

# Birch Barker

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Weekend of August 18 2007



photo courtesy of Darlene Troyer

## Commodore's Comments

We couldn't ask for a nicer weekend. The House Walk was fabulous. Thanks to the committee chairs who put it all together: Denny Weesner, Vanessa Wozniak and Michelle Seyfort. You guys did a great job. A big thank you to all the home owners who let 140 of us walk through and see their beautiful homes: Wozniaks, Curtises, Greenes, Welches, Hayes, Waddles and Waxmans. Each house was unique and I found a lot of ideas I want to copy for my home. The barn was a great addition to the tour and showcased the artistic talent on the lake. It was so much fun to see everyone out walking around.

This is my last Commodore's Comments so I want to take the time to thank everyone for such a great experience. I discovered that we all have one thing in common; everyone person I encountered wants the best for our lake.

There may be different ideas and opinions on how to go about things but the bottom line is keeping our community, especially the lake, the best it can be. Thank you to everyone who helped to make our neighborhood better this summer. That includes every Birch Lake Yacht Club member, every donor for our Invasive Species fund, and everyone who had to "work around" the Eurasian Milfoil. A round of applause and a hug of gratitude for all of our committee chairs and their workers, and our Barker people.

I want to give a huge thank you to our Birch Lake Yacht Club Board of Directors and Officers for your concerns, caring and support of this lake. I feel we made some real progress this summer and I know it will continue under Mike Lutz's leadership.

A quiet but very heartfelt thank you to the behind the scenes (you know who you are) guys who don't want recognition. I couldn't have done it without you.

I am happy to be at the end of my

## Tentative BLYC Calendar

- Aug. 18.....Kidz Regatta @ King's, 2 pm
- Aug. 18.....Fall Dinner — Camp T,  
6 pm appetizers, 7 pm dinner
- Sept. 1.....BLYC Board Meeting 9 am
- Sept. 3.....BLYC Sailing Awards

term but I am so glad I became the Commodore for 2007. Past Commodores told me that to just ask for help and it would be there. They were right. I value the friendships, old and new, that being Commodore has allowed me to strengthen and develop.

Even more than it was in May, it's a beautiful day in the neighborhood.

**-Blair Garceau**  
Commodore 2007

We are always soliciting and accepting materials for publication. E-mail the info to sailorphil@philvitale.com, or, if you must, put the materials in the red Barker box at 63174 Birch Rd. (East Shore). You can also mail your items to: Phil Vitale, 102 So. Broadway, Cassopolis, MI 49031, or fax to (269) 445-9200. To contact me by phone, call (269) 476-1680 or (269) 445-9200.

# — Birch Lake Notes —

## FALL DINNER:

This year's fall dinner will be this Saturday, Aug 18th, at the camp, in the main dining hall. The menu will include appetizers, boneless pork chops, corn, mashed potatoes and desert. The cost for the dinner is \$15, of which \$4 will be for the use of the camp.

Appetizers will start around 6 pm with dinner starting at 7 pm. Don't forget our next vice commodore will be announced at this dinner.

Please call Mike Lutz @ 269/476-2843 or 269/207-1153 or Amy Trudell @ 269/744-7746.

## Thank you Birch Lake

Do you know we had 148 Birch Lake Yacht Club members this summer? It demonstrates how much everyone cares about the quality of Birch Lake. When we first heard Birch Lake had Eurasian Milfoil each homeowner was asked to contribute a fair share donation to the Invasive Species fund. With these donations, some large individual gifts, and the proceeds from the Spaghetti Dinner and the House Walk we have collected over \$8500. This amount exceeds what we need for the survey and treatment we had this summer and it allows the Birch Lake Yacht Club and the Water Quality Committee to continue to monitor our lake and seek treatment as needed. Yes, the lake will probably get other invasive

## Birch Lake Kids of the Week



*Jack and Julia Rodriguez, the children of Lisa and Mike Lisa Rodriguez (north side) are smiling big enough to get them "kid of the week" honors ...*

species in the coming years but with all of the residents working together, the way we did this summer, we have shown how to keep control of things. Way to step up Birch Lake residents!!

## House Walk

First of all, a big thanks to "Mother

Nature" for giving us a great day for the House Tour. 140 people made their way through seven houses and two barns. We (Vanessa, Michelle and I) hope the next tour will be even better. Thank you to all the people who gave so generously to this tour, and the Crafters who took an afternoon to display their wares. The refresh-



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

*-Ben and Vanessa Wozniak*

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## BENDER

*supports the Birch Barker*



**He may be moldy but he ain't plastic!**

*And he probably won't remember your name  
until you've know him for years ... but, hey  
He wants everyone here to...*

**'Have A Safe and Fun Summer!'**

# — Birch Lake Notes —

ments were all donated and certainly appreciated by the hungry “walkers” and “workers”. (especially me). When I asked one of the ladies who had just done the tour, which home she liked the best, she said “I can’t pick out just one house as a favorite, because there were things in each house that were unique and special” I am sure we all have the same sentiment. All the homes were special and such fun to see. Thank you to Wozniaks, Welches, Waddles, Curtis, Waxmans, Hayes and Greenes for opening your homes to all of us. What a treat!!

