

Birch Barker

Weekend of July 26, 2003



photo provided by Mike and Lu Kelly

Hey there, hi there, ho there... Well, most of us are finally recovered from Bad Patty's Punch ... I think. Thanks to the Luechts and the Goldens for a great time, and thanks to all the people who helped set up and clean up (special thanks, again, to Don for the great post-party damage control)!

We've got a busy weekend going on, with a board meeting this morning, the Birch Lake garage sale today until noon, and, weather permitting, sailboat races tomorrow at 11 (or noon).

A friendly reminder, especially to the, *ahem*, apparently uneducated boater that nearly ran several of us over last Sunday ... **POWER BOATS MUST STAY 100 FEET AWAY FROM OTHER BOATS.** As a simple way to judge your distance, imagine that I (or whoever else might be in a boat you are passing) were to throw a

COMMODORE'S COMMENTS

beer can at you as you zipped past, splashing your wake all over us and nearly upsetting our boat. Well, if you are close enough for the beer can to hit you, you are **TOO DARNED CLOSE!**

So please be considerate ... I know you're just trying to have fun, but let's all be safe while we're doing it, ok?

Couple of dates to correct ... The deadline for signing up for the ladies' golf and luncheon is **NOT** the day after the event. If you intent to play (or just come to visit), please have your reservations in by August 4.

And, the Corn & Sausage roast will be on August 9 (despite the confusion that some bone-head perpetuated last week).

Sorry.

While I'm at it, here's a couple other

changes: The Kids Luau on Aug 2 will be at 1 pm ... and the Kids Regatta has been scheduled for Saturday, Aug. 16 at 2 pm at the Harman's house on the east side.

Every week some new dues come in, which we all appreciate, but there are still a few slackers who are riding on our coat-tails ... you know who you are. Pay up!

Be safe and have a great weekend.

-Commodore Phil

BLYC Calendar

July 26	Board Meeting 9 am
July 26	Garage Sale 8-Noon
Aug. 2	Kids Luau, 1 pm
Aug. 8	Women's Golf
Aug. 9	Corn and Sausage Roast
Aug.16	Board Meeting 9 am
Aug. 16	Kids Regatta 2 pm
Aug. 23	Fall Dinner



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

Thanks neighbors!

JJ and I would like to express our thanks to Paige Como and family and to Julie Lacy for their heroic efforts in our behalf last week as a sudden devastating wind sheer disabled our sailboat and put us in a very dangerous situation. Paige's masterful maneuvering of her pontoon boat and Julie's quick thinking for a standby rescue, averted a probable disaster. It is nice to have people on the lake who care. Our hats are off to you guys!

-Bruce Harlan

Kids Regatta

The annual Kids Regatta will be held on Saturday, August 16, beginning at 2 pm (weather permitting, of course). Kids and sailors who can carry the kids are encouraged to gather at the home of Don and Lind Harman (east side) for orientation, instructions and assignments.

Remember that everyone needs to have a legal PFD (or boat coat or life jacket or whatever else you might call it at your house). See you there!

KIDS LUAU!!!

Please join us between 1pm and 2:30pm (note time change) on Saturday, Aug. 2nd, for the KIDS LUAU!!! Wear your grass skirts and Hawaiian shirts, and get ready to LIMBO!! Hope to see you there!

-Paula Russell

News (faux) from the Cove

*by she who guides those
who are in deep need*

Since we no longer have the wisdom of Ann Landers, Birch residents know they have another path to travel. There are those who are unhappy and confused, not to mention those who are somewhat on the loony side. Well, aren't we all a bit?

I have received letters soaked with tear drops and phone calls, some in the wee hours of the morning. I am here for you!

Let me give you some of the messages I receive in one day...

3:00 am. I was startled by my phone. It was Bill Doba, who sounded quite desperate. It took some time to get him settled down after he stopped drinking gallons of buttermilk. After a lengthy discussion he remembered his fabulous new job as the coach of Washington State University. Bill, trash the buttermilk, chew on Tootsie Rolls and don't call me in the wee hours. P.S. Judy would be an ideal cheerleader.

Another late-hour phone call: Linda Bergan was screeching and running through the cottage. Husband Jim grabbed the rolling pin and clobbered a possum. The Bergans are considering freezing the possum and using it for

No pictures this week as I am trying new looks and a facelift

Nick's wedding.

In closing...

WHO IS IMA FOODNUDGE?

Does she (we assume it's a she) realize how many Birchers attend chocolate anonymous meetings? And does she also realize that after the weekly meetings, we hand out Foodnudge Fudge?

Really, Ima, you need to change your advertisers. P.S. Ima, could you leave me the leftover goodies?

Assuming this column will be read worldwide, Birch Lake is bound to be greatest. B.S. asked, "The greatest what?" Go to your room, B.S., and stop wearing my nighties.

That's all the bologna I can come up with.

