



The weekend Of **June 27 2015**

Birch Barker

The official summer publication of the
Birch Lake Yacht Club



That's Allison Weaver (south side) with the kayaking dog ... thanks to Mr. Bob for the pic.

COMMODORE'S COMMENTS

Well, that is one in a row. Let's see if we can make it two in a row next weekend. I am referring to Saturdays and Sundays with sunny, warm weather and no rain.

The south side pulled off the Spaghetti Dinner Saturday night in fine style. At the last count I heard, 270 diners were presold and the yacht club was packed to the gills when we stopped in. This year completed the second (not the third) year for the south side to do this event. One more year to go and the west side takes over for 2017. Thank you to all who attended and to all who worked so hard to prepare, cook, organize and clean up to make this dinner happen.

Sunday's sailing action was beautiful with eight MC's and as many as eleven sunfish competing. I don't ever recall seeing that many sunfish racing at one time. For those of you who are interested in getting a taste of sailing you are in luck this weekend.

The People's Regatta is Saturday

the 27th. Meet at Mike and Amy Lutz's at 10:30 and the sailing begins at 11. This event is intended to introduce sailing to all those interested in learning more about the sport. Patty Luecht got this event started to help all, no matter what age, that would like to learn more about sailing to do just that by getting aboard an MC or Sunfish with an experienced sailor from around our lake. Please remember to bring a life jacket.

I need to make a public service announcement regarding courtesy on the water now that summer is officially here and the water is warm enough to swim in. Courteous watercraft operators are safe operators. Keep in mind swimmers are in the shallows and scuba divers may be enjoying our clear waters. Kayaks are harder to see. Our lake gets many guest fisherman creating more traffic. The message is to let courtesy and awareness guide our boating behavior. Our lake residents have given our lake a good reputation for safety. Being courteous and aware of what is going on around you while in a boat, watercraft, kayak or one who is in the water keeps that reputation in place.

2015 Birch Lake Calendar

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
July 31	BLYC Men's Golf Outing (Pete Soldato & Chas Grundy chairmen)
Aug 1.....	Homeowners Assoc. Annual meeting
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!

Have you submitted your pictures for the 2016 Birch Lake Calendar? How about purchasing your tickets to this year's house walk? And what about submitting a name for the eagle and getting going on decorations for your boat in the 4th of July boat parade? All of these

— Birch Lake Notes —

activities have deadlines approaching. Look for more details on all of these in the Barker.

Let's wrap it up for this edition. I look forward to seeing you at Birch Lake ... Where every day is an adventure.

~Commodore Fry



A surveillance camera caught this image of the vehicle that was used in several thefts around the lake last weekend. It is a black Chevrolet Silverado. If you see the vehicle or have any information contact the Cass County Sheriff's Department.

Safety notice

We had a request from a laker to ask walkers on our narrow roads around the lake to please all walk on the same side of the road when a car is coming instead of splitting up on each side of the road.

Also, in case you missed last week's email, we have also learned of the theft of an ATV and a trailer from different homes, and several incidents of people breaking into vehicles. On at least two

occasions surveillance cameras recorded the thieves using a black Chevy Silverado pickup truck ... so, be vigilant and call 9-1-1 if you see suspicious and/or illegal activity.

"Favorite Movies" Boat Parade

The final week of preparations for the Birch Lake Annual Boat Parade is upon us. Has everyone picked out their favorite movie as the theme for their boat decorations? The parade will start at 2 pm on Saturday, July 4. Please register at Dick Bender's pier on the south side and pick up your entry number before 2 pm. After registering, please form a single file line behind the Grand Marshal's boat.

After hours of intense deliberations, the Parade Committee has chosen four very intelligent and impartial judges to study all entries and choose the winner of the coveted Overall First Place "boat float" trophy. This year's judges are J.P. and Marlow Hoyer from the east side and Claude Petit and Vicky Oros of the south side. All entries will receive a trophy in their chosen category. The names of this year's Grand Marshals are presently sealed in a mayonnaise jar under Funk and Wagnall's back porch, only to be revealed on the day of the parade.

Pancake Breakfast

Come join us on Sunday, July 5 for the annual Pancake Breakfast at Camp

Tannadoonah. From 8:30 am to 11 am, we'll be dishing up all-you-can-eat pancakes (a limited supply of gluten-free pancakes will be available), sausages, fruit, coffee and juice!

Cost for breakfast is \$5 for adults, kids age 6-10 are \$2 (kids age 5 and under are free).

The proceeds from the breakfast this year are going to be used to buy materials and build new bunks in the Wrens and Cardinals cabins at Camp Tannadoonah. Come and have breakfast and show your support for all the great kids who attend Camp!

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 lindal1008@comcast.net or give them to Linda Yoshizawa, Vickie Rogers, Sue Williams, or Carla Chester by July 13.

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

Simply STUNNING

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 Notes —

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

Update your Directory listing?

Want to update your info for the Birch Lake Directory? Mail changes to Deb Spratt at 18100 Farmington Hills Drive, So. Bend, IN 46637, or email deb-spratt@cressyandeverett.com ...

Barker Deadlines

The deadline for submitting information for any Barker is the Tuesday of the week before publication (the deadline for materials for the July 4 issue is Tuesday, June 30) ... thanks.

Online content

The printed Birch Barker once again is online this season, as well as additional content ... go to www.philvital.com and follow the links.

