

Thanks to Duffy Dufor for the dog art ...

COMMODORE'S COMMENTS

ood Bye Summer, Hello Fall!
This is it. The last "official"
weekend of summer! I don't
know about you, but I'm not ready to let
go. This weekend also marks the beginning of my term as your new commodore. There are big shoes to fill, but I
promise to do my best!

Congratulations to Claudia Phipps on becoming our new Vice Commodore! Claudia is a longtime Birch laker. She even raised her children here. In fact, one of her children is a previous Commodore! Claudia's son, Ryan, was Commodore in 2006. Claudia has been active in many Birch Lake activities and is always willing to lend a hand. She even volunteered to help the Southsiders with the spaghetti dinner just because she used to live on the south side. That's dedication! Welcome aboard, Claudia!

When you see Past Commodore Fry around the lake, be sure to thank him for his year at the helm. He put in many hours of service to keep things at our lake running smoothly. While you are at it, you should also thank Carol—as you know it's usually a joint effort! If you haven't been to the Yacht Club lately, you are in for a surprise. Under Commodore Fry's direction, we were able to reclaim approximately 15 parking spaces by removing all the overgrowth around the perimeter of the lot. Thank you, Fry, for all your time and hard work!

Congratulations go to Vickie Rogers and Harold Cranmer for receiving the Commodore's Awards for 2015. You both are certainly very deserving of this award. Thanks for all you do!

Thank you to all who attended the Fall Dinner last Saturday. It was a wonderful evening filled with good food and good friends. Many people worked hard

2015\16 Birch Lake Calendar

Sept. 5	Pooch Parade			
FRIDAY, Oct. 9	Chili Cookoff			
2016				
May 14	Spring Dinner, Matterhorn			
June 18	Spaghetti Dinner			
July 2	Fireworks			
July 3	Fireworks rain date			
July 3	Pancake Breakfast			
July 22	BL Ladies' Golf Outing			
July 29	Men's Golf Outing			
Aug. 6	Corn & Sausage Roast			

2015 Remaining Board MeetingSeptember 5 at BLYC - Meetings start at 9 am

to make it a successful evening. Thank you to Denny Weesner, Celia Fallon, Claudia Phipps, Vickie Rogers, and Denise Smitley for selling tickets. Sandy Baucus, Carol Freihofer, Pam Mullin, Vickie Rogers, and Deb Spratt did their magic in transforming the dining hall into a beautiful banquet hall. Tom

The Birch Barker is always accepting materials for publication. Please E-mail your materials to sailorphil@philvitale.com, or put the items in the stone newspaper/mailbox at my home, 63174 Birch Rd. (East Shore). Please include a self-addressed, stamped envelope if you want photos or other materials returned. To contact me by phone, call (269) 476-1680, or contact BLYC Commodore Sue Williams at 476-8886 or email smwillia@comcst.net. ~Phil V



Thanks to our resident artist Duffy Dufor for the great pics!

Rogers and Pat Williams expertly hung the twinkle lights. Amber Grundy put together the beautiful slide show, and Chas Grundy was responsible for the great background music. Celia and Paul Fallon greeted everyone at the door and distributed the new directories. Patti Russwurm was our roving photographer. Mike Sheffieck deserves a big thank you for answering all our questions and keeping us on track. And last, but not least, I want to thank everyone who stayed and helped clean up. Many hands make light work. Thank you to

all of you!

I also want to thank all the officers and directors of the Yacht Club for their service and dedication to the lake community. We had five directors whose terms expired this year. Ed Chester, Harold Cranmer, Celia Fallon, Vickie Rogers, and Phil Vitale graciously agreed to stay on for another term, and Past Commodore Patty Luecht also agreed to stay on the Board as well. All six were unanimously voted into office at our annual meeting. Thanks to all of you! Don't forget our last board meeting

of the summer is this Saturday, Sept. 5 at 9 am

Others who deserve special recognition are Mike Lutz, our fleet captain; Jim Bolinger for keeping our Yacht Club clean and well maintained; Phil Vitale for putting together the Birch Barker, and all who participate in getting it to your door each week. I know we all are very thankful to the members of our water quality committee who keep a close eye on the health of our beautiful lake. Finally, it goes without saying that all of our event chairmen and those who volunteered to help them should get a big round of applause!

Mark your calendars for Friday, Oct. 9. That's the date of our annual chili cook off. Better start perfecting your recipes now because I already know of one person who is planning on winning first place! Watch the online Barker for details. While you are marking your calendars, reserve May 14, 2016 for the spring dinner.

I'm looking forward to a great year. I'm already overwhelmed by the generosity of all who make up our Birch Lake community. Thank you to all who have already agreed to chair an event for next summer. You are all awesome!! Now get out there and enjoy the last weekend of summer.

~Commodore Sue

Commodore's Award

The Commodore Award is presented



by the outgoing Commodore to volunteer(s) who have made it a habit to give their time to BLYC and Birch Lake activities for many years.

The 2015 Commodore award was presented to two very deserving people... Vickie Rogers and Harold Cranmer.

Vickie is a BLYC Director and has been contributing her time to the board for over 15 years. Vickie loves Birch Lake and the community that is present here. That is why you will see her name listed as a volunteer for so many Lake events. Vickie and her husband Tom have been residents at Birch Lake since 1983 and have built two beautiful homes in the cove.