## SPECIAL THANKS

Because there are so many people who help to make an event of this size a success, we really needed a special spot just to recognize all of them. Soooo...

Thanks to the Greeters who gave up an afternoon at the lake to greet the people: Karen Molnar (Wozniaks), Le King (Waddles), Diane Betzer (Greenes), Ronda Eshleman (Greenes), Deb Tagon (Welches), Nancy Herkenroder (Waxmans), Roma Went (Curtis), Dave Olson (Greenes), Judy Olson (Barn), and Judy Eichorst (Hayes).

Thanks to Gary Eshleman and Dick Bender for their generous donations and for moving tables and putting up and taking down the tent; to Ronda Eshleman for the hours she put in so we could have a nice brochure, and Phil Vitale for taking all the pictures. Again, a very special

## Birch Lake Kid of the Week



*2-year-old Greta Boecher is a Barker kid of the week. Greta is the daughter of Dan and Lori Boecher and the granddaughter of Rick and Patti Russwurm (north shore). Happy birthday Greta!*

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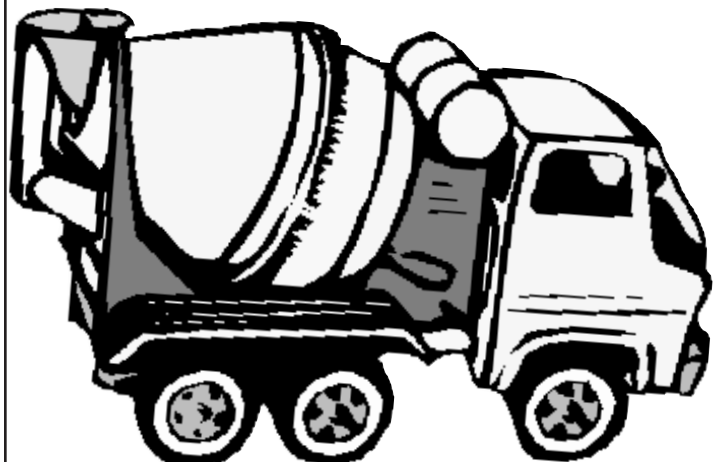
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# — Birch Lake Notes —

*thanks* to all the couples who made this possible by opening their homes to us.

-Denny Weesner

Directory corrections

**Quinlan, Steve and Vickie**

Christopher & Sarah Quinlan (son and daughter-in-law)

**Bergan**

62702 Woodland Cove  
Vandalia Mi 49095  
ciscocrane@aol.com

**Mullin, Rich & Pam**

**Dobosiewicz, Kevin and Sandy**

Phone: 476-2669  
e-mail: sankev\_1@comcast.net  
Mackenzi (daughter)

**Machalleck, Mike and Katha**

e-mail: mmach51@sbcglobal.net

**New — Culp, Bob and Jodi**

14866 Birch Lakeshore Dr.  
no phone cell: 574-993-5634  
323 S. Main St. South Bend, IN 46601  
574-233-8883 (work)  
e-mail: jdculp@sbcglobal.net

Kids: Jared, Amelia, Jenna

Other changes? Send your corrections to Blair at [bgarceau@aol.com](mailto:bgarceau@aol.com)  
Make sure the subject box says Birch Lake directory. Thanks.

## Birch Lake Kids of the Week



*How about a historic kid of the week pic? Here are Tim Burchell and Pete Winiarski... We're not sure about their ages, but Pat Keirn's brother, Tim is in the stroller and Pete is teaching him something*

Volleyball anyone?

We had such a great time playing volleyball a couple weeks ago that we are going to try it again. Join us at 1:00pm on Sunday at the court near Ben and Vanessa's barn in the southeast corner. You don't need to have a team to play.

Just show up and we'll make up sides. See you all there.

Line Dancing

Line Dance at the Yacht Club Tues. mornings 9 am Everyone welcome.