SpaghettiFest 2015 Wrap-up

First and foremost, thanks to all Birch Lakers who attended the Spaghetti dinner! From the positive comments, I think a good time was had by all. We had a record setting attendance of 260, including 40 campers and staff from Camp Tannadoonah

I want to take a moment to thank all the Southside team members for a

job well done. A big hand to the crew who made this event possible: Our sauce makers Becky Wiseman, Ronni Eshleman, Di Wozny, Katha Machalleck and Neil Henderson; Our servers led by captain Bob Groszek included John Groszek, Jake Groszek, Wendy Como, Paige Como, Becky Wiseman, Katha Machalleck, Denny Weesner, and Jim Bradfield. They served over 260 plates of pasta and sauce with a smile.

Next, a big round of thanks to the salad servers, Pam Van Huffel, Lois Groszek, Marty Sante, Doris Sante and Denny Weesner for filling the bowls with your favorite salad, grape tomatoes and croutons. Wendy Como and Paige Como brought the bread butter and yummy garlic oil. Tom and Julie Lacy made sure the drinks were always available. Melanie Como, Carolyn Palm and Di Wozny manned the dessert table making sure everyone found something they liked. The wonderful assortment of desserts were donated by the Southside crew and Jen Ball, Michelle Seyfarth and Celia Fallon.

Judie and Dave Eichorst and crew Marty and Doris Sante, Julie and Tom Lacy, Denny Weesner, Tim Burchell and Dave Hogoboom turned the Yacht Club into an Italian Trattoria. Claudia and Dennis Phipps took tickets and welcomed everyone as they arrived. The

outside crew manned the pasta pots and seemed to be enjoying themselves way too much! A big thanks to our pasta cooks Gus Eshleman, Alan Van Huffel, Ray Gaik, Pat Williams, Bob Palm, John Peddycord, and Doug Eichorst. The cleanup committee led by Jim Bradfield and Bill Doba included all of the Southside volunteers.

None of this could have happened without our ticket sellers, Claudia and Dennis Phipps, Denny Weesner, Di Wozny, Tom Kuhn, and Celia Fallon.

Amy Lutz, Jamie Schnoor, Laura Pence, Jacki Mac Fallon, Celia Fallon, Holly Troeger, Linda Bergh and Wendy Como were the lucky winners of the gift certificates donated by Satori Salon and Spa.

The Southside crew wore blue Birch Lake shirts designed and sold by Jenn and Kade Boveroff. They are still taking orders if anyone would like to be cool like the Southside

A special thanks Sue Williams, Ronni Eshleman and Di Wozny who chaired the event and made sure everything ran smoothly.

Thanks for all of the Southsiders for their support and assistance in making this event a success. **We hope to see all of our friends from the lake next year for SPAGHETTIFEST 2016!**

SLOW DOWN

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

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

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

Message sponsored by the BIRCH LAKE HOMEOWNERS ASSOCIATION

— Spaghetti Dinner —



Photos courtesy of the
SparkyCam



— Birch Lake House Walk —

House No. 5: Curtis-Miller 63148 Birch Rd

Karen grew up on Birch Lake in the Curtis family home on the east shore. Her brother and his family are still there; and her parents live next door. Karen felt lucky to be able to continue to spend time at the lake. As she often says, "Once a 'lake girl, always a 'lake girl. Birch Lake is in my blood!"

But when the Dennerts put their cottage up for sale, it was not surprising that Karen and Eric decided to buy it. That was June 2010. As a result, there is now a small "Curtis Compound" on the east side.

The Curtis-Millers love having a true cottage, and plan to keep it that way. While it has the original knotty pine walls and crazy tile floors, they did make a few improvements.

The biggest was opening up the lake side with sliding glass doors, adding the deck, a blue metal roof and new windows. In addition, they installed adorable privacy sections around the cottage with palm trees that were designed and meticulously cut out by Eric.

Once inside you quickly see that the two of them enjoy Shiphewana auctions and architectural salvage. Their little cottage is filled with corbels, shutters,

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



stained glass windows, old wicker, and more. They treasure the quaintness and whimsy of their home away from home. It's peaceful there, and a perfect place to relax – as soon as the chores are done.

Eric and Karen met while working at Bayer, and were married in Fiji in 2003. Their "regular" home is in Granger, which they share with their two rag doll cats. As semi-empty nesters, they

look forward to spending time with Eric's children. McKenzie lives in Indianapolis and they are excited about her wedding next year. Chase is a senior at Ball State, and he will be home with them for the summer.

But if you want to find the Curtis-Millers on warm weather weekends, be sure to check their turquoise pier. They will probably be there!

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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 —

Aquatic Species Awareness

Michigan promotes Aquatic Invasive Species Awareness Week June 28-July 4

Governor Rick Snyder has proclaimed June 28-July 4 as Aquatic Invasive Species Awareness Week in an effort to raise awareness about the need for citizens to take action to stop new Asian carp swimming underwater introductions and to control the spread of Aquatic Invasive Species (AIS).

AIS are non-native organisms that either intentionally or unintentionally become established outside their normal range and harm lakes, rivers, wetlands and the Great Lakes. Everyone enjoying Michigan's waters has a role to play in protecting the state's waters from AIS.

AIS Awareness Week will include the second annual AIS Landing Blitz, an outreach event for boaters. The Michigan departments of Environmental Quality, Natural Resources and Agriculture and Rural Development will partner with citizen volunteers during the event to assist boaters in



Asian carp

preventing the spread of these harmful species and complying with current AIS-related laws. The AIS Landing Blitz will take place at more than 45 boat landings around the state. Boaters, anglers and others enjoying Michigan's waters can take action by following these simple steps:

Required Actions – It's the Law

- Remove aquatic plants from boats, boating equipment and boat trailers before launching or placing in the water.
- Drain live wells, bilges and all water from boats before leaving the access site.
- Dispose of unused bait in the trash. Do not release bait into the water. Don't transfer fish to water bodies other than where they were caught.

