

The weekend of June 13 2015

Birch Barker

The official summer publication of the Birch Lake Yacht Club



Thanks to our granddaughter Morgann Applegate for the cool bird bath photo ... Morgann and I walked around the lakeshore for a couple hours looking for a cover photo, and hers were better than mine.

COMMODORE'S COMMENTS

Twice a year life for Carol and I at Birch lake is impacted by two minor nuisances, the black bugs in May and the cottonwood trees in May and June.

The black bugs showed up at Easter this year however, on our shore, in my opinion, the volume of the swarms was much smaller compared to years past. The cottonwood trees are moving through the second of their negative phases. In May the trees shed a sticky pod that leaves a lime-green stain and now the seeds are letting go.

The cottonwood trees are a blessing because of the shade they provide for us in July and August, and the rustle of the leaves while dozing in their shade is pretty therapeutic.

I haven't figured out the blessing of the black bugs so if someone can remind me of one, I'd appreciate it.

The sailors made it out Sunday and were able to get one race in under nice winds before the rain and lightning chased them off the course. The sunfish fleet has a great variety of sail colors that really stand out especially when all bunched together. I look forward to more racing and appreciate the effort the sailors and committee boat put in for our enjoyment on shore. Rick Doolittle

and Tom Cassady provided safety boats service in case of an unexpected emergency, and the sailors appreciate your services.

Check out all that is going at the lake. Camp T is beginning, spaghetti dinner and the people's regatta are right around the corner, and the Commodore/Vice Commodore party is this Saturday night at the yacht club beginning at 6:30. Sue Williams and I invite you come as you are and bring an appetizer to share with your neighbors.

I look forward to seeing you at Birch Lake ... where every day is an adventure.

~Commodore Fry

"Favorite Movies" Boat Parade

The clock is still ticking. Only three weeks remain before the fabulous Birch Lake Boat Parade begins at 2 pm on Saturday, July 4. This is an event that everyone at Birch Lake enjoys and eagerly anticipates. So how about "wow-ing" them all with the biggest and best Boat Parade ever. More info to come in future Barkers.

Name the Eagle!

Birch Lake is home to several bald eagles, and this is your chance to name one of them. The BLYC is sponsoring a "Name the Eagle" contest to benefit the water quality fund. You can submit

2015 Birch Lake Calendar

- June 13 Porter Township Cleanup Day, 8 am to noon, American Waste, Union
- June 13 Commodore and Vice Commodore's Party, 6:30 pm
- June 20 Spaghetti Dinner
- June 27 People's Regatta
- July 4 Boat Parade
- July 4 Fireworks
- July 5 Pancake Breakfast
- July 11 House Walk/Art Fair
- July 17 Ladies' Golf Outing
- TBA Poker Run 2015
- July 31 BLYC Men's Golf Outing (Pete Soldato & Chas Grundy chairmen)
- Aug 8 Corn & Sausage Roast
- Aug. 29 Fall Dinner
- FRIDAY, Oct. 9 Chili Cookoff

2015 Board Meetings

July 11, August 1, September 5 at BLYC – Meetings start at 9 am

Dates subject to change.

Watch the Barker for updates!

names online until June 30. Voting will begin July 1. For more details or to submit your idea for a name, visit bitly.com/nametheeagle.

If you have any questions, please contact Chas Grundy at 574-315-0217 or chas@grundyhome.com.

— Birch Lake Notes —

In Memory

Our deepest sympathy to the family of former Birch Laker Larry Flora (north shore), who died on May 20. For information see www.elkharttruth.com/obituaries.

Porter Township Cleanup Day

Porter Township will host its annual Cleanup Day this Saturday, June 13 from 8 am-Noon at American Waste, 15621 Mason St., Union.

For most items there is no charge (donations are gladly accepted). Pickup service is available for handicapped and senior citizens. For info call 641-2375.

Spaghetti Dinner is June 20

The Southside is busy planning this year's Yacht Club Spaghetti Dinner. Bring your family and friends and enjoy a homemade spaghetti dinner which includes spaghetti with two sauces, salad, garlic bread, dessert and tea or lemonade. Tickets are just \$8 for adults, \$5 for children 4-10 and children 3 and under are free. All proceeds will benefit the Yacht Club. Tickets can be purchased from the following people: Southside — Denny Weesner, Northside — Claudia Phipps, Westside — Jan Temple, Eastside — Celia Fallon. The deadline to purchase tickets is Thursday, June 18. If you would like to donate a dessert, contact Di Wozny 574-315-4915 (text or call) Southsiders! If you would like to volunteer, contact Sue

Williams at 476-8886. Don't miss all the fun!

It's Calendar Time!

Time to submit your pictures for the 2016 Birch Lake Calendar. We need horizontal, color photos from all seasons. Since the pictures need to be enlarged, camera photos usually work better than cell phone photos. Please e-mail your best pictures (no more than five) to ldal1008@comcast.net or give them to Linda Yoshizawa, Vickie Rogers, Sue Williams, or Carla Chester by July 13.

