



Lake Forest News



VOL. 53

JUNE 2009

NO. 6

President's Corner

Well it appears as if the summer season has arrived. It was great to see so many people down at the beach during the Memorial Day weekend. Please make time to stop at the beach and welcome back Liz Pavlik as our head lifeguard. Also joining us this year as lifeguard is Neil Carey.

Just a reminder please label your boats per LFA guidelines, this is a huge help to our Boat Warden should your boat float away. If you have not already done so, 2009 boat stickers are available (\$5 per boat) - contact Greg Barnes at 581-0257.

All beach fobs are active, should anyone have difficulties please contact Michael Panza at 509-1914. Beach hours are 8 A.M.—8 P.M.

New to the beach this year...compliments of Henry Rastelli...is a newly constructed shelf in the stone wall to the right of the stairs. Hats off to Henry for a wonderful job!!!

Please check your calendars and hopefully you will be free to join us for all of our upcoming events. This summer features a movie on the beach the 2nd Saturday of every month (rain date will be the following Saturday), if you have any movie suggestions, let us know at:

LakeForestAssociation@gmail.com

As always, should you have any questions or concerns please do not hesitate to contact me at 685-5823 or SueKohut@gmail.com

Sue Lesko-Kohut, President

Calendar of Events

JUNE:

3rd: Environmental Committee Meeting—7:00 P.M.
 Crime & Safety Committee Meeting—7:30 P.M.
 General Meeting—8:00 P.M.

6th: Full Moon

Wine & Cheese Social on the Beach—7:30 PM

13th: **Movie on the Beach—8:00 P.M....WALL-E**

14th: Flag Day

15th: Boating Course (1st class) 6:30 P.M.

17th: Boating Course (2nd class) 6:30 P.M.

18th: Board of Director's Meeting—8:00 P.M.

21st: Father's Day

Summer Begins

22nd: Boating Course (3rd class) 6:30 P.M.

24th: Boating Course (final class) 6:30 P.M.

27th: **Potluck Dinner on the Beach 6:00 P.M.**

JULY:

1st: Crime & Safety Committee Meeting—7:30 P.M.
 Environmental Committee Meeting—7:30 P.M.
 General Meeting—8:00 P.M.

4th: Independence Day

11th: **Movie on the Beach—8:00 P.M.**

15th: Board of Director's Meeting—8:00 P.M.

Upcoming Events: July: Movie on the Beach (7/11)
 August: Field Day (8/2)

IMPORTANT: June 3rd General Meeting—8:00 P.M.
By-Laws Revision Vote

(Proposed changes available on: LakeForestAssociation.com)

2009 Lake Forest Lifetime Members

John & Irene Domagala, John Howe, James Sullivan, Robert & Joan Johnston, Frank & Ann Mastrorocco, Fred & Jacqueline Taylor, Doris Leger, Marian Parnoff Henry & Ann Rastelli, Irma Hofer, Ann Carrano, Mary Brown, Vito & Josephine Vaitekunas, George & Pat Reck, Alfred & Irene Sagalaski, George & Mildred Schwartz, Evangeline Arsenault, Kathleen & Charles Nolin

Thank-you for your years of dedication to our wonderful community. We owe our sincere gratitude to all of you for making Lake Forest a beautiful place for all of us to live.



Denval Dwyer
We provide Catering Services for all occasions
Free Delivery
4100 Main Street
Bridgeport, CT 06606
Tel: 203-275-8488
Fax: 203-275-8487

Grand Opening—June 12th & June 13th

*Happy Father's Day
to all of our LFA Dads*



www.Lakeforestassociation.com

A good way to stay updated!!!!

Upcoming Events

Wine & Cheese

Saturday—June 6th—7:30 P.M.

Come on down to the beach and join us for an evening of wine & cheese as we watch the full moon rise over our beautiful lake.



Movie Night on the Beach

Saturday—June 13th—8:00 P.M.

Movie: **WALL-E**



Bring the family and a blanket....kick back and enjoy a movie on the beach!!!! Feel free to pack some snacks, etc....

See you there!!!

Potluck Dinner—Saturday—June 27th—6:00P.M.—On the Beach

Come join us for our annual potluck dinner on the beach. Bring a dish, bring a chair, bring the family!!! Oh, and bring a recipe to share. Call Betsey Meyer (372-9524) to reserve your place and co-ordinate your dish. Extra hands are gladly welcome at 3pm to help set-up for our fabulous night.