Harold was Commodore in 1989, has been a BLYC director since 1983, Fleet Commander four times and helped lead the Pancake Breakfast at Camp T prior to the Harman's. Currently, Harold marks the sailing course for our sailors during the sailing season. He has been a lake resident for 79 years and he and his wife Donna, are proud of the four generations of Cranmer's to reside at Birch Lake.

I ask you to congratulate and thank them personally for all that they have done to make the Birch Lake community a great place to be part of.

~Past Commodore Fry

This is the last printed Barker

They say that all good things must come to an end, and I guess that's true ... this is the season's last printed Barker. Hope you've enjoyed it.

Thanks to all the contributors and volunteers who picked up the papers, distributed them to the deliverers, and delivered them to their neighbors.

Watch your email in coming weeks for the Online Barker ... the first will come early in October.

Father Conyers

We have received word that Father Conyers may celebrate Mass at Corey Lake (Camp Eberhart) Chapel this Sunday at 10 am ... parishioners are urged to call the camp in advance.

An Overlooked 'thank you'

Because there were so many people that contributed to the success of our annual House Walk and Art Fair, we inadvertently omitted thanking Carol Dugan. She put together the photo post cards which the homeowners really enjoyed. We appreciate the time she took to put them together.

Self Portrait

Lakers, a few friends have inquired about our absence this summer. My arm is on the mend and ... we appreciate



your well wishes. After all too many visits to see Cruella (my physical therapist) I can almost raise a camera to eye level so ... will send Editor Phil photos for the cyber Barker over winter. Meanwhile, a (sorta) self portrait. See you on the water. ~Mr. Bob

Directories available

The new directories are being distributed to dues paying members of the BLYC free of charge. Additional copies for members are \$5 per copy. If you are interested in an updated directory but haven't paid your dues you still have time. Please send your check to Deb Spratt.

T-Shirt Sales

A big thank you goes to Judie and Doug Eichorst and Jenn and Kade Boveroff for organizing and selling the

SLOW DOWN

BIRCH LAKE HAS NARROW ROADS, LOTS OF PEDESTRIANS, A TON OF CHILDREN, GRANDCHILDREN AND PETS

> SLOW DOWN ON OUR ROADS AND ON THE HILLS TO AND FROM THE LAKE!

SPEED LIMIT

15MPH



And don't forget that ALL boat traffic must travel COUNTER-CLOCKWISE at all times!

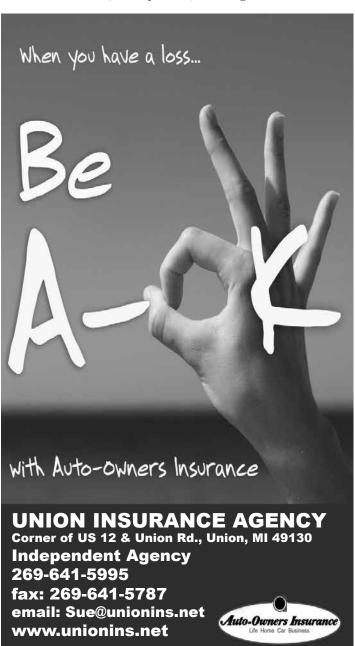
Birch Lake T-shirts this summer. It started out as an order for the Southsiders so that they could wear matching Birch Lake T-shirts while serving at the spaghetti dinner. The shirts were so popular that many others wanted to order one. Judie and Doug graciously agreed to take orders for all who wanted to purchase a T-shirt. They ended up making approximately \$320 in profits which they have donated to the Birch Lake Yacht Club. The profits will be used for improvements to the Yacht Club. Thank you so much!

Birch Lake Calendar Update

The 2016 Birch Lake Calendars are sold out. Thanks to all of you who submitted photos and to those who purchased calendars. Your purchases helped pay for the Yacht Club parking lot improvements. Keep your cameras handy. We've already received our first submission for the 2017 calendar.

Singin' and Dancin' into the Holidays, A Merry Como Christmas"

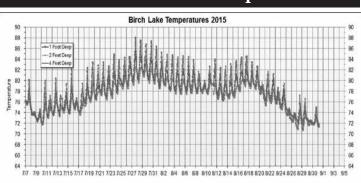
Before the First Jingle Bells, Turkey carving, or Ho Ho Ho's, The Company gets you into the holiday spirit with their annual Singin' and Dancin' into the Holidays 2014, aptly named A Merry Como Christmas, because it features family of the famous crooner, Perry Como. Since 1985, his daughter, Melanie Como, has been the Driving force of The Company, directing and producing these productions. Melanie Como-Dits, Wendy Como, and Paige Como are

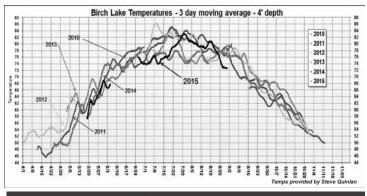




Thanks to our resident artist Duffy Dufor for the great pics!

Birch Lake Water Temperature







granddaughters, with the new introduction of Great-Granddaughter Abigail Wolf.

They have been in rehearsal since June, and Singin' and Dancin' into the holidays, 2015 is a new production, with new songs, and soloists.

Costuming takes center stage, as The Company prides itself in its flashy costumes and lightning fast costume changes for the entire cast. This holiday production is as close to Vaudeville (with a touch of the spirit of cabaret) as you will find in the Midwest!