Your Ann Landers Substitute,
SUNNY WATERS



**Phil Vitale
Publishing Inc.**

Birch Lake's resource for

- Writing and Editing
- Desktop Publishing
- Photography
- Publishing Services
- Design
- Websites
- Graphic Arts
- E-mail newsletters

122 S. Michigan St., Suite 310
South Bend, IN 46601

Downtown — above the Chocolate Café

574-232-3735 / fax 574-232-3853

e-mail: sailorphil@philvitale.com

Proud Member of the Birch Lake Yacht Club

ST. EVANS FIREWORKS

13421 MCKINLEY HIGHWAY
MISHAWAKA, IN 46545
574 256-5988

AREA'S LARGEST SUPPLIER
AT THE BEST PRICES

EVERYTHING FOR YOUR BACKYARD CELEBRATION

BIRCH LAKE RESIDENTS BRING THIS COUPON IN FOR

20% DISCOUNT

ON YOUR FIREWORKS PURCHASES

*WE AT RKM FIREWORKS ARE AGAIN HAPPY TO PROVIDE BIRCH LAKE
WITH THEIR FIREWORKS SHOW*



BENDER



PLASTICS INC. & MOLD & MACHINE, INC.

QUALITY MOLDS FOR PLASTICS

CUSTOM INJECTION MOLDING

55951 RUSSELL INDUSTRIAL PKWY
MISHAWAKA, IN 46545

TOOLING — (574) 255-5176

MFG — (574) 255-5350

Have A Safe and Fun Summer!

Local bulls featured in televised rodeo

Those who travel CR17 between the Bypass & M12 may have noticed the new ranch/farm on the West side of the road (near the Toll Road entrance). I spoke with a woman who explained that the bulls in pasture were rodeo stock.

She said they now run a local series and that one of their bulls had been on the professional circuit (televised on OLN channel).



Barker kid of the week



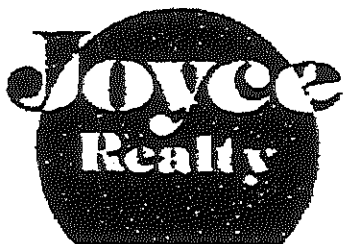
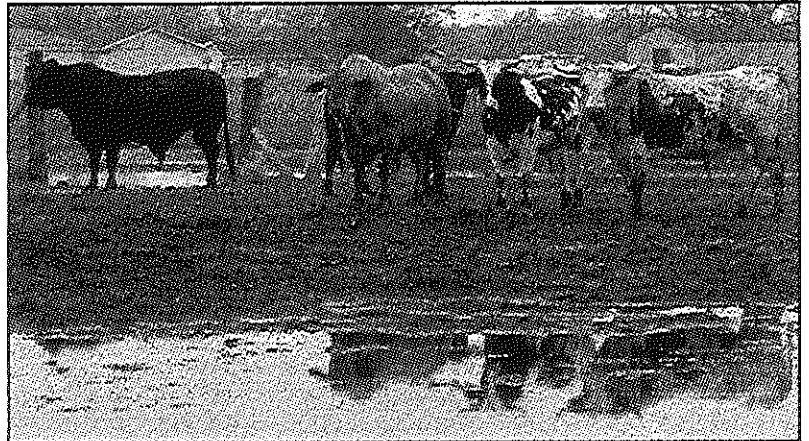
I must have been sporting a pretty dumb city-fied look. On asking if I could walk the fence line to take pictures she said "sure, but don't go in there." Duh ... not likely.

While shooting the bull(s) I was surprised that they were so interested in me, always staring right at the camera, some snorting and pawing the ground like in a cartoon.

Later it occurred I was wearing a bright red coat that day. Are bulls color blind?

-Chrys A. Lis

I didn't receive a single kid-of-the-week photo this week, so I'm using the space (as any good grampa would) to show off my beautiful grand daughter, Morgann, who came to our house over the Fourth of July weekend to hang out on the pier (when we could get her out of the water).



"Since 1978"

63021 Birch Rd.
at Birch Lake
Vandalia, MI 49095

E. JOYCE KLIMEK
Broker
Phone Fax (269) 476-2370

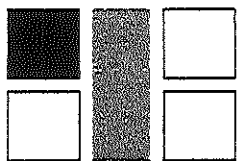
NORDI FIREPLACE CENTER

FIREPLACES ● WOOD STOVES
GLASS DOORS AND GAS LOGS
INSTALLATION ● CHIMNEY CLEANING,
REPAIR AND NEW CONSTRUCTION
INSPECTIONS & FULL LINE
OF ACCESSORIES

