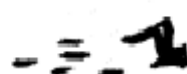


Lake Forest News



VOLUME 53

APRIL 2009

NO. 4

President's Corner

Happy Spring!!! At least that is the season we have just entered, even though the weather and temperatures haven't caught up yet. It's that time of year again where our water level will be rising. If lake front property owners have any unfinished work to tend to now is the time. I would also like to ask water front property owners to take a look along their shore area and pull out any debris, garbage etc, that may have floated in during the winter months. I would appreciate this very much. Dues for 2009 can be paid at our general meetings or mailed to our Financial Secretary at: 744 Lakeside Drive. Dues paid after April 1st are subject to a \$10 late fee. Boat stickers are in and can be paid for along with your dues, \$5 per boat. As a reminder, please make sure your boats are labeled according to the LFA labeling chart (your house number and your street code). This information can be found on the association's website:

www.LakeForestAssociation.com

I want to thank everyone who came out to join us at the March general meeting, and look forward to seeing you again in April (4/1/09).

If anyone has any questions or concerns, please feel free to contact me at 685-5823 or SueKohut@gmail.com

Sue Lesko-Kohut, President

Calendar of Events

APRIL:

- 1st: Crime/Safety Committee Meeting—7:30 P.M.
- General Meeting—8:00 P.M.
- 5th: Palm Sunday
- 8th: Passover Begins
- 9th: Full Moon
- 10th: Good Friday
- 11th: LFA Easter Egg Hunt—11:00 A.M.
- 12th: Easter
- 15th: Board of Director's Meeting—8:00 P.M.
- 18th: BEACH CLEANUP 9:00 A.M.*******
- 22nd: Earth Day



MAY:

- 2nd: CLUBHOUSE CLEANUP 9:00 A.M.*******
- 5th: Cinco de Mayo
- 6th: Crime/Safety Committee Meeting—7:30 P.M.
- General Meeting—8:00 P.M.
- 9th: Full Moon
- 10th: Mothers Day
- 13th: Board of Director's Meeting—8:00 P.M.
- 16th: Armed Forces Day
- 25th: Memorial Day

Upcoming events: LFA Cleanup Day
Potluck Dinner on the Beach
Movie Night on the Beach

*****IMPORTANT NOTICE*****

The By-laws Revision Committee will be presenting the proposed changes of the by-laws at the April and May general meetings. Please make every effort to attend these meetings. After being presented for two consecutive months, the proposed changes will be brought to a vote during the June monthly meeting.

The proposed changes are posted on our website: www.LakeForestAssociation.com

If you do not have internet access, please call Greg Carson at 345-6735 to obtain a copy.

Please read through the changes proposed and bring any questions or suggestions to the April general meeting (4/1/09).

BEACH CLEANUP—SATURDAY—APRIL 18TH—9:00 A.M.

2009 Lake Forest Committees

Beach & Safety: Don Rastelli

Environmental: Dave Pavlik

Financial: Gail Cary

House : Al Pinciario

Dam Project: Bill Barfield

Sunshine: Betsey Mezzanotte

Historical: Jermaine Panza

Beach 2: Roberto & Marianna Figueroa

Boat Docks & Wardens: Greg Barnes

Crime & Safety: Jeff Kohut

Legal: Michael Panza

Kids Entertainment: Ursula Meyer

By-Laws: Greg Carson

Entertainment: Karen Conroy

Dam Maintenance: Henry Rastelli

Committee meetings take place on the first Wednesday of every month (prior to the General Meeting), unless otherwise specified. If you are interested in serving on a committee please contact anyone of the above Chairpersons.

"Many hands make light work"

Anyone wishing to submit an article for our newsletter may do so by e-mailing:

LakeForestAssociation@gmail.com

Or dropping your article off at the Board of Directors monthly meeting.

**FISHING
SEASON OPENS
APRIL 18TH.
2009 LFA BOAT
STICKERS ARE
AVAILABLE**

GREG BARNES

ANNOUNCEMENTS

Lake Forest Children's Easter Egg Hunt



**Saturday, April 11, 2009
11:00 A.M.
LFA Clubhouse
(rain or shine)**

Interested in Yoga Classes?

If so why not join some of your fellow LFA neighbors at the clubhouse on Tuesday evenings at 7:15 P.M.

If you'd like more information call Ursula Meyer at: 540- 5774

Entertainment Committee

WINE & FOOD TASTING
Hosted by St. Andrew School PTO
395 Anton St. Bridgeport, CT
(Proceeds to Benefit the Sports Program)

Adults 21 and over

Saturday, April 25, 2009

6:00PM - 9:00PM

**DONATION: \$20.00 ADVANCED TICKET PURCHASE OR
\$25.00 AT THE DOOR**

Tickets can be purchased at:

Brookside Package Store on 4555 Main St. Bpt.
St. Andrew School, 395 Anton St. Bpt.



