



The weekend Of July 25 2015

Birch Barker

The official summer publication of the
Birch Lake Yacht Club



Calm before the storm ... sailors and sailboats awaiting riders for the washed out regatta last week. thanks to Mr. Bob Port(ly) for the

COMMODORE'S COMMENTS

Carol and I did some traveling at the end of last week and over the weekend and came home Saturday night to find five inches of rain in the gauge. On top of that, raccoons undid the latch on our shed, opened the door, pulled out the thistle seed and left that bag on the patio. Then the perpetrators attacked the other two bags of bird food consisting of sunflower seeds and hearts, cracked corn, peanuts and dried fruit. They shredded the plastic bags and left what they did not eat on the floor of the shed. What terrible manners ... leaving a mess and the door to the shed open. Not finished, they went to the ash container on the charcoal grill. The ash container was left hanging by one of two supports and ashes were piled under the grill. All of this amazes me. Especially flipping the latch back and opening the

door. Paw prints abound on the shed doors up to the door handles and splintered pieces of wood from the doors were on the patio. The latch and door handles on the shed are four feet off the ground!

But wait, there's more... the burglars went to our recycling container and were unable to get it open. Paw prints and mud are all over the top and doors. I guess that will teach us to leave Birch Lake during the middle of July!

I was impressed with the money raised by the House Walk and Art Fair for the camperships and salute all of the people who made this event happen. Thank you to all who lent a hand or home and bought tickets.

I am not sure how the Peoples Regatta was impacted by the weather and will look forward to talking with Patty or read about it in the Barker. I hope the ladies golf outing went well. We were at Lake Michigan and the weather Friday dawned beautiful and I

2015 Birch Lake Calendar

July 31 BLYC Men's Golf Outing
 Aug 1..... Homeowners Assoc. annual meeting
 (following BLYC Board Meeting)
 Aug 8..... Corn & Sausage Roast
 Aug 15 Camp T Hog Roast, 5-10 pm
 Aug. 29 Fall Dinner
 FRIDAY, Oct. 9 Chili Cookoff

2016

May 14 Spring Dinner, Matterhorn
 July 2..... Fireworks
 July 3..... Fireworks rain date

2015 Remaining Board Meetings

August 1, September 5
 at BLYC -- Meetings start at 9 am

Dates subject to change.
 Watch the Barker for updates!

hope it stayed that way for their outing. The men's outing is next Friday, July 31. Our Homeowners Association annual meeting will be held after the board meeting on Aug. 1. BLYC board

The Birch Barker is always accepting materials for publication. Please E-mail your materials to sailorphil@philvital.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 Fred Freihofer at (269) 476-9823 or cdfreihofer@aol.com. ~Phil V

— Birch Lake Notes —



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

meetings last about an hour so the Homeowners meeting should get going around 10 to 10 :30ish. Plan to attend this meeting as Township Trustee Leard Wylie will be talking about issues with our sewer system. Association members will also elect directors and officers at this meeting. Then, the Corn and Sausage roast at BLYC on August 8.

Camp T thanks Birch Lakers with a hog roast, refreshments and entertainment on August 15th and lastly, the Fall Dinner on August 29 when we find out who the new Vice Commodore is. Yes, summer is moving by fast.

Summer time brings us a bounty from our local orchards, vineyards and gardens. Blueberries, cherries, raspber-

ries, blackberries, peaches, cantaloupe, watermelon, green beans, corn, kohlrabi. Wow what a line up. Rather than think about summer going bye, bye, I'll focus on the bounty, thank you!

I'll see you at Birch Lake ... where every day is an adventure.

~Commodore Fry

7th Annual Camp T Hog Roast

The Seventh annual Camp Tannadoonah Hog Roast will be Saturday, Aug.15 from 5-10 pm.

Join us to celebrate another fantastic year and thank our donors, volunteers, and camp families. Kids welcome, of course! This event is free to attend.

The event will feature a live band, a program at 6:30 pm, free food and drinks (soft drinks, beer, wine) Please bring a dish or dessert to share.

Shuckers needed

Looking for corn shuckers for the Corn and Sausage Roast. Must like people (because you will see everyone), can handle a little heat, and love the smell of freshly roasted corn. All needed equipment for perfect shucking will be provided. Shucking shifts will only last 30 minutes — we need to share this wonderful experience with everyone. Call Blair at 476-9862.

Trustee to address Homeowners

The Birch Lake Homeowners

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— Birch Lake Notes —

Association will hold its annual meeting Saturday, Aug. 1 following the board meeting. Township Trustee Leard Wylie will provide an update on the sewer system's discharge forcemain (from Lift Station "B") to Shave-head Lake's discharge forcemain, past blockages, their effects on finances, and related information. All are welcome to attend.

Members will also elect directors and officers at this meeting.

