

The
Weekend
Of

July 31,
2021

Birch Barker

The official summer publication of the
Birch Lake Yacht Club



Thanks to Beth Kanagy (north side) for the cool heron in the moonlight pic ...

COMMODORE'S COMMENTS

Well, I finally did it. After having the hoses sit in my yard for 3 weeks, I decided to hook them to sprinklers and timers. It was not for the lack of rain as there was another deluge of biblical proportion on the morning of the Ladies Golf Outing. It delayed their tee-off time by a few hours, but they did get a round of golf in. I don't think daily watering will get my lawn anywhere near the beauty and majesty of my East Side neighbors. Starting with the Troegers, with Scott strategically watering his lawn, to the Steffens and Chesters where Tim and Carla are having a battle royale with their mowers and leaf blowers.

Speaking of leaf blowers, when I recently sought refuge in the Cove at the Rogers', Tom showed me their gas powered 'His and Hers' leaf blowers. Tom and Vickie follow the tried-and-true principle of "The couple that blows leaves together, stays together." My battery powered leaf blower is no match for this duo, so I will have to admire them

from afar!

And we have the first entry in the biggest pontoon boat on Birch! Mike Machalleck nominated his next-door neighbors, Tom and Reva Underwood for their 25-foot, twin canopied red pontoon. Can someone top that?

On a more serious note, with the latest surge of COVID-19 there will be changes in the activity calendar, especially for events held at the yacht club. We have been able to gather several times but as cases increase including folks on Birch Lake, we need to proceed with an abundance of caution. So, look to the Barker for these updates, and if you still haven't taken the vaccine, please consider doing that now. You will not only be protecting yourself but will protect your families and friends.

~Commodore Dan, First Mate
Sharon and Scout the Wonder Dog

2021 Corn & Sausage Roast CANCELED due to COVID

We have some sad news to share. Due to the recent surge in COVID cases, including around the Lake, in an abundance of caution we have decided it would be best to cancel this year's Corn & Sausage Roast. As you know and

appreciate, the Corn & Sausage Roast has always been a great way to bring our community together in fellowship – it was never just about the food. Being together in the Yacht Club, smiling and

2021 Birch Lake Calendar*

- July 30 - BLYC Mens' Golf Outing, Pine View, Three Rivers, 1:30 pm, page 11
- August 7 - **Corn and Sausage Roast Canceled**
- August 21 - BLYC Fall Dinner, details tba
- August 27 - Ladies Lunch & Style Show, Woodfire, Dowagiac, 11 am, tba
- September 6 - Labor Day flotilla, tba
- Oct. 16 - Crockpot Challenge (tentative)

BLYC BOARD MEETINGS

Aug. 7, 9 am @ BLYC

August 7 - Homeowners Association annual meeting, BLYC, following board meeting.

For info, and open dates to rent the Birch Lake Yacht Club building, contact Sandy Vitale at 269-476-1680 or 269-858-8184.

The Birch Barker will entertain ads and editorial items for potential publication. E-mail to sailorphil@philvitale.com, mail them to me (or put them in the stone mailbox) at 63174 Birch Rd. (East Shore). **DEADLINE** for any issue is Noon on the Tuesday of the week before the publication. Contact Editor Phil at onlinebarker@gmail.com, or at 476-1680 (no text). Contact Commodore Dan Waxman, call 317-506-1680 or email DWaxman@versiti.org.

— Birch Lake Notes —

enjoying the company of our friends and neighbors, has been why we do the event in the first place.

All of the eating for the Corn & Sausage Roast is inside the tight quarters of the Yacht Club. With new knowledge about the high risk of COVID's resurgence, we simply couldn't risk holding an event that could spread the virus to those in our wonderful community. And having a take-out-only event would

be against the entire community-building purpose we want. So, it will be another year before we're able to have the next Corn & Sausage Roast. Hope to see you in 2022!

~*Blair & Bernie Garceau,
Vickie & Tom Rogers
and Julie & Mike Sheffieck*

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"just around the corner" on Friday, August 27. Six of our Birch Lake ladies will be modeling the latest in fall fashions from the Marshall Shoppe in Dowagiac. Join our models Jan Temple, Tracey Limes, Claudia Phipps, Blair Garceau, Michelle Seyfarth, and Jeannie Welch, for a fun afternoon ... includes 10 percent discount on anything you may buy at the shop after the style show!

Tickets will go on sale this week.

The price is \$30 and will include, a salad, entree, drink, tax and gratuity. Just call Denny Weesner, 476 2569 or 650 862 4711, or Ronda Eshleman at 317 418 9557,

The Printed Birch Barker

The Birch Barker is delivered to homes on Birch Lake every weekend, and is available online at the website <http://www.philvital.com/Barker/BirchBarker.htm>.

Deadline for any given week's Barker is noon on Tuesday prior to the weekend. To contact editor Phil, email onlinebarker@gmail.com, sailorphil@philvital.com, phone 269-476-1680 (no text, I don't have a cell phone), mail items to 63174 Birch Rd., Vandalia, MI 49095 or put them in my mailbox at that address on the east side of the lake.

