzo (rosamarina)
- 1 14-ounce can reduced-sodium chicken broth
- 1/2 cup shredded carrot
- 1 teaspoon dried marjoram, crushed
- 1/8 teaspoon pepper
- 2 cups small broccoli flowerets

In a large saucepan heat olive oil over medium-high heat. Cook and stir the mushrooms and onion in hot oil until onion is tender. Stir in the orzo. Cook and stir about 2 minutes more or until orzo is lightly browned. Remove

from heat.

Carefully stir in the chicken broth, carrot, marjoram, and pepper. Bring to boiling; reduce heat. Simmer, covered, about 15 minutes or until orzo is tender but still firm. Remove saucepan from heat; stir in broccoli. Let stand, covered, for 5 minutes. Makes six 2/3-cup servings.

ARTICHOKE-CHILI DIP by Darlene Troyer

- One 14-oz. can artichoke hearts
- 1 cup freshly grated Parmesan cheese
- 3/4 cup sour cream
- 3/4 cup mayonnaise
- 1/2 (4-oz.) can Diced Green Chiles
- 1 clove garlic

PREHEAT oven to 350°F.

COMBINE artichokes, 3/4 cup cheese, sour cream, mayonnaise, chiles and garlic in medium bowl; stir well. Spoon into 1-quart casserole dish. Sprinkle with remaining cheese.

BAKE for 25 to 30 minutes or until bubbly. Serve with bread cubes, pita wedges or tortilla chips

MORE ON NEXT PAGE!

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Birch Lake Recipes of the Week

LEMON SQUARES

by *Darlene Troyer*

This easy-to-make treat is a cool taste any time of the year, but especially fresh when planning your summer desserts.

- 2-1/4 cup flour, divided
- 1/2 cup confectioners sugar
- 1 cup butter or oleo
- 1 tsp baking powder
- 4 eggs
- 2 cups granulated sugar
- 1 tbsp lemon peel
- 4-1/2 tbsp lemon juice (from 2 lemons)

Mix 2 cups flour and confectioners sugar. Cut in oleo until particles resemble small peas.

With your hands, work into a dough and press into the bottom of a 13x9x2" pan. When putting the crust in the pan, pat on the bottom and also pat the mixture up the sides of your pan.

Bake 15 minutes in preheated 350-degree oven.

Meanwhile, mix the remaining 1/4 cup of flour and baking powder and set aside.

Beat the eggs until fluffy; stir in granulated sugar, lemon peel, lemon juice, and flour mixture until blended. Pour on hot crust and bake 25 minutes more, or until filling is set and top is light brown.

Cool on rack and cut into 48 squares.

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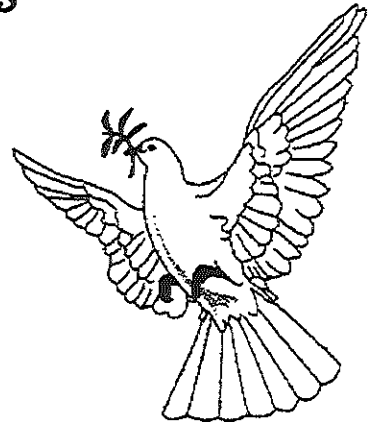
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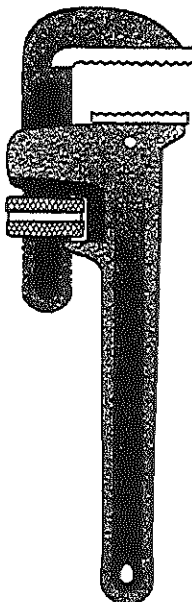
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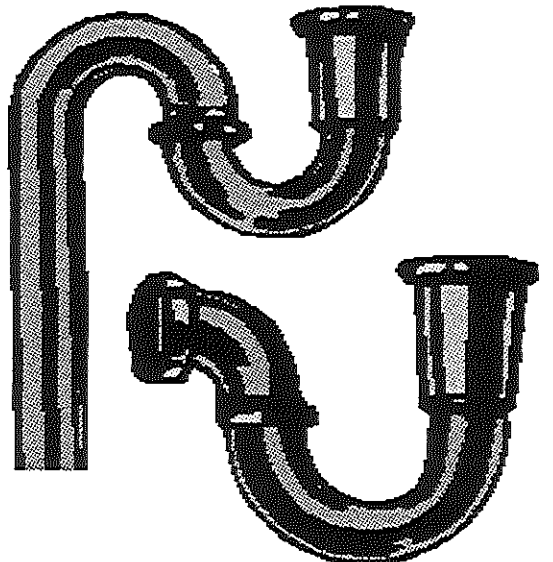
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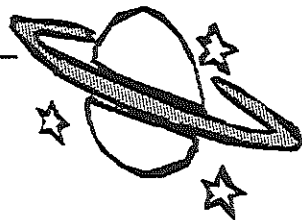
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Stu's Star Stuff



