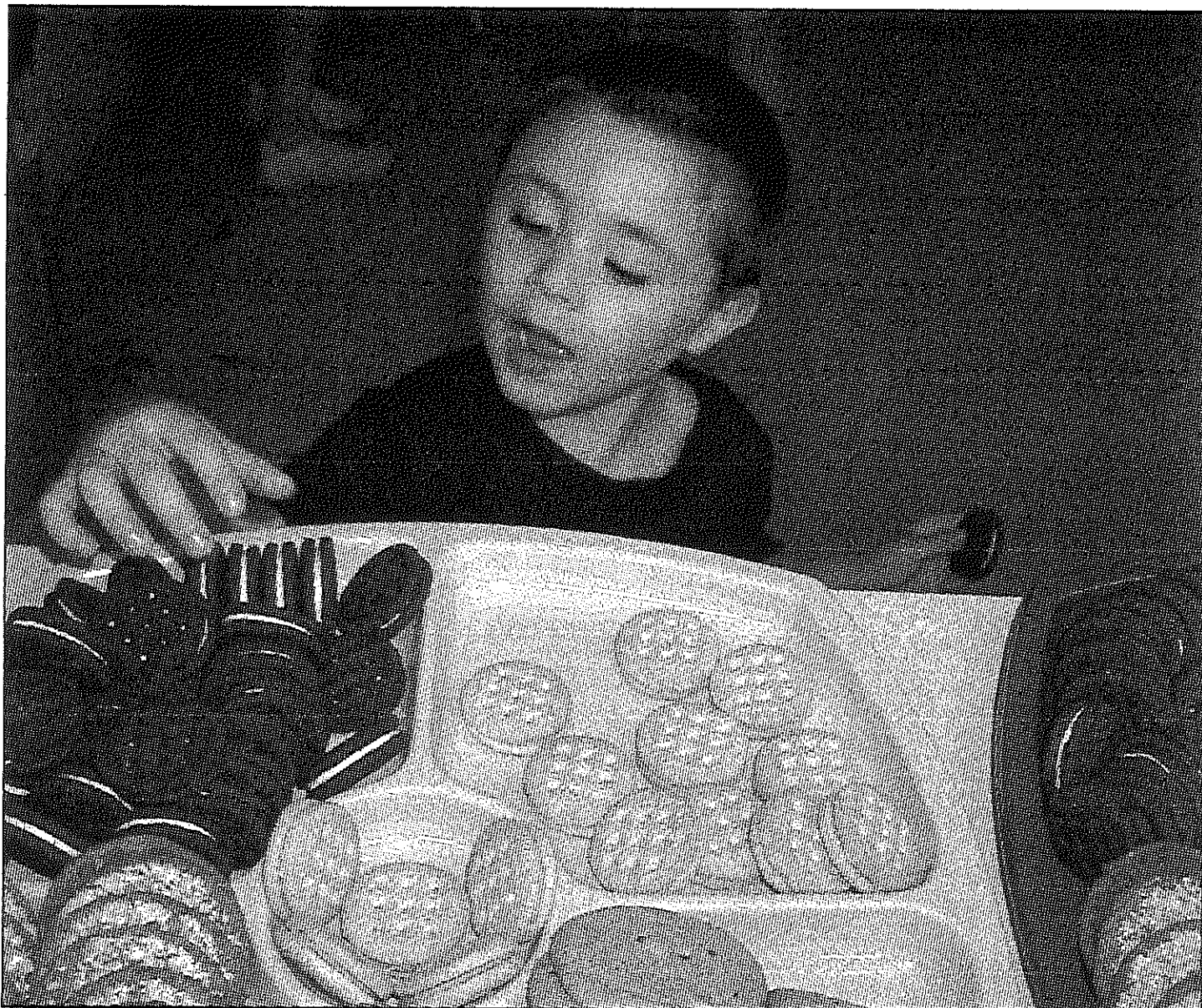


BIRCH BARKER

Weekend of Aug. 16, 2003



The temptation of just a couple of cookies was just too much for Tom & Vicki Rogers' (Cove) 3-year-old grandson,

Peyton, at last weekend's Corn & Sausage Roast. Thanks to the PattiCam for capturing the moment...

Hey there, hi there, ho there... What a great time we had last weekend ... I know he's moved off the lake, but I recommend that forever more we rename the event the John Gableman Corn and Sausage Roast.

I know I'd leave someone out, so I'm not even going to try to list the names, but thanks to **EVERYONE** who helped ... the folks who chowed down were a veritable chorus of "yum yum" noises.