(574) 262-1433
(800) 419-0403

(574) 264-0728
Fax (574) 266-6338

1108 N. Nappanee St., Elkhart, IN 46514



FIRST MIDWEST FINANCIAL SERVICES

500 Park Blvd. • Itasca, Illinois 60143

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

~ Banquet Facilities Available ~

269-483-9515

Dining 11 am - 10 pm

Cell: 269-625-0818
Email:
keimconstr@beanstalk.net

President

2003 BLYC Officers and Board of Directors

OFFICERS

Commodore Phil Vitale476-1680
 Vice Comm Stewart Spratt476-2113
 Secretary - Sandy Vitale476-1680
 Treasurer - Holly Troeger476-9898
 Fleet Captain Harold Cranmer476-2170

BOARD OF DIRECTORS

Dick Bender476-2591
 Howard Blackwood476-2840
 Jim Bolinger476-9737
 Dave Bouwkamp476-1001
 Harold Cranmer476-2170
 Roger Falkno lake phone

Fred Freihofer476-9823
 Bob Herms476-9381
 Jack Miller476-9226
 Judy Olson476-2125
 Maryann O'Neill476-2831
 Vicki Rogers476-2383
 Paula Russell476-1880
 Rick Russwurm476-2407
 Charlene Sheetz476-2604
 Denise Smitley476-9000
 Holly Troeger476-9898
 Scott Troeger476-9898
 Sandy Vitale476-1680
 Bob Waddle476-2293

Bruce Wagner476-2090
 Denny Weesner476-2569

WATER QUALITY COMMITTEE

Dan Reynolds, chairman476-8877
 Terry Dugan476-2814
 Rick Russwurm476-2407
 Gertie Temple476-2773
 Bob Temple476-2773

HOMEOWNER'S ASSOCIATION

There are dozens of members of the Homeowner's Association; contact a board member for more information.

Visit The

FRIENDLY TAVERN

Located on M60 in Jones, MI
 (just west of M40).

Great Food ■ Great Times

casual cuisine, cold beer
 shuffleboard, pool

Tim Miller PAINTING

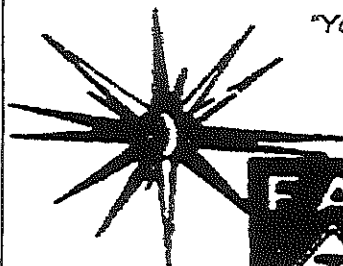
RESIDENTIAL ■ COMMERCIAL ■ INDUSTRIAL

(574) 215-8887

66314 DOLAN RD. VANDALIA, MI 49095

"Your Birch Lake Neighbors"

Dick & Judy Lindzy



**FACTORY
 TILE
 I N C.**

211 Dixie Way North
 South Bend, IN 46637
574-272-7000

HICKORY INN

Casual Dining ~ Fine Food ~ Cocktails
 Come meet your hosts: Wayne and Knaomia Fulton!

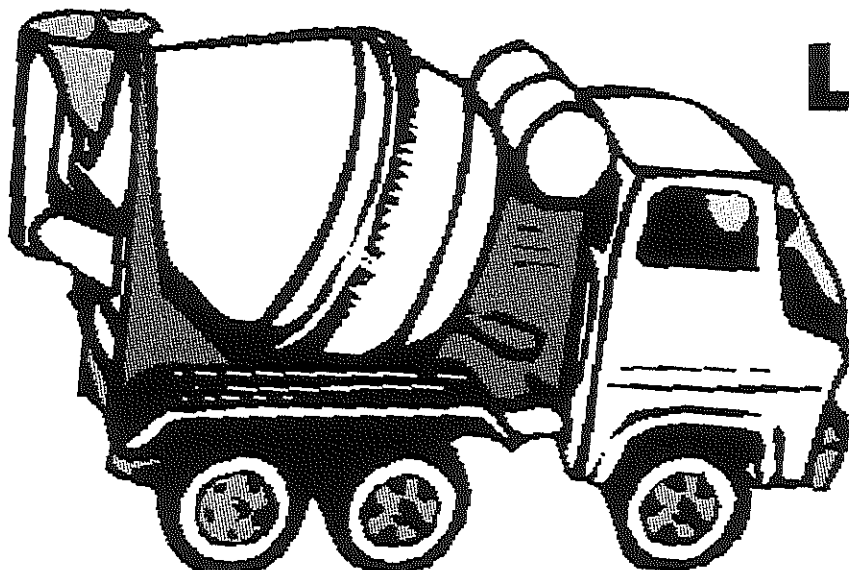


Overlooking Beautiful Bair Lake

Tuesday ~ Thursday ~ 7 a.m. ~ 9 p.m.
 Friday and Saturday ~ 7 a.m. ~ 10 p.m.
 Sunday ~ 8 a.m. ~ 8 p.m.

