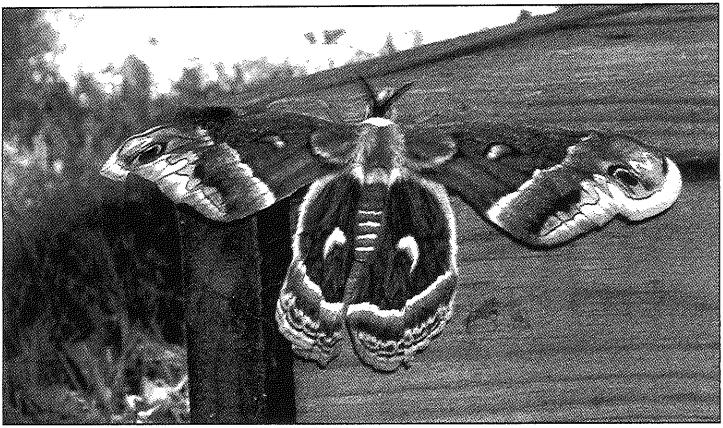


Mothra eats Birch Lake cottage



Okay, so there wasn't really an attack by a giant moth, but I got this neat picture of a Cecropia silkmoth this weekend and couldn't resist my annual Barker spoof. Thanks to Bill Luecht for looking up the critter's name in his bug book.

ey there, hi there, ho there...

Well, another week of summer has come and gone at beautiful Birch Lake, with weather that ranged from sticky to sublime to downright scary — if you missed, the Mullins' Shore Station took another tumble the early-week storm, a tree blocked the road on the south side and the power was disrupted enough to make us all reset our clocks.

Everyone is invited to attend

Everyone is invited to attend tonight's (Saturday) Bad Patty Punch Party and Marc's Fancy Pants Dance at the Yacht Club. This is a social mixer—dig out your fanciest pants and your dancin' shoes and join us for a cup of punch—but we warned, more than one and you'll know where Bad Patty got her nickname.

Plans are proceeding nicely for both golf outings. The response for the men's outing, which will be next Friday, has been underwhelming — so get your reservations in this weekend, please! We also

COMMODORE'S COMMENTS

need some volunteers to help out with the event. Check out the article on Page 4 for a list of volunteers needed, and if you can help at the course or later at the dinner, please call me at 476-1680 or e-mail me at sailorphil@philvitale.com

The ladies outing is a bit changed this year. Since schedule conflicts forced the cancellation of the annual Tea, the golf outing sponsors want to make this event

fill in — non-golf related prizes, lunch and social endeavors will be the order of the day, with a bit of golf as a distraction. Call Katha Machalleck, 476-2642 or Peg Cowen, 476-2786 to make you reservations by August 9.

While I'm asking for help, we are going to need help with the Corn and Sausage Roast on Aug. 16 — contact me asap if you can help out there.

Once more, PAY YOUR DUES!
Be safe and have a great weekend.
-Commodore Phil

BLYC Calendar

Bad Patty Punch Party and Aug. 2 Kids Luau, 10 am July 19 Marc's Fancy Pants Dance Aug. 8 Women's Golf Corn and Sausage Roast July 25 Men's Golf Outing Aug. 9 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.

Birch Lake Notes

Don't Forget — Tonight Only!

Come to the Bad Patty Punch Party and Marc's Fancy Pants Dance at 7 pm at the Birch Lake Yacht Club. The first 25 through the door will get free hats!

Bring your own fancy pants and your favorite snack food and sample some of Bad Patty's legendary punch and dance the night away with the famed Marc Golden Fancy Pants Dance Troupe.

Be there or be square!

Pancake Breakfast update

Thanks to all the 460 adults and children who attended the breakfast, the yacht club was able to present the camp with a check for \$1,775.00. Thanks again,

-Don and Lind Harman

Oops, sorry Loretta ...

Due to an error between the chair and the keyboard, the yummy lemon squares recipe in last week's Barker was incorrectly attributed. The recipe was provided by Loretta Drolet — thanks, and so sorry! -Editor

News from Camp Tannadoonah

Well, it has been a while since I last wrote. And since then our camp has started and is almost half over. We are having a wonderful summer. Enrollment is doing better and we just finished our first FULL week of camp since 2000.