So, is it just me or has this summer flown by? Here we are just two weekends before Labor Day, and I haven't spent a single day with my pontoon rafted up in the middle, immersed to the beard in an effort to beat the heat. Either the weather's been unseasonable cool this year, or I've been too busy to notice!

Well, I plan to remedy that as soon as

COMMODORE'S COMMENTS

I can (the too-busy part ... there's not much I can do about the weather).

In case you've forgotten, we have a board meeting this morning (mostly to plan for the Fall Dinner and try to hammer out plans for next year).

At 2 this afternoon is one of my favorite events of the year, the **KIDS REGATTA**. This is the Birch Lake sailors get to shanghai a kid or two onto our boats and make them sail us around for a couple of hours. We start with refreshments and instructions at the Harmans' (east side, where all the sailboats are), then we take to the water for an everybody-wins sailboat race around the puddle. Kids, be sure to bring your life jacket; adults, be sure to bring your

BLYC Calendar

- Aug. 16 Board Meeting 9 am
- Aug. 16 Kids Regatta 2 pm
- Aug. 23 Fall Dinner 6 pm

boat (everybody is welcome — if you've got a boat that hasn't been out, this is the weekend to do it!).

Another don't-miss event: the Fall Dinner and Ho-Down Square Dance is **NEXT WEEKEND**. There's a sign-up form inside the Barker today, and the deadline for reservations is Aug. 20.

Hope to see you all there.

Once again, have a great week, pay your dues and be safe.

-Commodore Phil



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

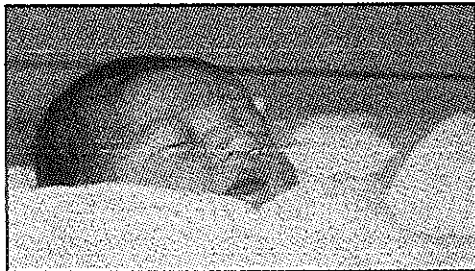
Thanks from the Soldatos

Thank you to all of our lake neighbors who have welcomed us into your community this summer ... especially Peg and Dick Cowen, who have answered our many questions about life on the lake and boating.

Also, thank you to the Birch Lake residents who towed our boat on July 13 when we had engine trouble. We tried to find you and bring you a small thank-you gift, but we went to the wrong house (and made more new friends).

-Carmen & Debbie Soldato

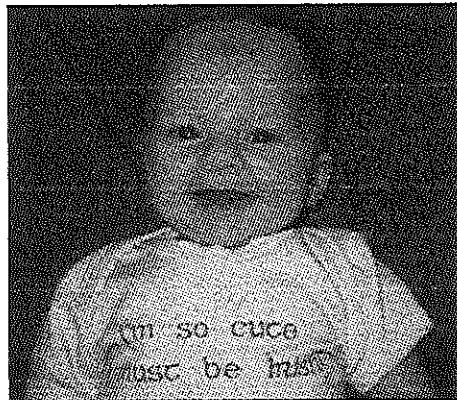
Congratulations Herms



Bob & Eileen Herms are the proud grandparents of GRANDCHILD NUMBER 11, who was born on July 14 at 9:20 am. Samuel Judah Herms weighed in at 8 lbs., 14 ozs., and was 20-3/4 inches long. Chris, Cindy, Spencer, Shelby and Savannah Herms all welcome this new addition to their family.

And, while we're at it, congratulations again to the Herms family on the

birth of a great grandson. Reese Christopher Herms was born in California on January 10. He weighed in at 8 lbs., 1 oz., and was 20-1/2 inches long. As you can see from his 3-month picture, he is doing very well. Bob thinks its wonderful that he is a great-grandfather, especially at 37!!!!!!



Oops, Sorry Pammy

Last week's recipes in the Barker were contributed by Pam Mullin (north shore). Due to an error by an overworked and underloved editor, her name was omitted. Sorry ... :(

Feeding Birds

We all know what a mess SEA GULLS, DUCKS and GEESE make of our rafts, piers and lawns, not to mention adding more pollution to the lake. With that in mind I'm asking people not to feed

Barker kids of the Week



Kimberly (12, Jimmy (4) and Koty (9), the grandchildren of Jim & Linda Bergan, are this week's Barker Kids of the Week.

them — it only encourages them to stay here. Thank you.

-Don Harman

More on birds

I have been coming to Birch Lake for more than 70 years and I never thought we'd have to tell people not to feed the sea gulls. They make a mess on our piers and rafts, and none of us want to encourage them to stay! Please DON'T FEED THE SEA GULLS AT BIRCH LAKE!