12039 Bair Lake Rd
 Jones, MI 49061

269-244-9004
 Closed on Monday



Lutz Concrete

FLATWORK ~ retaining walls ~ saw cutting
 concrete stamping ~ colored concrete

14960 W. M-60
 Three Rivers, MI 49093

269/279-7973

FAX 269/279-0133
 Mobile Phone: 269/207-1153

Birch lake Management Program - BLYC Water Quality Committee

July

by Gert Temple

Birch Lake has received the Annual Summary Report for 2002 from Michigan Lake & Stream Associations, the Michigan Department of Environmental Quality and Michigan State University. The results are listed below:

Secchi Disk Transparency (feet)

Secchi disc depth is a measure of clarity. Water clarity often indicates a lake's overall water quality. Weekly measurements are made from mid-May through mid-September.

Birch Lake maximum transparency: 31.0 feet Birch Lake mean transparency: 20.5 feet

	Oligotrophic					Mesotrophic			Eutrophic		Hypereutrophic	
50	32	26	23	20	16	15	10	7	5	3	1.5	1.0

Chlorophyll a (ug/l)

The amount of algae in a lake can be estimated by measuring the chlorophyll a concentration in the water: used to determine the trophic status of the lake.

Birch Lake chlorophyll readings: May June July Aug. Sept.
2 1 < 2 2 1

Sample value is less than limit of quantification (1 ug/l)

	Oligotrophic			Mesotrophic				Eutrophic			Hypereutrophic					
Chlorophyll	0.5	1	2	3	4	5	7	10	15	20	30	40	60	80	100	150

Phosphorus (ug/l)

Algae needs phosphorus to grow and reproduce. It is the key nutrient affecting the amount of algae and weed growth for Birch Lake. The total amount of phosphorus in the water is typically used to predict the level of productivity in a lake.

Birch Lake Spring Overturn: 10

Birch Lake Late Summer: 3 T

T Value reported is less than limit of quantification (5 ug/l)

	Oligotrophic			Mesotrophic				Eutrophic			Hypereutrophic					
Total	3	5	7	10	15	20	25	30	40	50	60	80	100	150		

Phosphorus

Rapid Algal Assay (pilot program)

The results from the 2001 CLMP Rapid Algal Assay pilot program have been reported out by the project consultant: Birch Lake is not very productive which is consistent with the excellent condition of the lake.

Temperature/Oxygen (pilot program)

2000 - 2001 Dissolved Oxygen and Temperature Profiles: Substantial supply of oxygen.

*Note: Water Quality data dates back to 1978: available to you at the Temples. Health check-ups (above tests) began in 1999 after the septic upgrade program.

Handyman Repairs

- Roof to basement - inside and out
- Floors, doors, stairways, ceilings and windows
- Siding, roofing, driveways and sprinklers
- Decks and fences; fascia and soffits
- Plumbing, electrical, heating and A/C
- Piers and Seawalls

Home Maintenance

- Painting - interior and exterior
- Snow removal - sidewalks, driveways & roofs
- Gutters and chimney cleaning & repair
- We do windows
- Power washing, insulation and weatherproofing
- Spring and fall yard clean up
- Tree and shrub trimming
- Rototill your garden

Free Estimates

- Firm quotes for all jobs
- Fully insured
- No job too big or too small

Property Management

- Reliable caretaker
- Fulfills all absentee homeowner's needs
- Periodically checks your property
- Provides second home peace of mind
- Call for all lake property requirements



Dave's Residential Services

(269)476-2797; Wireless (269) 362-0724

dhardisty@beanstalk.net

Emergency Service Available 24/7

Birch Lake Recipes of the Week

Ingredients:

2 cans of northern beans
 2 cans garbanzo beans
 1 tube zesty hot sausage
 2 lbs chicken breasts cubed
 1-1/2 lb brick pepper jack cheese
 1/4c jalapeno pepper finely chopped
 1 small red pepper finely chopped
 2 c water
 2 T chicken bullion
 1/4 c flour
 small can of corn
 milk

If you missed the chili cookoff at the yacht club this year, here's your chance to try the 1st place winner's recipe!

Preparation:

Fry sausage into little meatball size until done. In drippings, saute all peppers (jalapeno and red pepper) a little, then drain and put sausage and peppers in crock pot. In same frying pan, add 2 cups of water and 2 table-spoons of chicken bullion. Bring to

boil and add chicken, then cook till just done. Add flour to the bullion in the fry pan (which has been sitting, about 1/4 cup to make it thick and creamy). Cook until thickened a little, then add it to the crock pot. Add beans, corn and cheese and cook 5 hours on low. If chili is too thick, add a little milk to thin.

As debbie will tell you, cooking is so much by taste ... you can reduce the amount of the pepper jack cheese and jalapeno peppers to your liking.