To submit items to the Birch Barker



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— Birch Lake Notes —

Birch Lake Yacht Club FIREWORKS FUND 2022 Goal



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Birch Lakers participate in Diamond Lake Regatta



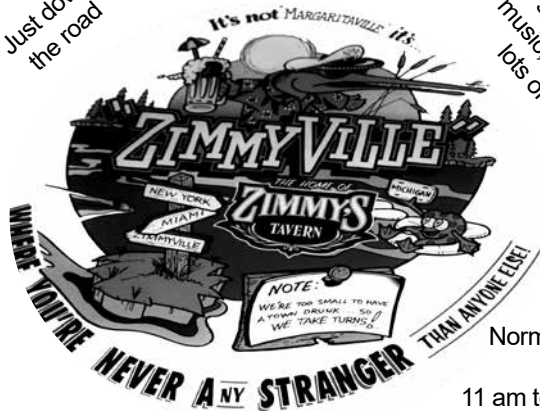
On Saturday, July 24, Diamond Lake Yacht Club hosted the return of the Michiana Inter Lake MC Regatta. Established in the early '80s the regatta invites sailors from Birch, Corey, Eagle, Indian and Diamond Lake. This year's event was dedicated to Reid Francis - a long time Michiana resident and sailor who died April 2020 from a lengthy bout with cancer. Reid was dedicated to sailing instruction and competition at Diamond Lake. Reid's two sons and a daughter (with their mother as crew) raced in the memorial regatta.

The day-long event featured three races with good wind. George Carlin of Eagle Lake was the overall winner. Barb Cassady, with husband Tom as her crew, represented Birch Lake MC sailors finishing seventh out of 18 boats. Scott Troeger assisted on the Committee boat directing the races.

Next year's Inter Lake MC Regatta will be sailed at Indian Lake on Saturday, July 23, 2022.



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FLEET CAPTAIN'S CORNER



No wind, again, bummer

Not much to talk about this week when it comes to sailing. The winds again, did not cooperate, and we tried to delay an hour to see if it would pick up. However, unfortunately it did not. This time of year is really difficult to determine whether we will sail or not. When Tom (to whom we owe so many thanks every week) went out to set the marks, he said it was so dead that there was no way he could set a course. There were some brave sailors out there, but they were not moving very fast. But

it's all in the fun and we will try it again next week.

Since I have the opportunity, I'd like to take this time to thank many that help us out throughout the season. Our rescue boats that are always there looking after us, are usually manned by Tom Kuhn, and Rick Doolittle. We certainly appreciate all they do to keep us safe. I would also like to thank, of course the committee boat. It is hard to give up every Sunday to go out and do races. We are very fortunate to have

volunteers in the way of Deb Hall, Good Patti Russwurm, Deb Spratt, Keith Kinzler, just to name a few. Of course this year, we have Vic Jones and Phil Vitale helping Tom. And last but not least, I would like all the sailors to be acknowledged. If it weren't for you coming out and battling the wind or lack thereof, we would not be having sailing on Sundays at Birch Lake. I would also



like to say thank you and we appreciate all of you for being kind and understanding when it comes to the committee boat, and realizing sometimes we get confused on what we're doing. Again, we are just amateurs trying our best to make Sundays work for all of us when it comes to sailing.

Let's hope for better winds this Sunday so we can get out there and love our time on Birch Lake. Our season is so short, we certainly regret anytime we cannot sail. So cross your fingers, do your dance, and just hope we get to sail!

Sail on!

~Fleet Captain, Bill
(and ghostwriter, BP)

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— BLYC Ladies' Golf —

On Friday, July 23, 23 patient and cooperative women played 9 holes of fun golf at Diamond Lake Golf Course. After a stormy start (literally) we were able to enjoy each other just relaxing, laughing and having fun. There were squeals of delight heard all over the course as the ladies made great putts or long drives. A huge thank you to the staff at Diamond Lake Golf Course, especially Cheryl for helping us in so many ways and Bill for being so flexible and accommodating. They really made the event special. A big thank you goes out to Staci Whiteman for driving the beverage cart. Staci said she doesn't play golf but this is her Birch Lake event of the year where she can spend time with the ladies of the lake. Jimmy's Tavern owner, Lee Oswalt, generously donated gift cards for the golf skill contests. We appreciate his annual support to this cause.

Lunch followed at the Birch Lake Yacht Club due to more thunderstorms predicted. Truthfully everyone was relieved to be out of the hot and humid air and enjoy the companionship of all and a refreshing late lunch. Katha Machalleck and Denny Weesner served the lunch with expertise and with their usual grace and smiles. They always make everyone feel welcome and comfortable.