-Disgusted!



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Have A Safe and Fun Summer!

Birch Lake Notes

Barker Birthday



Happy 2nd Birthday to Kiersten Nicole Phenis on August 16!! (daughter of Kelly Phenis & Granddaughter of Darlene & Ken Troyer). All Kiersten wants is for her Daddy to return soon from Iraq.

Thanks Corn & Sausage helpers

A big thank-you is due the crowd of neighbors who turned out to help with the Corn & Sausage Roast last weekend.

Longtime event coordinator (and former Birch Laker — doesn't that seem strange to see) John Gableman, and his crowd of cooks and gofers roasted 25 dozen ears of corn, 80 lbs. of brats, two cases of chicken breasts and several packs of hot dogs (without even singing the mice escaping from the fire pit).

Rumor has it that John has announced his retirement ... so if anyone would like to volunteer now to help Stu with next year's event, please step forward now...

Inside, Sandy Stressful kept the servers, shuckers, money takers and eventual cleanup crew on their toes.

Over 100 Birch Lakers turned out (it would have been even more if the Kellys had been 10 minutes earlier), and reportedly, a good time was had by all.

Way too many names to list here, but thanks a million to all.

-Commodore Phil

Volunteers, donations for roof

On August 23rd at 7 a.m., we will re-roof the Nurses' Infirmary at Camp Tannadoonah. Donations for the cost of the roof, and volunteers would be appreciated. To donate or volunteer, call Don 476-2039 or Tom 476-2383.

-Don Harman & Tom Rogers

Barker Sailor of the Week



Alex Harman, the son of Rick and Tish Harman and grandson of Don and Lind Harman, has his sailin' hat on and he's ready for the Kidz Regatta today!



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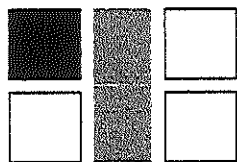
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We wish everyone a safe and enjoyable summer at Birch Lake!

-Ben and Vanessa Wozniak

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An open letter from John's parents

I would like to take this opportunity to thank all our wonderful Birch Lake friends and neighbors for the help and support that you provide in regards to our son, John. As many of you know, John is autistic and therefore needs special assistance in many areas. He is 8 years old and looks like any other kid of that age group. Unfortunately, that's where the resemblance ends.

Autism is a complex developmental disability that usually appears by the time a child is 3 (John was diagnosed at 2-1/2). It is a neurological disorder that affects brain development in the areas of social interaction and communication. This is the reason John may not respond to verbal commands, greetings or common sounds like cars or other children. Social interaction is minimal, and playing with other kids is extremely rare. John does like to parallel play and watch, but joining in play activities is something that he just doesn't do.

The Center for Disease Control now estimates 6 persons per 1,000 as being affected by autism. That means approximately 1.5 million Americans today are believed to have autism, and the numbers are on the rise. Based on current stats from the U.S. Dept. of Education and other agencies, the number of Americans being affected by the disorder could reach 4 million in the next decade. Autism knows no ethnic, social or economic boundaries, however it is 4 times more prevalent in boys than girls. The cause is yet unknown, which makes treatment difficult and prevention impossible.

John processes and responds to information in unique ways. These are some of the traits of autism:

- insistence on sameness — will not try different foods and routine doesn't vary much
- difficulty in expressing wants and needs
- using gestures instead of verbal communication
- repetition of words or phrases in place of normal language, reciting movie dialog and phrases
- prefers to be alone; very aloof manner; will not join in play groups
- little or no eye contact; will not look at person speaking
- no fear or awareness of possible danger; may run off or walk

- into street without looking
- repetitive behavior, lining up or putting in precise order (following lines, walking back and forth)
- no response to verbal cues; acts as if deaf, although hearing in normal range
- gets over-stimulated easily, roughhousing gets out of control

Children with autism are not just unruly kids who choose not to behave. Not being able to express basic needs leads to frustration and aggravation for the kid and the parent. Going into the community is a source of extreme stress for the parents and the child. People that are not aware that your child is autistic will often stare in disapproval, and comments such as "they should make that kid behave," or the classic, "if it was my kid..." It's difficult to explain that this is not a child that means to be different, but the area in the brain that controls normal social behavior just isn't functioning. As parents, we are not making excuses for the behavior or trying to shirk the responsibility of disciplining our child. If a "timeout" would make him "straighten-up," we would have him in the time-out chair 24 hours a day.