Want to attend?

Dates: November 6, 7, 13, 14, 20, 21. Place: Century Center, Recital Hall, 120 S St. Joseph street, south bend, IN

Ticket Information: There are only 200 seats so seating is limited.

Ticket Prices: Seniors \$12, General Admission \$14. The only way to purchase tickets in advance is by envelope with a check and the night of performance requested to The Company, 50643 Sorrel Drive, Granger, IN 46530 and the tickets will be mailed back to you. Or you can buy at the door the night of performance.

Box office and doors will open at 6:30, warmup at 7:30 and curtain at 8.

For information call Wendy Como at 574-243-7704 or 574-229-7232 www.thecompanyplayers.com



A foggy Monday morning picture taken by Amanda Butler (west side).



Just one (or two) more thing(s)

If you (or someone you know) wants to sign up to receive notices about the Online Barker ... or if you have photos or news items you would like to see published in the off season, you can always email me at:

sailorphil@philvitale.com

FLEET CAPTAIN'S CORNER

Sailing coming to an end

It seems like just yesterday we were starting this year's sailing season with the Spring Regatta, now it's the Fall Regatta and the end to another season. We will be having our last sailing of the year this Saturday and Sunday with Monday being our rain date. I want to thank everyone who came out to sail this year. We had a lot of newcomers and some veterans come out to sail this year and made it for a fun and exciting season. Hope to see everyone out again next year!

I need to thanks all the volunteers that helped this season from the people on the committee boat, Harold and Steve for putting out the marks and Jeff for compiling the weekly sailing results. Thanks everyone, without you the season would not be the same.

Until next year, 'Slice the main brace!"

~"Fleet Captain Mike"







Scenes from the Fall Dinner







Fred Freihofer turned over the reins of the BLYC to Incoming Commodore Sue Williams last Saturday night, presented the Commodore's Trophy to Harold Cranmer and Vicky Rogers, and welcomed Claudia Phipps as the new Vice Commodore.



THANK YOU

to all the 2015 Birch Lake volunteers

There are a lot of activities at Birch Lake that would not happen without all the volunteers that do the work. BLYC would like to thank each of you for your contribution of time during 2015 put forth to make the events and activities a reality.

CHILI COOK OFF 2014

Sandy Baucus, Carol Freihofer, Vickie Rogers, Sue Williams

ROAD CLEAN UP

Bob Baucus, Claire & Karen Brovold, Vickie & Tom Rogers, Dan Waxman

SPRING DINNER

Sandy Baucus, Celia Fallon, Carol Freihofer, Chas Grundy, Artie McElwee, Pam Mullin, Patti Russwurm, Sue & Pat Williams

COMMODORE/VICE COMMODORE PARTY

Jim Bolinger, Carol Freihofer, PJ Vandewalle, Sandy & Phil Vitale, Bob Waddle, Sue & Pat Williams

SPAGHETTI DINNER

Jen Ball, Jenn & Kade Boveroff, Jim Bradfield, Tim Burchell, Melanie, Paige & Wendy Como, Bill Doba, Judie & Doug Eichorst, Ronni & Gus Eshleman, Celia Fallon, Ray Gaik, Lois, Bob, Jake & John Groszek, Neil Henderson, Dave Hogoboom, Tom Kuhn, Julie & Tom Lacy, Katha Machalleck, Carolyn & Bob Palm, John Peddycord, Claudia & Dennis Phipps, Doris & Marty Sante, Michelle Seyfarth, Pam & Alan Van Huffel, Denny Weesner, Sue & Pat Williams, Becky Wiseman, Di Wozny

PEOPLE'S REGATTA

Harold Cranmer, Julie Greene, Bob King, Patti Luecht, Amy & Mike Lutz, Denise & Jeff Smitley, Sandy & Phil Vitale

BOAT PARADE

Dick Bender, Linda & Terry Curtis, Marlow & JP Hoyer, Vicky Oros, Claude Petit

FIREWORKS

Chas Grundy and Unknown Clean Up Helpers

PANCAKE BREAKFAST

Donors: Celia & Paul Fallon, Lind Harman Volunteers: Morgann Applegate, Bob Bender, Claire, Karen Brovold, Amanda & Cam Butler, Celia & Paul Fallon, Sam Hass, Drake, Grant & Hunter Imhoff, Andy, Chris & Rachel Karceski, Kailey & Kylie Kinzler, Karen Curtis Miller & Eric Miller, Katie, Patty & Bill Luecht, Amy & Mike Lutz, Taylor Marquez, Kelly Mae Niepokuj, Peter Trybula, Sandy & Phil Vitale

HOUSE WALK / ART FAIR

Jim Bradford, Carla & Ed Chester, Ronni & Gus Eshleman, Bernie Garceau, Jan Temple & Tom Kuhn, Vickie & Tom Rogers, Rick Russwurm, Carol Dugan, Michelle & Gordon Seyfarth, Phil Vitale, Vanessa & Ben Wozniak

LADIES GOLF OUTING

Sponsors: Patti & Bill Luecht, Amy & Mike Lutz, Lee Oswalt, Patti & Rick Russwurm, Denise & Jeff Smitley, Sue & Bob Waddle, Phil & Sandy Vitale

Volunteers: Sandy Baucus, Blair Garceau, Julie Greene, Bill Luecht, Amy Lutz, Vickie Rogers, Denise & Jeff Smitley, Sandy & Phil Vitale, Bob Waddle, Staci Whiteman