Do you need to update your Birch Lake Directory listing?

New to Birch Lake? Family dynamics change? Want to update your info for the Birch Lake Directory? You can email your changes to BLYC, c/o Deb Spratt at 18100 Farmington Hills Drive, South Bend, IN 46637, or email them to deb-spratt@cressyandeverett.com ...

Barker Deadlines

The deadline for submitting information for any Barker is the Tuesday of the week before publication (example: the deadline for materials for the May 31 issue is Tuesday, May 26) ... thanks.

Online content

The printed Birch Barker will be online this season, as well as additional content ... go to www.philvitale.com and follow the links.

Michigan Lakes and Streams Exotic Plant Watch

In addition to the annual survey, mapping, and treatment of our lake for Eurasian milfoil, we are participating in a program in concert with MLSA to do a multiple site sampling of our lake looking for any of the "exotic" species of plants that are either here or are making their way into Michigan waters. We will be doing the sampling survey that will encompass numerous shoreline to 15-foot depth transects on Wednesday, June 17 starting at 9 am.

A faculty member from the Limnology Department at Michigan State University will be going with us to assist in sampling implementation and identification. Most of the Water Quality Committee will be going out for the morning sampling. The concept is to identify as early as possible the presence of an exotic species and in concert with MSU, MLSA, and the DEQ, develop an action plan. We are hoping that all we find in terms of plants we do not want are the Eurasian milfoil and curly leaf pondweed which we know are here and are being managed.

If there is someone who is particularly interested in helping out and would like to participate, give Terry Dugan a call at 269-476-2814. We anticipate heading out at 9 am and staying out no longer than 11:30 or so to give the MSU person time to go to their next lake for the afternoon.

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Have you seen the stunning new stamped-concrete compass rose we installed last fall at the Birch Lake Yacht Club?

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— Birch Lake House Walk —

House No. 3: Claude Petit 14895 Birch Lakeshore Drive

In 1988, Claude Petit spent a weekend canoeing on the St. Joe River. Before heading back to Chicago, he stopped at Jerdon Realty to see if they had any suggestions for lake property in the area. The realtor asked if Claude had been to Birch Lake — he had never heard of it. The realtor went on to say that if he were buying something himself, the only place he would want to be is Birch Lake. Claude asked for directions. There was a cottage for sale on the south shore. The realtor was Joyce Klimek, a Birch Lake resident — and the rest is history.

It's easy to see why he fell immediately in love with this charming cottage. Claude had come to the U.S. from France in 1968. He and his family are from a small town, Avallon, in Burgundy, which is located between Chablis and Dijon.

The Petit cottage was built in 1940 by H.G. Rogers and J.C. Schermerhorn of South Bend. The interior has many hand-crafted finishes and a lovely field-stone fireplace — all very reminiscent of a Swiss chalet. And as an accomplished chef, Claude also appreciates the size of the kitchen, which is very large in comparison to the home as a whole.

Everything in the cottage is still

The featured homes on the tour this year will be the Phipp's on the North side, the Koscielski's in the cove, the Petit's on the South side, the Vandewalle's, and the Curtis/ Miller on the East side.



“original”, except the bathroom and kitchen. They were both remodeled in 1992, and Claude has made a few more updates since then. For example, his home now features the beautiful stained-glass windows he created in his workshop in Chicago.

In the end, what Claude treasures most is that Vicky enjoys being there as much as he does. They both love the cottage, the location, the view of the water, the yard and their wonderful neighbors — and they always look forward to their weekends at Birch Lake!

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2015
Birch Lake House Walk & Art Fair
July 11th
9:30am - 2:30pm

This year we have 5 families who have graciously offered to open their homes for the **Birch Lake House Walk** on July 11. Along with the house walk, we will also have an art fair at the Wozniak barn, with local artists displaying their pottery, jewelry, paintings and photography from 9:30 am to 2:30 pm. Camp Tannadoonah will also be selling refreshments for a nominal fee. All the proceeds from the event are going to Camp Tannadoonah for camp scholarships.

The event will start at the Wozniak barn where everyone must check in to go on the tour. From there, you will walk to the first home and then be whisked away by pontoon for your tour. **The first boats leave at 10 am and run continuously. Please note ... the last boat tour leaves at 12:30 pm so that everyone completes the tours by 2 pm.** A limited amount of parking will be available at the barn, so please carpool or walk if possible. It truly is a fun day and a great way to see old friends and meet new ones!

Tickets will be \$15 pre-sale, and \$20 at the door. Tickets can be bought through Denny Weesner on the South side, Vickie Rogers and Denise Smitley on the West side and Cove, Carla Chester and Linda Yoshizawa on the East side, and Sandy Baucus on the North side.