The following prizes were awarded this year for great golf:

1st Place Team: Claudia Phipps, Becky Wiseman, Brittany Marlow

2nd Place Team: Ronnie Eshleman, Deb Runser, Cathy Doolittle, Tina Klein

3rd Place Team: Traci Limes, Angela Bergan, Jackie Frew, Carol McCoy

4th Place Team: Leslie King, Vickie Rogers, Carla Chester, Blair Garceau

5th Place Team: Barb Cassidy, Diane Robertson, Allison Weaver-Gills, Lori Noyer

6th Place Team: Sandy Vitale, Bad Patty Luecht, Sue Waddle, Irene Stephen

Longest Drive: Carla Chester
Closest to the Pin: Sue Waddle

Straightest Drive: Claudia Phipps

We had generous sponsors for this year's outing: O'Donnell's Docks, LLC, Patti & Rick Russwurm - Paramount Properties, Inc., Sandy & Phil Vitale, Gavin Francis - Prime Property Care, Bob & Sue Waddle, Bill Robertson - B4Time, Dan & Sharon Waxman, Mark Bidelman - Sun & Shade Awning, Jan Temple & Tom Kuhn, Jim Rau - Apollo Marine, Dennis Bamber, Barb & Tom Cassidy, Carla and Ed Chester,

Please remember to thank our sponsors. Their generosity helped make the event a huge success for Birch Lake Yacht Club.

No date has been set for next year's event. If you are interested in chairing or helping let us know.

**~Carol McCoy and
Blair Garceau, Co-Chairs**



— Water Quality Report —

Water Testing – E coli:

For the past 12 years or so, we have conducted testing for the bacteria E coli in Birch Lake. The impetus for testing was post-sewer related, and does not need to be rehashed at this time. Nonetheless, after a summer of weekly testing by an outside agency, it was determined that E coli was not present at any level that would be of concern to our recreational use of the lake.

It should be noted and remembered that E coli is a type of coliform bacteria that is present in the intestinal tracts all warm blooded animals as a normal component of the intestinal flora, and finds its way into the environment via fecal contamination. Thus, E coli has become an indicator bacteria for whether a body of water was safe for recreational use due to fecal contamination. E coli normally does not cause issues or is pathogenic, however, increased levels are an indicator of greater fecal contamination and the potential for either pathogenic (disease causing) forms of E coli or other fecal bacteria. It would be difficult to find a body of water without some small background level of E coli as we have ducks, geese, muskrats, herons, dog poop washed into the lake post storm, and maybe the unintended dirty diaper of a small child. The biggest concern is sewage from storm systems that combine storm and sewage in same

pipes after a big rain, or from large flocks of geese on a beach. These situations may lead to high levels of E coli counts making temporary shutdowns of swim areas necessary. Our sewer system is not affected by storms, and as a negative pressure system, would not be expected to leak, thus not providing a source of contamination into the lake. Based on all the results from the past 12 years, any E coli found are expected to be from our local wildlife and at levels that are well below the DNR/EGLE recommended safe levels.

Testing is conducted using all sterile materials for collection and analysis and obtained from a laboratory in Goshen. Samples are taken in approximately a meter of water from a kayak, thus not disturbing the lake bottom. Samples have been taken from the same locations each year, and reflect the basic testing strategy taken by the outside agency. Once samples are brought in, using sterile technique, they are mixed with an agar media, poured into prepared petri dishes, and then incubated at 95 degrees for two days. Usually, numerous colonies of bacteria will grow but E coli colonies will produce a blue color identifying them.

The only sampling site with E coli levels that might be of concern is the little inlet stream on the northeast part of the lake. Here, within the stream levels are above recommended safe levels for swim-



ming, but within a couple of feet from the inlet, we are back to only background levels. Additionally, genetic analysis has shown the bacteria in the stream are not of human origin and thus not from the sewer. Sampling from this year has been no different from past years with E coli counts less than 10 – 20 percent of the recommended safe levels.

Addenda – With the talk of bacteria in this time of sterilization for all things Covid (virus), it should be noted that each of you have about 70 trillion bacteria either on the surface of your skin or within your intestinal tract. In fact, we keep trying to add more with yogurt, probiotics, etc. A well balanced bacterial floral population is good for your health..

THE “SIX COMMANDMENTS OF BIRCH LAKE WATER QUALITY

- | | |
|--|---|
| <p>I. Thou shalt prevent the spread of Aquatic Invasive Species (AIS)</p> <p>II. Thou shalt minimize surface runoff</p> <p>III. Thou shalt minimize the effects of waves</p> <p>IV. Thou shalt protect and expand Natural Shorelines</p> | <p>V. Thou shalt not allow phosphorus, nutrients, and other undesirable chemical elements to enter our lake</p> <p>VI. Thou shalt remain informed and active about other Water Quality issues</p> |
|--|---|

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Custom made koosies, kitchen towels, hot pads, wine bags, flags, coasters, t-shirts, coffee cups and all-occasion greeting cards. Prices vary depending on time and material costs. Great gifts, home/cottage decor. 10% of all sales go to the Birch Lake Yacht Club!



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— Barker Kids of the Week —



Happy anniversary to Claudia and Dennis Phipps. (north side), 22 great years!



Carla and Ed Chester's (east side) grandson, Elliot French, had a great time at the family picnic at Birch Lake! Thanks to all the organizers! The music was great! They said they wish more of you Birch Lakers would have come!

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— Barker Kids of the Week —



McGann (east side) grandkids and the big kid on their first ride on the new golf cart from Smiley's.