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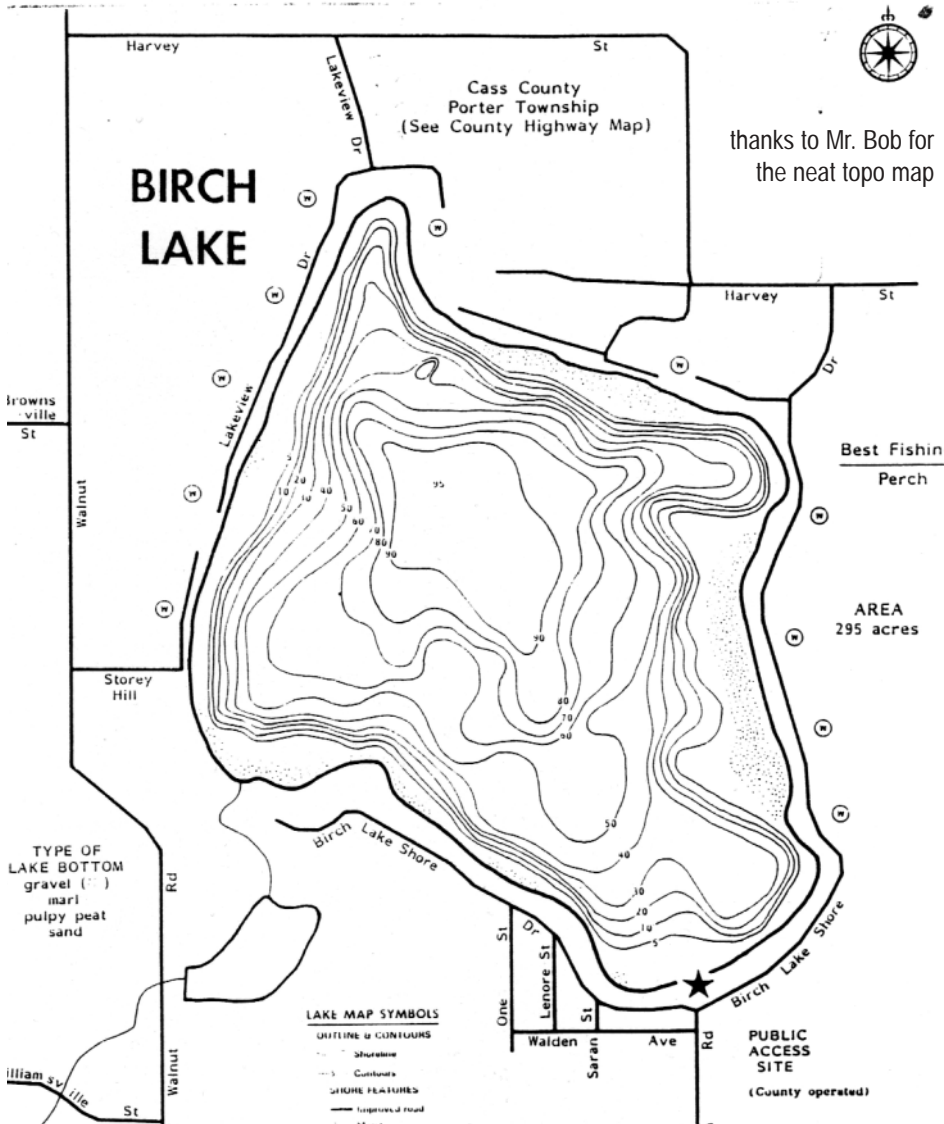
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# — Birch Lake Notes —



This week's Questions:

34. In the last year 17% of Americans have had one of these. In 1997 the number was just 8%.

35. What TV show do Charo and Marion Ross (from Happy Days) share the record for most guest appearances on?

36. In Europe, 90% of the cars have this, while in the U.S. only 11% do. What?

37. What foreign country is the source of the most investment in the US?

38. The company that produces this is the world's largest purchaser of popcorn. Produces what?

Answers to last week's Questions

29. What famous writer never published any of his work while he was alive, and was quickly forgotten when he died. But when 2 fans put together as many of his works as they could find 2 years after the writer's death, they caught on and he became famous. Who is the writer we're talking about? William Shakespeare. His plays would have been lost if not for two actors, John Eminge and Henry Condell!

30. In 1931 in an exhibition game, 17-year-old pitcher Jackie Mitchell struck out both Babe Ruth and Lou Gherig and was signed to a minor league contract. The contract was cancelled though and Jackie never got to play in the majors. Why? She was a woman!

31. 1.5% of all automobile accidents can be blamed on what? Cell phones!

32. What occurs once in June, once in January, twice in August but never in March? The letter U!

33. What will be special about any month that begins on a Sunday? It will have a Friday the 13th!

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# 2007 BLYC Women's Golf Outing & Luncheon



photos by Linda Bergan



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# Fleet Captain's Corner

**I** thought this week with the fast approaching Kids Regatta on Saturday and also nearing the end of my term as Fleet Captain, that I wanted to try to finish up the "Sailing School" that I had started earlier in the year; so here is "Sailing 2: The Sequel"

This week I'll be covering a few topics that are of use to all sailors, but are must-reads for the first time sailors just getting on the water, so here we go:

## Avoid the Mob Scene

If at all possible, try to avoid crowded waters while learning to sail. This isn't to say you've got to hunt down a deserted island or remote area in which to practice. Rather - if you can - try not to practice right around the boat launch, in the power boat lane, or during peak Holiday hours.

Why? Because you'll have to keep at least one wary eye out for powerboats, PWCs (personal watercraft, a.k.a.: "Jet Skis"), tubers, wake boarders and water skiers moving around the same vicinity at a rapid clip. (And, yes, other sailors will probably be in the area as well.). Did I mention fishermen and jet boats too?

All of this extra, at times potentially dangerous, activity is a major distraction and disadvantage to the person trying to learn how to control a sailboat. It's easier to practice when you can maintain a comfortable distance from other boaters, so give yourself that distance if you can.

In a nutshell, Labor Day Weekend or the Fourth of July is NOT the best time for your first experience on the lake in a sailboat.

## Practice in Low Winds

Few things will put a person off sailing as quickly as getting in over his or her head and left feeling helpless, scared, frustrated, embarrassed or out of control.