Sailing news

After slumbering since 2013, preliminary America's Cup regattas begin this weekend with Louis Vuitton America's Cup World Series (ACWS) Portsmouth. Like the regattas from 2011-2012 which led to the 34th Match in 2013, ACWS regattas are contested in AC45 catamarans. New this cycle, the AC45-F will foil (fly above the water) as did the AC72s in AC34. There will be practice racing all week with two fleet races on both Saturday and Sunday. Teams include defender Oracle Team USA and challengers from England, Sweden, France, New Zealand, and Japan. It's rumored a Chinese team will be allowed late entry. Other 2015 ACWS regattas will sail in Sweden and Bermuda. In 2016 there will be an ACWS regatta in Chicago! For more go to AmericasCup.com-CupInfo.com



Please pick up after your dog. Three times this summer dog poop has been left on my property. The worst one was on July 4th. A dog's business was left in the middle of my driveway and my guests drove over it, smearing onto the driveway! The stench lasted through the night! Bring a bag. And don't think you are not observed leaving the mess behind. You have been noticed! -Anon

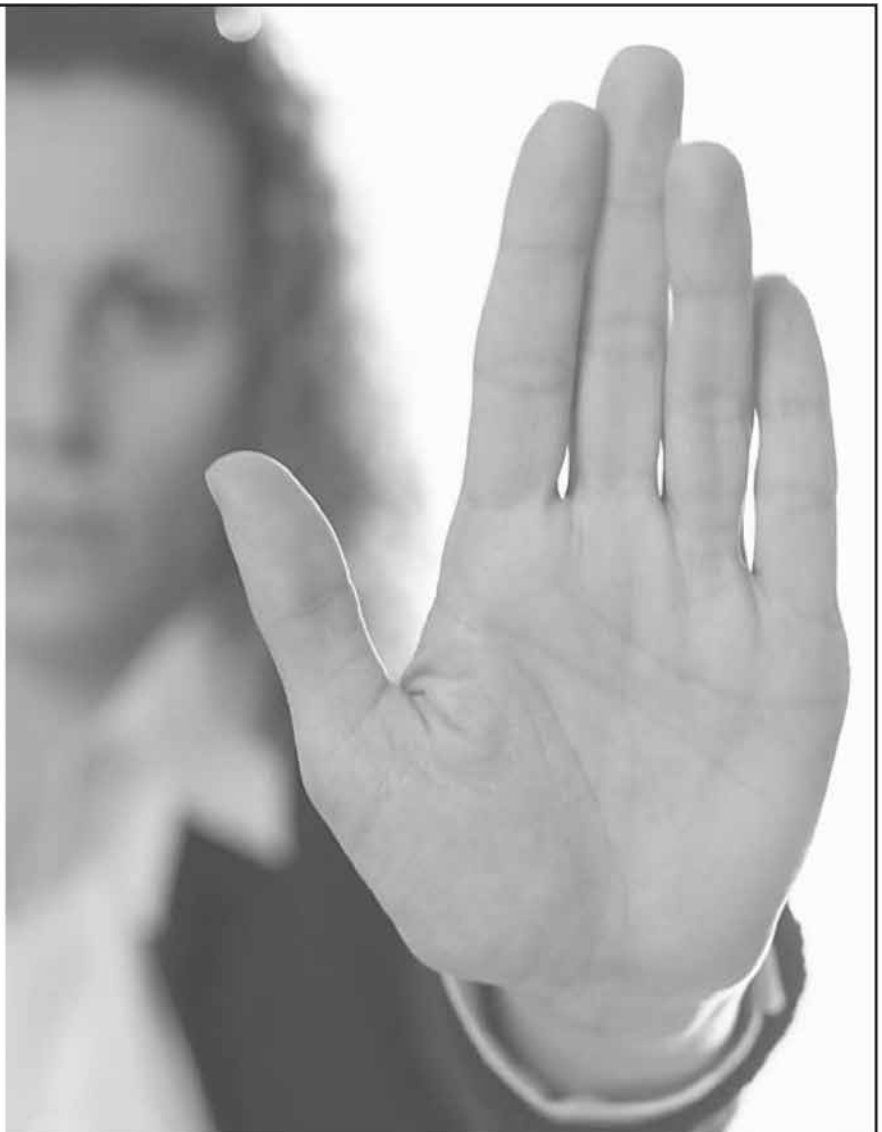
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Message sponsored by the BIRCH LAKE HOMEOWNERS ASSOCIATION

— Birch Lake Notes —

Tom & Shirley Drinkall celebrated their 60th Wedding anniversary on July 15, 2015. They celebrated the week prior at the lake with their children, Cris (Mike) Emmert, Lorie Weaver, Pam (Claude) Alexander and Tim (Ulrika) Drinkall, grandchildren and great grandchildren.

Their first celebration was on Thursday evening (7/9/15) at Tippecanoe Place with the family. Friends and family then gathered at Four Lakes Country Club on Saturday (7/11/15) for a second celebration.

Tom Drinkall's grandfather bought their lake lot in 1925. The cottage was built starting in 1938 with completion in 1942. Tom has been coming to the lake since he was a small child before there were speed boats, electric and even paved roads.

His grandmother used to send him to Lanky's for ice in the summertime for their "ice box." He used to row across the lake, purchase a 25 lb. slab of ice and return with about 20 lbs. of ice after it melted while he was rowing.