*Levy Sisters (south side)
Eberhart alumni walk
with their four-legged friends*



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— Barker Kids of the Week —



Papaw quote: "BEST FRIDAY EVER!" Rick Russwurm (north shore) took the day off to spend dragging these cuties around the lake. California friends Gianna, Julia and Gabriella joined granddaughters Greta, Lyla and Clara for a beautiful fun day.



Michelle Seyfarth (north shore) finally got a cute picture of Suki and her mom's puppy Sasha doing their daily turtle patrol. They don't understand that they have scared off all the turtles!!!

Friends since grade school gathered at Sandy Baucus's house (east side) this past week end for the 2nd annual Girl's Get Together! They all loved our beautiful Birch lake and want to come back!



BARKER KIDS OF THE WEEK

Want your kid to be a Kid of the Week? Just mail your photo (with a SASE if you want the photo(s) back) to Birch Barker, 63174 Birch Rd., Vandalia, MI 49095; put them in a ziplock and stick them in the mailbox at my home (on the east side), or email me at SAILORPHIL@PHILVITALE.COM

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AT BIRCH LAKE,

and

ON SAILING DAYS

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ELKHART & SOUTH BEND

— Birch Lake History —

Scannell Cottage at Birch Lake

Eighty years ago a pandemic was raging, touching all ages - but especially children. Polio was a crippling disease that seemed to spread quicker in warmer weather. Many believed it spread through swimming pools and lakes. But John Scannell didn't believe it.

Having rented the Eichorst cottage in 1939 and 1940, John and Lois believed Birch Lake was the cleanest lake around and the best place for the family to be during the summer to keep them safe from polio. The lot next to Eichorst's was purchased in 1940 and the little summer cottage #74, on the southside of the lake, was ready. John, Patricia and Bob, the Scannells' three children, made friends and enjoyed their summers on Birch Lake.

John Scannell was the Chairman of the Physical Education Department at Notre Dame, hired by Knute Rockne. Soon after, the beloved coach was tragically killed. John oversaw the building of the Rockne Building on campus, where his office was located. Lois was a mom, dance teacher, and later in life, an artist. She taught painting through the YMCA in South Bend and encouraged many to take part in artistic endeavors.

Every morning, John would head to South Bend to work and the moms and kids would walk around the lake- at the lakeshore. There were some years when the polio rates were so bad, schools did not open until October, making for a very long summer. One day when the kids complained of being bored, it was suggested that they start a newspaper. The Scannells and their friends would traipse around the lake gleaning interesting information to put in their paper. And that is how the Birch Barker began. As they got older, all three worked in some capacity at Camp Eberhardt.



After the kids had grown, the next generations would gather at the family cottage with their kids. John's family landed in Utah, Pat's in Kalamazoo, and Bob's in State College, Pennsylvania. Bob's memories of those visits were about scraping and painting the cottage. But his kids remember their time with their cousins.

John passed away in 1973 and Lois considered selling the cottage. Pat and her husband, Dave Hogoboom, convinced her to keep it and they were able to rent it out enough to cover expenses. In 2002, both Lois and Dave passed away within days of each other. Young John had passed away from cancer in the late 1980's. Bob made sure the Hogoboos would be able to keep the cottage. Pat's son, Dave, and his wife, Donna, have been the caretakers ever since.

The cottage hasn't changed much in 80 years. Hot water and a shower were added in the late 1980's. Soon after a telephone was installed. A large deck was added to the lakeside in the late 1990's. Most recently new siding was put on (no more scraping and painting!) and new windows, which should help to insure the cottage will make it to the 100 year mark.

Bob passed away a few years ago, but Pat can still be found sitting in her shady corner of the deck or occasionally driving her new pontoon. The Scannells and Hogoboos gather every year at little #74 on Birch Lake for a big ScaBoom reunion. A tradition we hope to continue for years to come.

The large group is the family reunion group from Saturday. The 3 boys, Andrew Hogoboom, Atlas, and Clay Boverhof defending Birch Lakeshore Drive. They are the great-grandsons of Patricia Scannell Hogoboom. The other is four generations at Birch Lake: Patricia, Dave, Joe, Andrew, and Madi (the newest member of the family) Hogoboom.