MENS GOLF OUTING

Sponsors: Chester Law Office, Diamond Construction, Frankie's, HRP Construction, Industrial Packaging, Lutz Concrete, Paramount Management, Sun & Shade Awning, Union Insurance Agency, Zimmy's Tavern

Volunteers: Gus Eshleman, Chas Grundy, Bill Holleman, Carmen, Dana, Matt & Pete Soldato

CORN AND SAUSAGE

Celia & Paul Fallon, Blair & Bernie Garceau, Peyton Lapato, Patty & Bill Luecht, Karen Curtis Miller & Eric Miller, Julie & Steve Plaia, Vickie & Tom Rogers, Patti & Rick Russwurm, Michelle & Gordon Seyfarth, Emily, Julie & Mike Sheffieck, Denise & Jeff Smitley, Bob Waddle, Sue Williams

BARKER DELIVERY

Julie Lacy, Sarah Petty, Claudia Phipps, Buzz Rassmussen, Vickie Rogers, Patti Russwurm, Holly Troeger, Staci Whiteman, Sue & Bob Waddle

BARKER CONTRIBUTORS

Duffy Dufour, Terry Dugan, Paul Fallon, Amber Grundy, Amy & Mike Lutz, Bob King, Patti Russwurm, Dana Soldato, Stewart Spratt, Jeff Smitley, Sue & Bob Waddle, Sue Williams

BIRCH LAKE CALENDAR

Carla Chester, Vickie Rogers, Sue Williams, Linda Yoshizawa

BIRCH LAKE DIRECTORY

Celia Fallon, Patti Russwurm, Deb Spratt, Phil Vitale

SPECIAL PROJECTS

Jim Bolinger, Amber & Chas Grundy, Bill Luecht, Artie McElwee, Rick Russwurm, Deb Spratt, PJ Vandewalle, Bob Waddle, Ron Whiteman

BLYC DIRECTORS & BOARD MEMBERS

Greg Bolin, Ed Chester, Harold Cranmer, Terry Dugan, Celia Fallon, Chas Grundy, Patty Luecht, Mike Lutz, Vickie Rogers, Mike Sheffieck, Deb Spratt, Scott Troeger, PJ Vandewalle, Alan Van Huffel, Sandy and Phil Vitale, Bob Waddle, Sue Williams

WATER QUALITY

Terry Dugan, Paul Fallon, Rick Russwurm, Gordon Seyfarth, Pete Soldato, Bruce Wagner

COMMITTEE BOAT

Patty & Bill Luecht, Amy Lutz, Karen Curtis Miller & Eric Miller Patti Russwurm, Denise Smitley, Deb Spratt

SAILING MARK SETTERS

Harold & Bob Cranmer, Julie & Steve Plaia

FLEET CAPTAIN

Mike Lutz

BIRCH LAKE LANDING FLOWER BED

Linda Curtis

POOCH PARADE

Carla Chester, Linda Curtis, Claudia Phipps, Gordon and Michelle Seyfarth , Ben and Vanessa Wozniak and Linda Yoshisawa,

FALL DINNER

Sandy Baucus, Carol Freihofer, Celia & Paul Fallon, Amber Grundy, Pam Mullin, Claudia Phipps, Vickie & Tom Rogers, Patti Russwurm, Denise Smitley, Deb Spratt, Denny Weesner, Sue Williams, (Unknown Clean Up Crew)

BLYC HOMEOWNERS ASSOCIATION

Jim Bolinger, Scott Troeger, Rick Russwurm, Phil Vitale

If we've forgotten anyone our deepest apologies and our most sincere thanks to everyone who volunteer their time, efforts, dollars and love to help us make Birch Lake such a wonderful home ... a place where every day is an adventure! $\sim \! Past \ Commodore \ Fry$

— Barker Kids of the Week —



Congratulations to Cynthia Pierre and Brett Sortal (son of Jan Temple and Tom Kuhn, west shore, and grandson of Bob and Gertie Temple, north shore) who were married August 22 at Camp Tannadoonah.



John Luecht after a long day at work. John recently celebrated his one-year work anniversary at McDonalds. He was presented with a one-year pin by his manager and was extremely proud of this milestone! He is very happy with his job and likes all the co-workers and customers he has met there. Customers have actually tipped John for doing such an outstanding job! Congrats to John!!!!

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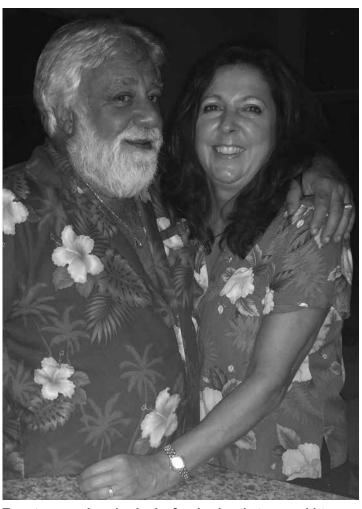
Call Paul DeLano, (574) 536-6363 SW Michigan's #1 Inland Lake Realtor since 2012