The ideal time to practice raising, lowering and reefing sails is when you don't have to. Under conditions of light wind, you (or you and your partner) should run over these things until they're familiar and feel comfortable. There's no familiarity or comfort factor to be found being blown, overpowered, out beyond where you'd wanted to stay, while fumbling desperately to stay out of trouble. (Despite what anyone says, adrenaline is not a good learning aid!)

To take this one step further, run through these drills before you even cast off the dock. That way, you are firmly in control while building confidence in your skills.

No one is going to laugh at you for doing this. Other sailors will recognize that you are being smart and responsible - the type of sailor we appreciate most. Capsize on Purpose, At Least Once

This sounds crazy, until you stop and really think about it. Flip your own boat over in a protected, not-too-deep area and practice (1) not panicking and (2) righting her. It's better to go this route than to suffer your first capsizing "drill" unexpectedly, about a quarter-mile offshore under heavy winds. Think of it as a pre-emptive strike, or as being proactive, or whatever the latest "take charge" buzzword is. However you care to label it, you're doing yourself a favor by running through a capsizing or two under conditions of your choosing.

By the way, this advice assumes your beginner rig is smallish, as many beginner boats are - and that you're not starting out singlehanded in a larger keelboat, like the infamous E-Scow Ego. It also bears mentioning that everyone capsizes now and then.

There's no shame to it, just as there wasn't when you were learning to ride a bicycle and had spills.



thanks to Mr. Bob for the cloud pic

# Kid's Regatta!

**Saturday August 18th**

Gather at King's boathouse for refreshments and the Sailing Instructions. Kids are wanted and welcome!

## Two Rules:

Please bring / wear PFDs (lifejackets / aka: boat-coats)  
There must be a kid onboard to join the racing (\*)

(\*) rental kids onsite subject to availability



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Two Very Small Things with Very Big Uses

Two things that can get you rescued, should you find yourself bobbing in the water sans boat (it happens) are a sharp smooth bladed knife and a pealess whistle. Both items are inexpensive and easily attached to your PFD (or tucked into its pocket, if available) via lanyards.

A blast from a whistle can pierce through the sounds of wind and chop, and can usually be heard over a running engine - again, making your position known. It's much more effective than shouting, which tends to blend in with ambient noise. The reason a pealess whistle is recommended is that it will function when wet.

A very sharp, smooth edged knife can easily cut through most lines and ropes on sailboats. Yes. You would be cutting a rope that you'll have to replace, but it sounds better that following that fouled rope around your foot to the bottom of the lake, doesn't it? Again, a lanyard attached to a belt or PFD can keep the knife where you need it most, when you need it most. Expect Mistakes, and then...Learn From Them!



This may seem too simple of a concept to qualify as a "tip," but someone needs to say it. When learning to sail, you are going to screw something up: Probably more than one thing, and definitely more than once. It's unavoidable. It's also perfectly normal.

Even if you've sailed for 50 years, mistakes inevitably continue to come with the sport. (No matter how long you've been at it, you can't anticipate every single combination of weather/equipment failures.) A beginning sailor is, naturally, going to make uninformed judgment calls until his or her experience meter rises. Never waste precious time

beating yourself up over sailing mistakes. The key is to expect them, learn from them, chalk them up to experience and then get on with your life.

Last and Most Importantly: Ask Questions!!!

If there is something that you don't know, write, call, come by, send an email, carrier pigeon or throw a beer can at myself, Phil Vitale, Bob King, Tom Howard, Dave Olson, Harold Cranmer or any of the sailors on the lake. If they don't know the answer, they'll find someone who does.

I really hope to hear from all sailors by Sunday, August 26th regarding the voting for Sailor / Junior Sailor of The Year and also volunteers for running the Committee Boat! Reminder to all: sailors must have sailed and completed 66.67 % of qualifying races to be qualified in their respective divisions. This week's scoring includes extra points for Committee Boat and Safety Boat Service a few weeks early so sailors can plan their sailing strategies. Other scoring notes are at the bottom of the scoring page. Both classes are very tight in scoring and 1st place is literally up for grabs for MC's and Sunfish. Get out there and sail!

Fair Winds and Following Seas,  
**Steve Richards**  
2007 BLYC Fleet Captain



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# 2007 BLYC 7/8/07 Results, Season Standings (updated)

Races ..... Races ..... Completion ..... Place ..... Season ..... Season ..... Current  
 Race ..... 13 ..... Att'd ..... Comp ..... Percentage ..... Avg ..... Total Points ..... Point Avg ..... Place

## MC Scow

Scott Troeger	2	9	9	69.23	1.833	13932	1548.000	1st
Harold Cranmer	5	12	11	84.62	1.800	17968	1497.333	2nd
Don Harman**	4	8	8	61.54	2.571	11718	1464.750	3rd
Bob King	1	13	13	100.00	3.333	18640	1433.846	4th
Phil Vitale	7	13	13	100.00	3.800	18208	1400.615	5th
Jeff Smitley	3	10	10	76.92	4.111	13718	1371.800	6th
Jim Bolinger**	DNS	3	3	23.08	4.000	4113	1371.000	7th
Bill Luecht	6	13	13	100.00	5.000	17405	1338.846	8th