Autism is not something John is going to outgrow. With treatment his symptoms may lessen, and hopefully he will continue to make progress in the skills that he needs to develop. He is an extremely intelligent individual. The myth that autistic children cannot show or know affection is so untrue and unfair. John is very loving and affectionate. He recognizes those that have shown him kindness and is very aware of what is going on, even though it may not appear so. He is a curious boy, and doesn't forget people or places. So if he shows up at your door, don't be surprised. He is a great judge of character, so consider yourself fortunate to be on John's "A-list."

And thank you for being so patient and understanding to a kid with special needs and to his parents. We appreciate your support and understanding. Birch Lakers are the best.

-Patty and Bill Luecht

For more information on autism and related disorders, contact the **Autism Society of America**.

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Terry Keirn

President

Birch Lake Recipes of the Week

SPAGHETTI WITH BACON AND ONION:

(This easy sauce is quickly made from ingredients that are almost always at hand)

Ingredients:

2 tbsp. olive oil
 1/2 cup to one cup lean bacon, cut into match sticks
 1 small onion
 1/2 cup dry white wine (optional)
 1/4 tsp thyme
 salt and ground pepper
 1 lb. tomatoes, fresh or canned chopped
 1-1/2 lb spaghetti
 grated parmesan cheese, to serve

1. In a medium frying pan, heat the oil. Add bacon and onion and cook over low to moderate heat until the onion is golden and bacon has rendered its fat and is beginning to brown (about 8-10 minutes).
2. Add the wine to the bacon and onion, raise the heat and cook rapidly until the liquid boils off (wine is optional). Add th tomatoes, thyme, salt and pepper. Cover and cook over moderate heat for 10-15 minutes.
3. Meanwhile, add salt to the boiling water and cook the pasta until is all dente. Drain, toss with the sauce and serve with grated Parmesan.

Serves 6



MOZZARELLA, TOMATO AND BASIL SALAD:

Ingredients:

4 large tomatoes
 2 cups mozzarella cheese
 8-10 leaves fresh basil (or ground up basil)
 4 tbsp. extra virgin olive oil
 salt and black pepper

1. Slice tomatoes and mozzarella into thick rounds.
2. Arrange tomatoes and cheese in overlapping slices on a serving dish. Decorate with basil
3. Sprinkle with olive oil and a little salt. Serve with black pepper passed separately.

Serves 4

By Harold & Char Sheetz



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FALL DINNER RESERVATION

It's time once again for the annual Fall Dinner for the Birch Lake Yacht Club. This year's event will be similar in many ways to last year's. We'll start with a social/cocktail hour at 6 pm (Ind. time). Then, at 7 pm, there will be a down-home country-cooked meal featuring rib tips, chicken, cole slaw, baked beans, corn bread and peach cobbler, and of course your favorite beverages. After the meal we'll have a brief (BRIEF) end-of-the-year board meeting to elect new members, pass the Commodore's flag and introduce the Commodore for the year 2005. Then, be sure to stick around for the ho-down after the meeting where you can strut your stuff in your best square dancing outfit.

Register now by filling out the form below and dropping it off with your check for \$15 per adult, \$7.50 for kids under 12 at the Spratts' place on the north shore or the Vitales' home on the east side.

Tickets are limited and will be going fast so act now, or at least by August 20. Call Stewart Spratt with questions — 476-2113.

BLYC FALL DINNER: Saturday, August 23
I/WE WILL BE ATTENDING THE BLYC FALL DINNER & SQUARE DANCE

Name: _____

No. of adult dinner reservations: _____

No. of children dinner reservations: _____

Total Amount Enclosed: _____

Please drop off your reservation at Spratts (north side) or in the Barker Box at the Vitales (63174 Birch Rd.)

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BLYC Sailing News

Light and shifty winds made for a couple of unpredictable races last weekend and some even more unpredictable finishes.

Only a couple of weeks left in the regular season, then on to the Labor Day Regatta and the final awards ceremony at the Yacht Club.



Please remember to

This Week:

Sunday Races

Sunday, Aug. 17 11 am

Alternate start: Noon

bring your kids (and your boats) to the Harmans house today for the Kids Regatta (it'll start at 2 pm, so please plan to be there early for instructions and pairings and cookies and pop).