— Water Quality Report —

Update on Eurasian Milfoil

Eurasian Milfoil is an aggressive, tall-growing exotic aquatic plant from Europe and Asia. It is capable of growing to the surface in 10 to 15 feet of water. At the surface it forms a dense canopy of vegetation over other plants. Many native plants may be reduced in abundance by the Milfoil canopy. It also conflicts with many recreational activities. In dense conditions it is a serious localized and lake wide problem. It is not a significant food crop for waterfowl, other birds or aquatic mammals. It readily regenerates from detached fragments and spreads rapidly. Consequently this plant can form dense colonies covering much of a lake's shoreline out to a depth of about 20 feet.

We began monitoring aquatic vegetation in Birch Lake in 2001. We were part of a Michigan Lake & Stream program that mapped the aquatic plants in Birch Lake. Howard Wandell provided professional assistance to the Birch Lake Water Quality Committee. The mapping project revealed that Birch Lake had a moderate plant

population consisting of a good variety of species none of which dominated. At that time the survey determined that we did not have Eurasian Milfoil. In 2007 Eurasian Milfoil was discovered at three sites. Progressive AE provided professional assistance and is still under contract.

A few weeks ago, Progressive AE surveyed the entire lake for all types of invasive species for 2015. Their survey recommended treatment of 1 1/4 acres for Eurasian Milfoil at two sites. One site is at the north end of the east shore where it always is and the other is on the west shore which is a new site. We caught the new growth early and it should be very manageable. Professional Lake Management will treat sometime this month and Progressive AE will do a second survey sometime thereafter.

This annual program is important in order to keep the Milfoil under control and to detect any other invasive species in the early stages to enable us to better control them. With your continued support we can maintain this



important program and avoid having to deal with acres of invasive species like so many other lakes are currently dealing with. Some of the other local lakes have so much of it that they have assessments to pay for the treatment. We are fortunate that we have ours under control and we pay for it with donations from lake residents. Thank you to all who contribute to the Water Quality fund.

SLOW DOWN

**BIRCH LAKE HAS
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LOTS OF PEDESTRIANS,
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Message sponsored by the BIRCH LAKE HOMEOWNERS ASSOCIATION

It's duck itch season

Swimmer's itch, also known as lake itch, duck itch, cercarial dermatitis, and Schistosome cercarial dermatitis, is a short-term, immune reaction occurring in the skin of humans that have been infected by water-borne schistosomatidae. Symptoms, which include itchy, raised papules, commonly occur within hours of infection and do not generally last more than a week.

A number of different flatworm parasites in the family Schistosomatidae are what cause swimmer's itch. These parasites use both freshwater snails and vertebrates as hosts in their parasitic life cycles. Mostly waterfowl are used as the vertebrate host. During one of their life stages, the larvae of the parasite, cercaria, leave the water snails and swim freely in the freshwater, attempting to encounter water birds. These larvae can accidentally come into contact with the skin of a swimmer. The cercaria penetrates the skin and dies in the skin immediately. The cercaria larvae cannot infect humans, but they cause an inflammatory immune reaction. This reaction causes initially mildly itchy spots on the skin. Within hours, these spots become raised papules which are intensely itchy. Each papule corresponds to the penetration site of a single para-

site.

The schistosomatidae that give rise to swimmer's itch should not to be confused with those of the genus *Schistosoma*, which infect humans and cause the serious human disease schistosomiasis, or with larval stages of thimble jellyfish (*Linuche unguiculata*), which give rise to seabather's eruption. Seabather's eruption mostly occurs in salt water, on skin covered by clothing or hair, whereas swimmer's itch mostly occurs in freshwater, on uncovered skin.

Since it was first described in Michigan in 1928, swimmer's itch has been reported from around the world. Some suggest incidence may be on the rise, although this may also be attributed to better monitoring.

Children may become infected more frequently and more intensely than adults but this probably reflects their tendency to swim for longer periods inshore, where cercariae also concentrate.

To prevent it, don't stand around in shallow, warm lake water. Staying out in somewhat deeper water and/or keeping moving such as when swimming, will usually prevent the parasites from getting you. When you or the kids get out of the water, towel off immediately



with a strong rubbing motion and then shower with soap and hot water.

Swimmer's itch typically clears up on its own within a few days, though in some cases the rash can last up to a week. In the meantime, you can control itching with over-the-counter antihistamines or anti-itch creams, such as those that contain calamine lotion. If the itching is severe, your doctor may recommend a prescription medication.

Orally administered hydroxyzine, an antihistamine, is sometimes prescribed to treat swimmer's itch and similar dermal allergic reactions.

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Barker Kids of the Week

The grandkids of Di Wozny and Craig Fredlake (South Side) and Kathy and Bob Wozny (West Side), Brooklyn, Elle, Tate and grand-dog Jagger "cooling off," Children of Neil Henderson (South Side) and Meredith and Jeff Guyton (West Side).