He met Frank "Bud" Bodza when he was around 7 years of age. They have remained friends over the years and used to play a lot on the lake. One story that Tom has told was the time they used his grandmother's clothes line and pieces of the pier to make skies and a rope to ski behind their row boat. He got in big trouble from grandma for using

her clothes line. This and numerous other stories have been told over the years.

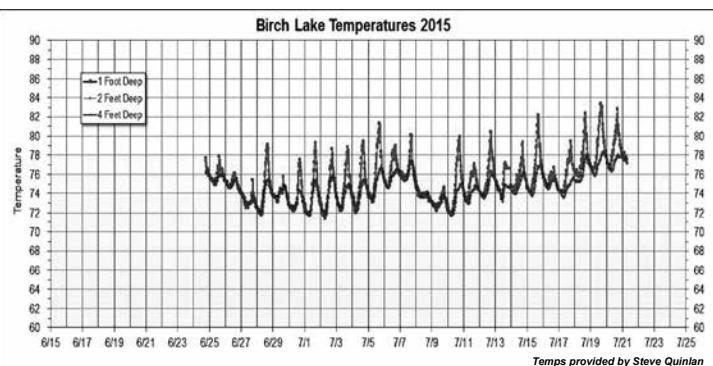
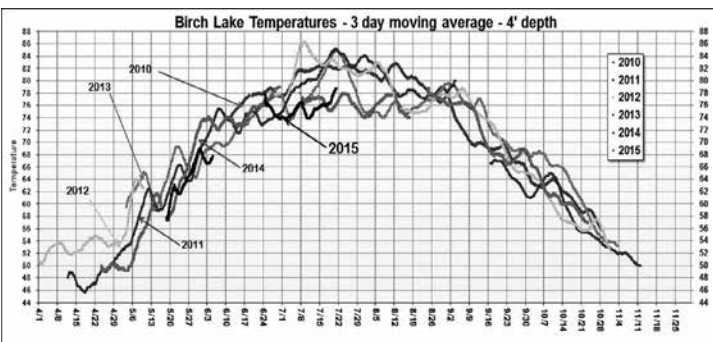
All four of their children grew up on the lake in the summer, now their children and their grandchildren are a part of the legacy that started so many years ago on Birch Lake.

Safety notice

This week we have learned that two lake neighbors had motors stolen off their boats. In one case, a 15 hp Yamaha motor was taken off of a boat in a driveway, and in the other instance, a boat was found floating in the lake in the morning minus the motor. At least one of the homeowners was not aware of the theft until he got home the next night. Both of the homes are in the vicinity of the cul de sac on the south side at the end of Birch Lakeshore Dr.

The Homeowners Association is advising all residents to be vigilant and call 9-1-1 for emergencies or call the non-emergency number, 445-2481, to report any suspicious and/or illegal activity.

Birch Lake Water Temperature



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— Water Quality Report —

Water clarity

Each year we witness our lake's springtime clarity and transparency eventually yield to an increased level of turbidity as the summer progresses. (Webster defines turbidity as the state of being thick or opaque with, or as if with, stirred up sediment.) Last year and this year, this has happened rather suddenly in late June and early July. These days it is difficult to see the bottom of our lake from the end of the pier. Our lake's clarity is always a concern to all of us. As we have reported to you in the past, there are four possible causes, individually or together, of this change. They are:

1. First we consider a possible overgrowth of algae. However, last year (2014) algae growth (as indicated by chlorophyll measurements) did not change much from previous years. Also, the more algae the greener the water becomes. Truly algae laden waters take on a more pea green color, which is not what we are seeing on our lake.

2. A potential leading source is the precipitation of the large quantities of minerals brought into the lake via the springs that are the primary source of water for Birch Lake. Underground, as the water travels through the aquifers to the springs, minerals are dissolved from the rock and get into the lake water. As the water goes from very cold to warm-

er these minerals aggregate and very slowly settle to the bottom to become marl (calcium carbonate). Until they do fully settle at the bottom, they remain suspended in the water column causing some turbidity.

3. With the boat traffic stirring up the bottom (particularly fast boats in shallow areas) lots of existing sediment enters the water column adding to the problem.

4. A final issue is the amount of sediment, dirt, animal waste, etc. which washes into our lake from the shoreline, especially this year, with all the rain we have had. Since we basically live in a basin with little to stop water from running off of disturbed areas as well roads, houses, etc. the old phrase about what is around the lake will get into the lake is so true, but with so much impervious surface and grass, it does so really fast. To get an idea of how much material could be washed into our lake and how quickly, just drive around the lake and see the number of wash overs of sand and gravel on the road following a major storm.

If you look at the lake from an elevated position, and especially in the sunlight you will notice that it is a more grayish color rather than greenish. This helps in identifying that the turbidity we see is not primarily algae, but (hopefully)



mineral and suspended sediment.

We will look forward to the chlorophyll data that we will get from the samples taken every month from May through September. This data will be available in late winter or early spring of 2016. This will provide us with additional real data on interpreting whether the turbidity is due to over productivity of algae or a combination of algae growth, other sediment disturbances and mineral precipitation.