News (faux) from the Cove

by your everloving SUNNY WATERS,

she who knows everything and keeps B.S. under control as best she can.

I don't know about all of you faithful readers but B.S. likes to try anything that is risky. His great love, second from me, of course, is the banjo picking contest and Jimmy Hoffa's disappearance anniversary.

Sometimes B.S., in his culinary frame of art, somewhat sneaks my Tootsie Rolls. Tom and Betty, please put in an order for Tootsies and hide them.

Lately B.S. has tried barbecue zebra mussels. Good Grief!



In closing, remember, Eat drink and be merry, for tomorrow ewe may diet.

Truly,

-Sunny

I would like to thank the Yacht Club for the check from the pancake breakfast. I would also like to thank everyone who bought a Camp Tannadoonah t-shirt at the breakfast. I enjoy seeing everyone year after year. Another quick thanks goes out to everyone who has rescued one of our boats this summer.

Happy sailing to you all!

-Mr. Dug

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

Sailing scrubbed

Last week's sailing was scrubbed because of the lack of wind. Hope this week will be better! Races will begin at 11 am on Sunday (with alternate start at noon). See you on the water.

-Harold Cranmer, Fleet Captain



Birch Lake's resource for

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Have A Safe and Fun Summer!

Birch Lake Notes

Birch Lake Ladies Extravaganza

Friday, August 8 is the day for the Ladies of Birch Lake to have some fun! For those who want fun in the sun, come to Park Shores Golf Course for a Best Ball Scramble. For those who want to meet new Birch Lake women and renew old friendships, come to Lindy's Restaurant — of course, you can do both. Since there will not be a Ladies Tea at the Yacht Club this year, August 8 is the day for all of us to get together.

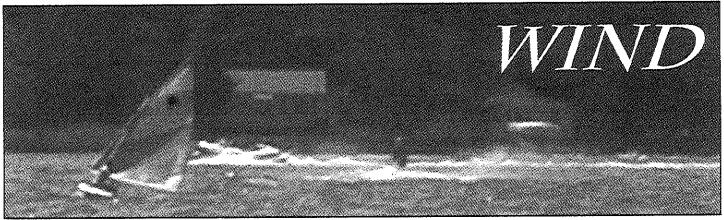
Call Katha Machalleck, 476-2642 or Peg Cowen, 476-2786 to make you reservations by August 9. Everyone will be ordering from the menu. Golfers, please get your money and reservation to one of the chairwomen by August 9 also.

Come for the camaraderie and for the fabulous door prizes that have been so generously donated by many Birch Lakers.

-Peg Cowen, Pam Mullin, Judy Olson, Becky Wiseman



Tom DeCocker gave a seminar on fishing to some avid future fisherpersons at the yacht club. Thanks Tom!



When I tell my non-sailing friends that I can see the wind, their responses are frequently less than kind ... so I set out to prove my assertion by taking a photo of the wind. The result was this photo

taken on the Fourth of July on Birch Lake ... which, like the song says, proves that "you don't have to be a weatherman to know which way the wind blows."



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

-Ben and Vanessa Wozniak

Benjamin P. Wozniak 🐞 Suite 190C 🐞 630-773-3883 🐞 Fax 630-773-0920

Men's Golf Outing needs golfers, volunteers

43rd Annual Golf Outing 4-somes and Volunteers Wanted! by Rich Mullin

To date, only 8 golfers have registered and only 5 have paid! I am working in Chicago during the week and will not be able to attend the outing. I need help to make the outing a success!

Please turn in your 4-some and checks to me no later than Sunday noon, July 20. I have committed to 60-75 prime rib dinners!

Please drop off any door prizes to me, Phil Vitale, Mike Machalleck or Bill King by Saturday, July 20. We try to have a door prize for everybody so we need to know what prizes have been donated.