KID-OF-THE-WEEK PHOTOS

Send your kid of the week to me (or grandpa of the week or neighbor of the week or dog of the week ... we even print weeds of the week!) and be sure to include the names and other details via email at SAILORPHIL@PHILVITALE.COM

(Please make sure the files are 6 MB OR LESS ... huge email attachments bog down my email server!)

BIRCH LAKE YACHT CLUB



Saturday, June 20

5:30-8:00 PM

Enjoy a great dinner with friends and support the yacht club too! This year's dinner is sponsored by the south side and promises to be a great event. Dinner includes spaghetti with two sauces, salad, dessert and ice tea or lemonade.

Take outs are also available.

Tickets must be purchased in advance by calling Denny Weesner 476-2569 Di Wozny 574-315-4915 or Sue Williams at 476-8886

Children 3 and under are free

Ages 4-10 are \$5.00

Ages 11-Adult are \$8.00

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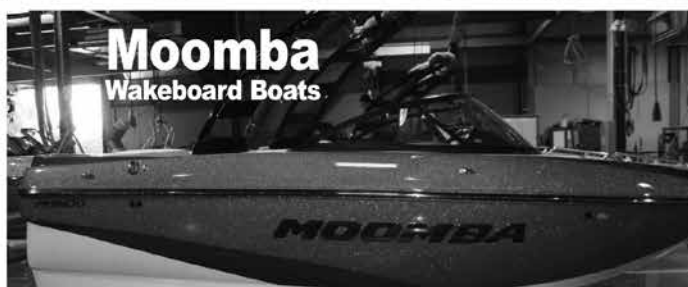
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— Barker Kids of the Week —



Liz and Al Cover (East Side) are the proud parents of 2 graduates this year. Their oldest, Kathleen Cover, above, graduated from Purdue university, and son Brogan Cover (right) graduated from Northridge High School. Brogan will be attending DePaul University in the fall. Congratulations kiddos!

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- * Fertilizing

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61270 Lutz Rd, Three Rivers, MI - Shotgun start at Noon; Dinner at BLYC at 6 pm

MUST HAVE REGISTRATIONS BY JULY 13, 2015

Additional Information

** team prizes and contests*

** catered dinner included*

** prizes awarded during dinner*

** looking for donations of door and team prizes. If you have access to logo merchandise that could be donated, please contact Peter Soldato at psoldato@elkhartpa.com*

* Send entries to Pete Soldato 63266 Kinsey Street, Vandalia, MI, 49095 -- hill
or Phil Vitale 63174 Birch Road, Vandalia, Michigan 49095

2015 BLYC Men's Golf Foursome Information

Team Captain:

Please Print Players names:

Total Enclosed \$ _____

*** checks should be made out to BLYC**



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— Dana on Drugs —

Why you should take thyroid med on an empty stomach

By *Dana Soldato, PharmD*

The thyroid gland is like the thermostat of your body — it regulates many important bodily functions that keep your body “comfortable.” For example, the thyroid gland regulates your mood, your temperature, and your metabolism, among other things. If your thyroid does not function properly, you will have to be put on medication to mimic the functioning of a normal thyroid. Many people are on such medication.

If you take thyroid replacement medication such as levothyroxine (Synthroid), liothyronine (Cytomel), or Armour thyroid, you have probably been told to take the medication on an empty stomach (I hope!). If you are taking any of these medications, I’m going to explain to you why it is important that you take your medication on an empty stomach, and without any other medications.

Thyroid hormone can bind to any calcium, fiber, or iron that may be present in your food. When medication binds to food, it becomes too large for absorption and gets eliminated through the bowels. By taking your thyroid medication on an

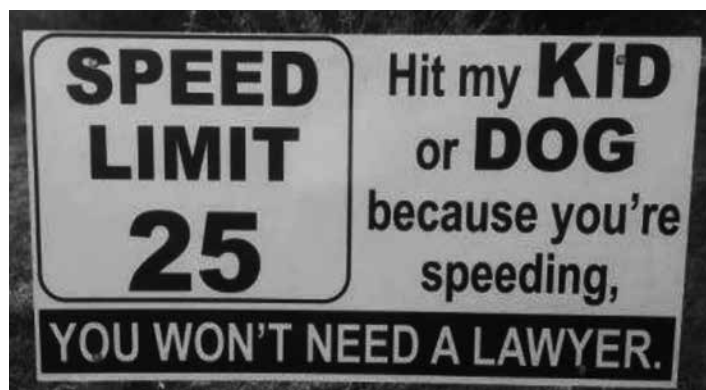
empty stomach, you increase the absorption rate of the medication, and more drug is available for your body to use.

With most medications, it is acceptable for a small amount of drug to bind to food — a small amount of binding will typically not compromise efficacy. However, with thyroid medication, we are already dealing with a very small dosage — micrograms! Since there is such a small amount of thyroid hormone present within the medication, it is important that you take the medication on an empty stomach so you get the exact same dosage every day.