Just a note, when leaving the dock, please wait until you are in deep water, i.e. well beyond (minimum of 100') the level of the swim rafts to accelerate. Shallow water acceleration rips up the bottom (lots more sediment) and there may be a safety issue as well.

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— Birch Lake Notes —

2015 Ladies Golf Outing

Photos courtesy of the SparkyCam



2015 Ladies Golf Outing

Photos courtesy of the **SparkyCam**

The "Ladies of Birch Lake Annual Golf Outing" went off as planned on Friday, July 17 at the Diamond Lake Golf Course, Cassopolis. After a long night of rain, (and many, many prayers!) we had a clear morning and was able to start by 9 am. Bob Waddle, our great Birch Lake photographer, and all-around-good guy, took our team pictures. (How he was able to get that many women to stand still, is an absolute miracle!)

This year we had a great group of 31 lady golfers ... some very experienced, and many not so gifted ... But, all were there to have a fun day, and maybe even, play a little golf!

After golf, we met for at the BLYC, for some much needed refreshments. Sandy Baucus and Denise Smitley had everything prepared and on the buffet table for us! Thanks so much to those lovely ladies for helping us out with lunch. It was so nice of them to give up a Friday morning to make lunch go on without a hitch!

After lunch, it was time to announce the lucky winners!! (Just FYI, we don't do just "ordinary golf" at our outing, so

the prizes are somewhat nontraditional!) This year's style icons were Becky Wiseman and Lori Noyer! Congratulations on being our new fashionistas, and hopefully, you won't be dethroned next year!

This year's best guesser of the number of tees in a jar, was yours truly, Bad Patty. Thanks to Sandy Vitale for painstakingly counting, fitting all those tees into a jar, and sealing it up.

Hole prizes went to the following golfers extraordinaire:

Longest Putt: Lynn DeCocker

Longest Drive: Allyson Weaver-Gills

Closest to the Pin: Becky Wiseman

Straightest Drive: Denise Trybula, and

Shortest Drive: Debbie Soldato.

Team place prizes were :

8th place: Lori Noyer, Allyson Weaver-Gills, and Leslie Greenig

7th place: Claudia Phipps, Brittney Marlow, Sue Vanderwalle, Karen Curtis-Miller

6th place: Linda Bergan, Leslie King, Vickie Rogers, Blair Garceau

5th place: Debbie Soldato, Dana Soldato, Janice Horan, Connie Young

4th place: Julie Green, Carla Chester,

Amy Lutz, Bad Patty

3rd place: Lois Groszek, Sally Smous, Sherrie Tubinis, Sherri Veith

2nd place: Denny Weesner, Becky Wiseman, Lynn DeCocker, Pam VanHuffel

1st place: Linda Curtis, Sue Waddle, Jackie Frew, Denise Trybula

And the day would never have been such a success without our terrific, fantastic, generous sponsors!!!! We can't say thank you enough to Denise, Jeff and Wrigley Smitley, Rick and Good Patti Russwurm, Phil and Sandy Vitale, Bob and Sue Waddle, Amy and Mike Lutz, Wild Bill and Bad Patty Luecht, and Lee Oswalt at Jimmy's.

Thanks to all the wonderful ladies that participated. You are all such good sports and I appreciate you so much for putting up with all the silliness! So start thinking about next year's team and pencil the date in for August 19, 2016!!!! Can't wait to do this again next year and hope to see you all there!!

~Bad Patty

***Disclaimer: my memory was a bit foggy on a couple of team places, and I apologize if I screwed up. You have to understand:

1. I'm old.
2. I had some beer at lunch ... and many since then.
3. I've been on muscle relaxers for my back (reread #1 for reason)
4. I've slept since then!!!!

2nd Annual Don Harman People's Regatta rained out

Well ... let's just start by saying, "even the best layed plans" sometimes just don't work out. What looked like a start to a very promising day for sailing, just didn't quite measure up. We had many ready and willing sailors meet at Amy and Mike Lutz's home on the north side on Saturday, July 18 by 11 am. Got the committee boat out, sailors heading for the start line, and then it happened! Looking towards the sky above the cove, it was black and ominous! Calling to the sailors to return to shore, we raced to shore.

By the time many of us got to shore, our clothes were soaked and Amy and Mike took us into their home, supplied us with dry towels and gave us a safe place to hunker down while the storm passed. During our rain break, we had a great picnic of coney dogs, sandwiches, salads, chips, cookies, popsicles and drinks.

After lunch, and many checks of the radar, we opted to try one more time. Committee boat went out, a few sailors worked their way towards the starting line, but one enormous problem ... NO WIND!! So, the race was terminated. It was very disappointing, but once again, we learned we can't force Mother Nature to do what we want! We will try again next year, so don't give up!

Please forgive me, but it's impossible for me to remember all who came out to try sailing. I want to thank all the kids and adults that stopped by to join us for this event. I do want to give a great big thanks to Mike and Amy Lutz for opening up their home to us!! You guys are the greatest! To Phil Vitale and Wild Bill Luecht for setting the moorings up to tie the boats, and Denise Smitley and Sandy Vitale for helping Amy set up lunch. I can't forget Mike Lutz!!! He was out grilling hotdogs in the rain for us! Julie Greene for being brave enough to get on the committee boat with me, and to Rich Mullins for helping me land and tie down my boat!!! You the man, Rich!!! Hopefully, I didn't forget anyone else, but knowing me, I probably did, so please forgive me.