Recommended Actions Protect Our Waters!

- Inspect and remove plants and mud from boats, trailers and gear and dry equipment before leaving the access area. Dispose of the material in a trash receptacle or otherwise away from the water body, if possible.
- Wash boats, trailers and gear before leaving the access area if possible, or at a nearby car wash or at home.
- Dry boats and equipment for at least 5 days before launching into a different body of water.
- Disinfect live wells, bilges and gear with a bleach solution (1/2 cup bleach to 5 gallons of water).



A number of new AIS are at Michigan's doorstep, including two species of Asian carp and several harmful aquatic plants. The Great Lakes and Michigan's inland waters draw millions of recreational users and tourists and are already dealing with more than 180 non-native aquatic species found in the region.

For more information on AIS, visit michigan.gov/aquaticinvasives or michigan.gov/fishing and click on "Managing Michigan's Fisheries."

The Michigan Department of Natural Resources is committed to the conservation, protection, management, use and enjoyment of the state's natural and cultural resources for current and future generations. For more information, go to www.michigan.gov/dnr.

— Barker Kids of the Week —

On Saturday, June 27 from 1-5 pm we will be holding an open house. All of our wonderful friends on the lake please feel free to stop by the yacht club and wish our daughter, Ashleigh Congratulations on her graduation from high school. She will be on to Baker College in the fall to study to become a veterinary technician.

*Thanks,
Ron and Staci
Whiteman*



Cooper Petty (North Shore) turned 8 this summer AND learned to wakeboard! Cooper is the son of Ken and Sarah Petty.

— Barker Kids of the Week —



Braden Bienz, age 6, loves fishing on Birch lake. Braden is the son of Bob and Kelli Bienz (Hill).

TANNADOOONAH The week of June 14
TRIBUNE
A newspaper to highlight the best part of our camp experience

Camp, a Labor of Love

By The Tannadoonah Tribune Staff

Camp Tannadoonah is a great place to spend part of your summer... We all have enjoyed ourselves, and we wanted to give you a taste of what Camp is all about. There are a lot of things that go into running a camp full of kids... here are a few.

Interview with Mrs. Amber

Question: Who came up with camp?
Answer: It was founded in 1921 by campfire girls.

Question: When did camp start being built?
Answer: They built the adventure cabins in 1929 but main lodge and the camp store were already here when camp started being built.

Question: When was camp done being built?
Answer: The most recent building was the shower houses, built in 1995.

Question: Where and how did you find out about camp?
Answer: I found out about camp because I lived on Birch Lake, and I started coming to camp when I was 5 years old, in 1985.

Question: How do you find counselors?
Answer: I get counselors from job fairs and campers coming back to be counselors. This year we got some of our counselors from Europe. We used a staffing agency to help.

Question: Why did you become the camp director?
Answer: Because I love camp and I wanted to make sure lots and lots of other kids get to come to camp.

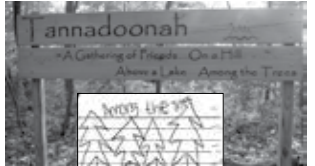
The magical women behind your Smiley fries: Mrs. Peggy, the Camp Cook of the century
Mrs. Peggy has been Camp Tannadoonah's cook for 10 years this year, with the favorite part of her job being us, the campers. With a laugh, she said that it must be fun if she's been coming back for this long. She, her assistants, and waiters all play an important role in making

sure you get fed 3 times a day, 17 times a week. Everybody plays their own specific role, but everyone pitches in if one person is overwhelmed with a specific job. She describes the experience of serving Camp Tannadoonah for ten years in an adverb and an adjective, saying it's "very special."

The most popular foods include Chippers—campers go through about 2,500 of these each summer. Kool Aid where we go through roughly a whopping 90 gallons each summer. Hamburger Duty levels rise to 1,120 every summer, and apples are so popular sometimes the kitchen runs out with about 3,000 apples being consumed every summer.

Then, you go home and wait. Miss Amber makes a call and asks if you want the job. The training session is about one week. Three to four hours are used for First Aid and CPR training, while two days are used for lifeguard training. The rest of the time is used for team-building activities and emergency situations. These are the steps to having one of the most important and fun jobs at Camp Tannadoonah.

Maintenance Mr. Cullen
Ever wonder why your light bulbs don't work one day and are shining brightly the next or how the grass is never too bushy or long? Mr. Cullen has been coming to Camp Tannadoonah for many years, as a camper, counselor, and now



Miss Amber about becoming a counselor and fill out the application.

The process to apply includes essays, references, qualifications, certifications, and experience, which makes a very long application. If Miss Amber likes you, she calls you and you have an in-person interview. During this interview, Miss Amber asks general questions about camp

issues. Then, you go home and wait. Miss Amber makes a call and asks if you want the job. The training session is about one week. Three to four hours are used for First Aid and CPR training, while two days are used for lifeguard training. The rest of the time is used for team-building activities and emergency situations. These are the steps to having one of the most important and fun jobs at Camp Tannadoonah.