A big thank you to these sponsors:

Dick Bender — Bender Plastics & Bender Mold

Mike and Brian Machalleck — Claeys Candies

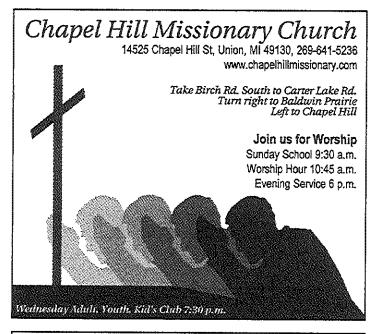
Buzz Rasmussen — Buzz Rasmussen & Associates

Let's not forget the drink sponsors — Tim Steffen and Rich Mullin.

We need some volunteers to help with this year's outing. If you are available on Friday and can do any of the following, please let us know:

- 1. Set markers on the course for longest drive, etc.
- 2. Check in golfers, collect payment and hand out gifts
- Meet caterer at Yacht Club (4:30 pm, Ind.) for set up
- 4. Help serve food and tend bar
- 5. Cleanup after the dinner

If you can help, call 476-1430 or 476-1680



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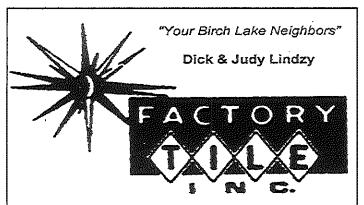


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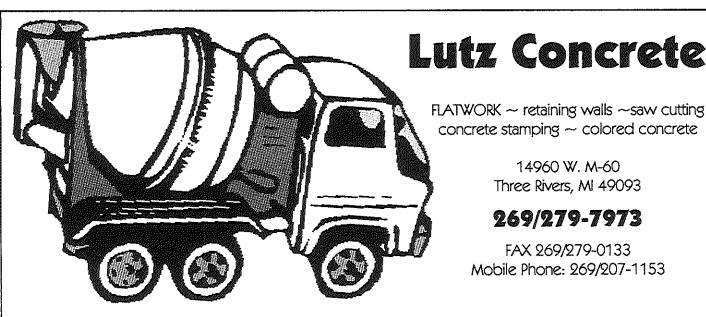
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Birch Lake Recipes of the Week

Blueberry season is on! Luscious fresh blueberries are ripe for the picking and make great summertime desserts. Take advantage of the many u-pick blueberry farms in our area this week!

-Happy Cooking, Darlene Troyer

Make-Ahead Tip: Up to 8 hours ahead, bake cake and cool. Frost and store in the refrigerator for up to 8 hours.

Nutritional Information: 1 serving: Calories 493; Fat 25g (Saturated 11g); Cholesterol 98mg; Sodium 345mg; Carbohydrate 66g (Dietary Fiber 1g); (Protein 4g)

BLUEBERRY CITRUS CAKE

Ingredients:

1 package 2-layer-size lemon cake mix

1/2 cup orange juice

1/2 cup water

1/3 cup cooking oil

3 large eggs

1 1/2 cups fresh or frozen blueberries

1 tablespoon finely shredded orange peel

1 tablespoon finely shredded lemon peel

1 recipe Citrus Frosting (see below) 2 - 3 thin orange peel curls (optional)

Directions:

1. Preheat oven to 350 degrees F. Grease and lightly flour two 8x1-1/2-inch or 9x1-1/2-inch round baking pans; set aside.

2. In a large mixing bowl combine cake mix, orange juice, water, oil, and eggs. Beat with an electric mixer on low speed for 30 seconds. Increase speed to medium; beat for 2 minutes. With a wooden spoon gently fold in blueberries, orange peel, and lemon peel. Pour batter into prepared pans.

3. Bake for 35 to 40 minutes or until a wooden toothpick inserted near center comes out clean. Cool layers in pans on wire racks for 10 minutes. Remove cakes from pans. Cool thoroughly on racks. Frost with Citrus Frosting. Garnish with orange peel curls, if desired. Store frosted cake in the refrigerator. Makes 12 servings.

Citrus Frosting: In a medium bowl beat together one 3-ounce package softened cream cheese and 1/4 cup softened butter until fluffy. Add 3 cups sifted powdered sugar and 2 tablespoons orange juice. Beat until combined. In a small bowl beat 1 cup whipping cream to soft peaks; add to cream cheese mixture. Add 2 tablespoons finely shredded orange peel, and 1 tablespoon finely shredded lemon peel. Beat on low until combined.