## Sunfish A Fleet

Rick Russwurm**	1	6	6	46.15	2.000	9211	1535.167	1st
Tom Howard	3	13	13	100.00	1.833	19870	1528.462	2nd
Dave Olson	2	11	11	84.62	2.500	16364	1487.636	3rd
Steve Richards	DNS	10	10	76.92	6.000	14502	1450.200	4th
Sandy Vitale	5	13	13	100.00	3.800	18352	1411.692	5th
Erica Vitale	4	11	11	84.62	3.667	15527	1411.545	6th
Ashley Marquez**	DNS	5	5	38.46	4.000	6861	1372.200	7th
Nancy Walker**	DNS	0	0	0.00	0.000	3200	0.000	8th

## Junior Fleet

Neil Troeger**	DNS	1	1	7.69	1.000	1600	1600.000	1st
Katie Luecht	1	13	13	100.00	1.100	20721	1593.923	2nd

### \*\* Sailor below qualifying percentage for Season

SB- Safety Boat will be scored at End-of-Season as Committee Boat Service

DNS - (Did Not Sail) does not count for or against any sailor; however a minimum of 2/3 of total season races must be completed to qualify in class

CB - Any sailor who volunteers to operate the Race Committee Boat and/or act as Starter will receive the point equivalent of a First Place finish for that day and will be counted in final season totals


DNF - (Did not Finish) will equal Last Place of Class minus 1 place (i.e. 5 boats race in class, DNF equals 6th place)

DQF - (Disqualified Foul/CB Ruling/Other) will equal Last Place of Class minus 1 place (i.e. 5 boats race in class, DNF equals 6th place)

GCDQ - (Gross Misconduct Disqualified) will count as zero points for that race or day (CB ruling)

Season points are determined using the Square 40 Scoring System (1st place equals 40 squared, 2nd place equals 39 squared, etc.)

Season place is determined by totalling season points and dividing by races completed. DNF does not count toward required season race minimum



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Dear Birch Lakers:

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If you should you have any questions concerning the apparel available for order, feel free to give me a call. If you are interested in pursuing additional artwork from Coy, you may contact him directly via his email address: **www.coyjankowski@aol.com**.

Depending upon the number and size of orders received, delivery time is estimated to be two weeks from the date the initial order is placed. I will warehouse the apparel items in my home and will dispense them from here until November 19th (Thanksgiving

week). Orders will need to be prepaid by check made payable to BLYC where funds will be kept in a designated account.

The Board and I would like to consider adding additional items with Coy's designs at the Spring Dinner, 2008. We are considering: plastic drink glasses, beach towels, waffle-weave bathrobes, long-sleeved cotton t-shirts, walking shorts and/or a ladies' walking shirt/pants set as well.

Please keep in mind when ordering that Christmas is only four months away! Thank you for your consideration and support of the Birch Lake Yacht Club!

Fran Welch  
476-2370

New designs by Coy Jankowski — Exclusively for the Birch Lake Yacht Club



BIRCH LAKE YACHT CLUB 2007 ORDER FORM

CIRCLE CHOICES

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				Men	S M L	XL	XXL	
Sweatpants (50/50 cotton)	Bird	Bikini	Black or White	Youth	S M L			
	Boat	Turtle		Women	S M L	XL		
				Men	S M L	XL	XXL	
T-Shirts (100% preshrunk)	Bird	Bikini	Black or White	Youth	S M L			
	Boat	Turtle		Women	S M L	XL		
				Men	S M L	XL	XXL	
Baseball cap	Birch Lake Michigan w/frog	Black or White	Youth	S M L				
			Adult	S M L	XL	XXL		

NOTE: Designs will be printed in multi-color on black or white apparel. \*Orders will be placed only when quantity requirements have been met. Costs will be announced at the Fall Dinner and in future Birch Barkers ... Orders will also be available through the Online Barker

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# Stu's Star Stuff



## The Summer Triangle

The star Vega — one of the brightest stars of summer nights — stands high atop the firmament as darkness falls this evening. It's the brightest member of the Summer Triangle, a wide-spread pattern that's easy to pick out even through the murky skies of the city.

Vega looks so bright in part because it's only 25 light-years away — just down the street by astronomical standards. Even so, if you want to go there, be sure to stock up on snacks — it'll be a long trip.

Traveling at highway speeds of 70 miles per hour, it would take you about 250 million years to get there. Change highway speeds to airline speeds, and you're still talking 30 million years. And even at the top speed of the fastest spacecraft ever launched — the New Horizons probe to the Kuiper Belt — you wouldn't get to Vega for 400,000 years.

Once you got to Vega, though, you'd have an interesting view. From Earth, we're looking almost straight down at one of the star's poles. A broad disk of gas and dust encircles Vega — a disk that

may contain icy comets, rocky asteroids, and perhaps even some planets.

The disk is quite faint compared to the star. But from inside a rocketship, with no atmosphere between you and the system, you could simply block out Vega's light with your hand. This mini-eclipse would let you see the spread-out disk, glowing faintly in the light of brilliant Vega.

The bright white star Altair forms the southern point of the Summer Triangle, while Deneb forms the northeastern point. Altair is even closer than Vega — just 17 light-years. It is similar to Vega, though not as bright. Both stars shine pure white.