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Miss Louise
Camp Counselors
What does it take to become a counselor at Camp Tannadoonah?
Miss Louise told the Tribune about the process. People who want to be a counselor need to go online and look for the application. Afterwards, they email

Mr. Cullen
Continued on Back Page. See "LOVE"

Ok, so I got to work with some great campers last week at Camp T and they decided they were going to make a newspaper in their one week of camp... and they did! This is the cover (the whole paper is 4 pages long)... and you can see it online at <http://www.philvitale.com/Barker/2015Printed/Camp-T-print.pdf> ...

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I I KNEW 120

— Barker Kids of the Week —



Above left, Graham Thomas Steffen and his first summer float on Birch Lake. Above right, (Mike Nelson from Sea Hunt) is Elliott James Steffen. The boys are the grandsons of Tim and Irene Steffen (east side)

Lily, daughter of Nick and Lauren Fraser (McCay, Cove) gets in Birch Lake for the first time. Not phased a bit, the next generation of 'Cove Kids' begins...

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!) at Birch Barker, 63174 Birch Rd., Vandalia, MI 49095; put them in a ziplock and stick them in my stone mailbox at my home (east side), email at SAILORPHIL@PHILVITALE.COM

Be sure to include the names and other details ... and please make sure the files are 6 MB OR LESS ...

huge email attachments bog down my email server!

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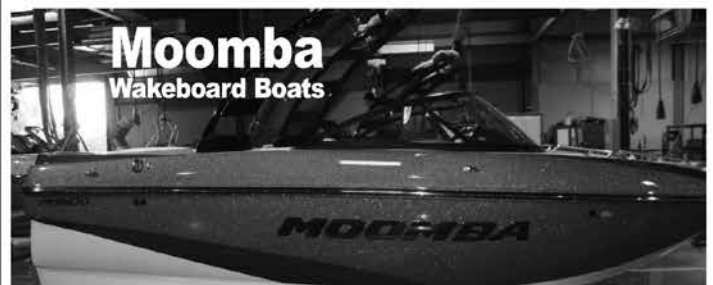
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Announcing the Annual

Birch Lake Ladies'

FUN!!!

GOLF OUTING

July 17, 2015

Diamond Lake Golf Course, Cassopolis

Lunch following — Details later

50/50 Drawing

Prizes

Entry fee \$35; includes 9 holes of golf with cart,
catered lunch (following golf at BLYC)
and more fun than legally allowed!!!

Questions? Please call 476-2615

Ladies' FUN!!! Golf Outing needs hole sponsors. Please contact Bad Patty 476-2615 Thanks so Much!

BE THERE!! GET YOUR TEAM!!!

Each team is encouraged to donate a basket to be raffled

Team Members and Entries by July 11

Please include a contact phone number for your team

1. _____ 2. _____

3. _____ 4. _____

Contact Phone # _____

Checks should be made out to BLYC and dropped off to Patty Luecht
East Side 63168 Birch Rd — between Phil Vitale and "A-Frame")

BLYC 55th ANNUAL MENS GOLF OUTING

(4-MAN FLORIDA SCRAMBLE)

**JULY 31, 2015, \$70/MAN
SAUGANASH GOLF CLUB**

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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FLEET CAPTAIN'S CORNER



Come sailing with us!

A hoy sailors! What a fine sailing day it was! 8 MC's and at least 9 Sunfish! Looking forward to meeting and greeting all the new sailors for "Don Harmon's" People's Regatta!"

EVERYONE is invited the second annual Don Harman People's Regatta this Saturday, June 27, launching from Fleet Captain Mike Lutz's on the North Shore next to Camp T. Please arrive by 10:30 am, sailing begins at 11 am.

Lunch and soft drinks will be provided, but adults BYOB.

Until next week ... "Splice the

mainbrace.

~"Fleet Captain Mike"

New rule from Bad Patty

FYI: Anyone wishing to join us on Sunday Mornings on the committee boat, please meet at my house by 10:30. Often, after Saturday night in the Flamingo Room, I am moving rather slow, so meeting here helps me to get it in gear! And I'm sure all the sailors would appreciate if the races started on time. Thanks,

~Bad Patty



2015 Season Sailing Results to Date

Date	21-Jun	21-Jun	21-Jun	Total	Season	# Races	%
Race	5	6	7	Points	Average	Finished	Finished

MC Scow/Sailor

Sailor	21-Jun	21-Jun	21-Jun	Total	Season	# Races	%
Scott Troeger #1489	2	2	7	10598	1514	7	100.0%
Jeff Smitley #2002	1	5	3	10424	1489	7	100.0%
Bob King #1199	3	4	2	9747	1392	7	100.0%
Phil Vitale #500	7	1	1	9544	1363	7	100.0%
Bill Luecht #1579	6	3	5	9445	1349	7	100.0%
Barb Cassady #2435	5	6	4	9155	1308	7	100.0%
Harold Cranmer #1991/2412	4	7	6	8585	1226	6	85.7%
Gib Eberhart #916	8	8	8	3267	1089	3	42.9%

Sunfish/Sailor

Sailor	21-Jun	21-Jun	21-Jun	Total	Season	# Races	%
Rick Russwurm (Green/Blue)	1	6	2	10590	1513	7	100.0%
Peter Soldato	4	2	4	5859	1465	4	57.1%
Chris Spratt (Blue/Green)	DNS	DNS	3	1444	1444	1	14.3%
Stewart Spratt	3	1	1	7169	1434	5	71.4%
Bob Cassady	2	3	7	8530	1422	6	85.7%
Mike Lutz (Blue/Red/Yellow)	5	4	5	9820	1403	7	100.0%
Sandy Vitale (White)	7	5	6	7859	1310	6	85.7%
Herb Cleveland	6	8	10	8461	1209	7	100.0%
Bill Butler	DNS	7	9	6875	1146	6	85.7%
Camille Butler	8	10	8	7905	1129	7	100.0%
Bob Niezgodski	9	9	11	7306	1044	7	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.