We will schedule another Don Harman People's Regatta next year. Watch the Barker for the date. And I leave you with one final thought:

The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails."

~William Arthur Ward

See you on beautiful Birch Lake!!!

~Bad Patty



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— Barker Kids of the Week —



Greta Boecher (Granddaughter to the Russwurm's) enjoying a water pony ride on her Uncle Rickie (Bobbie) Gambill. What fun.



Tom Drinkall (east side) and Frank "Bud" Bodza are kids of the week ... The pair met when Tom was 7 years old and have been fast friends since.



Our friend and former east side neighbor, Julie Greene was in from Scottsdale, Arizona. She stayed with Bad Patty and Wild Bill Luecht. Played golf with the ladies on Friday, and committee boated on Sunday. She was also able to join her brother Tom Lacy and sister-in-law Julie, plus many family members for a get together before heading home on Sunday evening! It was great having her here! Please come back soon, Julie!



Slug of the Week ... So, imagine my surprise when I went to get the mail the other day and found this common red slug in my mailbox ...

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— Barker Kids of the Week —

Below: Staci Whiteman, south side, gets to be a Barker Kid-of-the-Week after being a "runner" at last week's Ladies Golf Outing.



Cousins Edwin, Maggie, Loraine, and Clark Williams having fun at the lake. They are the grandchildren of Pat and Sue Williams, south side.



Jan Temple and her mom Gert out for a cruise on a lovely summer's day.



Above: Here are some really cute kids and extremely lucky grandparents for the Barker's Kids of the Week. They are Catherine Elise, Rocco, Cooper, Merideth and Addie, who traveled from Lexington, KY, Seattle, Wa, and Chicago to spend 5 wonderful days with "Grammy & Grampa," aka Debbie and Carm Soldato, west side.

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FLEET CAPTAIN'S CORNER



Another great weekend of sailing

Well, once again last Sunday was filled with plenty of wind and many opportunities for us sailors to hone our sailing skills!

In the Sunfish races we had some very good races that saw some new faces come up through the pack with some great finishes!

Our annual People's Regatta did not fair so well, we headed out for the first race when the thunder started and the skies turn black. After lunch we tried one more time to get some sailing in, but the thunder and lightening would just not go away. After two attempts to have the Regatta we have to just try again next year!

Thanks to everyone that came out and hope to see you next year.

Until next week. Splice the mainbrace.

~"Fleet Captain Mike"



2015 BLYC Season Sailing Results

Date	19-Jul.....	19-Jul.....	19-Jul.....	Total	Season.....	Races	%
Race	14.....	15.....	16.....	Points.....	Average.....	Finished	Finished

MC Scow/Sailor				Total	Season.....	Races	%
Scott Troeger #1489.....	1.....	1.....	DNS.....	23319.....	1555.....	15.....	93.8%
Jeff Smitley #2002.....	2.....	3.....	1.....	23965.....	1498.....	16.....	100.0%
Bill Luecht #1579.....	7.....	2.....	4.....	21646.....	1353.....	16.....	100.0%
Bob King #1199.....	DNS.....	DNS.....	DNS.....	13424.....	1342.....	10.....	62.5%
Phil Vitale #500.....	6.....	4.....	3.....	21441.....	1340.....	16.....	100.0%
Barb Cassady #2435.....	5.....	6.....	5.....	20472.....	1280.....	16.....	100.0%
Gib Eberhart #916.....	4.....	7.....	2.....	11497.....	1277.....	9.....	56.3%
Harold Cranmer #1991/2412.....	3.....	5.....	6.....	20344.....	1272.....	15.....	93.8%
Vic Jones.....	DNS.....	DNS.....	DNS.....	3137.....	1046.....	1.....	6.3%

Sunfish/Sailor				Total	Season.....	Races	%
Rick Russwurm (Green/Blue).....	1.....	4.....	2.....	19724.....	1517.....	13.....	86.7%
Chris Spratt (Blue/Green).....	DNS.....	DNS.....	DNS.....	4334.....	1445.....	3.....	20.0%
Brad Davis.....	DNS.....	DNS.....	DNS.....	2888.....	1444.....	2.....	13.3%
Stewart Spratt.....	2.....	5.....	7.....	18676.....	1437.....	13.....	86.7%
Mike Lutz (Blue/Red/Yellow).....	3.....	2.....	6.....	21465.....	1431.....	15.....	100.0%
Peter Soldato.....	5.....	1.....	1.....	15565.....	1415.....	10.....	66.7%
Bob Cassady.....	6.....	6.....	4.....	12349.....	1372.....	9.....	60.0%
Sandy Vitale (White).....	CB.....	CB.....	CB.....	11966.....	1330.....	9.....	60.0%
Herb Cleveland.....	4.....	3.....	3.....	16608.....	1278.....	13.....	86.7%
Camille Butler.....	7.....	7.....	5.....	17573.....	1172.....	15.....	100.0%
Bill Butler.....	DNS.....	DNS.....	DNS.....	11712.....	1171.....	10.....	66.7%
Bob Niezgodski.....	DNS.....	8.....	8.....	15333.....	1095.....	14.....	93.3%