BERRY GINGER SHORTCAKES

Ingredients:

3 cups fresh berries (blueberries or Birch Lake blackberries)

2 tablespoons finely chopped crystallized ginger

I 2/3 cups all-purpose flour

1 tablespoon sugar

2 teaspoons baking powder

1/4 teaspoon baking soda

3 tablespoons butter or margarine

1/2 cup buttermilk

1/4 cup refrigerated or frozen egg product, thawed or 1 egg

1/2 11-ounce can frozen fat-free whipped dessert topping, thawed

1/4 cup fat-free dairy sour cream

Directions:

1. In a small bowl combine the berries and the crystallized ginger. Set aside.

2. Meanwhile, prepare shortcakes. For shortcakes, in a medium bowl stir together flour, sugar, baking powder, and baking soda. Using a pastry blender, cut in butter or margarine until the mixture resembles coarse crumbs. Combine buttermilk and egg product or egg. Add to the flour mixture all at once, stirring just until mixture is moistened. Lightly coat a baking sheet with cooking spray; set aside. On a lightly floured surface pat the dough to 1/2-inch thickness. Cut the dough with a floured 2-1/2-inch star-shaped or heart-shaped cookie cutter or a round biscuit cutter, re-rolling scraps as necessary. Place shortcakes on prepared baking sheet. Bake in a 425 degree F oven for 8 to 10 minutes or until golden. Cool the shortcakes slightly on a wire rack. 3. To serve, in a small bowl combine the whipped topping and sour

Continued on next page

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Birch Lake Recipes of the Week

cream. Split shortcakes in half. Place bottoms on dessert plates. Divide the berry mixture among bottoms. Top each with some of the whipped topping mixture. Replace the shortcake tops. Makes 10 servings.

Nutritional Information:

1 serving: Calories 166; Fat 4g (Saturated 2g); Cholesterol 10mg; Sodium 176mg; Carbohydrate 28g (Dietary Fiber 2g); (Protein 4g)

BREAKFAST BLINTZES

Ingredients:

- 1 large egg
- 1 1/2 cups skim milk
- 1 cup all-purpose flour
- 1/2 teaspoon shortening
- 1 teaspoon low-fat or light ricotta cheese
- 2 tablespoons orange marmalade
- 1 tablespoon sugar
- 1/8 teaspoon ground cinnamon
- 2/3 cup light dairy sour cream
- 5 tablespoons orange marmalade
- 1/2 cup fresh blueberries

Directions:

- 1. For crepes; in a medium bowl combine egg, milk, and flour. Beat with rotary beater until well mixed. Spray an unheated 6-inch skillet or crepe pan with nonstick cooking spray. Preheat skillet over medium heat. Remove from heat and pour in about 2 tablespoons batter. Lift and tilt skillet to spread batter. Return skillet to heat; cook 30 to 60 seconds or until browned on 1 side only. Remove from pan. Repeat with remaining batter to make 15 crepes. Lightly brush skillet with shortening between cooking, as needed.
- 2. Spray a shallow baking pan with nonstick cooking spray. Set aside. For filling, in a bowl combine ricotta cheese, the 2 table-spoons orange marmalade, the sugar, and cinnamon. Spoon

about 2 tablespoons filling onto the un-browned side of a crepe; spread out slightly. Fold in half. Fold in half again, forming a wedge. Arrange in prepared pan. Repeat with remaining filling and crepes.

3. Bake in a 350 degree F oven for 15 to 20 minutes or until heated through. To serve, spoon 2 teaspoons of sour cream and I teaspoon of marmalade onto each blintz. Sprinkle with berries. Makes 15 servings.

Nutritional Information: 1 serving: Calories 113;Fat 3g (Saturated 1g);Cholesterol 25mg;Sodium 55mg;Carbohydrate 17g (Dietary Fiber 1g);(Protein 5g)

STRAWBERRY SALAD WITH POPPY SEED DRESSING

This recipe is quick and easy. You can add different ingredients to give it a new twist. Substitution sugared pecans and walnuts for the almonds also works well. And using peaches or blueberries in place of the strawberries is an option. No matter the changes, it's a favorite salad!