Jim "Bubba" Baldwin
Owner/Operator

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— Dana on Drugs —

Grapefruit and medication — a dangerous combination

By **Dana Soldato, PharmD**

Grapefruit is tasty and nutritious, but a nightmare when it comes to a handful of medications. When grapefruit is taken with medication, it completely interferes with the metabolism, or breakdown, of that drug. What results, is elevated drug concentrations in your blood and increased risk of adverse events!

This strange phenomenon was discovered by accident in 1989 when researchers were trying to determine how alcohol interferes with blood pressure medicine. To make taking shots of alcohol more appealing to the study participants, the researchers mixed the alcohol with orange juice to enhance the flavor. Some participants said they preferred grapefruit juice over orange juice, and the researchers allowed the substitution. The researchers were puzzled when they discovered way higher concentrations of drug in the grapefruit juice population.

So what was happening?

They discovered that grapefruit juice blocks the enzyme CYP3A4. Roughly 50 percent of drugs utilize CYP3A4 as part of their metabolism. When CYP3A4 is being blocked by grapefruit juice, the drug can't be metabolized and drug concentrations surge. However, drugs are metabolized in a variety of different ways, so pharmacists and doctors are mostly concerned about

those drugs that rely heavily on CYP3A4 for their metabolism.

There are 85 known medications that interact with grapefruit juice. If you are on any of these drugs, you will be instructed to avoid grapefruit and grapefruit juice.

Here are the most common drugs from the list:

■ Cholesterol drugs: simvastatin (Zocor, Vytorin), atorvastatin (Lipitor), lovastatin (Mevacor)

■ Cardiovascular Drugs: nifedipine (Adalat, Procardia), felodipine (Plendil), verapamil (Calan), amiodarone (Cordarone), dronedarone (Multaq), apixaban (Eliquis), ticagrelor (Brilinta), cilostazol (Pletal)

■ Antibiotics: erythromycin

■ Anti-seizure: carbamazepine (Tegretol)

■ Organ Transplant Drugs: cyclosporine (Neoral, Sandimmune), tacrolimus (Prograf),

sirolimus (Rapamune)

■ Antidepressants/Antianxiety/Antipsychotics: buspirone (Buspar), triazolam (Halcion), diazepam (Valium), ziprasidone (Geodon)

■ Erectile dysfunction: Viagra, Cialis, Levitra

■ Gout drugs: colchicine (Colcris)

■ Opioids: oxycodone (Roxicodone, Oxycontin, Percocet)

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STU'S STAR STUFF



The Milky Way is not, of course, a constellation, but a band of faint light crossing the sky. The Roman writer Manilius compared it to the luminous wake of a ship. Ovid, in his *Metamorphoses*, described it as a road lined on either side by the houses of distinguished gods; 'the Palatine district of high heaven', he termed it. Along this road the gods supposedly traveled to the palace of Zeus.

Eratosthenes tells us that the Milky Way was the result of a trick played by Zeus on his wife Hera so that she would suckle his illegitimate son Heracles and hence make him immortal. Hermes laid the infant Heracles at Hera's breast while she was asleep, but when she woke and realized who the baby was, perhaps by the strength with which he sucked, she pushed him away and her milk squirted across the sky to form the Milky Way.

Manilius listed various explanations for the Milky Way that were current in his day, both scientific and mythological. One suggestion was that it is the seam where the two halves of the heavens are joined or, conversely, where the two halves are coming apart

like a split in the ceiling, letting in light from beyond. Alternatively, said Manilius, it might be a former path of the Sun, now covered in ash where the sky was scorched. Some thought that it could mark the route taken by Phaethon when he careered across the sky in the chariot of the Sun god, Helios, setting the sky on fire. Yet again, noted Manilius, it could be a mass of faint stars, an idea attributed to the Greek philosopher Democritus of the fifth century BC, which we now know to be correct.

Gemini is a zodiacal constellation representing the twin brothers Castor and Pollux. Both were mothered by Leda, and were therefore brothers of Helen, but they had different fathers: In one night, Leda was made pregnant both by Zeus in the form of a swan and by her husband, the king Tyndarus of Sparta. Pollux, as the son of a god, was immortal and was renowned for his strength, while his mortal brother Castor was famous for his skill with horses. Both brothers voyaged in search of the Golden Fleece as Argonauts, and then fought in the Trojan War to bring their sister home to her husband Menelaus. They are traditionally depicted

as armed with spears and riding a matched pair of snow-white horses.

The most common explanation for their presence in the heavens is that Pollux was overcome with sorrow when his mortal brother died while participating in the Olympic games, and begged Zeus to allow him to share his immortality. Zeus, acknowl-

The Moon for this Saturday

(At Midnight, US Central time, as viewed from the Northern Hemisphere)
Illuminated Fraction: 0.837
3.8 days until full moon



Sunrise: 6:10 am
Sunset: 9:23 pm
Moonrise: 5 pm
Moonset: 3:03 am
Day length: 15h 13m

edging the heroism of both brothers, consented and reunited the pair in the heavens.

Castor and Pollux were unique among those placed in the sky in that they are not represented merely as a constellation but as actual stars which mark the twin's heads in the constellation. Castor is a bright white binary star, while Pollux is orange.