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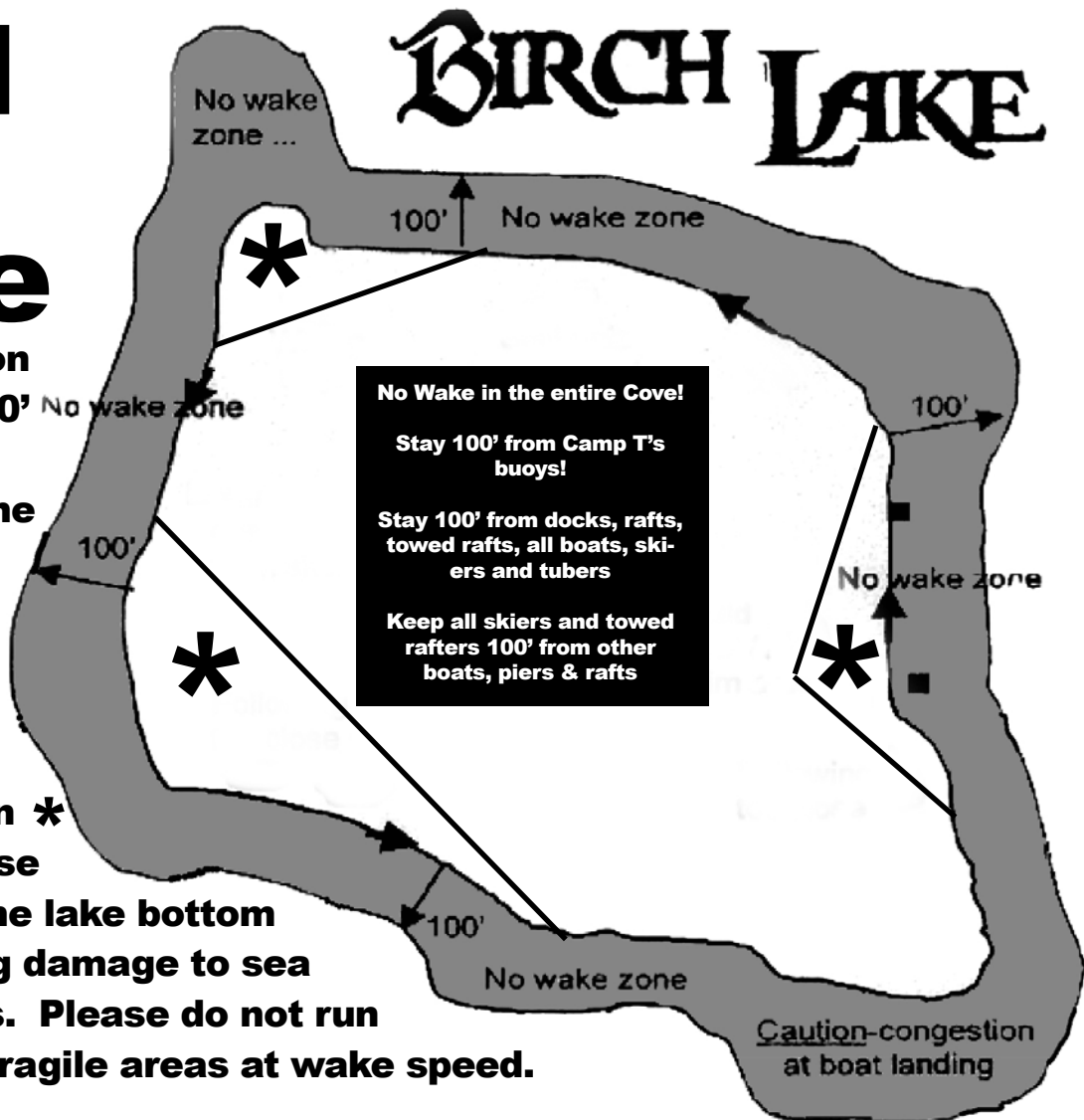
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This message is brought to you by the Homeowners Association of Birch Lake

Mind your wake

*** In addition to the 100' no wake zones around the lakeshores, all boats should produce no wakes in the shallow areas marked with an * ... wakes in these areas disturb the lake bottom and are causing damage to sea walls and yards. Please do not run through these fragile areas at wake speed. Thank you!**



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— BLYC Family Picnic —

Despite passing downpour, family picnic a popping party

Thanks to everyone who came out for the first BLYC Family Picnic! The band was hopping, the grill was hot, and the fun was flowing freely! We had approximately 120 people including many kids who enjoyed playing corn-hole and giant Connect 4.

We especially want to thank our many volunteers who helped run this event: Bernie Garceau, Bud Hall, Tom Rogers, and Bill Luecht for grilling; Phil and Sandy Vitale for tending bar; Deb Hall for serving food; Vickie Rogers, Blair Garceau, Denny Weesner, Brad and Amanda Sandler, and Andy and Mary Karceski for working the welcome table; and everyone else who pitched in, especially for Sunday cleanup. Also a thank you to all who were there when it started to rain. Everyone chipped in and helped without hesitation as we had to move the event inside. And thank you to Pat and Sue Williams, Bill Doba, Terry Dugan, Mike and Katha Machalleck, Pat and Jeannie Welch, and Ron and Staci Whiteman who allowed us to park cars nearby on their properties. Finally, thanks to Camp Tannadoonah for helping us order and store the food. (They have a much bigger freezer than we do!)

It was great seeing so many people celebrating summer and enjoying the Birch Lake Yacht Club. We were thrilled to meet new folks who had never been out to a yacht club event. We hope to do more events like this in the future!

Thank you!

~ Sarah Petty, Patty Luecht, Claudia Phipps, and Chas Grundy



YOUR HOROSCOPE

Aries (March 21-April 19)

It will be fun city for your sign this week. You will demand the freedom to be yourself! You will enjoy fun activities, social outings, romantic get-togethers, sports events, picnics, restaurants, movies and playful activities with children. Your sex drive will be aroused. In all things, you will be playful and adventurous! However, you might go overboard, especially with respect to self-gratification. Don't do anything you will later regret.