-Vickie Rogers

Ingredients:

- 3tbsp sugar
- 3 tbsp light mayonnaise
- 2 tbsp fat free milk
- 1 tbsp poppy seeds
- 1 tbsp white wine vinegar (or red)
- 1 10oz. bag romaine lettuce
- 1 cup sliced strawberries
- 3 thsp slivered almonds

Directions:

- 1. Combine first five ingredients in a small bowl, stirring with a whisk.
- 2. Place lettuce in a large bowl, add strawberries and almonds, tossing to combine. Divide salad evenly onto 6 plates. Drizzle 1 tablespoon of dressing over each serving.



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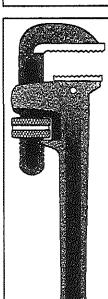
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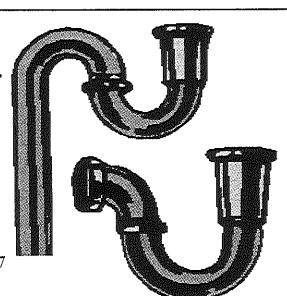
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Stu's Star Stuff

The Moon had a very close encounter with Mars this week, missing the red planet by less than one degree — but some skywatchers might not have been able to see it. Or you may have seen the impressive pairing but missed the nearby glow of the Milky Way. These subtle sights are victims of light pollution — light that's beamed into the heavens, and not onto the ground, where it's intended.

About 5,000 stars are bright enough to be visible to the unaided eye. Yet most of us never see most of these stars, because they're overpowered by the glare of artificial lights, like streetlamps and porchlights. They fill the sky with so much light that they drown out the subtle glow of the Milky Way, and some entire constellations.

Because astronomers often observe faint objects, they don't like interference from lights here on Earth. Nor should we here at the lake. Light pollution washes out faint stars and galaxies, and ruins astronomical data. Light also compromises our ability to see in the dark. If you've ever gone out for popcorn and returned to a dark theater and had trouble seeing the seats, you know what it's like to lose your night vision.

Streetlamps, lights in parking lots, and even lights in our own back yards are necessary for safety and security. But many light fixtures send much of their light UP, or out onto the lake, not down. When this light strikes particles in the air, it creates a pervasive glow that overpowers faint stars, meteors, and other objects.

What's more, polluting light fixtures waste money and natural resources. According to the International Dark-Sky Association, (There is such a thing?) wasted light in the United States costs at least 1.5 billion dollars a year, and consumes the equivalent of six million tons of coal.

Outdoor lights with hoods or reflectors keep this light out of the sky without affecting safety on the ground. Some cities and counties have passed light-pollution laws. Sadly as yet though, Cass County has not

But we at Birch Lake could perhaps take a more voluntary approach — we could encourage our neighbors to turn off unnecessary outdoor lights, and to replace inefficient fixtures with those designed to cast their light downward. That would give



all of us a better view of the beauty of the heavens, while reducing overall energy consumption. Not to mention eliminating the unpleasant view of our neighbors skinny dipping.

Next week, naming names.

-Stewart Spratt



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LADIES GOLF/LUNCH

Friday, August 8

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

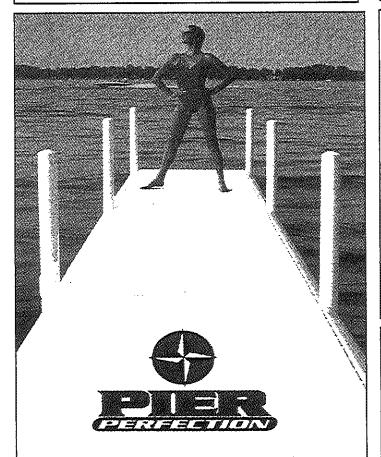
\$25 entry fee

Fee covers golf, half a cart, and lunch at Lindy's

Send check and reservation for **golf and/or lunch** to Peggy Cowen 62803 Birch Lakeview Dr. Vandalia, 49095