Harold Cranmer
2003 Fleet Captain

Here are the results of last weekend's competition:

Sunfish:	1st race	2nd race	Place/Avg.
A Class			
Jim Bolinger	1	1	1; 1561.7
Dave Olson	3	3	3; 1515.1
Rick Russwurm	4	4	4; 1430
Dewayne Weaver	2	2	2; 1521.5
Tom Howard	1	2	N/C
B Class			
Erica Vitale	2	1	1; 1564.7
Sandy Vitale	1	3	3; 1525.8
Chad Plaia	3	DNS	2; 1554.1
Jody Meyers	4	2	4; 1454.7
MCS			
	1st race	2nd race	Place
Harold Cranmer	2	3	3; 1471.3
Don Harman	4	4	2; 1484.8
Rick Harman	1	1	4; 1476.5
Scott Troeger	DNS	DNS	1; 1549.3
Phil Vitale	3	2	5; 1386.0

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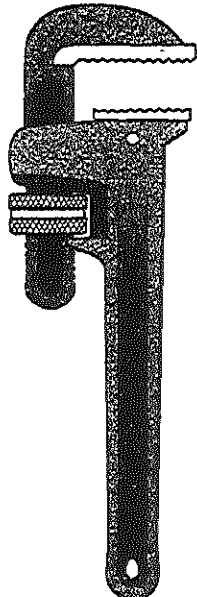
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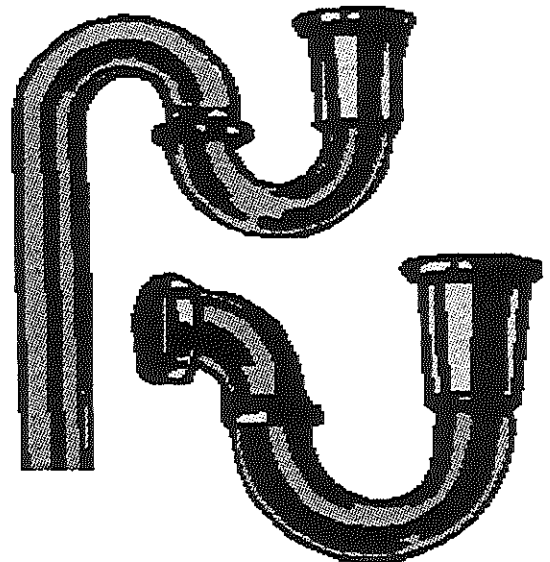
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Stu's Star Stuff



Mars is becoming noticeably brighter these days as we approach our nearest encounter in 60,000 years. It's interesting to note the path Mars and the other planets take each night as they move across the background of stars in the night sky, changing position relative to the different constellations.

Most of the time, the superior planets, those farther from the Sun than Earth, move EASTWARD through the background of stars. But for a while every year, they seem to halt, then move backwards — a motion known as retrograde.

This change in course baffled astronomers for millennia. But in the 1500s,

Nicolaus Copernicus suggested that the retrograde riddle could be solved by assuming that Earth and all the other planets revolve around the Sun — a notion that gave birth to modern astronomy. This concept was considered blasphemous, if not downright crazy, much like the notion of IST. But up until the 16th century it was believed that the Earth was the center of the universe and that all the objects in the heavens orbited Earth. Today we've given up our silly notions, or at least most of us have.

To understand retrograde we need to remember that we are viewing objects in space from a moving platform. As our position changes relative to the planets, so does

our perspective. Think of it in terms of riding in a car on the highway. What do we see when we pass a slower car? At first we see the car moving slowly forward but as we get closer and closer to it. But eventually we see it appear to halt and drift backward as seen against the background of much more distant objects.

So whatever motion — direct, retrograde, or almost none — you have caught a planet performing, you can now understand it. And in understanding it you have a clear glimpse of the reality that eluded thinkers for thousands of years until Copernicus. Next week, a vacation.

-Stewart Spratt

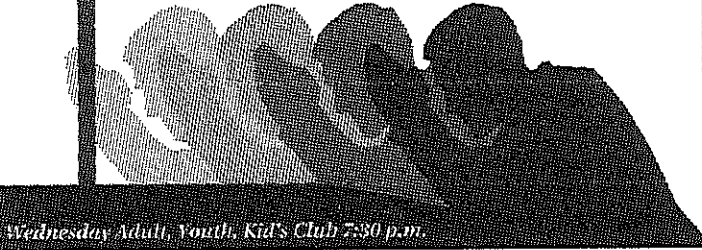
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The ABCs of healthy eating

JUST FOR THE HEALTH OF IT

by: Ima Foodnudge

Well, did we have our thinking caps on and find all 33 power foods? I'm sure you did but just in case I have included the answers key this week.