Shop UNION MARKET

15940 US 12 West, Union, MI
 (269) 641-5861

Open Daily: 7 am - 10 pm MI, 6 am - 9 pm IN

FEATURING:

Deli Selections	Fresh Meats
Fresh Produce	Cold Beer
Picnic Needs	Videos



100% Satisfaction Guaranteed

Water Heaters	Sump Pumps	Water Tanks
Water Pumps	Disposals	Sinks
Softeners	Toilets	Bathtubs/Showers
Iron Filters	Faucets	Winterization

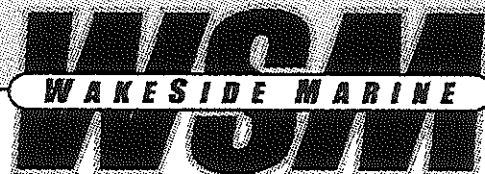
(574) 295-8633

License # CP81041499

License #81-07776

Your satisfaction is our promise,
 Your delight is our business.

- Service
- On water service calls
- Hyperlite Wake Boards
- HO Skis
- Tubes
- Pier Parts
- Accessories

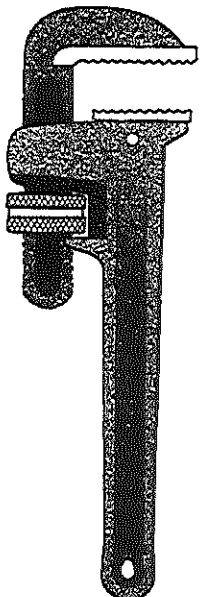


HONDA MARINE



FOUR WINNS

Just a short drive away,
 51305 SR. 19 North, Elkhart Indiana 46514
 574-264-2874 • www.wakesidemarine.com



NEED A PLUMBER?

ADVANTAGE PLUMBING INC.
 QUALITY WORK BY LICENSED PLUMBERS
 SATISFACTION GUARANTEED

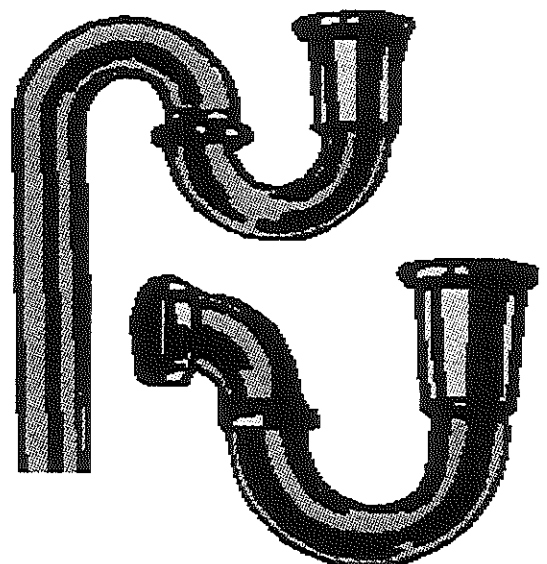
Water Heaters	Sump Pumps	Water Pumps
Water Softeners	Toilets	Sinks
Showers	Tubs	Faucets
Drain Cleaning	Sewer Rodding	Sewage Ejection Pumps

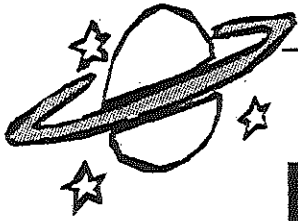
Commercial/Residential/Remodeling/New Construction

Free Estimates

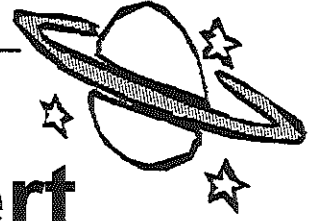
Master Licensed #8110747

269-687-7192





Stu's Star Stuff



Meteor shower alert

Delta Aquarids and Alpha Capricornids

We haven't had a good meteor shower in a while so I thought I'd schedule one for this coming week. Summer is the best season for shooting stars, and here at the lake is one of the best places to watch for them. Earth passes through the orbital paths of several comets during summer, so we're bombarded by comet dust — tiny grains that vaporize as they slam into Earth's atmosphere at great speed, creating brief streaks of light as they do so.

Meteor showers are named based on the point from which the streaks seem to radiate. This week's shower is called the Delta Aquarids because its meteors appear to "rain" into Earth's atmosphere from the direction of Delta Aquarii, a star in the constellation Aquarius. But meteors can appear in any direction, so it's best to scan the entire sky.

By watching the direction a meteor comes from, a keen observer will be able to detect whether a meteor is a straggler from the Delta Aquarid shower or one from some other shower, such as the Alpha Capricornids which we'll see around July 30.

The total number of Delta Aquarid meteors is actually greater than any other meteor shower's. But the meteor stream is spread across a wide path, so we intersect only a few meteors each day. At the shower's peak, in fact, only a couple of dozen meteor streaks are visible each hour. Outside that period, the rate is much lower.

But fortunately the peak is broad, so the display shouldn't dip below the maximum for several days. To observe, get a lawn recliner and a blanket. Find a dark spot away from some of those floodlights

around the shore. Give your eyes a few minutes to adjust to the darkness, then look up. With luck, you'll see a handful of shooting stars punctuating

that summer sky. Next week, planets moving backward.