Taurus (April 20-May 20)

This is a marvelous week to entertain at home because your energy is strong and you're enthusiastic! You might use this high-energy for redecorating projects or doing repairs. In fact, the boldness with which you do things at home or your ideas related to family events will impress others, especially bosses or people in authority. In some way, your actions will enhance your reputation in your world because others will see you as bold and innovative.

Gemini (May 21-June 20)

Travel will appeal to you this week because you are curious, you want to learn, you want stimulation and adventure, and most importantly, you have the energy to make this happen! You're full of big ideas, which could lead to spontaneous short trips or plans for a long trip. Whatever you do this week, you will do with great enthusiasm! The only catch is you have to be aware of overestimating your abilities.

Cancer (June 21-July 22)

You are enthusiastic about financial matters this week. As a rule, you are careful and cautious because you hate to squander your money. Nevertheless, this week, you're willing to take a chance because you're thinking big! You have ambitious moneymaking ideas, which could be about beginning a business or doing something to make money on the side. You might also contemplate a major purchase because you are now confident this is the thing to do.

Leo (July 23-Aug. 22)

You will feel the luck and excitement of the dance of Mars opposite Jupiter this week. This is why you will be so enthusiastic and proactive about doing something. Because you have big ideas, it's possible that you might overestimate something, but quite likely, you're on target. However, you won't want anyone to stand in your way. Your great strength this week is your ability to inspire others, especially those who are closest to you.

Virgo (Aug. 23-Sept. 22)

This week most people are ready to go the whole nine yards to support something that they want to do. You might be one of the few exceptions. Of course, you feel enthusiasm and eagerness about something - that's a fact. However, you might choose to sit back a bit and weigh your options. You are more open to seeing the folly of some "big" ideas. You will assess what's going on around you and if you trust a big idea, then you will endorse it.

Libra (Sept. 23-Oct. 22)

This week will be full of enthusiastic interaction with friends, groups and kids. Even your romantic life will be hyped. Many of you will want to take a vacation. Competition could be a major theme, especially athletic competition. Your confidence is strong and you want to show the world what you can do. Do be aware that you have the ability to inspire and enthruse others.

Scorpio (Oct. 23-Nov. 21)

Without question, your ambition is aroused this week and you're ready to go for the gold! The big influence that you feel right now is a kind of confidence that stirs you. You believe in yourself. You believe in your ideas. You believe you can achieve your dreams. Note: be careful of being overbearing with others because of your determination. It's important to be self-aware and realize that we all have limitations including you. Nevertheless, others might be amazed at the timing of your actions.

Sagittarius (Nov. 22-Dec. 21)

This is a marvelous week for you. All aspects of your energy will be increased and magnified this week. Naturally, you will resent anything that narrows your freedom or limits your scope of action. You will be optimistic! You'll be up for anything! You will feel brave, courageous even reckless. Be cautious about overestimating your abilities or biting off more than you can chew. Certainly, you want to travel and see the world!

Capricorn (Dec. 22-Jan. 19)

When it comes to financial matters this week, especially related to shared property, jointly-held possessions or the wealth and resources of someone else - you are confident. You have ambitious ideas about how to deal with things so that everyone is happy, especially you. If you are in a dispute with someone about an inheritance or some aspect of shared responsibilities or shared property, you will come out laughing all the way to the bank.

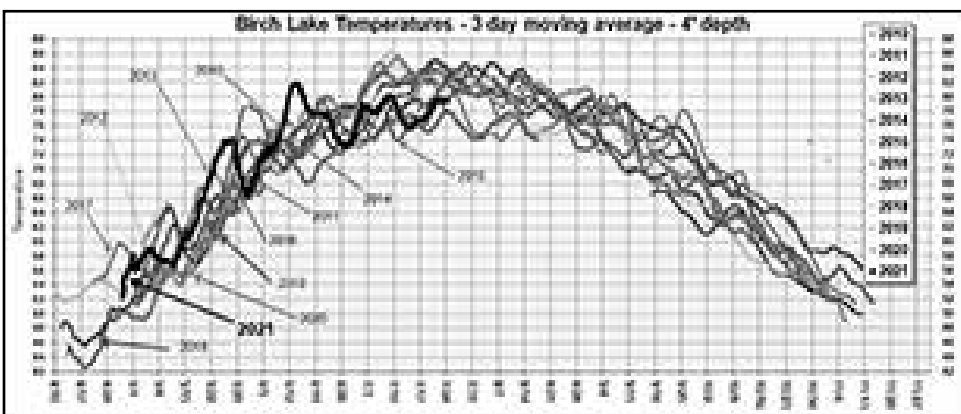
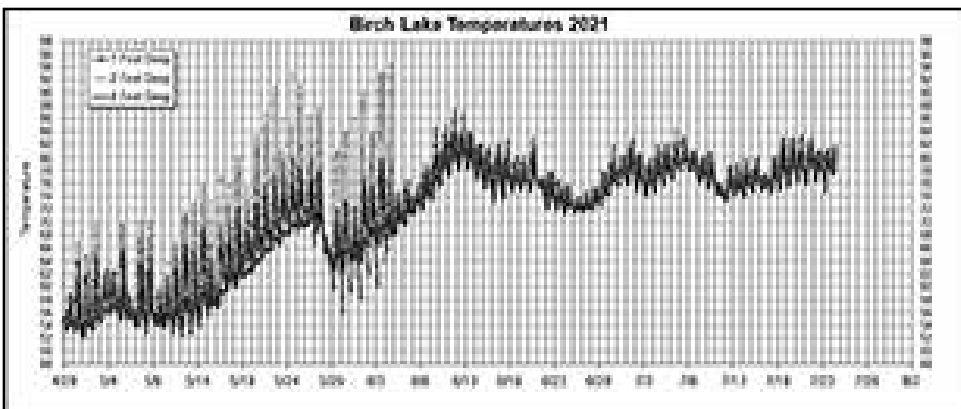
Aquarius (Jan. 20-Feb. 18)