— Barker Kids of the Week —

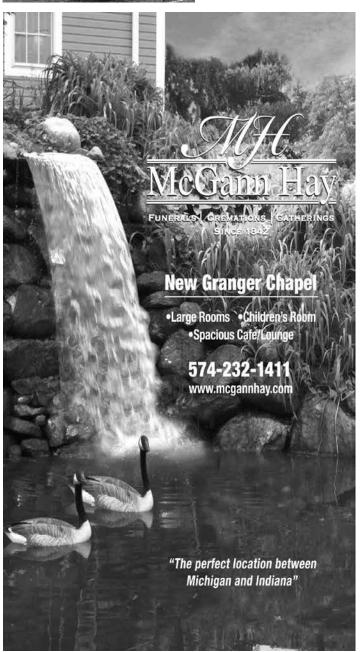


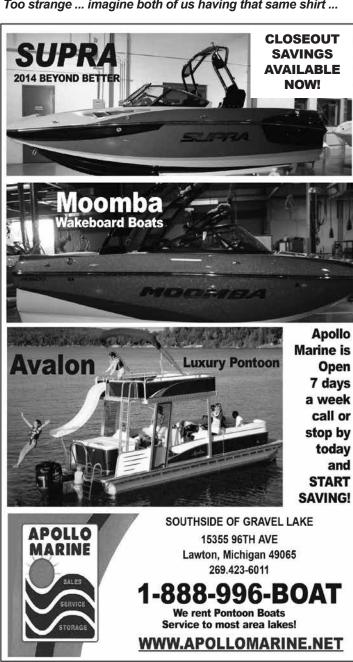


It's a dog's life. Above are Major and Shelby (aka Susie), the dogs of Rick & Patti Russwurm (north shore) and of Rick's brother Joe and Katie Campbell ... worn out after a day of toodling on the boat. At left are a couple of canines that don't live on the lake but the picture was just too good not to include in the Barker, bark, bark.



Too strange ... imagine both of us having that same shirt ...





— Barker Kids of the Week —







Kid of the Week honors to westsiders Ron & Kathy Niezgodski's Great Nephew Max Parnell in Aunt Kathy's surprise under-water/submarine tent she made for his birthday.

KID-OF-THE-WEEK PHOTOS

Send your kid of the week to Birch Barker, 63174

Birch Rd., Vandalia, MI 49095; put them in a ziplock

and stick them in my stone mailbox at my home (east

side), email at SAILORPHIL@PHILVITALE.COM





STU'S STAR STUFF



Here comes the 'Supermoon' eclipse

he first "supermoon" lunar eclipse in more than three decades will adorn Earth's skies this month, as will a partial solar eclipse that most of the world will miss.

The "supermoon" total lunar eclipse, which occurs on Sept. 27, features a full moon that looks significantly larger and brighter than usual. It will be the first supermoon eclipse since 1982, and the last until 2033.

The total lunar eclipse will be visible to observers throughout the Americas, Europe, Africa, western Asia and the eastern Pacific Ocean region.

A partial solar eclipse will take place two weeks before this special supermoon, on Sept. 13, but the earlier event will be visible only to skywatchers in southern Africa (as well as penguins, leopard seals and the other wildlife of Antarctica).

"Supermoons" occur because the moon's orbit around Earth is elliptical rather than circular. While the moon's average distance from our planet is about 239,000 miles, the natural satellite roams as far away as 252,000 miles at "apogee" and gets as close as 226,000 miles at "perigee."

A supermoon is a full moon that occurs at, or very near, perigee and appears abnormally big in the sky as a result. In fact, supermoons appear about 14 percent larger and 30 brighter than apogee full moons, which are also known as "minimoons."

Supermoon eclipses are special; they've occurred just five times since 1900 (in 1910, 1928, 1946, 1964 and 1982). "Normal" lunar eclipses are much more common. In fact, an observer at any particular location

around the globe can expect to see a total lunar eclipse about once every 2.5 years on average.

Lunar and solar eclipses are both caused by alignments of the moon, Earth and sun. In the case of a lunar eclipse, the Earth is the middle of this line and the moon passes into Earth's shadow. But the moon doesn't go completely dark during total eclipses; rather, it often turns a reddish hue because it's hit by sunlight bent by Earth's atmosphere. For this reason, total lunar eclipses are often referred to as "blood moons."

With a solar eclipse, the moon is in the middle of the Earth-moon-sun line and blots out all or part of the solar disk from an Earth observer's perspective. At that point the observer is in the shadow cast by the moon.

Let's hope for clear skies on the evening of September 27. Show times are as follows:

Partial umbral eclipse begins: 9:07 pm EDT on September 27 Total eclipse begins: 10:11 pm

Greatest eclipse: 10:47 pm Total eclipse ends: 11:23 pm Partial eclipse ends: 12:27 am on September 28

That's it. I'm done. Show's over. No more encores. It's been fun, mostly. Thanks for watching.

~Stu Spratt Celebrating more than 51 Years at Birch Lake





FEATURED BIRCH LAKE LISTINGS



Back lots for Sale
Above: Birch Lake
back lots for \$15,000 each!
Each lot is buildable and ready
for your pole barn or guest
quarters! If you have been
needing more space, here is
the Answer. \$15,000.