Look for the Milky Way as it pours high across the sky. It appears to emanate from the spout of the Tea Pot in the south and crosses the entire sky. Look for Castor and Pollux in the predawn east, to the left of Orion, the Hunter. More mythology coming soon.

Until then ... you know what to do.

~Stu Spratt
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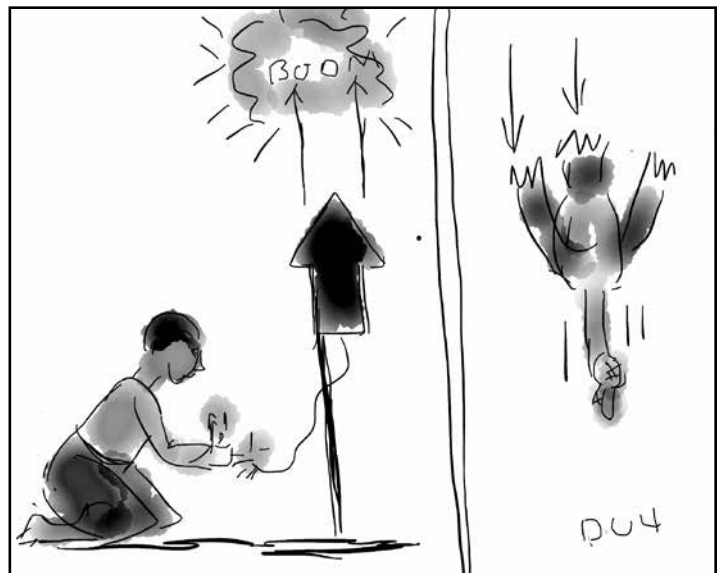
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Thanks to our Artist in Residence Duffy Dufor for the great painting ...

YOUR HOROSCOPE

Aries (March 21-April 19) You will swing your focus to home, family and your private life for the next month. This will manifest in several ways, depending on the details of your own life. You might want to cocoon at home and sort of "hide." However, for many of you, this focus on home will mean tackling home repairs, home redecorating projects and home renovations.

Taurus (April 20-May 20) The tempo of your daily schedule will speed up because of the demands you suddenly face. Short trips are a given. Plan for this. In addition, you will be busy talking and communicating to others, especially siblings and relatives. You'll also be busy with errands and have an ambitious To Do list. Many of you will write or read and study more than usual as well.

Gemini (May 21-June 20) In the month ahead, you will focus on money, cash flow and your possessions. You might anticipate a major purchase, which makes you study your cash flow, assets and debt. Similarly, many of you will focus on your possessions or something that you own. You might want to clean, repair or maintain something, which requires effort on your part.

Cancer (June 21-July 22) This is your chance to recharge your batteries for the rest of the year. You're a winner! You will project your personality with greater force and make a strong impression on others. You'll have a great need to express yourself. Lots of activity will take place in your life, which, in turn, will give you a chance to show the world what you can do.

Leo (July 23-Aug. 22) You will choose to work behind the scenes. It doesn't necessarily mean you will be antisocial, but you will withdraw from the busyness of everything around you. You will be in planning mode. Use the month to plan what you want your new year (birthday to birthday) to be all about.

Virgo (Aug. 23-Sept. 22) Start scanning your closet for snappy duds because your popularity rating will soar in the next four weeks. Invitations for fun times will pour in; and your interactions with others be based on fun times, dinners, lunches, get-togethers and parties. Your increased interaction with other will also be due to classes, sports events, meetings, conferences and conventions.

Libra (Sept. 23-Oct. 22) People in authority will notice you and see you in positive terms. This is why someone will ask you to take on a special job or increased responsibilities. Say yes because you won't have to do anything special to dazzle them. Just when you decide to reach for the brass ring, someone wants to offer it to you.

Scorpio (Oct. 23-Nov. 21) Keep a bag packed by the door because you're going places in the next month. You'll be bored with your routine. You want change! Stimulation! Adventure! You want to learn something new to feel you're getting more out of life. You'll be excited about ideas, philosophy and religion. The only downside is you will want to convince others to agree with you. Note: You can be intimidating. Yeats said, "Education is not filling the bucket, it's lighting a fire."

Sagittarius (Nov. 22-Dec. 21) The month ahead will be intense and passionate. You want to experience life at a gut level, not just as an intellectual abstraction. You want the nitty-gritty. You can also expect to be more involved with shared property, debt, taxes, inheritances and insurance issues. You might also feel challenged by someone. There could be disputes about shared property or inheritances.

Capricorn (Dec. 22-Jan. 19) You will need more sleep. Discover the power nap. This means you will be tired and at odds with someone close to you. Could it be that you are wearing different glasses and seeing things from a different point of view? So much depends on attitude.

Aquarius (Jan. 20-Feb. 18) You'll get a lot done in the next month because you want to be productive, efficient and effective. This is why you will be so keen to be better organized and start each day with a To Do list. Focus on a new exercise regime or explore a new way of eating.

Pisces (Feb. 19-March 20) Life will be exciting and romantic! In the next four weeks, love affairs, romantic interludes and flirtatious tete-a-tete's will thrill you. Beyond romance, your social life will be stimulated with fun invitations, picnics, barbecues, sports events, musical performances, the theatre, the arts and playful activities with children. And you will want to express your creative talents. Grab every chance to do this. Some will be involved in competitive sports or physical activities.