How the scorpion lost its claws

This time of year one of my favorite summer constellations, Scorpius (not Scorpio), reaches its highest point in the south near the end of evening twilight. A graceful curve of stars dips down toward the lake and stretches from the scorpion's head, on the right, through its bright heart, Antares, and on to the tip of its tail. The flowing pattern seems to relax the eye as your vision wanders down that string of stars.

The constellations of the zodiac are ancient — they were drawn thousands of years ago. But that doesn't mean they haven't changed over the centuries. Individual stars have been shuffled between constellations, creating slightly different pictures in the night sky.

Probably the biggest change was the creation of a new constellation from part of an old one. The "claws" of Scorpius, the scorpion, were pulled away to create Libra, the balance scales. The timing of the split is unclear, although it dates at least to the days of ancient Rome. And the concept of Libra as a "balance" suggests the constellation may be much older. More than 4,000 years ago, the Sun appeared against the stars of Libra at the time of the autumnal equinox — a time when day and night are equal — a "balance" in the heavens.

Whenever the split occurred, some of the stars of Libra retain their association with the scorpion. Libra's brightest stars are named Zubenelgenubi and Zubeneshamali — the southern and northern claws.

Seek out Scorpius tonight before the Moon rises so you can better examine its details. Look for Libra a bit higher and to the west of the scorpion's head. What a pity for northern observers

that Scorpius doesn't climb higher above the horizon. The summer haze that frequently lingers near the horizon combines with light pollution and obscures all but the brightest part of the scorpion.

Next week, more on light pollution.

-Stewart Spratt

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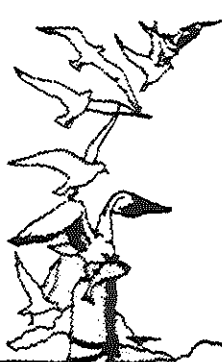
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Friday, August 8

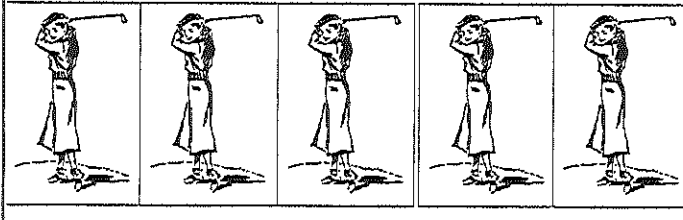
Park Shore Golf Course
 9 am golfing
 Noon Lunch (at Lindy's,
 between Cassopolis and Dowagiac)

\$25 entry fee
 Fee covers golf, half a cart, and lunch at Lindy's

Send check and reservation
 for golf and/or lunch to
 Peggy Cowen
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Reservations? Questions? New Golfer?
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Name	Golf	Lunch
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BIRCH LAKE OPEN

Join us for the 43rd Annual Men's Golf Outing

Friday, July 25

Park Shore Golf Course, Cassopolis, MI
 11 am shotgun start

\$55/man entry fee
 Fee covers golf, cart, favor, door prizes, refreshments
 and prime rib dinner

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 First 72 golfers are in

Contact Rich Mullin at 476-1430 or drop entry at
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Dinner at 5:30 pm (\$20 to attend the dinner only)