DNS (Did Not Sail) does not count against season score, however sailor must complete 2/3 of races to qualify for season.
 DNF (Did Not Finish), DSQ (Disqualified) scores as one place worse than last place (if 5 boats finished, you would have finished 6th, will be scored as 7th place).
 DNF, DSQ not counted toward minimum number of races needed.
 CB - sailor who serves on Committee Boat receives their season average place as of that date - counted toward season total.
 Season Points are awarded on Square of 40 system (1st = 40 squared = 1600, 2nd = 39 squared, etc.)
 Season Place = total season points/number of races attempted
 Crew - Counted toward completed races, Points go to skipper of boat.

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— Dana on Drugs —

The diet dilemma with Coumadin (warfarin)

What can you eat and how to keep your INR in range

By Dana Soldato, PharmD

Coumadin (warfarin) is a prescription medication that works to thin your blood. By thinning your blood, Coumadin can treat existing blood clots, or prevent the formation of new blood clots. Coumadin is the #1 medication used in North America for blood clot treatment and prevention. However, Coumadin has a MAJOR drawback- it MUST be HEAVILY monitored.

Those taking Coumadin will visit their doctor every 3-5 days to have their "INR" checked. The INR (international normalized ratio), in plain English words is the time it takes for your blood to clot. When you are on Coumadin, you want your INR to fall in a range between 2 and 3. If your INR is below 2, your blood is clotting too quickly and you are at an increased risk of blood clots--your Coumadin dose needs increased! If your INR is above 3, your blood is clotting too slowly and you are at an increased risk of bleeding--your Coumadin dose needs lowered!

You might be wondering why your INR changes so frequently when somebody is on warfarin? The answer has everything to do with your diet, and what factors within your body are influencing your Coumadin.

To understand why the diet is important, it is

important to understand how Coumadin works. Coumadin works as a "Vitamin K antagonist." When your body experiences a cut, or a bleed, an entire series of events unfolds that result in a clot formation to stop that bleed. Vitamin K is one of the ingredients that the body utilizes in the formation of a clot. So, warfarin depletes the body of Vitamin K, which in turn makes it much harder for your body to form a clot (an ingredient is missing!)! With this being said, warfarin does not inhibit previously made clotting factors, it just prevents the formation of new ones.

If you understood any of that, please give yourself a pat on the back! For everyone else, remember this going forward: Coumadin (warfarin) reduces the amount of Vitamin K in your body, Vitamin K makes your blood clot, and Vitamin K is found in your food.

What foods contain Vitamin k? It's your "leafy greens." Kale, spinach, lettuce, brussel sprouts, cilantro, dill, green tea, parsley, broccoli, etc. This does NOT mean that you can't eat these foods--these foods are good for you! It just means, you must be consistent with how much of these foods you eat per week. If you normally eat a salad for lunch every day, continue to eat that salad for lunch. If you eat salad for lunch twice per week, continue to eat that salad for lunch twice per week. You just need to tell your doctor if you intend to increase or decrease your servings

of leafy greens. Your doctor can adjust your Coumadin dose, so be sure to try and keep the amount of Vitamin K that you consume each week consistent. If you keep your Vitamin K intake consistent, your warfarin levels should stay consistent.

Unfortunately, diet is not the only factor involved in warfarin levels. Here are other reasons Coumadin levels may fall out of range:

■ **Antibiotics:** bacteria release vitamin K. With fewer bacteria, there is less vitamin K being released. INR/bleeding will increase!

■ **Medications:** does anybody remember me talking about CYP 3A4 in my grapefruit article? Warfarin utilizes CYP 1A2, 3A4, and 2C9 for its metabolism. Any medications that utilize these enzymes will interfere with the metabolism of warfarin. INR can fall either way, depending on the medication.

■ **NSAIDs:** While these meds don't directly affect INR, they pose an increased risk of bleeding. You should avoid these meds while on Coumadin therapy--aspirin, ibuprofen, naproxen, diclofenac, meloxicam, indomethacin, etc

Warfarin is a great medication for preventing and treating blood clots. Those on warfarin, must take extra care to keep their diet consistent so that their vitamin K levels remain consistent.

CONSISTENCY IS KEY-- BE CONSISTENT WHILE ON COUMADIN!

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YOUR HOROSCOPE

Aries (March 21-April 19) Expect a fantastic month ahead. Things will be pleasant and easy-going. You might want to just kick back and relax and do nothing. You can enjoy good health and a feeling of well-being. Explore the arts, crafts, sports, playful times with children, the theatre and parties and social entertainment.

Taurus (April 20-May 20) You've been aware that this is a fabulous year for real-estate opportunities. Plus a good time to improve your home, your living arrangements and your relationships with family. In other words, everything to do with home, family and your private life can be beautifully enriched. The next four weeks will intensify this already existing, favorable influence.