In addition, thyroid hormone has a very small “therapeutic window.” The therapeutic window is the dosage of a medication that provides BOTH safety and efficacy. If you travel outside the therapeutic window, you will be toxic, and under the therapeutic window the dosage will be insufficient. A very small therapeutic window means that there is a very small range between the worthless dose and the toxic dose.

How can you tell if your stomach is empty? As a general rule, you should wait at least 3-4 hours after eating food before taking medication. After taking the medication, wait an additional one hour before you eat again. It is okay to drink water, and encouraged. The most common directions read “Take on an empty stomach at least 30-60 minutes before breakfast.” It is also acceptable that you take your thyroid medication at night, as long as you haven’t eaten anything for 3-4 hours.

Because your thyroid gland utilizes very small microgram doses and thyroid hormone has a very small therapeutic window, you want to make sure you minimize anything that would compromise the levels present in your body. By taking thyroid on an empty stomach, you ensure that there are minimal variables in the absorption of your medication, and your thyroid function should remain in balance.



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FLEET CAPTAIN'S CORNER



Finally, a start!

After two long weeks of no boats or wintry weather, we completed our first race of the year! Yes our one and only race ... our other two races were canceled due to inclement weather. I know it was not what we all wanted but as you know it is no fun being on a boat with no motor when a storm is rolling in! All we can do is look forward to next week!

I would like to thank "Bad" Patty, "Sailor" Phil, Bill Luecht,

"Good" Patti, "Commodore" Fry, Deb Spratt and Denise Smitley for their fine operation of the committee boat, thanks to all.

In closing, we are still in need of people to run our committee boat, we have several openings available for your Sunday morning enjoyment. Please contact me! Until next week!

To all "Splice the Main Brace"

~"Fleet Captain Mike"



2015 Season Sailing Results to Date

Date	7-Jun	Total	Season	# Races	%
Race	1	Points	Average	Finished	Finished

MC Scow/Sailor

Scott Troeger #1489	1	1600	1600	1	100.0%
Jeff Smitley #2002	2	1521	1521	1	100.0%
Bob King #1199	3	1444	1444	1	100.0%
Barb Cassidy	4	1369	1369	1	100.0%
Harold Cranmer #1991/2412	5	1296	1296	1	100.0%
Phil Vitale #500	CB	N/A	N/A	1	100.0%
Bill Luecht #1579	CB	N/A	N/A	1	100.0%

Sunfish/Sailor

Peter Soldato	1	1600	1600	1	100.0%
Mike Lutz (Blue/Red/Yellow)	2	1521	1521	1	100.0%
Rick Russwurm (Green/Blue)	3	1444	1444	1	100.0%
Stewart Spratt	4	1369	1369	1	100.0%
Herb Cleveland	5	1296	1296	1	100.0%
Bill Butler	6	1225	1225	1	100.0%
Camille Butler	7	1156	1156	1	100.0%
Bob Niezgodski	8	1089	1089	1	100.0%

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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STU'S STAR STUFF



Observing the night sky

The night sky tonight, and on any clear night, offers an ever-changing display of fascinating objects you can see, from stars and constellations to bright planets, often the moon, and sometimes special events like meteor showers. Observing the night sky can be done with no special equipment, although a sky map can be very useful, and a good beginner telescope or binoculars will enhance some experiences and bring some otherwise invisible objects into view. You can also use astronomy accessories to make your observing easier.

So what's up there tonight?

Cygnus, the swan, spreads its wings in the eastern sky after darkness falls and soars high overhead later on. Its bright tail is to the left, its head to the right, and its wings above and below its body.

The stars Mizar and Alcor stride high across the north on June evenings, at the middle of the Big Dipper's handle.

Mizar is the brighter of the two, with Alcor just a whisker away. They are so close that long-ago skywatchers thought of them as a horse and rider.

Summer arrives on June 21, the date of the summer solstice, which is the longest day of the year. But the earliest sunrises of the year come a week or two before the solstice, while the latest sunsets occur a week or more after the solstice. You may remember this discussion from the past.

The stars that mark the outer edge of the Little Dipper are known as the Guardians of the Pole. That's because they are not far from the Pole Star, Polaris. They circle around Polaris all night, every night, like guards on patrol.

Keep watching Jupiter and Venus each evening as they draw together. In the meantime, I'll try to put a bit more passion into Stu's Star Stuff. Enjoy the show. It's always free.

~Stu Spratt

Celebrating 51 Years at Birch Lake

The Moon for this Saturday

(At Midnight, US Central time, as viewed from the Northern Hemisphere)

Illuminated Fraction: 0.064
2.3 days before new moon



Sunrise: 6:08am
Sunset: 9:19pm
Moonrise: 4:10am
Moonset: 6:16pm
Day length: 15h 11m

Thanks, Birch Lakers!!