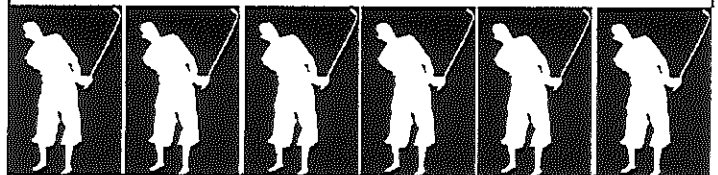
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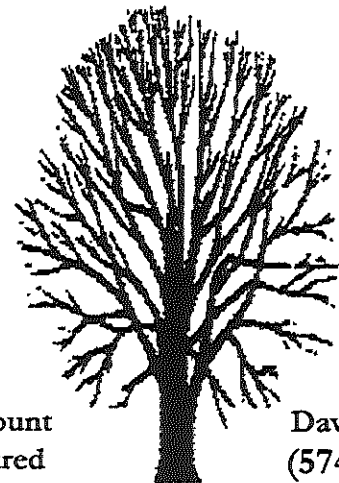
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The ABCs of healthy eating

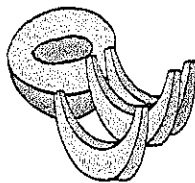
JUST FOR THE HEALTH OF IT

by: Ima Foodnudge

Lentils — Low in fat and rich in protein, lentils help reduce cholesterol and stabilize blood sugar and battle illnesses ranging from cancer to heart disease. Lentils main power source is iron which is vital for immunity, healthy pregnancy, and anemia prevention. Listen up ladies, Isoflavones in lentils lowers the risk of heart disease and also eases some of the symptoms of perimenopause and menopause. The fiber in lentils helps to stabilize blood-sugar levels.

Melons — What a great time a year for melons. These fragrant fruits help prevent cardiovascular disease, certain cancers, and vision loss. There main

power source is soluble pectin fiber which lowers cholesterol. Melons also contain Zeaxanthin, a carotenoid, which is a vital component in the retina. It helps to protect against vision loss by shielding the eye from damaging ultraviolet radiation. Because of its orange hue, cantaloupe is the best melon you can eat for beta-carotene, the orange-yellow pigment that may protect against acne, certain forms of cancer, and vision loss. Honeydew and cantaloupe provide potassium, which lowers blood pressure and



reduces the onset of heart disease and stroke. Watermelon is a particularly good source of the antioxidant pigment lycopene. Studies link a lycopene-rich diet with a low risk of cancer, particularly prostate cancer.

Mushrooms — With an ancient tradition as a healing food, mushrooms have dis-

ease-fighting compounds that continue to be heralded today. They are believed to have an impact on cancer, heart disease, high

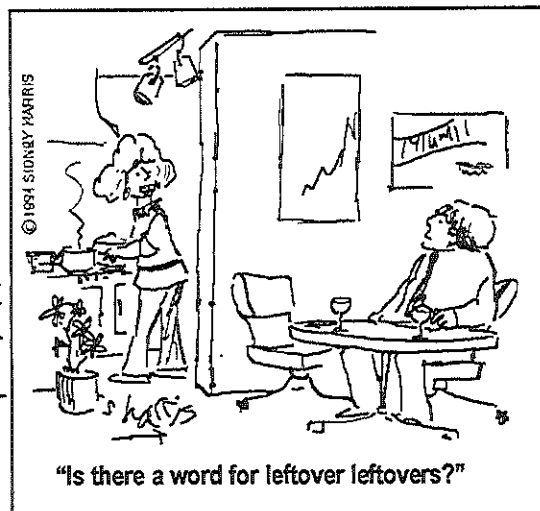


blood pressure, viral infections, and other ailments. In one study, Japanese men who ate about four ounces of fresh shiitakes a week — or two ounces of dried — experienced a substantial reduction in cholesterol within seven days. Eritadenine, found in shiitake mushrooms, lowers cholesterol. Selenium, an antioxidant mineral, is thought to protect against cancer and macular degeneration. The thioproline in shiitakes may block the formation of cancer-causing nitrogen compounds. Lentinula edodes

mycelium (LEM), another compound in shiitakes, prevents cancer, heart disease, high cholesterol, high blood pressure, infection, and liver disease. So the next time your doing those steaks or burgers on the grill be sure to top em with sautéed shiitakes just for the health of it.

Throw in a side salad and this week's power foods become a whole, healthy meal your family and guests will love.