At Right: Waterfront, wooded, scenic, and in a peaceful location near the end

of the road. This is a beautiful building site with frontage on Mill Pond and deeded access to Birch Lake a very short walk away. The lake access is shallow and sandy. A great place to go in for a swim. \$59,000

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Water Quality Report -

Four subjects to ponder over the Winter

weeks ago the water had a truly murky aspect to it and, a generous secchi disk reading of only 6 feet. This was a rather startling change from the over 30 feet secchi disk reading in the spring when we could see fish swimming in the drop off. We have addressed this earlier, stating that it was probably a combination of the seasonal increase in algae growth due to warmer water and lengthy periods of daylight that go with summer, along with the warm water precipitation of minerals in the water coming from our springs. (The latter is a reason for Birch being a marl lake.) However, recently the clarity has increased somewhat dramatically. The last two secchi disk readings were both in excess of 10 feet (the most recent @ 14') and we can again see the bottom of the lake well from the end of the pier. The nature of the sudden change is unclear, and for now an observation. (We suspect it may be related to the recent drop of lake water temperature reported by Steve Quinlan.) We have chlorophyll samples representing each of these periods and will have that data later in the winter. Stay tuned for some pondering in early Barkers next year, but we are glad to see the clarity increase.

PHOSPHOROUS – Last year (2014) our spring phosphorous was at 9. This was an increase over prior years and a disturbing potential trend. Elevated phosphorous is a key component of lake aging due the increase in productivity it can induce, i.e. more algae and plant life. As algae die they sink to the bottom where they are degraded by aerobic bacteria (one that need oxygen). Since the lake is stratified in the summer and oxygen cannot be replenished until fall turnover, the bottom of the lake effectively dies out. The more algae, i.e. productivity, the more volume of the lake that becomes oxygen depleted and unavailable to all the living things that live in the lake. Additionally, when the oxygen becomes depleted the phosphorous tied up in the lake sediment becomes released, thereby accentuating the problem. So less phosphorous, less productivity, less oxygen depletion, more phosphorous stays in the sediment (and does not enter the water column) and better health and slower aging for Birch Lake. This spring the phosphorous level was 7, and hopefully it will be lower next year or at least no worse.

E COLI MONITORING – Due to some concerns expressed by lake residents following the installation of the sewer system, each year since we have done some general monitoring for E coli in the lake. Fortunately, these concerns were not substantiated by careful monitoring and E coli has not been an issue for Birch Lake since the sewer. E coli is a fecal coliform and can only enter the water from some form of fecal contamination. This can come from any warm blooded animal (of which we have plenty around here) via runoff from, or direct deposits of, excrement from dogs, geese, herons, ducks, raccoons, gulls, etc. Virtually any body of water will have some E coli. Additionally, just the presence of E coli does not mean the water is contaminated and will make people sick. E coli is a natural component of the bacterial mileau that lives within each of us and actually necessary to good health. The concern for swimming waters are the numbers. Lots of E coli may mean that there is a higher probability of rare pathogenic strains. Thus less is good. However, just so we understand things, the average human has about 40-70 trillion cells, and along with that about 10 times as many bacteria living on your skin and in your intestinal system.

A few weeks ago an east side resident noticed a large bubbly and unattractive area of the surface near the shoreline. We were asked to examine and test this area. Microscopic examination indicated lots of broken parts from insect hatches that in the early sunlight would begin decaying and creating bubbles from gases. Triplicate samples were taken from 5 locations. The testing involves mixing 5ml of sample with an E coli growth promoting media, placing each sample in a sterile petri dish, and incubating at 95 degrees for a couple of days. Of 12 samples taken from the lake proper along the east side associated with the surface disturbance, 5 plates had a single E coli colony and 7 plates were entirely negative. This amount of E coli effectively is background and expected from the random warm-blooded etc. we have on the lake. The one location where any level of significant E coli has been previously found was not in the lake but in the stream leading to the lake on the northeast corner. There was no flow to the lake from the stream and the levels of E coli in the stream this year were much less than in previous testings.



In the past, the water in the lake just outside the stream was essentially negative for E coli indicating immediate dilution. Similarly, this year at that location of the lake there was only one colony in one sample, with two samples clear.

SHORELINE RESTORATION

As the primary invasive species, mankind (that's all of us) has somewhat sterilized the area that our lakeside houses reside on with tree and understory removal. In addition we build roads and concrete driveways to go along with the impervious roofs over our heads. Especially with the seawalls that cosmetically make things look good, this leads to easy runoff into the lake of chemicals suspended in surface water that otherwise might percolate into, and be absorbed by, the ground.

The shoreline is a vital link to the lake's health for a wide variety of ecological reasons. If you are thinking of doing any landscaping near the lake or doing anything with the shoreline, please look at and consider the information presented in a couple of websites. Put into your search engine the term "Michigan shoreline restoration" and a site from MSU should come up (i.e. www.shoreline.msu.edu.) This provides interesting information on shoreline restoration and reasons for it. Additionally, a DEQ site might come up which is www.michigan.gov/ deg/0,4561.7-135-3313 3681 28734-164820--,00.html . This is a very informative site as well. Naturalizing our shorelines would help stop some of the chemical runoff, as well as absorb some wave action and enhance habitat for all the critters who rely on this.



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— Dana on Drugs —

It's time to get a flu shot!

By **DANA SOLDATO**, PharmD

he 2015-2016 flu shot has arrived and I have already received mine. Receiving the flu shot is the No. 1 way to protect you against the flu this year!

Who should get the flu shot?