We want to thank all the wonderful friends and neighbors who have sent such touching cards of support and who have called. Dick and I have been coming to the lake each summer for over 60 years, so it seems strange not to be there. Our daughter and son-in-law, Fred, have opened the cottage and even "face talked" us so we could see the lake. Thanks to neighbors who have helped them.

My 30-year-ago cancer somehow waited this long to reappear. I have chemo and 3 other bags of "stuff" for 18 weeks (ready for my 6th this week) so we can at control it somewhat. We hope to get an oncologist who can give me a 3-week-apart dose up in Mishawaka so we can get back there for at least a few weeks.

I am doing as fine as could be expected and Dick is my ROCK. I'm checking out all the side effects to see which ones I like best. None seem that charming.

Thanks so much for your support, and we hope to see you soon.

~Peggy & Dick Cowen



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YOUR HOROSCOPE

Aries (March 21-April 19) of bright, clever ideas. Because your energy is high and shooting off in many directions, you will meet new faces and see new places. In particular, your dealings with siblings, neighbors and relatives will be spontaneous and probably exciting. Even if you have just been on a vacation -- plan another one.

Taurus (April 20-May 20) Things are looking up financially speaking. You are full of money-making ideas, as well as ways to work on your own or be independent. Admittedly, you are spending money freely now as well. If possible, get your financial ducks in a row because now, and for the next four to five months, you will encounter wonderful opportunities to redecorate and improve your home and explore real-estate opportunities. Whatever presents itself this week will have a short window of luck, which means you will have to act fast.

Gemini (May 21-June 20) Stay light on your toes this week because unexpected events will occur. You feel impulsive and ready for fun! The insanity of silly errors and goofy mistakes plus the feeling that your mind is calcified quicksand will disappear. Relationships with siblings, neighbors and relatives will improve.

Cancer (June 21-July 22) Hidden surprises, secrets and suppressed impulses might suddenly be released out into the open. "My secret's out at last!" The one thing that is more obvious to others, as well as yourself, is the fact you have a sudden opportunities for growth. This could mean a better job or way to make money on the side. It could be improved earnings in your current job. It might even be increased assets and wealth that you actually buy, but the result is you look and feel richer and more affluent.

Leo (July 23-Aug. 22) This is a most fortunate, fortuitous time for you. Make the most of this and use it to your advantage. If there's something you want -- go after it! Shop for wardrobe goodies and beautiful things. Enjoy schmoozing with others and get ready for a social, fun-loving summer. Meanwhile, a friend or a member of a group will surprise you in some way. Some of you might meet a real character -- someone bizarre and memorable!

Virgo (Aug. 23-Sept. 22) You continue to be high visibility, because the Sun is at the top of your chart. This is the time to ask for what you want or make your pitch. In addition, during this week in particular, people in authority will surprise you or catch you off guard. Hopefully, it's with a wonderful opportunity or a pleasant offer. Whatever it is -- act quickly because this window of good fortune is brief. Your "good luck" is beginning to lineup for a fabulous year.

Libra (Sept. 23-Oct. 22) This week you will have spontaneous trips, fun getaways plus surprise news regarding publishing, the media, medicine, the law and anything to do with higher education. These surprises are appropriate because you feel ready for adventure. You want change and exciting stimulation in your life. You also want to learn something new.

Scorpio (Oct. 23-Nov. 21) You'll be laughing this week because unpredictable activities -- and they are favorable activities -- will take place in the part of your chart related to the wealth and resources of others. This means that something unexpected will happen that will benefit you! Others will give you something -- a gift or cash, or do a favor for you, or let you use something that they own. Plus the odds are tipped in your favor if you want to ask for a loan or get a mortgage this week.

Sagittarius (Nov. 22-Dec. 21) Surprises from partners and close friends will catch you off guard this week. Admittedly, you have felt annoyed and impatient with someone. By the end of June, this annoyance will hugely diminish. It just is what it is, and in the meantime, you have to suck it up. Remember that you have lots of opportunities to travel for pleasure in the next several months.

Capricorn (Dec. 22-Jan. 19) Things are going well at work. It is safe to assume that if you need more supplies, support, or an increase in your budget -- you will probably get it because from a work point of view, you can rely on the practical and financial support that you need. This week in particular, unpredictable events will occur. Meanwhile, be open to nontraditional methods that can improve your health. These methods could be ancient or modern.

Aquarius (Jan. 20-Feb. 18) Vacation opportunities abound for you! Spontaneous activity and surprises connected to the arts, the entertainment world and sports are also likely. Meanwhile, your closest relationships, especially close friendships, marriage and partnerships are warm and loving at this time, which makes it an even better time to enjoy a fun getaway.

Pisces (Feb. 19-March 20) Conflict and tension are taking place at home for many of you at this time. This could be due to family disputes, home renovations or visiting guests -- something that increases the pressure of everyday challenges. Please know that this will subside by the end of June. Until then, be tolerant and patient with family members. This week in particular, something unusual and unexpected will occur. Fortunately, things at work are going swimmingly and will continue this way. Many of you will get praise, a raise or a promotion.