Deneb, which also forms the tail of Cygnus, the Sway, looks just about as bright as Altair. But if we could line up all three stars of the Summer Triangle at the same distance from Earth, Deneb would blow the other two stars away. It's a supergiant star that shines about 1700 times brighter than Vega. It shines prominently in the night sky of Earth — even though it's 1500 light-years away.

Look for the Summer Triangle well up in the east at twilight. It soars high over head all night long and is still in view, low in the northwest, at first light. As always, enjoy the show. It's free.



-Stu Spratt

### The Moon tonight:

The moon for Aug. 4 (at Midnight)

Illuminated Fraction: 0.336

1.7 days before first quarter

## Your Horoscope

### ARIES (Mar. 21- April 20)

Deceit with coworkers is apparent. You can ask for favors but don't take them for granted. Be diplomatic but stem. Someone you least expect may not have your best interests at heart.

Your lucky day this week will be Monday.

### TAURUS (Apr. 21- may 21)

You won't have to look for the action. You will be able to pick up on future trends if you keep your eyes peeled for unique ideas. Don't let someone talk you into parting with your cash unless you can truly see the benefits of doing so. You will be too quick to point your finger at your mate.

Your lucky day this week will be Monday.

### GEMINI (May 22-June 21)

Don't be too hard on your mate. Set your goals and stick to your guns. You can make some favorable changes to your looks. You can expect to feel confused about your personal prospects.

Your lucky day this week will be Friday.

### CANCER (June 22-July 22)

You need to get out and be an observer. Think hard before going into business with friends or family. You will be overly generous with children this week. Children may be difficult to handle.

Your lucky day this week will be Wednesday.

### LEO (July 23-Aug 22)

You can discuss your findings behind

closed doors with your boss. You can sell your ideas to those who have the money to back them. Try not to make waves. Don't start a dispute unless you're prepared to accept irreversible results.

Your lucky day this week will be Wednesday.

### VIRGO (Aug. 23 -Sept. 23)

Take action. You mustn't give too much to your children. You can win if you're open and up front with your boss. Refrain from using the highway as a racetrack.

Your lucky day this week will be Friday.

### LIBRA (Sept. 24 -Oct. 23)

Your involvement in sports or entertainment will lead to new romances. Children might be on your mind. Don't hesitate to make special plans just for two. Your lover may be annoyed if you have been flirtatious or not attentive to their needs. Make plans that will take you to exotic destinations.

Your lucky day this week will be Sunday.

### SCORPIO (Oct. 24 - Nov. 22)

Your unique contribution to the organization will enhance your reputation. Your high energy will help you through this rather hectic day. Residential moves will also be advantageous for all concerned. Payoff all your debts before you go out and celebrate.

Your lucky day this week will be Tuesday.

### SAGITTARIUS (Nov. 23 -Dec. 21)

Don't take offense at comments made

by coworkers. New relationships could evolve through group activities. This will not be the day to lend money to friends or family. Some of your new friends may not be that trustworthy.

Your lucky day this week will be Wednesday.

### CAPRICORN (Dec 22.- Jan. 20)

You could be quite erratic regarding your personal relationship. You can make a difference if you offer your help at functions that involve children. If you're already in a relationship, use this added energy passionately. Your child-like quality may get you into big trouble this week if you neglect your responsibilities.

Your lucky day this week will be Wednesday.

### AQUARIUS (Jan. 21 -Feb. 19)

Changes in your home may be alarming at first. Your social skills with people may be more than just helpful. Keep your thoughts to yourself for the time being. You will have the discipline and fortitude to accomplish what you want this week.

Your lucky day this week will be Wednesday.

### PISCES (Feb. 20-Mar. 20)

You have more energy than the rest of the people you live with anyway. You will find travel and lectures most stimulating. You can come up with future trends in creative fields. Try to be there for someone if they need assistance.

Your lucky day this week will be Wednesday.

# FOR THE HEALTH OF IT!

By Ima Foodnudge

—Recipes—

## RED PEPPERS

- Help prevent eye problems
- May educe risk of heart disease and stroke
- May help prevent cancer



Part of the capsicum family, which also includes pimento and chili peppers, red peppers are native to the Americas, and have been used for over five thousand years as an important food and medicine source. Modern nutritional science has been a little slow to catch up, but-as is so often the case- there's now impressive evidence to confirm the Native Americans wisdom. Loaded with vitamin C; one pepper provides 150 percent of the RDA, which is far more than even an orange offers. And the average red pepper has 4,220 IUs of beta-carotene - more than 80% of the RDA. Both fight the free radical cell damage that can lead to serious disease and wrinkles, cataracts, and other aging problem.

## RED WINE

- Lowers cholesterol
- Helps prevent blood clots
- Fight infection
- May help prevent heart and circulatory disease
- Makes people look prettier



Wine has a long history as a healing food: the Jewish Talmud termed it "the foremost of all medicines." But most people consume it for pleasure, not as a preventive measure, and in recent times its health benefits have been largely forgotten. Shame. Now the nutritionist have given thumbs up to the wine-friendly diet, (ya me!) wine has regained its status as a beverage that's delicious and beneficial. Wine is better for you than other alcohols for its flavonoids which help keep dangerous LDL cholesterol from sustaining free radical damage. The quercetin within helps prevent harmful blood clots, another factor in heart disease and stroke. So cook with it and drink it. Its officially OK.