The CDC recommends that everybody age 6 months of age and older should be vaccinated. The only people who should not get the flu vaccine are those who have had a serious allergic reaction to the vaccine, and those who have a rare, severe paralytic disorder called Guillain-Barré Syndrome. If you have a high fever or feel very ill, you should wait until you feel better before getting immunized. Certain high risk groups such as pregnant females, health care workers, diabetics, asthmatics, lung or heart disease, children, and people age 65+ should always receive the shot because these people are most at risk for flu complications if they catch the flu.

When should I get the shot?

The CDC recommends that you should be vaccinated as soon as the vac-

cine becomes available. Flu season typically starts around October and peaks in January, but outbreaks can occur at any time. It takes two weeks after your shot before full immunity takes place, so it's important to be vaccinated before the flu season actually begins! In the ideal world, everybody would be vaccinated before October. Since the vaccine is available right now, you should head to the pharmacy after you finish this article.

What's in the flu shot?

The flu shot always contains at least three strains of influenza virus that research indicates will be most common during the upcoming season. However, viruses are constantly changing so the shot will not protect against 100 percent of the circulating strains..

Can you still get the flu if you received the flu shot?

YES!!! The shot is intended to cover the influenza strains that are most likely to cause flu outbreaks, but other strains of influenza still exist. If you catch a strain that is not covered by the shot, you will get sick.

Also, as mentioned above it takes two weeks for the shot to take effect so you can still get sick during that two week period. In addition, you can get the rhinovirus which produces flu like symptoms, but is not the flu. Keep in mind it is *IMPOSSIBLE* to catch the flu from the shot alone. You do not have to worry about catching the flu from the flu shot.

Side effects of the flu shot

Side effects of the flu shot include pain and redness at the injection site, low grade fever, and mild body aches. Typically, the only side effect people experience is a sore arm. The soreness only lasts for a few hours and will go away quicker if you get the injection in your dominant arm. For this reason, it is recommended to get the shot in your dominant arm.

For more AWESOME information, please go to www.cdc.gov/flu or www. vaccines.com. There is a lot of misconception out there about vaccines, but overall vaccines are both safe and effective for protecting ourselves against disease.



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Aries (March 21-April 19) You will hear from old friends and ex-partners. These ex partners could be professional partners or ex-spouses and old partners. You will definitely run into these people or hear from them in some way. Make an effort to look good when you go out, because you never know when you will bump into someone significant and living well is the best revenge!)

Taurus (April 20-May 20) This is a playful, romantic, creative time! Lucky Tauruses are on a vacation, living the good life. "More whiskey and fresh horses for my men!" However, many are also busy redecorating or renovating where they live or exploring real-estate deals. Delays, breakdowns and communication snafus will frustrate you at work for most of this month and October.

Gemini (May 21-June 20) This week you might have some confusion at home, especially with a parent or a family member. Fortunately, your communication skills are sweet and strong now, which means you can talk yourself out of anything. The rest of the month is the perfect time to finish creative projects and wrap up business related to vacations, the arts, your kids, the entertainment world and the hospitality industry. How sweet it is!

Cancer (June 21-July 22) Life will have delays and confusion to anything related to home, family and your personal world. This will particularly affect those of you involved in family businesses. It will make it difficult to go forward with new business; but fortunately, it will make it easy to finish up old business - anything that already exists on your plate.

Leo (July 23-Aug. 22) You will have difficulty in communications with others, especially siblings, relatives and neighbors; and transportation short trips etc. This means you will hear from family members you haven't heard from for a while, especially siblings. Please give yourself extra time for delays due to missed buses, trains or breakdowns with your car or truck.

Virgo (Aug. 23-Sept. 22) Things are going well with you that will affect your cash flow, earnings, assets and possessions. Almost certainly, checks in the mail will be late. In fact, all kinds of financial transactions will be delayed. However, the good news is that money deals that you want to complete will easily be wrapped up. You might find something that you misplaced or lost.

Libra (Sept. 23-Oct. 22) You'll be plagued with silly errors. You might miss an appointment time or have the wrong place. You might misplace papers, books and magazines. You might forget things and be late for appointments. Frustrating delays will frazzle you. Friends and people from your past, including ex-partners, will be back on the

Scorpio (Oct. 23-Nov. 21) You love secrets and many hidden things will bubble up to the surface. For starters, your ability to research anything, or discover secrets and solutions to old problems will be excellent during Sept. and Oct. The bad news is that your own secrets that you have buried so carefully and deeply might also be exposed to the Sagittarius (Nov. 22-Dec. 21) It's an exciting time because you're about to set off on a new journey! This journey however, is special. It's a once-in-a-30-year cycle. Among other things, it's a journey where you will reinvent yourself from 2015 to 2023. And hey, you had to give up so much in the last couple of years.

Capricorn (Dec. 22-Jan. 19) You have to remember that respect and status are important to you. Your reputation counts. Therefore, to have mixed-up communications and missed appointments and lost paperwork with authority figures makes you grind your teeth at night. You want to impress others - not look like a flake. Nevertheless, this will happen. Stay on your toes to do damage control.

Aquarius (Jan. 20-Feb. 18) You will finish a book, an important paper you're writing or increase your study of history or anything from the past. You'll be surprised at how easy it will be to do this. But you will see delays, mixed-up communications, missed appointments and confusion in travel reservations and dealing with foreign countries. Some of these errors will also apply to legal matters and anything to do with medicine.