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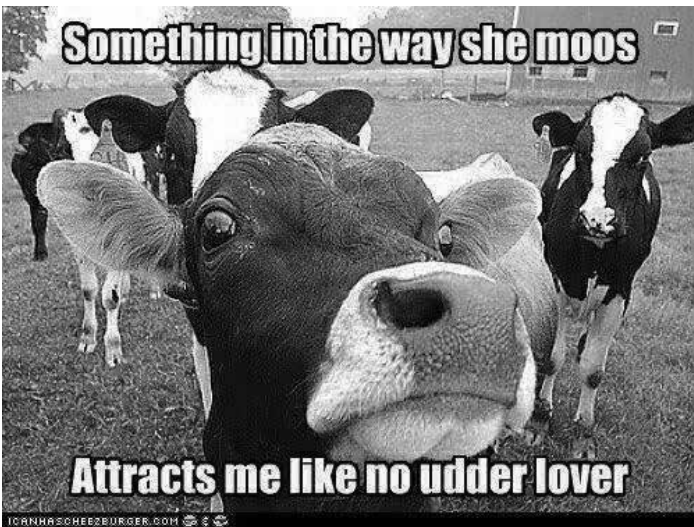
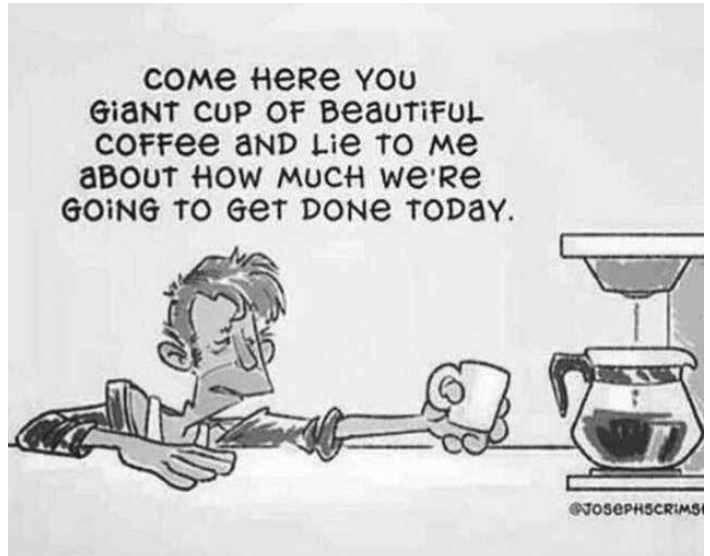
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~Birch Lake Recipes~



Provided Exclusively to the Birch Barker from Mrs. Ima Foodnudge

Strawberry Goat Cheese Bruschetta

Makes 12 slices

Ingredients:

- 1/2 cup balsamic vinegar
- 12 slices Italian bread
- 1 tablespoon olive oil
- 1 pound strawberries, washed and diced
- 2 teaspoons fresh thyme leaves, plus more for serving
- 1 cup goat cheese, room temperature
- salt and freshly ground pepper to taste



Directions:

Heat vinegar in a small skillet over medium-low heat. Simmer until reduced

by about half, 8 to 10 minutes. Remove from heat and allow to cool to room temperature.

Prepare a grill for high heat. Place bread slices on a foil-lined baking sheet and drizzle with olive oil.

Combine strawberries and thyme in a small bowl and set aside.

Grill bread on the preheated grill until browned, about 3 minutes per side.

Spread goat cheese on toasted bread. Add black pepper, salt, and reduced vinegar to the strawberry mixture. Spoon over the goat cheese topped bruschetta.

Garnish with additional thyme.

Birch Barker Word Search

New words / slang in the Webster dictionary

Find each of the following words.

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ANTHROPHOBIA
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CUAS
CUSBAND
JOKE-A-VERSITY
PRELATIONSHIP
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SPAMBOT
AXOCOLATOPHOBIA
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— Camp Tannadoonah —

This week at camp we have our "Super Week" campers here. The Super Week kids stay for 11 days instead of just a week! This week is much busier than last week was – last week we had 85 campers, and this week we have 115! That extra 30 kids makes a big difference in the amount of work the staff have to do!

Last week we had a special program that we've never offered before! Our very own Birch Laker, Phil Vitale, led a Journalism Class for the week. The campers interviewed other campers and staff, took photos, learned about editing and newspaper production, and then put together the first ever edition of the Tannadoonah Tribune! You can check it out online at <http://tiny.cc/tribune>

The kids did an amazing job! Phil brought over copies for everyone in camp, and we all enjoyed reading our camp newspaper on Saturday morning during breakfast.

Once again this week, we have collected some camper-written stories about their experiences at camp to share with you in the Barker.

Julia (age 11): I heard about Camp from my cousins and I started to come when I was six and now I am eleven. Since I have been going five or more years I can do order of the Birch.

Which is I have to do every free period activity, and do one of the three choices of activities to do in the morning, which are Frozen Foot (running), Frozen Fish, and Polar Bear (swimming). Also you have to write a speech, song, or poem, and present it at Council Fire on Friday night. We have to be a model camper, help lead sing, keep bunks neat and clean, and perform a service project for camp. That's most of the things you have to do for Order of the Birch. I also love to make new friends.

Audra (age 11): I started going to Camp Tannadoonah three years ago. I started going to camp when I was going into fourth grade. So far, every year I have gone I have met new friends. My favorite part about camp is when everyone gathers around the camp fire and we sing lots of songs. My favorite song is called the Circle Game. The Circle Game is a sad song but it has a great tune. I love camp and I hope that everyone who comes has a great experience like I have.