Reservations? Questions? New Golfer? Call Peggy at 476-2786 or Katha at 476-2642

Name		Golf	Lu	Lunch	
•				**************************************	
	9				



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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

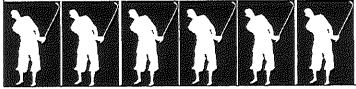
Registration deadline is July 21 First 72 golfers are in

Contact Rich Mullin at 476-1430 or drop entry at Mullin home (north shore) or Vitale home (east shore)

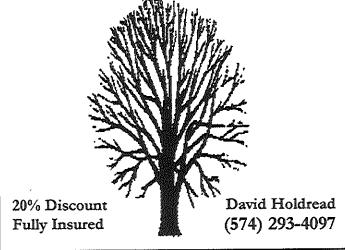
Dinner at 5:30 pm (\$20 to attend the dinner only)

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by: Ima Foodnudge

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Brazil nuts are rich sources of the powerful antioxidant selenium, which helps to prevent cancer, certain eye disorders, and heart disease.

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Unlike most oils, olive oil packs plenty of heart-healthy monounsaturated fat as well as



antioxidant polyphenol. Last year Spanish researchers

found that people who eat a Mediterranean diet, which is rich in vegetables and olive oil, have lower odds of having a heart attack. Consuming olive oil significantly reduces high blood pressure in women, according to an Italian study. Olive oil also protects you from cancer. Olive oil consumption was more strongly associated with a reduced risk of ovarian cancer than consumption of corn, peanut, or soybean oil, according to a study of more than 3,000 women that was published in Cancer Causes and Control last year. Even though it's healthy, olive oil is high in calories - more than 100 calories in one tablespoon - so use it sparingly ONIONS - Once you

know how healthy onions are, you won't mind weeping when you slice them. All of the members of the onion family onions, chives, leeks, scallions, and shallots - have powerful phytochemicals and healthful fiber, which help to protect against cancer, cardiovascular disease, and constipation. A study that measured the intake of more than 200 foods found that onions were the food most strongly associated with lower rates of lung cancer. The study involved more than 1,000 people. Consuming onions and

garlic also appears to lower rates of breast cancer.
Researchers suspect that the flavonid quercetin and sulfur compounds are responsible for the anti-cancer mechanisms of onions. Sulfur compounds in onions may also lower cholesterol and triglycerides.

ORANGES - Oranges prove that even ordinary foods can offer an array of disease - fighting compounds. Hesperetin, the main flavonoid in oranges, protect against cancer, heart disease, infec-

tions, and inflammation. Beta-cryptoxanthin, a pigment responsible for the



pulp's sunny hue, shows promise for preventing heart disease. People with high levels of this carotenoid in their blood had less chance of heart disease. Oranges are also rich sources of pectin, which lowers cholesterol; potassium, which reduces blood pressure; and folic acid, which reduces levels of homocysteine.

Orange you just nuts about this weeks power foods?

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



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\$ Homeowners Assoc. (\$10 / year)
Sailing Fees (\$15 / year)
\$ Building Improvement Fund
 Fireworks Display Fund
Water Quality Program
\$ Riparian (\$7/yr, provide address for magazine)
\$ Other
\$

Total \$_



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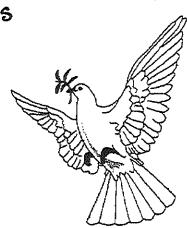
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FOR SALE BY OWNERS (Bud & Louise Rieth): Year-round home on Northwest side of Birch Lake (Cove). Large 2-story house, 4400 sq. ft., 3 Bedrooms, 2-I/2 Baths, Large Living Room, Family Room, Kitchen, & lots of closets. 69 feet frontage. Separate Guest House with 3-Stall Garage, 2 Bedrooms, Living Room, Kitchen, & Bath. I-I/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

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.

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

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

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WANTED TO BUY

Wanted to buy: 1 pair water skis. Willing to pay cash or trade for microwave. Stewart Spratt 476-2113.

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.

Lost: during storm of July 5: swim fins with colors blue and black. If found, please call 476-2526.

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