## Marinated Mushrooms

"These mushrooms are great served on a salad or as a side dish."

Original recipe yield: 8 to 10 servings

### INGREDIENTS

- 1 cup red wine
- 1/2 cup red wine vinegar
- 1/3 cup olive oil
- 2 tablespoons brown sugar
- 2 cloves garlic, minced
- 1 teaspoon crushed red pepper flakes
- 1/4 cup red bell pepper, diced
- 1 pound small fresh mushrooms, washed and trimmed
- 1/4 cup chopped green onions
- 1/4 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

### DIRECTIONS

1. In a saucepan over medium heat, combine the wine, vinegar, oil, sugar, garlic, bell pepper, red pepper flakes and mushrooms. Bring to a boil, cover and set aside to cool.
2. Once cooled, stir in the green onions, oregano, salt and pepper. Serve chilled or room temperature.

## Coffee Cooler

"A low calorie milkshake that can be modified to produce a variety of flavors, and is a great use for leftover coffee. Use different flavors of hot cocoa mix to make different flavored milkshakes."6 servings

### INGREDIENTS

- 2 cups strong brewed coffee, room temperature
- 2 cups skim milk
- 1 (.55 ounce) package hot cocoa mix
- 2 tablespoons white sugar
- 1 banana, cut into chunks
- 1 teaspoon vanilla extract
- 10 ice cubes

### DIRECTIONS

1. In the container of a blender, combine the coffee, milk, hot cocoa mix, sugar, banana, vanilla and ice cubes. Cover and blend until smooth and frothy. Pour into glasses and serve immediately.

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

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## BIRCH LAKE WATER QUALITY COMMITTEE MANAGEMENT PROGRAM

August 14, 2007 Report to Residents – *Gertie Temple*

Lake Contacts: Dan Reynolds, Chairman 476-8877      Rick Russwurm 476-2407  
Bob and Gertie Temple 476-2773

Cooperative Lakes Monitoring Program (CLMP) has been proceeding as scheduled for 2007 despite the interruption of the invasive species at Birch Lake. Eurasian milfoil Eradication became an unwanted part of the Water Quality Program.

CLMP has a limited enrollment because of available equipment and laboratory capacity. Currently, Birch Lake is enrolled in the following parameters and plans to enroll in 2008.

- 1) Secchi Disk Transparency
- 2) Chlorophyll
- 3) Total Phosphorus

The Annual Summary Report for 2007 will be made available to Bob Temple, volunteer sampler coordinator, and will be evaluated at the 2008 ML&SA annual meeting.

Bob is responsible for all subsequent communications. Since 1999, the Annual Summary Report has classified Birch Lake as an Oligotrophic lake (high quality).

Watch this page in 2008 for the Annual Summary Report for 2007 as directed.

- 1) Secchi Disk Transparency training is provided at the Michigan Lake & Stream Associations (ML&SA) annual meeting which Bob has attended since 1999. Water clarity is measured by lowering an 8" black & white disk into the water until it disappears. Measurements are taken weekly in the 95' deep basin. The first measurement was taken on May the 8<sup>th</sup> and will continue until the last week in September. The completed data form will be mailed to ML&SA in October.

- 2) Spring Total Phosphorus

The greater the phosphorus concentration in a lake, the more weeds and algae. The Birch Lake Management Program is designed to reduce phosphorus going into the lake. The lake is entirely mixed in the Spring which is a good time to measure.

Training is provided at ML&SA annual meeting. Bob has attended since 1999. The Spring measurement was taken on April the 2<sup>nd</sup> in the 95' deep basin. The sample was delivered to the DEQ District office in Kalamazoo on April the 10<sup>th</sup>.

- 3) Summer Total Phosphorus

Summer Total Phosphorus along with Chlorophyll and Secchi Disk Transparency are used in the Carlson Trophic State Index to measure and evaluate the quality of lakes. Training is provided at ML&SA annual meeting. Bob has attended since 1999. The Summer Total Phosphorus will be measured in late September in the 95' deep basin and delivered to the DEQ District office in Kalamazoo.

- 4) Chlorophyll

Chlorophyll is a green pigment in plants. When measured in lake water it is an indication of the amount of algae in the water. Higher phosphorus concentrations in the water produce more algae which reduces clarity.

Training is required to participate in the project. Training is provided at the ML&SA annual meeting usually held in late April. Bob has attended since 1999.


There are 5 Chlorophyll events each year. Event #1 May 15. Event #2 June 15. Event #3 July 15. The samples taken in the 95' deep basin were delivered to the DEQ District office in Kalamazoo. Event #4 August 15 and Event #5 September 20-24 will be taken in the deep basin and delivered on September the 25<sup>th</sup>.

### ACKNOWLEDGEMENTS

Ralph Bednarz of the MDEQ Water Bureau, and Howard Wandell from Michigan State University Department of Fish and Wildlife prepare the CLMP Annual Summary Report.