-Stewart Spratt

Hall's Bait & Tackle

All Sport Licenses
Live Bait & Tackle
Ammunition
Coleman Fuel & Supplies
Ice
Schuberts Baits



Summer hours:
5 am to 7 pm

15573 US 12 in Union, Michigan

269-641-2304

THE TAN SHOP

Simonton Lake Plaza
51523 S.R. 19 N. - Elkhart, IN 46514



Ultrabronz High Pressure Tanning Beds
Triple - Double - Single Facial Beds

574-264-4977

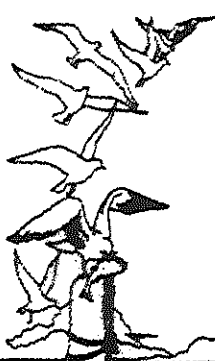
BIG C LUMBER

Since 1921

For All Your Building Material and Hardware Needs,
Come See the Experienced Folks at Big C Lumber!
Schoolcraft, MI 269-679-5500 Elkhart, IN 219-262-4506

For a listing of our other 10 locations, or to find out more about our people, products and services, visit us at:

www.bigclumber.com



*The only thing we
overlook is
Fisher Lake*

*Steaks · Seafood
Spirits*

**FISHER LAKE
Inn**

19984 M 60 East
Three Rivers, MI 49093

(269) 279-7984

FOUR LAKES COUNTRY CLUB ADAMSVILLE, MICHIGAN

GOLF MEMBERSHIPS
AVAILABLE
TO THE PUBLIC

**DINING ROOM
OPEN TO PUBLIC**

**FOUR
LAKES**

Friday Nite Fish Dinners
"Best in the Area"



Call 1-269-699-5349
to reserve for

Receptions ■ Business Lunches ■ Parties

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	Lunch
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



Correction on Women's golf/lunch deadline

OOPS!!

There needs to be a correction for the Ladies Extravaganza reservation date. The correct date for reservations is Monday, Aug. 4 (not August 9 as stated in the last Barker).

Please call Peggy or Katha to make reservations for the August 8th Fun in the Sun Golf and the Luxurious Luncheon — or both!!

More door prizes are being received. We have books by Birch Lake's own nationally acclaimed author, a ceramic piece by Becky of Tom's Garage, a Birch Lake original painting by Debbie, and a one year subscription to a Sky Calendar from Michigan State donated by our star gazer among others.

(Donors, please try and get your door prizes to a committee member real soon).

Make the phone call today for your reservation.

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

Thanks from the men

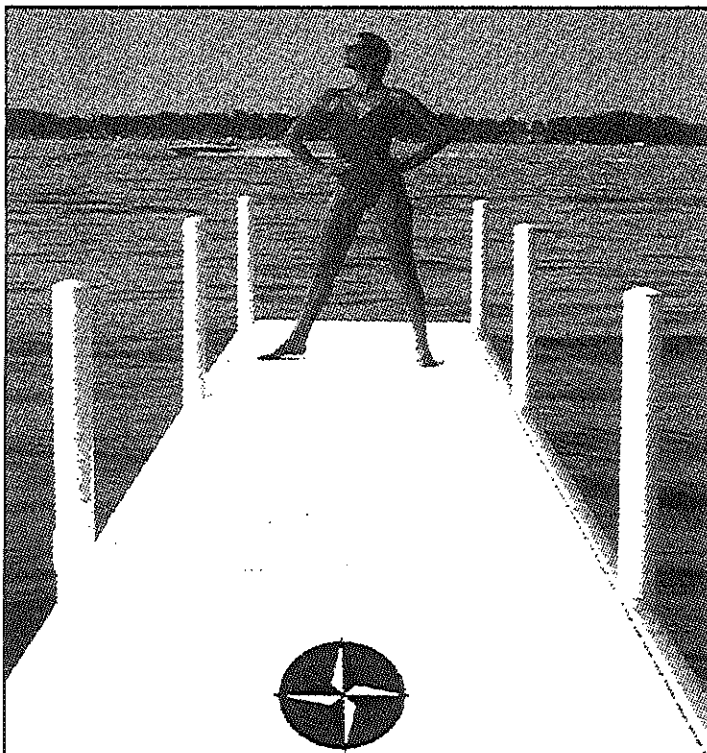
Thanks to everyone who helped out with the Men's Golf outing last week ... Though we're writing this in advance, I feel confident in saying that a good time was had by all.

Special thanks to Patrick and Steve, to the guys who helped us get everyone check in (and their checks taken) and to the guys who put the goodies out on the course. Thanks, also to all the servers who helped us with the dinner and to the whole gang who helped clean up the mess afterwards.

Thanks to the sponsors who forked over the moola for the hole prizes and for the liquid refreshments.

And last but not least, thanks to all of the Birch Lake guys and who got a group together to come out and join us for the fun (and competition) of the 43rd annual Birch Lake Golf Outing.