Gemini (May 21-June 20) It's been busy with social interactions, especially siblings, relatives and neighbors. Many of you have been reading and writing more than usual, as well. Nevertheless, as impossible as this sounds, in the next four weeks, your life will get even busier and more fast-paced!

Cancer (June 21-July 22) Your focus on money, cash flow, possessions and assets will be even stronger in the next four weeks. And while you'll be full of moneymaking ideas, and lending practical, hands-on energy to making money; all of this focus on money will prompt you to be a bit more philosophical. Obviously, you need money and wealth so you're not worried about shelter and food and how to pay your exorbitant cell phone bill.

Leo (July 23-Aug. 22) Life has been a roller coaster lately, with pleasure, parties, sports and playful times with children for this summer. Naturally, this makes you more sociable, friendly and romantic. Enjoy it while you can. Doors will easily open for you; everyone wants to sit at your table.

Virgo (Aug. 23-Sept. 22) All this activity is taking place in a hidden part of your chart, so you might feel that a lot is going on behind the scenes; or you might want to cocoon and hide. This is an time to buy wardrobe goodies.

Libra (Sept. 23-Oct. 22) Your popularity is strong and getting stronger. So yes, if you feel social - this is exactly how you should be feeling right now. The next four weeks are the perfect time for interaction with others, especially with friends and groups. Younger people, artistic people, and people in authority all want to talk to you. Meanwhile, this is a good time to actively pursue your goals, assuming you have defined them.

Scorpio (Oct. 23-Nov. 21) Woo hoo! In the next four weeks, you're in the spotlight. People notice you more than usual; but not only that, because the light is flattering, you look fabulous! Obviously you can use this to your advantage. In fact, make the most of it. Now is the time to make your pitch to your boss or ask for permission for something. Some of you might even begin a romantic relationship with your boss or an authority figure. Continue to pursue avenues in travel, publishing, the media, medicine and the law.

Sagittarius (Nov. 22-Dec. 21) You want to travel. (As if that idea never occurred to you.) In the next four weeks, opportunities to travel and explore new avenues in publishing, the media, medicine and the law exist for you in abundance! In addition, you're pumped with energy about shared property, inheritances and insurance issues.

Capricorn (Dec. 22-Jan. 19) This is a very intense time for you. It has created problems with others, especially friendships and partnerships, in large measure, because people have been unreasonable and demanding. Fortunately, the universe is generous to you now and will continue being generous in the next four weeks.

Aquarius (Jan. 20-Feb. 18) All this fuss and bother in Leo has fostered warm, friendly relations with partners and close friends, and this is a good thing. And now, focus on friends and partners. However, you will need more sleep. Go to bed. Recognize your need for power naps to get through the next four weeks because you are pumped to work hard now. This means you will need your rest.

Pisces (Feb. 19-March 20) All this focus about your health, as well as your job or tasks that you are setting for yourself, continues. But it has made your work easy for you. Coworkers are supportive and helpful. You don't mind becoming involved in a hands-on way. You have also been able to make your work surroundings more attractive; and indeed, many of you have earned more money as well.

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BIRCH BARKER FUNNIES

I miss being a kid. My only responsibilities were running around and laughing a lot. And someone else was in charge of my hair.



The best part of waking up... is still a mystery to me.



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ALWAYS REMEMBER THAT IF
YOU FALL, I WILL PICK YOU UP



AFTER
I FINISH LAUGHING.

I AM NOT LAZY
I AM ON
ENERGY SAVING MODE

EVERY CRUMB YOU BAKE
EVERY WALK YOU TAKE



I'LL BE WATCHING YOU

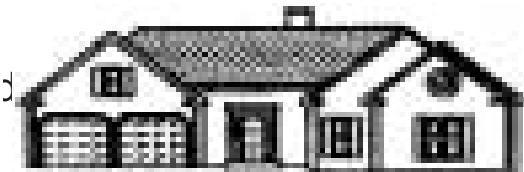


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~Birch Lake Recipes~



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Directions:

Ingredients:

- 6 Avocado's chopped
- 1 Can Black Beans
- 1 Can Whole Corn
- 1/2 Red Onion minced
- 1 Cup Verde (Green) Salsa
- 1/2 to 1 teaspoon Salt.

Mix all. Serve with Nacho Chips. Yum

Note: Save one of the Avocado pits and place in the center of the dip. This will slow down the ripening of the Avocado.



Birch Barker Word Search

NEW WORDS / SLANG IN THE WEBSTER DICTIONARY

Find each of the following words.

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 ANNOYITATING
 WARPAN
 DEVISING
 CINECHOLIA

IMAGINATE
 ADMINISTRIVIA
 TELEBOYCOTT
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— Camp Tannadoonah —

It's Wild and Wacky Week at Tannadoonah this week! We're being all sorts of silly and goofy. Each day at lunch the campers have a theme – Mis-Match Monday, Pig Tails and Tie Dye Tuesday, Western Wednesday, Throwback Thursday (think 90s fashion!), and Flipped Friday (wear your clothes backwards or inside out or both!).