# BLYC Officers & Directors (board members)

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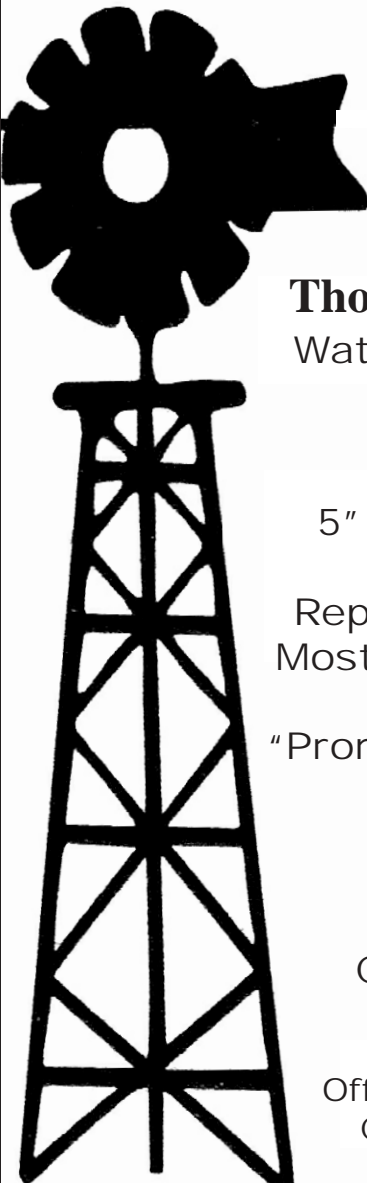
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# CLASSIFIED ADS

Birch Barker classifieds ads are free for members of Birch Lake Yacht Club; non-members must pay \$5. Put your ad in the Barker Box at 63174 Birch Road, fax me at 269-445-9200, or send e-mail to me at: [sailorphil@philvitale.com](mailto:sailorphil@philvitale.com)

## FOR RENT:

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**Florida rentals:** We have a house in Naples and a condo in Daytona Beach for rent, if interested please call the Bergans, 476-9359.

## FOUND:

Yellow, 2-seat Float Tube (kid dragger). Call Bill at 476-2280, 14890 Birch Lake Rd.

## FOR SALE

**Window air-conditioner.** Call Olson, 476-2125.

## Fishing boat for sale — \$500.

19?? 12' Aluminum fishing boat with 9.9 Evenrude motor. Old Gator trailer. Wide bottom boat very steady in the water, great to take the kids fishing in. Tom DeCocker 476-9821.

**For Sale: Large Compost Tumbler** in very good condition \$ 180. Also: **Holder 14 MK made by Hobie Cat** also in good condition \$1500. Will consider other offer. Claude Petit W. 847 675 6241 or cell 847 274 9932

**For sale: 2002 Mercury 6 hp outboard engine.** Runs great. Also comes with 1940-1960 Alumacraft 14 ft. row boat in good shape for age. \$750 obo. Call 476-9852

**For Sale: Trailer - Shore Lander,** 15 ft. Call 1-574-231-0890 or 1-269-476-9688. Price \$400.

**Lake Safe Fertilizer** - Only a few bags left. This fertilizer is offered by the Water Quality Committee and is approved for greening your lawn without harming the lake. Don't feed the weeds, use lake safe fertilizer. It is only \$12 a bag and pick up or delivery can be arranged by calling the Bouwkamps at 476-1001.

**Storage Facility** for Sale or Lease - Zoned Commercial, Storage Facility and Property located around the corner in Williamsville and is available for lease or sale. Building is 7,600 sq. ft. or you can lease 4,000 sq. ft. with high bay doors for tractor trailer access. You can review the property at <http://home.comcast.net/~millracestorage> Inquiries may call 476-1001.

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## BLYC MERCHANDISE:

■ Birch Lake Posters, we were very fortunate to receive additional posters from Camp Fire. These Birch Lake posters were given to the camp. Therefore, all money received on these sales will be returned to camp. Ready to frame and signed by the artist, selling at \$20.

■ 2007 Birch Lake Calendars, a few remain at a discounted price.

Call **Vickie Rogers** 476-2383

## PETS:

4 kittens born on July 17th will be needing new homes soon. 2 female brown tiger stripe and 2 males - one is brown tiger stripe and one black. Also the loving mother cat needs a home. She is a brown tiger stripe also, approximately a year old and loves attention. Call Rita or Dennis at 476-2744 in the evenings.



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- \$ \_\_\_\_\_ - Homeowners' Assoc. (\$10 / year)
- \$ \_\_\_\_\_ - Sailing Fees (\$15 / year)
- \$ \_\_\_\_\_ - Building Improvement Fund
- \$ \_\_\_\_\_ - Fireworks Fund
- \$ \_\_\_\_\_ - Water Quality Program
- \$ \_\_\_\_\_ - Eurasian Milfoil Eradication
- \$ \_\_\_\_\_ - Riparian (\$8/yr, provide address for magazine)
- \$ \_\_\_\_\_ - Safety Committee
- \$ \_\_\_\_\_ - Other (non-party related expenses)

Total \$ \_\_\_\_\_

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