WINE & BEER TASTING SPONSORED BY: BROOKSIDE PACKAGE, LIVE MUSIC BY 9 STYLE ACOUSTIC DUO AND A VARIETY OF FINE FOODS FROM THE FOLLOWING ESTABLISHMENTS & FOOD DONORS: BIAGIO'S OSTERIA, BILLY'S BAKERY, RALPH & RICHES, TAKE TIME CAFÉ, TASTEFULLY SIMPLE, TESTO'S, THE FIELD & VAZZY'S 19TH HOLE.

IT'S THE PARTY YOU DON'T WANT TO MISS!
(Tickets will also be available at the April LFA Meeting)

Karen Conroy

FROM THE KITCHEN OF.....

Sometime late in the Fall of last year I received this recipe from my good friend Gladys Imbro. At the time I was amused and only recently got around to re-reading the e-mail entitled "The Most Dangerous Cake Recipe In The World!" Needless to say I just had to try it out. I respectfully suggest that you too try it out. And I apologize for keeping it my secret so long. So here goes and good luck!!!

5 MINUTE CHOCOLATE MUG CAKE

4 Tablespoons flour
4 Tablespoons sugar
2 Tablespoons cocoa (unsweetened variety)
1 egg
3 Tablespoons milk
3 Tablespoons oil (I use corn oil)
3 Tablespoons chocolate chips
A splash of vanilla extract
1 large coffee mug (approximately 10-12 oz. with straight sides preferred)

(I suggest measuring all ingredients before beginning to mix. I used a fork to mix batter and oiled the inside and bottom of mug lightly)

Add dry ingredients to mug and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add chocolate chips (if using) and vanilla extract and mix again. (This took about 2 minutes!) Put the mug in the microwave and cook for 3 minutes at 1000 watts (my microwave is 1200 watts, so I used 3 minutes on "8" setting) it's fun to sit and watch it cook! The cake will rise over the top of the mug, but don't be alarmed!! Allow it to cool a couple of minutes and tip it out onto a plate. EAT!! (This can serve 2-4 if you want to feel slightly more virtuous). Nice to serve with a scoop of ice cream and/ or a little whipped cream.....you can blame the calories on my friend Gladys!!

And why is this the "Most Dangerous Cake Recipe In The World?" Because now we are only 5 minutes away from chocolate cake at anytime of day or night!! (But mighty handy for a quick, even company dessert!! I tried this and it really works!!!)

Betsey Meyer

Kids N' Coffee

A short time ago I thought to myself, "am I such a bad parent, just because I don't want to stand in the mud and watch my kids play? Or am I just being sensible?" Either way I of course gave in to the little one's whims and we wound up going out anyway. As I stood in my yard, in the mud, I glanced over my fence and took notice of the dry parking lot next door.

So my conclusion now comes to you, my neighbors, would you like to join me and my children on Sunday mornings? Let's say around 10 A.M., I'll chain off the parking lot, you bring your kids, I'll brew some coffee.....don't forget the bikes, Big Wheels, wiffle ball or the favorite dump truck. The plan is to let the kids have an hour or two playing together (I'll open up the doors so the bathrooms are right there), and we adults can drink our coffee, chat and relax knowing the kids are all in one safe place.

I hope that April 5th will be a good start date for us, please call and let me know what you think about my thought.....

Michael Panza (509-1914 or e-mail lakeforestvp1@live.com)

Dam Project Update

Whenever a project the size of our dam spillway is being planned for construction by the state, there is a lot of paperwork that has to be completed before construction can begin. Such data as to the number of contractors that will be working on the project, number of employees per contractor, number of minority and female, contractors' history, permits; the list goes on and on that must be satisfied by the state government before any construction can start. The DEP has informed us that at this point the paperwork is going very slowly. Because of this holdup, the projected time for starting with the construction will not begin before May of this year. This delay means the dam drain valve will be shut in the later part of March. The DEP is still saying that the lake will only be lowered 4 to 5 feet to work on the spillway and dam areas.

Once the lake is lowered for construction, we may have to move the beach area out a little farther where the water was, but we will have a beach this summer. The other item that must be taken care of once the lake is lowered are trees that have fallen into the lake from lake front properties, must be removed from the lake by the owner of the property that the tree has fallen from.