Not only is it Wild and Wacky for the campers, but our counselors are having fun with our annual Tannadoonah Fairy Week. Tannadoonah Fairy Week is a cross between a Secret Santa and a prank week. Each counselor draw the name of another counselor, and they do nice things for each other, and play practical jokes on each other.

For instance, the dishwashers' bedroom was filled with balloons during lunch one day (see photo!). Another Tannadoonah Fairy (TF) wove a spider web all around their TF's bed. Others had to sing songs at meals to get their clothing returned, beds were stolen and relocated to different parts of camp, suitcases were Saran-wrapped shut, and one counselor's toothbrush was frozen into a huge block of ice! It's a fun and silly week, and provides a nice lift for staff as we get towards the end of the summer.

It's hard to believe we're just two weeks away from the end of the summer! We have 122 campers this week, 116 next week, and 120 the last week. The total for the summer is 846, and I have just three empty beds left for the whole summer!

This week I asked one of our campers (and lake grandchild!), Taylor Gableman, what I should write about for my Birch Barker article. She recommended that I share the legend of the Princess Tree.

The Legend of the Princess Tree

Long ago in the Land of the Birches, there was an Indian tribe that lived in the place we call Tannadoonah. The Indians were happy in their home. Game was plentiful and the lake was filled with fish. Their corn grew tall in the clearing they had made. From the birch trees that grew in the forest they took bark for their canoes. The people sang as they went about their work, and the children played happily in the forest — catching frogs in the little streams or chasing chipmunks down the hill. It was a good life and the Indian village prospered.

Then one day things began to change. The great rains, which in other times had sent their waters down upon all the land, stayed in the heavens. Mother Earth became brown and dry. Soon the Beaver, the Raccoon, and the



Great Stag took their families to other parts of the forest. Times were hard in the Indian village. The people quenched their thirst in the clear waters of the lake, but there was little food to be found. "We must leave this place," the people declared. "We must find a new home." "Ah," said the old chief, "have you forgotten your happiness by the Lake of the Birches? The great spirits have been good to us and before many moons have passed they will bring good times once more. When the Summer Sun is old and has lost his power, the rains will come again. Until that day, let us go out into the forest to seek for the Beaver and the Great Stag. Each family will go its own way. When the rains come, we will return once again to our home by the Lake of the Birches."

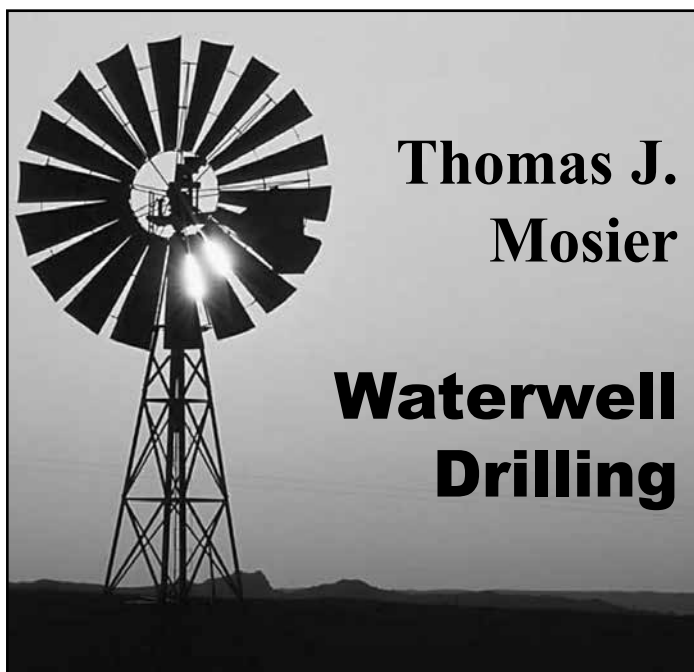
"Ah, you are wise, great chief," the people replied. "Let us begin for the journey." And so each family set about gathering its belongings. The tools, the cooking pots, and the fishing nets — all were made ready for the journey. Then, just as they were ready to set out, the chief called the tribe together. A silence fell over the group, as they waited to see what parting message the chief would have.

When he spoke, his voice was strangely quiet. "My people," he said. "We are about to set off into many scattered places. Our feet will touch new paths, and our eyes will see new parts of the forest. Each family will go its own way — seeking food and shelter along the trail. But we must not forget the good life we have had here — the life to which we will return. And now let us go. May the good spirits watch over you until we meet again at Tannadoonah — the place of the gathering of friends upon a hill, beside a lake in the woods."

The Princess Tannadoonah, however, decided that she would stay in her home and wait for her Brave to return to her. Days went by, and the days turned into weeks. Her supply of food dwindled, and finally the Princess lay down beside a tree. Just a day later her Brave returned to find her, but it was too late. He buried her body beneath the tree. As the years went by, the tree grew into the image of the Princess, and to this day she watches over Tannadoonah.

~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

FOUND

Found at Pancake Breakfast: small 2015-2016 calendar book with lighthouse on the front. Photos of young boy, 3 kids w/santa, misc. other info. Call 476-1680.

Pair of black sunglasses were left behind in the barn during the House Walk. Call Michelle 476-1319.

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