This is an interesting week for you that will affect your closest relationships and partnerships. You might have big ideas about how to improve a relationship or nurture it in a new direction. You are always open-minded, especially about modern, cutting-edge ideas, which means you are ready to endorse any impressive idea that comes your way.

Pisces (Feb. 19-March 20)

Plan on a super productive week because you are hot to trot! You will have lots of energy to work. In fact, you will be almost tireless in your devotion and determination to get something done. Even you will be amazed at how much energy you have. Do not coerce others or be domineering or overbearing in any way. Not only will you work hard at your job this week, but whatever you do will expand your world in some way. Those of you who are recuperating from any kind of an injury or operation or health problem will have strong healing powers this week.

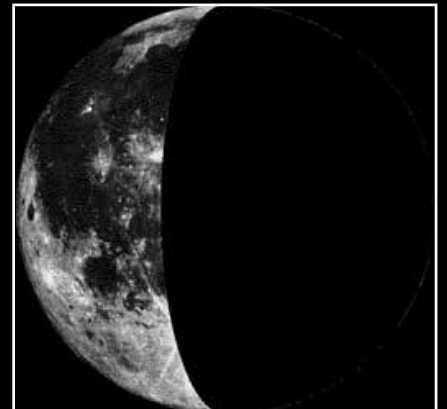
Birch Lake Environmental Data



Temps provided by Steve Quinlan

The Moon for this Saturday

(At Midnight, US Central time, as viewed from the Northern Hemisphere)
Illuminated Fraction: 0.425
0.7 days after last quarter



Sunrise: 06:33:45 AM
Sunset: 21:03:04 PM
Moonrise: 22:09:22 PM
Moonset: 06:41:25 AM
Daylight: 14 Hr 29 Min 19 Sec

Birch Barker Funnies





~Birch Lake Recipes~



Provided Exclusively to the Birch Barker from Mrs. Ima Foodnudge

Simple pasta salad, iced coffee

Simple Pasta Salad

An easy, yet very yummy pasta salad. Almost any type of pasta may be used. Best if left to sit overnight.

Yield: 12 servings

Ingredients

- 1 16 oz package uncooked rotini
- 1 16 oz bottle Italian salad dressing
- 2 cucumbers, chopped
- 6 tomatoes, chopped
- 1 bunch green onions, chopped
- 4 ounces grated Parmesan cheese
- 1 tablespoon Italian seasoning

Directions

- Step 1 Bring a large pot of lightly salted water to a boil. Place pasta in the pot, cook for 8 to 12 minutes, until al dente, and drain.
- Step 2 In a large bowl, toss the cooked pasta with the Italian dressing, cucumbers, tomatoes, and green onions. In a small bowl, mix the Par-



mesan cheese and Italian seasoning, and gently mix into the salad. Cover, and refrigerate until serving.

Chocolate-Raspberry Iced Coffee

Ingredient s

- coffee ice cubes
- 1 tablespoon sugar-free raspberry syrup (such as Torani®)
- 2 tablespoons sugar-free white chocolate syrup (such as Torani®)
- 1 cup cold coffee
- 2 tablespoons sugar-free French vanilla creamer (such as International Delight®)

Directions

- Step 1 Fill a tall glass with coffee ice cubes. Add raspberry and chocolate syrups. Pour in cold coffee and top off with creamer. Stir to combine.



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— Camp Tannadoonah —

It's hard to believe that we're just about to start August. We're getting close to the end of summer, and starting to look ahead to fall and winter here at camp. In fact, we're launching registration for our after school programs today.

We run two after school programs for Camp Fire, one at Good Shepherd Montessori School in South Bend, and one at Sam Adams Elementary in Cassopolis. We're hoping to start a 3rd program in the next year or so. Our After School Programs Director is Miss Gabby, who serves as our CIT (counselor in training) director during the summer months. Miss Gabby was a camper and CIT at Tannadoonah, then a member of our camp staff, and last summer was the assistant camp director.

During the school year, we have after school at our two sites every afternoon from the end of the school day until 6pm. We provide a snack, homework help, enrichment activities, and outdoor time. We also offer all day programs on scheduled days off of school. We have a site supervisor and a program assistant at each location.