Now, let's span on thru the alphabet of power foods.

Salmon - Salmon tops the list of fish with proven health benefits. The omega-3 fatty acids in salmon protects against breast and other cancers and relieve auto-immune diseases like rheumatoid arthritis and asthma. Eating a diet rich in fatty fish like salmon can also decrease your risk of heart disease. Omega-3 fatty acids in fish reduce

blood clotting and triglyceride levels and normalize heart rhythms. Your head, as well as your heart, needs omega-3 fatty acids. They keep your brain working properly; for example, people who

have dementia and Alzheimer's have decreased levels of DHA (one of the omega-3 fatty acids in fish) in their brains. Smart idea to add more salmon to our diets now before we forget.

Soy - In terms of health benefits, soy is one of the most studied foods around. Most of the research covers its potential for pre-

venting cancer and heart disease. Substituting soy protein for animal foods lowers your chances of heart disease. By eating 50g of soy protein (the amount in about two cups of soy-milk) as part of a diet low in saturated fat and cholesterol can lower total cholesterol, triglycerides, and blood pressure in men and women.

Tea - Black and green teas come from the same plant, but they are processed differently and contain different antioxidants. Consider drinking both (perhaps alternating days) to get the greatest disease protection. According to epidemiological and animal evidence, green tea inhibits breast, digestive, and lung cancers. Green tea's catechins, powerful antioxidants, may protect cells from free radical damage. Flavonoids in black tea appear to reduce the stickiness of platelets, a heart disease risk factor. Tea may also prevent your bones from weakening as you age.



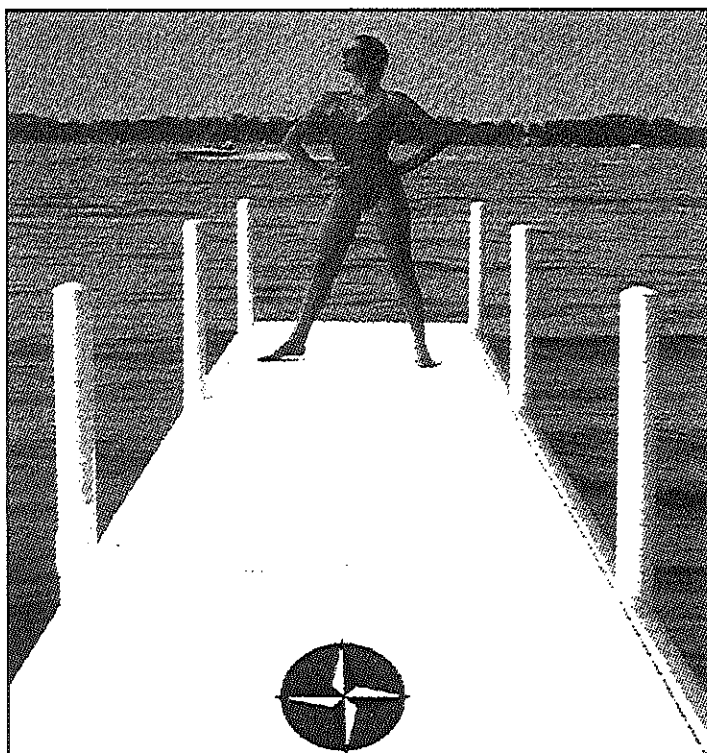
Tomatoes - It's lucky that we all love tomatoes. Whether in sauce or atop a salad, tomatoes are as healthy

as they are tasty. Dozens of epidemiological studies have found that people who eat a lot of tomatoes are significantly less likely to get cancer. Study results were strongest for prostate, lung, and stomach cancer, although there's some evidence that tomatoes protect against breast, ovarian, and other cancers, too. Lycopene, a carotenoid found in tomatoes, appears to be the source of the protective benefit. Cooked tomatoes, like those in sauce or juice, contain more absorbable lycopene than raw tomatoes.

You will be nutty about next week's power foods ...