-Rich & Phil



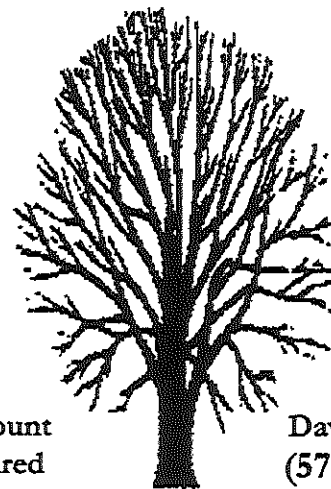
Custom Pier Contractors

William D. Stohler

Diamond Lake Marina, Building #3
P.O. Box 415, Cassopolis, MI 49031

269-445-8838

Dave's Tree Trimming



20% Discount
Fully Insured

David Holdread
(574) 293-4097

A Design / Build Firm



CUSTOM BUILDERS, INC.

universal designs for accessible living

P.O. Box 272
Union, MI 49130-0272 **1-888-641-9205**

The ABCs of healthy eating

JUST FOR THE HEALTH OF IT

by: Ima Foodnudge

Pretty good line up for this weeks power foods -

Peas — A good source of plant-based protein and iron, peas help reduce the risk of certain cancers, high cholesterol, and macular degeneration.



Fighters in them are lutein, a carotenoid, which helps prevent eye diseases such as macular degeneration and cataracts. Lysin, an essential amino acid, is vital for collagen synthesis and tissue repair.

Peppers — A favorite at our house. Sweet bell peppers and spicy chili peppers offer protection against heart dis-

ease, vision loss, and nasal congestion. Fighters in them - red peppers are rich in beta-carotene, the antioxidant that helps prevent eye disease, certain cancers and heart disease. The capsaicin (hot stuff) in chili peppers eases nasal congestion by increasing secretions in the nose and airways. Studies suggest that capsaicin may also detoxify cancer-causing compounds and encourage cancer-cell death. The hotter the chili pepper, the greater the capsaicin content so bring on the heat!



Pineapples — Long used as a folk remedy to settle intestinal upsets and relieve constipation, this tropical fruit is also noted for its anti-inflammatory enzyme and healing nutrients. Fighters in it, Bromelain, an anti-inflammatory enzyme, helps control tissue swelling and inflammation associated with bronchitis, cough, osteoarthritis,



tis, rheumatoid arthritis, strains, and sprains. Ferulic acid helps prevent the formation of cancer-causing substances and Manganese is a bone-building mineral. Vitamin C in them enhances the immunity and wound healing, while also preventing heart disease and serious eye disorders.

Plums & Prunes — The antioxidants in plums and the dried plums we know as



prunes fight a variety of illnesses. Cancer and heart disease are thought to be two of them. The insoluble fiber in plums and prunes helps to bulk up the stool and ease elimination. The soluble fiber helps cut cholesterol levels. Also their high levels of Potassium lowers blood pressure and reduces the risk of kidney stones and strokes.

Pumpkins — Not just a Halloween goody. Fresh or canned, they can help keep you healthy for many Octobers to come. Pumpkins offer lots

of beta carotene (only carrots and sweet potatoes have more) and are the number - one source of alpha carotene, a cancer inhibitor that's even more powerful than beta carotene.



Researchers looking at the diets of more than 100,000 people found that those people who consumed the most alpha carotene had as much as 63 percent lower incidence of lung cancer. One pound of pumpkin seeds offer 20 percent of your daily requirement of zinc, an important immune-boosting mineral. And studies show that a compound in pumpkin seeds may help prevent benign prostate enlargement, a common problem for men over 50.

Will be fishing around for next week's power food.

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

Shultz

Insurance Agency, Inc.
Since 1945

*For the Help You Need
When You Need It Most*

219 S. 3rd St.
P.O. Box 1828
Elkhart, IN 46515
574/293-9571
FAX 574/294-8937

John Ball
Joe Johnsen
Nelson Nix
Jeff Whisler
Robert Nix
Tom Elkin



Curtis Cleaning Services

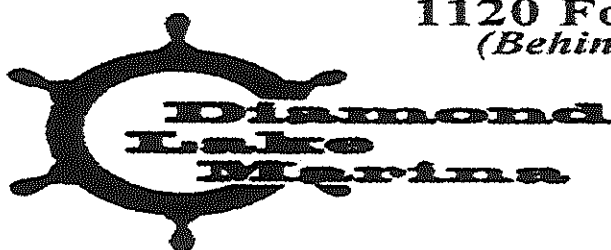


Commercial
&
Residential

Carpet Cleaning

Bonded & Insured

Linda & Terry Curtis
63093 Birch Road, Vandalia, MI 49095
269-476-2431

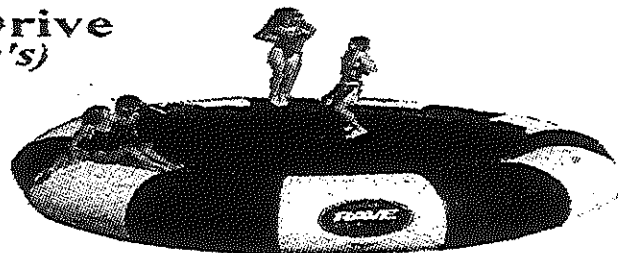


1120 Follet Drive
(Behind Porky's)

* PWC Service
SeaDoo Yamaha Kawasaki
* Major & Minor Engine Repair
OMC / Mercruiser