In Camp Fire, we use a programming framework called Thrive{ology} to map out all of our programs. There are main four components to this framework: (1) helping kid find their Sparks (passions or things they get excited

about); (2) teaching kids goal management skills (setting goals, readjusting plans when you get off track); (3) growth mindset (you can improve with hard work, you may not be good at it *yet,* but you can get better if you keep working on it); and (4) reflection (evaluating experiences and thinking about how you could do it differently or improve in the future).

Miss Gabby writes a curriculum for each of the programs that uses the Thrive framework. We have a different "Big Picture" theme every 6 weeks. These themes are "indicators of thriving" from the Thrive Framework, and might include things like Making Connections, Confidence, Resilience, Communication. And then each day of the week has its own focus. Mondays are "Camp Fire Trails" – traditional Camp Fire activities. Tuesdays are STEM (science, technology, engineering, or math). Wednesday's focus is on the arts. Thursdays are Project Based Learning days – the kids develop a project they want to work on, and everything Thursday they continue their efforts on that project. And Fridays are outdoors or environmental programming.

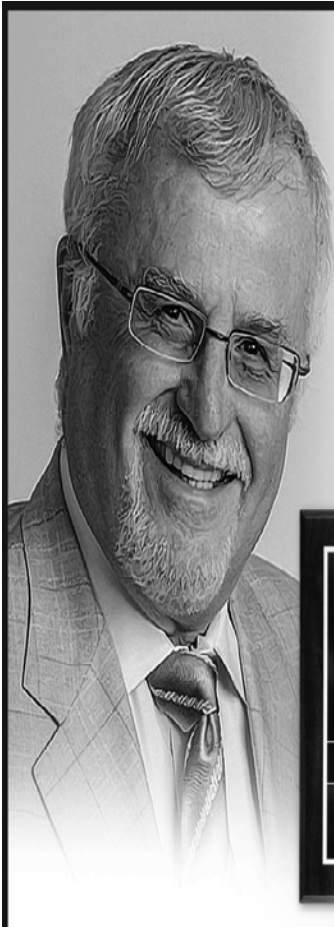
We also start every day with something we call "Spark Time." This is based on a program called Conscious Discipline, and has four pieces: Unite, Destress, Connect, Commit. It begins



with a camp song to get everyone focused (unite). Then they do a breathing or stretching exercise (destress). Then a short, fun team building activity to create connection among the group – sharing something about themselves, or developing trust (connect). And then they make a commitment. Usually this takes the form of saying "today I commit to being nice to my brother," or "my commitment is to get all my homework done before bed." They can also just give a thumbs up to show that they've made their commitment but don't have to say it out loud to the group.

We have a lot of fun with our After School kids throughout the year, and many of them end up coming to camp in the summer, too!

~Mrs. Amber



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HOW TO BE A GOOD NEIGHBOR CLEAN UP AFTER FIDO!

Dogs gonna do what dogs gotta do, so if your dog does it at Birch Lake, please clean it up!

This message is brought to you by the Homeowners Association of Birch Lake



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BIRCH LAKE YACHT CLUB IF YOU HAVEN'T PAID YET, It's time to pay your 2021 dues!



Support the BLYC, support the Lake, support the Community!

\$ ___ - BLYC Member Dues (\$30 / year)

Total contribution:

\$ ___ - BLYC Associate Member* Dues (\$10 / year)

\$ _____

*Associate membership is available to current associate members
and for non-lake residents who wish to support the BLYC

\$ ___ - Homeowners' Assoc. (\$10 / year)

Name _____

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\$ ___ - Building Improvement Fund

Address _____

\$ ___ - Fireworks Fund

\$ ___ - Water Quality Program

\$ ___ - Milfoil/Loosestrife Eradication

\$ ___ - Safety Committee

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\$ ___ - BLYC Roof Fund

\$ ___ - BLYC AED Fund

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Now you can go online at [HTTP://BIRCHLAKEYACHTCLUB.COM](http://BIRCHLAKEYACHTCLUB.COM) to pay your dues

PERFORMING A RESCUE

1



Is patient responsive?

2



Call emergency services!

3



Get AED.

4



Place AED on ground.
Open lid.

5



Remove clothing.
Expose chest.

6



Attach pads.

7



Do not touch the patient.

8



If required, AED will deliver
shock automatically.

9



If present, place CPR device.

10



Follow AED prompts.
Give compressions.

11



If instructed, give breaths.

Automatic AED



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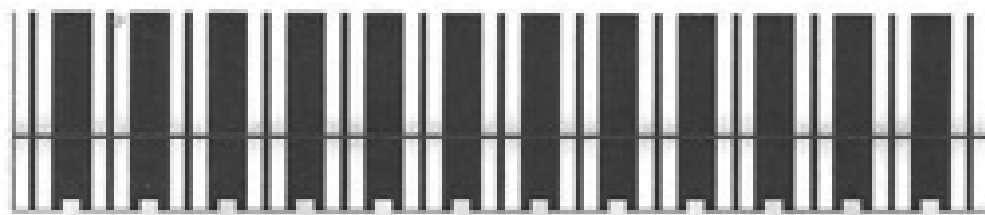


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