Answer Key			
ALMONDS	KIWIFRUIT	CELERY	FATTYFISH
FIGS	PEPPERS	GINGER	CRANBERRIES
BROCCOLI	GREENTEA	PUMPKINS	ONIONS
FLAXSEED	NUTS	PLUMS	KATE
COCOA	ORANGES	CHEERRIES	APPLES
LENTHS	BLUEBERRIES	EGGS	MUSHROOMS
OLIVEOIL	HONEY	PLUMS	MELONS
PINEAPPLES	CARROTS	PEAS	GARLIC
HEETS			
	BLUEBERRIES	CARROTS	G B
	E	PRONEN R	TA R
	L	E	LKT SO
C N A	CELERY	ALI TEC	
O E	KPEAS	PT XLIJ USLC	
CSI	FATTYFISH	L U SSCK N GPO	
OMN	ALMONDS	E M E F	GPI
ACR	APPLES	R NOP K I	EAI
DE	R	FNK D W	GREENTEA
RB	YG	III	I PEPPERS N
IN	EN	LON S	K MELONS I
SA	NI	SNS G	P
UR	OG	S L	
MCH	PLUMS	+	CHEERRIES
	OLIVEOIL		ORANGES



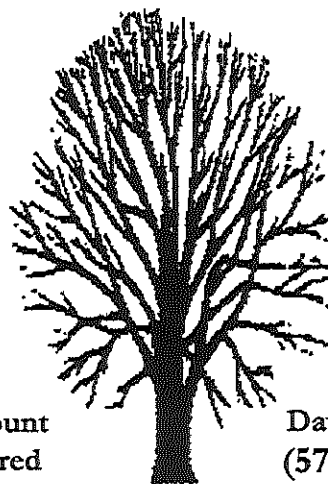
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Fun in the Sun and Luscious Luncheon Update

The sun didn't shine but that didn't stop the 32 golfers from having fun in the 2003 Women's Golf Outing at Park Shore on Aug. 9 — including two first time golfers!

Top prize was won by the team of Becky Wiseman, Pam Mullin, Kathy Klatt, and Jean Goldy. Finishing in 8th place and having a lot of fun was the team of Ilene Golden, Leslie King, Denise Smitley and Sandy Vitale.

Individual prize winners were straightest drive on hole #1 was Sandy Vitale, closest to the pin on hole #4 was Le King, longest drive on hole #7 was Nyla Erhardt, and closest to the pin on #8 was Becky Wiseman.

Fifteen women who didn't play golf attended the luncheon making a total of 47 who gathered at Lindy's Restaurant. There was a lot of talking, laughing and meeting new friends.

All of us want to thank our sponsors: Dick Bender, Bill Doba, Dan Reynolds, and Nancy Walker. We also want to thank

those who gave door prizes: Jim Blue, Bruce Wagner, Tom Rogers, Pam Mullin, Ben Wozniak, Mike Machalleck, Bernie Garceau, Phil Vitale, Bill and Le King, Parti Luecht, Jim Beck, John Erhardt, Stu Spratt, Gert Temple, Charlene Sheetz, Tom's Garage (Becky), Allison Weaver, Tom DeCocker, Stan Pitakos, Houlihan's Restaurant, Denise Smitley, Staci Whiteman, Hickory Inn, Four Lakes Country Club, and BLYC.

A thank you also goes to Debbie Bolinger, Interiors by Design (Suzy King) and Cheryl Papandria for donating the items that were auctioned; the money raised will go for next year's event.

We as a committee enjoyed planning this event. Thanks to the team of Nyla Erhardt, Lesley Greenig, Lori Noyer, and Allyson Weaver for volunteering to chair next year's event.

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

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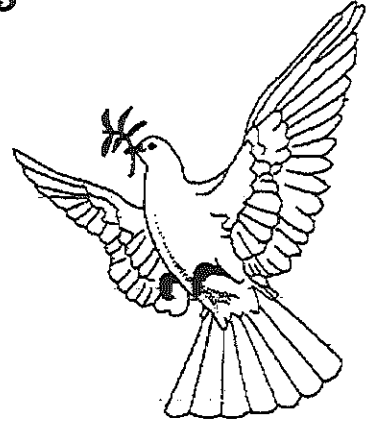
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FOR SALE BY OWNERS (Bud & Louise Rieth): Year-round home on Northwest side of Birch Lake (Cove). Large 2-story house, 4400 sq. ft., 3 Bedrooms, 2-1/2 Baths, Large Living Room, Family Room, Kitchen, & lots of closets. 69 feet frontage. Separate Guest 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.

For sale: Swim raft with ladder. 6 yr. old. 1/3 of

new (\$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

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: small boat trailer. Call 476-2526.

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

WANTED

Wanted: stainless steel u-shaped awning parts for older, 8' wide pontoon boat. Check on the wall or in the rafters of your garage. While you're there, we also need an old battery charger with a 5-volt setting. O'Brien; N 250. 476-2126

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

RENTALS

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 — 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

Lost in storm: Red plastic five-gallon gas tank, blown off Wiseman's pier in storm of 8/1. Please call 476-9560

Rich Pope Water Ski lost Aug. 3 near camp; please call 476-8807.