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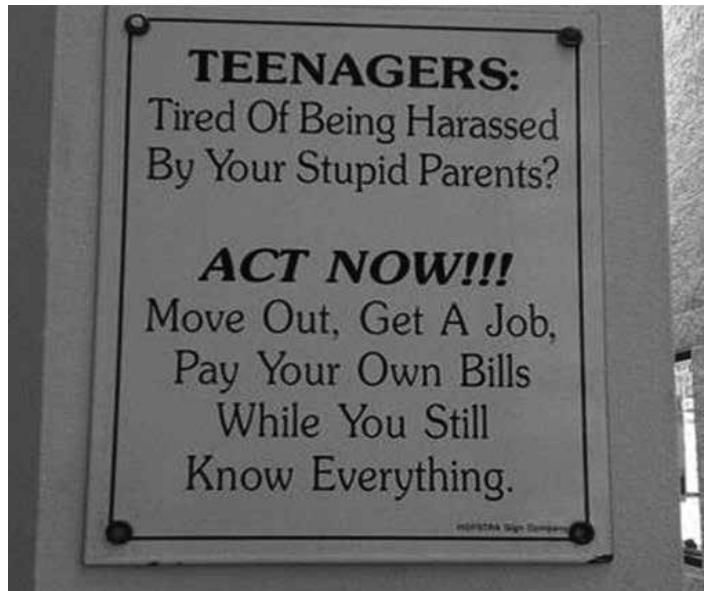
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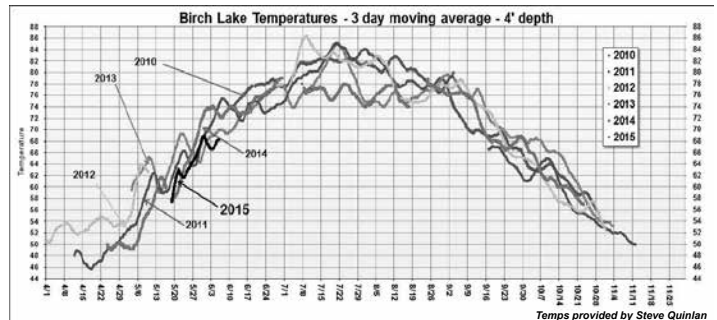
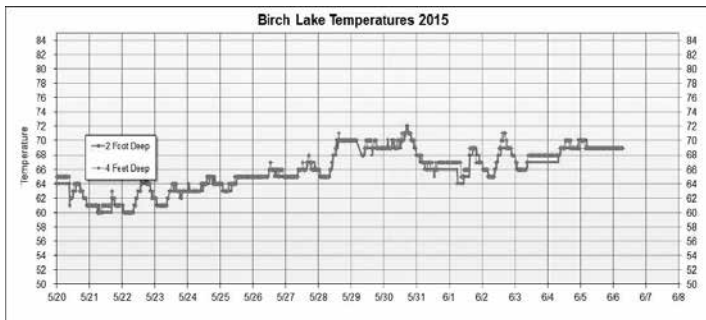
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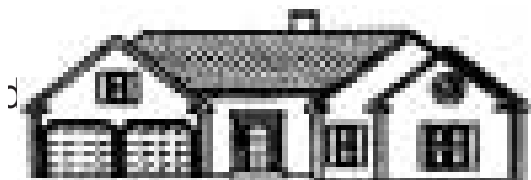
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Birch Lake Water Temperature



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~Birch Lake Recipes~



Provided Exclusively to the Birch Barker from Mrs. Ima Foodnudge

Summer Lasagna

Makes 8 servings

Ingredients:

- 1 pound ground beef
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1/4 cup finely chopped carrots
- 2 cloves garlic, minced
- 1 (15 ounce) can tomato sauce
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- salt and pepper to taste
- 5 medium zucchini, sliced lengthwise into 1/4-inch

- thick strips.
- 1 cup cottage cheese
- 1 egg, beaten
- 3/4 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.
2. In a skillet over medium heat, cook the ground beef until evenly brown. Drain juices. Mix the onion, green bell pepper, carrots, garlic, and tomato sauce into the skillet. Season with oregano, basil, salt, and

- pepper. Bring the mixture to a boil, reduce heat to low, and simmer 10 minutes, until vegetables are tender.
- 3. In the bottom of the prepared baking dish, layer 1/2 the zucchini strips. In a bowl, beat together the cottage cheese and egg, and spread over the zucchini. Scoop 1/2 the beef mixture over the cottage cheese and egg mixture, and sprinkle with 1/2 the mozzarella cheese. Layer with remaining zucchini, beef mixture, and mozzarella. Top with Parmesan cheese.
- 4. Bake 45 minutes in the preheated oven. Allow to sit 10 minutes before slicing to serve.