Pisces (Feb. 19-March 20) You will have a lot of red-tape details in your life, especially dealing with inheritances, shared property, taxes, debt and insurance issues, in other words, anything where your wealth, money or assets are tied up with someone else. This means that you will be able to quickly bring these matters to a fast conclusion a resolution.

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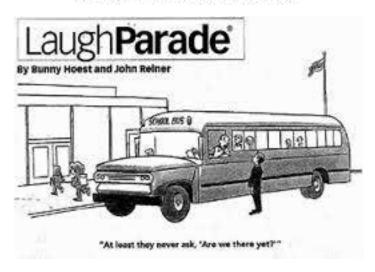
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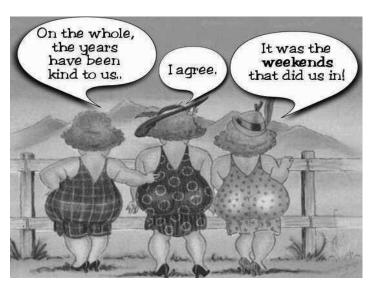
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Business as usual business as usual.



Shrimp Remoulade

Made this for dinner Sunday ... delicious!

Make the sauce up to two days in advance and refrigerate *Makes 6 servings*

Ingredients:

1/2 cup ketchup

1/4 cup Creole mustard (Zataran's) 1 Tbsp minced parsley + more for garnish

1 Tbsp fresh lemon juice 2 tsp minced green onion 2 tsp minced celery

1-1/2 tsp horseradish 1-1/2 tsp Worcestershire

1-1/2 tsp olive oil

2 dashed Tabasco 1-1/2 lb shrimp 6 cups lettuce or spinach 2 hard-boiled eggs chopped for garnish

Directions: Combine in bowl, add shrimp divide lettuce, top with mix, garnish with parsley & egg

Birch Barker Word Search

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Find each of the following words.

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— Camp Tannadoonah —

ard to believe we've arrived at the end of the summer, and this is the last printed Barker of the year! I look forward to reading the Barker each weekend (or a week later, as time allows!), and I know it is treasured by many people here at the lake.

I don't have a lot to say that is camp-related this week, because camp has been over now for a couple weeks. But I've been thinking a lot lately about what a special place Birch Lake is. I was talking with my sister last week, and she asked about what we plan to do if we sell our house. I told her we didn't have a plan quite yet, but that something would work out. And then she asked, "Are you definitely staying on Birch Lake?" And without hesitation, the answer was YES.

It's hard to explain to someone who hasn't spent time here what it is about Birch Lake that makes us so loyal to this place. We tell people about the community here, and how everyone knows each other, and looks out for each other. We talk about how clean and clear the lake is, and how many people are so dedicated to keeping it that way.

We show off copies of the Barker, which is very unique to our lake. I know other lakes that have newsletters or newspapers, but I don't know of anyone else that has a weekly paper, nor one that is a well-done as the one we have, with so many different contributors. We tell people about the social calendar, and the many events that you can participate in if you choose to. Or the many people who volunteer at these events in order to make them happen. That point was made clear by the names on the list of volunteers that Fry provided for the Fall Dinner last week. There are so many people who give so much.

And, of course, there is Camp Tannadoonah. I was a camper here from 1985 to 1995, and then worked at camp from 1996 to 2001. Then volunteered from 2002 to 2005, joined the Board of Directors, and found myself back here as the Camp Director in 2006. This summer was the 10th year that I was the director at camp, and the 31st (gasp!) that I spent time at camp, either as a camper, staff member, or volunteer. Birch Lake just wouldn't be the same without our camp!

Lucky for me, Chas has grown to love Birch Lake too, and by the time our second summer of being at camp was approaching, we started looking for our own home here at the lake. One weekend we got a call from someone, letting us know that his neighbor's house was about to go on the market. We visited the very next day, and just four weeks later we were moving in! Of course, it was July, which meant we really just dumped our stuff inside the house, and didn't actually move in until camp was over for the summer.

Many of you know that I grew up here on the lake, and lived up here year round in the cove until I was 10 years old. Even though we were gone from the lake for years, when I came back to be the camp director in 2006, I found that there were many familiar faces and names. Everyone seemed to remember my parents, and my sisters, and me. I remember Judy Olson bringing me a framed photo she had on display in her home, featuring her son, his future wife, my mom, and me in front of the Yacht Club — the photo was taken in 1980!

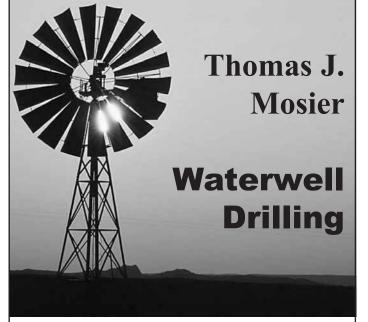
I am so grateful that my own children have the opportunity to grow up here at Birch Lake, and experience all the things that make it so wonderful!

We sure are lucky.

~Miss Amber Amber@tannadoonah.org







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MISC.

As an entry in the 2000, 2001 or 2002 (we can't recall which one) July 4th boat parade we paired up with Bernie and Helen Weesner. Our boat was titled "Weekend at Bernie's." It was a memorable trip around the lake. Does anyone have a photograph of this? We'd love to have a copy for our new house. Thanks, Bernie and Blair Garceau 476-9862

c/o Deb Spratt

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