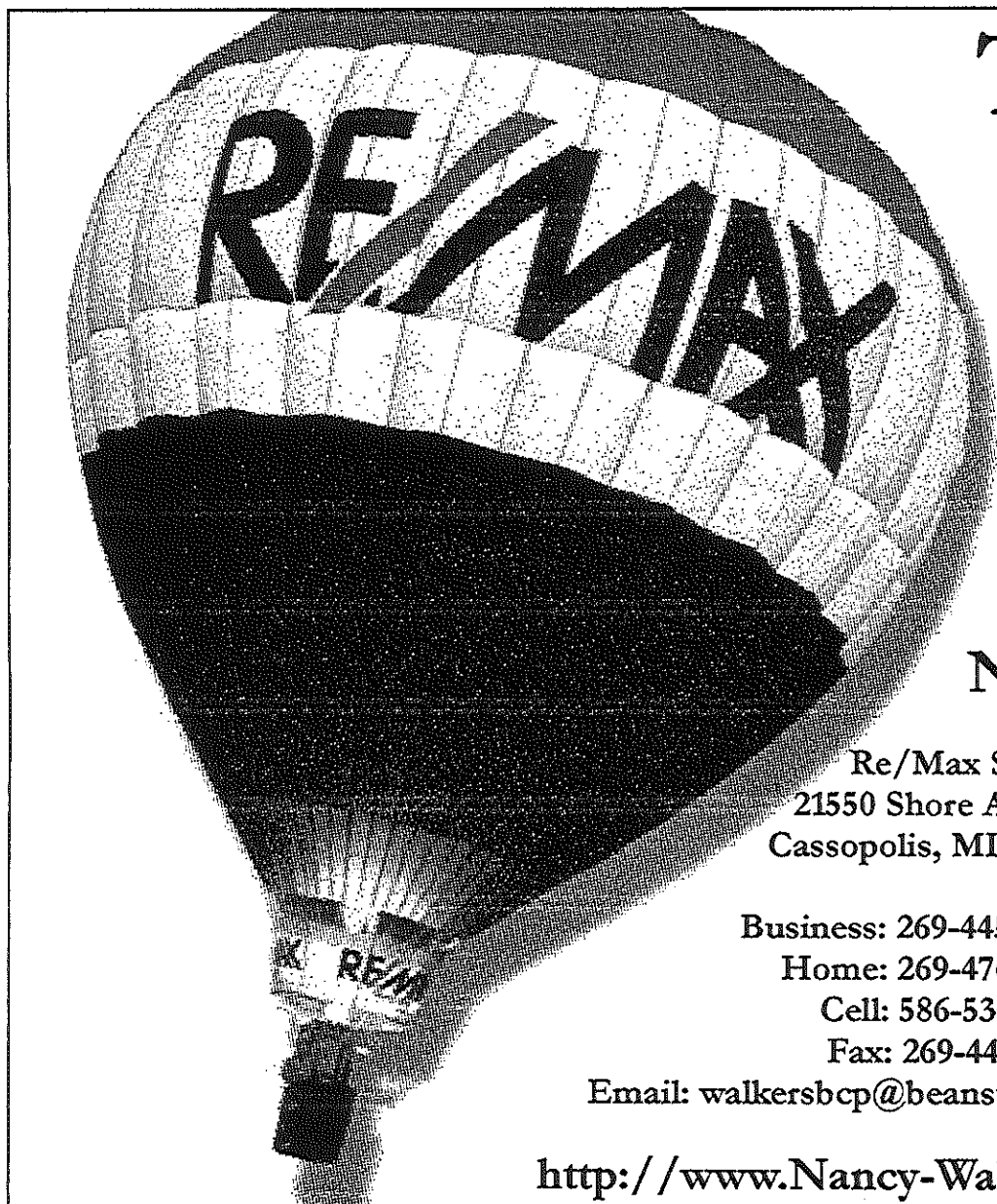
Dropped ski — blue, red and black, HO Xtra JC 59 lost along the east shore. Please call Scott Troeger at 476-9898.

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

We lost a ski last week in the north/northwest sectors. It is a boring 30 yr old "Cypress Gardens" with a beige boot & natural wood. It might also be useful as a replacement board for a squeaky floorboard. Contact Ray & Sonia Sanders 476-8807

FOUND

We found an Electra EP blue water ski in the middle of the lake. Contact Frank or Elizabeth Parkinson at 476-9293




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