Grace (age 13): I heard about camp from my brothers. I've been coming to camp for 8 years now. I started coming when I was five. Camp is the highlight of my summer. The best part is being able to meet new people and learn the different ways people live.

The second best part is the counselors because they make it entertaining.

We hope that you enjoy seeing camp through the campers' eyes! Next week we will hopefully be able to convince some of the boys to write something!

We have officially surpassed 800 registered campers for the summer, and are now at 816! Last summer we ended the season with 818 campers, and didn't reach 816 until August 1. On this date last year we had 774 registered campers. So we're pretty confident that we will beat last year's numbers ... now I'm re-setting my goal and hoping for 850! If you have campers who still want to attend, sign them up soon!

Don't forget about the upcoming pancake breakfast up here at Camp T on Sunday, July 5 from 8:30 to 11 am! It's always fun to see the many lake friends who come up to camp for the breakfast. We will have our Camp apparel available for you to purchase, if you want to show your Tannadoonah spirit! This year's t-shirts are BRIGHT orange, and the sweatshirts are extra-special because they have glow in the dark print!

~Miss Amber

Amber@tannadoonah.org



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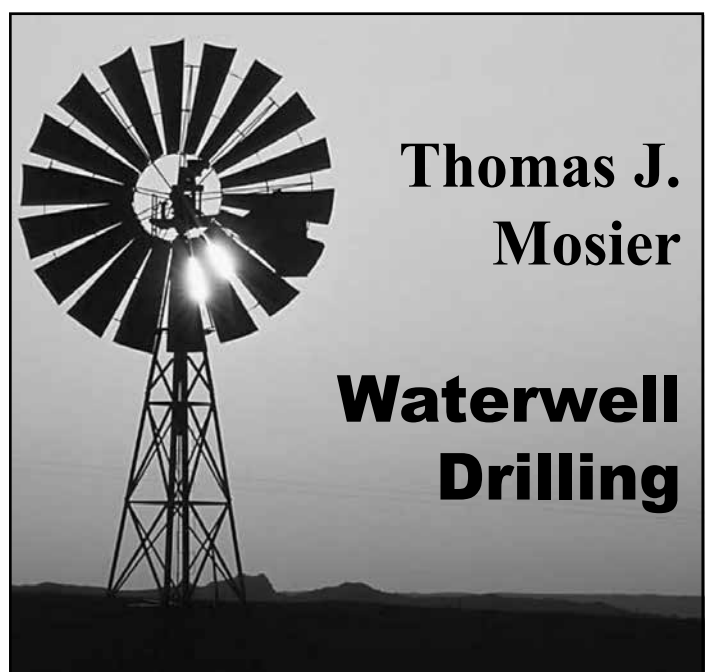
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FOR SALE - **2 Haier Window Air Conditioners** - Barely used - \$30.00 each or both for \$50.00. Call Harold Cranmer at 1-574-264-6817.

Pelican paddle boat for sale including cover, barely used. \$200. Call Barb or Bob 476-7016.

It is very rare when not one but **two premier Birch lake properties** become available at the same time. Please click on the "Flyer" link below to view these two strikingly different but equally incredible lake homes. Please pass along to any of your friends who you think might be a prospective Birch Laker. Please contact me with any interest or questions. See Flyer at <http://www.cressyandeverett.com/properties/for-sale-or-lease/residential-homes/>, or contact me. Thanks, Rick Doolittle 574-286-0971 Rickdoolittle@cressyandeverett.com

Birch Lake home for sale. 3+ bedrooms, 3 1/2 bathrooms, basement, 104 feet of lake frontage. Call Bernie or Blair Garceau (269) 476-9862

Birch Lake house on Kinsey St. for sale. \$189,000; Visit <http://www.birchlakehouse.com/> for details.

LOST

American Flag and dark blue Soggy Dollar Bar boat flags (both on the same pole). If you find them, please call Tom Kuhn (708-772-7373) or Jan Temple (847-846-8600) west shore.

MISC.

Dog walking and babysitting services from Amanda. 10\$ and hour for babysitting and 10\$ a day for dog walking. If interested contact Amanda @ 574-304-1799 (prices are negotiable).

I do sewing and mending at fair prices - zippers, hemming, small alterations, and sail repair Also projects not finished etc. Call Katie/Kathy at 476-9317

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

WANTED

WANTED: **kids at Yacht Club.** If a couple parents would be willing to help, BLYC is always willing to stump up a few coins to serve refreshments and let the little people play ... get to know each other. Function? TBD. Games? TBD. Date? TBD. Watch this space!

SERVICES OFFERED

PROPANE GRILL TANK SERVICE, \$15 pickup/delivery included. If you run out, I have spare tanks I can loan to you. Bill Butler 574-596-1343, or 269-476-9905.

BIRCH BARKER CLASSIFIED ADS

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@philvital.com**



BIRCH LAKE YACHT CLUB

**Haven't paid your 2015 dues yet?
Now's the time!**



Support the BLYC, support our Birch Lake Community!

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

Total contribution:

\$___ - BLYC Associate Member Dues

\$_____

(\$10 / year)

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

Name _____

\$___ - Sailing Fees (\$15 / year)

\$___ - Building Improvement Fund

Address _____

\$___ - Fireworks Fund

\$___ - Water Quality Program

\$___ - Milfoil/Loosestrife Eradication

\$___ - Safety Committee

\$___ - Other non-party related expenses

\$___ - BLYC Roof Fund

\$___ - Misc.

Make checks payable to

BLYC

c/o Deb Spratt

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