Bill Barfield, Dam Project Chairperson

Recycling your used motor oil is easy

Used motor oil from a single oil change can ruin a million gallons of fresh water—a year's supply for 50 people.

Used motor oil is insoluble, persistent and can contain toxic chemicals and heavy metals. It's slow to degrade. It sticks to everything from beach sand to bird feathers. Used motor oil is a major source of oil contamination of waterways and can result in pollution of drinking water sources.

On average, about 4 million people reuse motor oil as a lubricant for other equipment or take it to a recycle facility.

Recycled used motor oil can be re-fined into new oil, processed into fuel oils and used as raw materials for the petroleum industry. One gallon of used motor oil provides the same 2.5 quarts of lubricating oil as 42 gallons of crude oil.

Become a used motor oil recycler number four million and one.

Begin recycling your used motor oil today. If all the oil from American do-it-yourself oil changers were recycled, it would be enough motor oil for more than 50 million cars a year. Imagine how much foreign oil that would eliminate!

- **REMOVE:** Do not spill any oil on the ground
- **CONTAIN:** Put your used motor oil in a clean plastic container with a tight lid. Never store used oil in a container that once held chemicals, food or beverages.
- **DO NOT MIX:**
- **RECYCLE:** Take used motor oil to a service station or other location that collects used motor oil for recycling.

Be a part of the solution: Recycling makes more sense today than ever. Recycling saves money and protects the environment. Improper waste management costs money—your money. You pay higher consumer prices, taxes for environmental cleanups and increased health care costs.

Here's what you can do:

- Protect our environment and conserve our resources by taking your used motor oil to the nearest used oil collection center, such as a service station, lube center or automotive store.
- Look for the oil drop. It is an industry symbol signifying used oil collected for recycling and reuse.

For more information on managing used motor oil, visit the EPA on the web:

www.epa.gov/epaoswer/hazwaste/usedoil/index.htm or www.ct.gov/dep

Submitted by: Dave Pavlik

Did you know.....that recently coyotes have been spotted in the neighborhood???

A typical coyote resembles a small, lanky German shepherd, but several characteristics distinguish it from a dog. Coyotes tend to be more slender and have wide, pointed ears; a long, tapered muzzle; yellow eyes; slender legs; small feet; and a straight, bushy tail which is carried low to the ground. The pelage (fur) is usually a grizzled-gray color with a cream-colored or white underside, but coloration is variable with individuals having blonde, reddish, and charcoal coat colors. Coat color does not vary between the sexes. Most coyotes have dark hairs over the back and a black-tipped tail, which has a black spot near its base covering a distinctive scent gland. However, not all coyotes have the black markings.

Tips on Preventing Conflicts with Coyotes

- DO NOT allow pets to run free! Keep cats indoors, particularly at night, and small dogs on a leash or under close supervision at all times.
- NEVER feed coyotes! DO NOT place food out for any mammals. Clean up bird seed below feeders, pet foods, and fallen fruit. Secure garbage and compost in animal proof containers.
- Always walk dogs on a leash. If approached by a coyote while walking your dog, keep the dog under control and calmly leave the area. DO NOT run or turn your back.
- Attempt to frighten away coyotes by making loud noises (e.g., shouting, air horn) and acting aggressively (e.g., waving your arms, throwing sticks, spraying with a hose).
- Teach children to recognize coyotes and to go inside the house (do not run) or climb up on a swing or deck and yell if they are approached.
- Close off crawl spaces under porches and sheds that coyotes or other animals may use.
- Educate your neighbors. Ask them to follow these same steps.

Submitted by: Meg Monahan

Lake Forest Association, Inc.

424 Frenchtown Road
Bridgeport, Connecticut 06606

Invoice

Dues owed for 2009

Resident Membership \$ _____

Other* (specify from list below)
_____ \$ _____

Additional fees:

Boat stickers \$5 per boat \$ _____
Required registration for each Boat.
(In addition all boats must be labeled per LFA policy)

Replacement beach fob \$25 each \$ _____

Late Fee if paid after April 1st \$ _____

TOTAL PAID \$ _____

Make checks payable to the Lake Forest Association, Inc.

Name: _____

Address: _____

Phone: _____ **E-mail:** _____

If you have been a Resident member and feel that you qualify for any of the following memberships you may submit your request in writing to the Board of Directors. All new members must apply for membership.

Resident / Charter Membership \$180.00 per household

Associate Membership \$180.00 per household
Renter in Lake Forest

Senior Membership \$ 90.00 per household
Property owner over 65years of age and membership for 15 consecutive years

Summer Membership \$210.00 per household
Non-resident

Lifetime \$ 0.00
Property owner with membership for 50 consecutive years