Birch Barker Word Search

Don't bug me

Find each of the following words.

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HORNET
SNAKE
EARWIG
BLACK BUG
BEETLE

DEER FLY
LADYBUG
FOX
GRASSHOPPER
MOSQUITO
FLEA
YELLOW JACKET

TOAD
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STINKBUG
SPIDER
WASP (2)
FROG

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— Camp Tannadoonah —

The camp staff have arrived! It finally feels like summer when our staff begin arriving at camp. With all of the international staff this year, and people traveling from all over to come to camp, we had many people arriving at different times. And a number of adventures with transportation! But everyone has now arrived and training is underway.

This year we have more new people on staff than we've had in the past. For cabin counselors, 75 percent of the staff are new. For the rest of the staff we have a little more experience, with about 40 percent new people. But all in all, there are a lot of new faces up here at camp!

The positive energy and many fresh ideas are really exciting to see and hear. We're only a couple days into our training, but the overall feeling is that this is going to be one of our best staff groups ever!

Many parents ask us what we do at staff training. We spend part of the week getting camp set up and ready for campers. The staff clean buildings, set up their activity areas, organize things, decorate their cabins, and do LOTS of manual labor! But we also spend a lot of time talking about rules, policies, procedures, and just how

things work.

Some of the topics that we work on include how to handle homesick campers, what to do in an emergency, how the daily schedule works, how to deal with disciplinary issues, how to prevent bullying or intervene if bullying is happening, how to handle conflicts, and so on.

And in addition to all that, a great deal of our time is spent trying to create a good bond between the staff members. We know that they will work better together as a team if we focus our efforts on having fun together, learning to communicate with each other, and getting to know each other during this week.

On Sunday afternoon, after all the staff had arrived, we played games, icebreakers, and had some fun and goofy challenges. We sing camp songs, too! On Tuesday we spent a whole afternoon on teambuilding and tasks to build trust and community among the staff. And on Thursday afternoon we just had FUN! We took the whole staff to Kalamazoo to the SkyZone Trampoline Park and jumped, played dodgeball, and had pizza.

Our numbers at camp continue to amaze me. We currently have (as of Tuesday) 792 campers registered for

camp this summer. Our goal for the summer was 800, and I think we'll get there before camp even starts on Sunday! Last year on this date we had 725 registered, and ended up getting to 818 by the end of the summer. The year before that (2013) we had only 481 registered on June 9! So we know it's going to be busy and crazy and chaotic, but most of all fun up here this year!

Just like last year, we will be offering a Friday morning yoga class to anyone who wants to join. This year our very own lake neighbor Sue Vandewalle will be teaching the class! The class will be held at camp every Friday morning starting Friday, June 19 from 6-7am. If you want to get in a nice morning stretch and meditation, please come up on Friday mornings and join us! We will meet at the dining hall. We have mats if you don't have your own. Thanks to Sue for making this possible!

Also, Friday, June 19 will be our first council fire of the season! Come out on Friday evening around 7:30 to see Princess Tannadoonah canoe in to light the first fire of 2015.

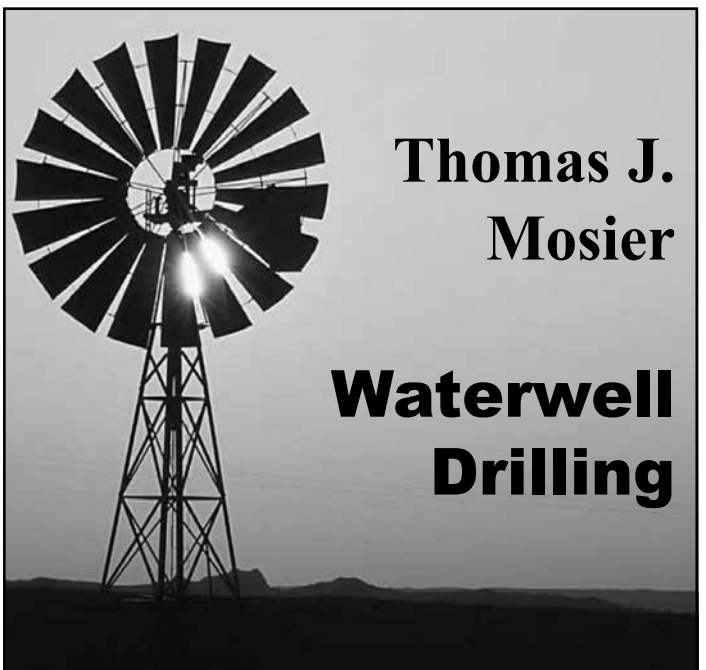
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Classified ads in the Birch Barker (including the Printed and the Online Barker) are free to members of the Birch Lake Yacht Club (subject to the approval of the editor and the BLYC Board of directors), and \$5 per ad for non-members (please pay in advance). To submit an ad, email it to Sailorphil@philvitale



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