Ima Foodnudge is a Birch Lake resident who wants her neighbors to be healthy



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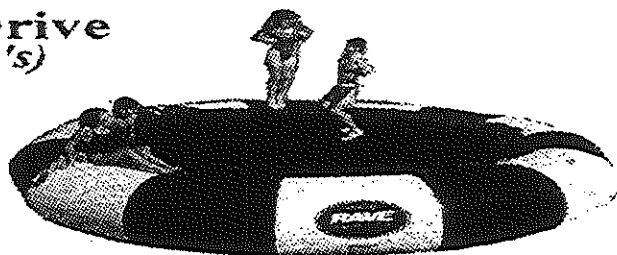


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FOR SALE

FOR SALE BY OWNERS (Bud & Louise Rieth): Year-round home on Northwest side of Birch Lake (Cove). Large 2-story house, 4400 sq. ft., 3 Bedrooms, 2-1/2 Baths, Large Living Room, Family Room, Kitchen, & lots of closets. 69 feet frontage. Separate Guest House with 3-Stall Garage, 2 Bedrooms, Living Room, Kitchen, & Bath. 1-1/2 acre lot. Price: \$695,000. Call Louise or Bud for appt. 269-476-2174

LAKEFRONT HOME FOR SALE — 75' frontage, 2,500 sq ft, 3 BR, 2 BA, 2 great rooms, sunroom, laundry, floor to ceiling windows facing lake. Large deck, oversized garage, many extras. Call Dean and Phyllis Davis 476-2396.

Aqua-Step, a spring-loaded heavy-duty stainless steel padded step to mount to the rear of a wave runner to make in-water boarding easy. Step remains in the up position (out of water) until needed, then pulls down to make an underwater step at the rear of the boat for boarding. This unit will fit all wave runners and is new with all parts and full easy installation instructions. \$35. Call Bruce Harlan 476-9714.

Starcraft speedboat with ski pole, Johnson 100 hp motor, and trailer. Also, an aluminum swim raft, older Sunfish sailboat, and a vintage pontoon with a 9.9 Mercury motor. Call Harold or Charlene at 476-2604.

Small microwave oven. Perfect for the lake. \$20. Large microwave oven. Perfect for the lake. \$45 OBO on either. Call Stewart Spratt at 476-2113.

For sale: Swim raft with ladder. 6 yr. old. 1/3 of new cost (\$1,200) = \$400. Has small leak. Contact Bob Morrison, 14860 S. Shore. or call 574-250-4945.

For Sale: Fiberglass sailboat with trailer. 2 Main Sails. Length: 16'. Mast: Wood Call: 574-273-5367 after 5 pm.

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Looking for used wakeboard preferably a beginners board, with bindings included. (574) 272-3683

We are looking for a recreational (ski) boat. If you are thinking of upgrading or selling your boat, contact the Carmen Soldato Family

WANTED

Wanted: 16+ foot Jon Boat needed for Porter Twp Fire Dept. Lake Rescue Squad. Contact Mike Holdeman at chief@ptfd.org.

RENTALS

3 BR cottage on north shore. \$650/week. Discounts available. Call Stewart Spratt at 574.291.3227 or 269.476.2113.

North Shore cottage for rent, available through

September. Sleeps six. \$850 per week. Contact Fred Freihofer at (574) 272-3683 or send e-mail to ffreihofer@aol.com.

MISC.

FREE — Beautiful kittens, **FREE** to good homes only. These kittens have been held and fed formula by 2 adults since they were 3 weeks old. They love people and like attention. They are litter trained and eat kitten food now. Please call 476-2604.

FREE — four empty plastic barrels; ideal for swim raft. Come get 'em at the Bad-Patty and Good-Bill Luecht house, east side.

SERVICES

Housecleaning: Call Shanna at (269) 501-9379. I'm located on the south side and I am available to clean your home weekly, bi-weekly, monthly or seasonally.

Babysitting: Call Shanna on the south side of Birch Lake at (269)501-9379.

Babysitting: Please call Amanda Lacy at 476-2102.

LOST

Dropped ski — blue, red and black, HO Xtra JC 59 lost along the east shore. Please call Scott Troeger at 476-9898.

Classified ads are free to BLYC members and their families; \$5/week for non-members.



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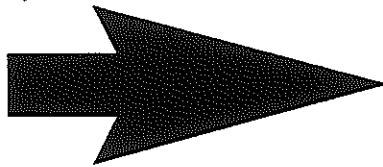
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- \$ _____ - Homeowners Assoc. (\$10 / year)
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- \$ _____ - Riparian (\$7/yr, provide address for magazine)
- \$ _____ - Other _____
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