* 27,000 Sq Ft Building

269-445-2191



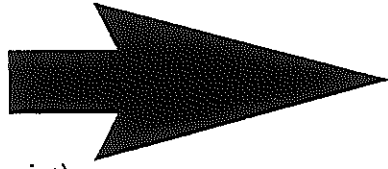
* RAVE/Aqua Jump Trampolines
* Marina Supplies * Service * Storage
* STARR & LAKESHORE PWC lifts



* Authorized SHORE STATION
Boat Lift Dealer

Birch Lake Yacht Club Contributions

- \$ _____ - BLYC Member Dues (\$20 / year)
- \$ _____ - BLYC Associate Member Dues (\$10 / year)
- \$ _____ - 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 _____
- \$ _____



Mail to:
 Holly Troeger, Treasurer
 1516 Ash Drive East
 Elkhart, IN 46514

Drop off at:
 63696 Birch Road (call 476-9898)

Make checks payable to:
Birch Lake Yacht Club

Total \$ _____

"Here To Serve" Remodeling & Additions

Specializing in:

**DECKING, SIDING,
 BASEMENTS & ROOM ADDITIONS**

"No job too big or too small"

(574) 273-2155

Randy Hallmark - owner
 Since 1995



Tri-Lakes
SPORT'S MARINE

Phone: 269 / 641-2154
 Email: triboats.com@prodigy.net
 Web: triboats.com

MERCURY
 JOHNSON
 EVINRUDE
 EZ LOADER

**69545 SUNSET BLVD.
 UNION, MICHIGAN 49130**

SALES & SERVICE
 PARTS & ACCESSORIES

ERHARDT
 Termite & Pest Management

EXTERMINATORS

- Pest Control
- Termite Control
- Rodent Control
- Flea Control

Competitive Low Prices

- Commercial
- Residential
- Real Estate
 FHA & VA

JOHN ERHARDT, OWNER

(269) 476-9944
 (269) 476-2866

VANDALIA - P.O. BOX 275

**When it's time to sell your lake property,
 we can lure the right buyers.**



When you're ready to sell your lake property, we make it easy to find buyers because we're the specialists in Southwest Michigan. Serving over 70 inland lakes, we have a large selection of buyers generated by our exclusive marketing program, called *Direct Lake Property Marketing*.

So when it's time to sell, just give us a call and we'll start reeling in the buyers!

JERDON
 REAL ESTATE, INC.

ESTABLISHED 1950
 Visit our WEBSITE www.jerdon.net ■ (269)782-4000



Barker Classified Advertising

FOR SALE

1999 Ford F150 XLT Sport, White Super Cab Short Bed, V8, 4WD compact disc. am/fm stereo, running boards, bed liner & cover, keyless entry & remote start, power steering, windows, seats, & locks, custom bumper & towing pkg., excellent condition. \$12,000.00. Call 476-2383 or 574-288-4515.

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.

2003 Nissan Outboard, 9.9 Hp, 4-stroke, electric start. Only 2 hours use. \$1,700; \$25 more with new battery. Can be seen at 63286 Birch Rd. (east side), or call 476-8897.

Aqua-Step, a spring-loaded heavy-duty stainless steel padded step to mount to the rear of a wave runner. 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.

FOR SALE: DYNASTY SKI BOAT 17' I/O with OMC Cobra 175 HP engine. Original owner and in very good condition with Trailmaster color coordinated trailer. Includes Shoremaster boat lift with electric hoist and new canopy. \$6500 for complete combination. Call Kruggel's (269)476-2169

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.

Selling quality WATKINS products — Tried and true Medicinals. World's best vanilla and Spices Heritage products and more for the Pantry Medicine chest and beyond. See Becky at Tom's Garage or call at 476-2272 or at home evening 476-1062

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.



THE LAKE EXPERT

Over 20 years
experience in
residential
real estate

NANCY WALKER

Re/Max Shore Acres
21550 Shore Acres Rd.
Cassopolis, MI; 49031

Business: 269-445-5333
Home: 269-476-2515
Cell: 586-530-8581
Fax: 269-445-5335

Email: walkersbcp@beanstalk.net

<http://www.Nancy-Walker.com>