FROM THE KITCHEN OF.....

ONE OF THE BEST THINGS THAT HAPPEN IN THE LATE SPRING IS THE RIPENING OF LOCAL STRAWBERRIES. I DON'T KNOW OF ANYONE WHO DOESN'T LIKE THESE SWEET, JUICY, DELICIOUS LITTLE GIFTS FROM THE GARDEN. THERE ARE ALMOST AS MANY WAYS TO EAT THEM AS THERE ARE SEEDS ON A BERRY. (I ALWAYS FEEL SORRY FOR THOSE WHO ARE ALLERGIC TO THEM OR BOTHERED BY THE SEEDS!). THIS RECIPE IS VERY SIMPLE, QUICK AND LIKE A STRAWBERRY SHORTCAKE TO CUT IN SLICES! SO, MAKE ONE FOR YOURSELF, YOUR FAMILY OR AS A REALLY SPECIAL DESSERT FOR COMPANY. PLEASE ENJOY...



FRESH STRAWBERRY PIE



WASH AND REMOVE STEMS FROM 1 QUART OF RIPE STRAWBERRIES (PLUS 1 PINT IF YOU REALLY LOVE THEM!). FILL A PRE-BAKED PIE SHELL WITH MOUNDED BERRIES, WHOLE OR CUT, RESERVING ABOUT $\frac{3}{4}$ CUP. BRING TO BOIL 1 CUP WATER, 1 CUP SUGAR AND ABOUT 2 TBSP LEMON JUICE. ADD RESERVED BERRIES. DISSOLVE 2 TBSP CORN STARCH IN $\frac{1}{4}$ CUP WATER. ADD THIS TO THE SUGAR MIX AND CONTINUE TO BOIL ABOUT 1 MINUTE UNTIL MIXTURE THICKENS. COOL SLIGHTLY AND POUR OVER THE BERRIES IN THE PIE SHELL. SHAKE THE PIE PLATE GENTLY TO SETTLE THE CONTENTS. CHILL 3 HOURS OR MORE AND GARNISH WITH WHIPPED CREAM OR YOUR FAVORITE TOPPING.

UMM, UMM, UMM!!!!

SUMMERTIME COOL AND LIGHTER ON THE CALORIES THAN MANY OTHER STRAWBERRY RECIPES. NOTE: THIS DOES NOT KEEP WELL. BEST USED THE SAME DAY AS THE FRESH BERRIES TEND TO "WEEP". BUT YOU'LL NEVER NOTICE BECAUSE IT WILL BE GONE! THIS RECIPE ALSO WORKS WELL WITH ANY OTHER BERRIES OR A COMBINATION OF BERRIES OR FRESH PEACHES!

SEND ME YOUR SPECIAL OR JUST A REGULAR RECIPE AND SHARE IT WITH YOUR FRIENDS AND NEIGHBORS. BRING A RECIPE WITH YOU TO THE POT LUCK ON THE BEACH!!!! SEE YOU THEN.....BETSEY

Dear Neighbor,

I would like to take this opportunity to introduce myself. My name is Rick Lewis. I am a Pastor and Musician. I am a member of the Lake Forest Association..

I have rented the Clubhouse for Friday night, June 12th 7:30-9:30pm to host an open to the public music event. I would like to offer these music nights on a regular basis if they prove to be something the Lake Forest Community would enjoy. They are free! We will offer refreshments at no charge (coffee, tea, lemonade, cookies, brownies...) please consider coming and bringing your families (supervised children are welcome but there will be no child care at this time). My hope is that this will be an alternative for many who feel they have nothing to do on Friday nights. Let us try this together and see what might become of it. All are welcome! May the Lord bless you and keep you!

*Pastor Rick Lewis
76 Frenchtown Rd.
Bridgeport, CT 06606*



Beach—Water Safety

- Protect your skin: Sunlight contains two kinds of UV rays -- UVA increases the risk of skin cancer, skin aging, and other skin diseases. UVB causes sunburn and can lead to skin cancer. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear a sunscreen with a sun protection factor containing a high rating such as 15.
- Drink plenty of water regularly and often even if you do not feel thirsty. Your body needs water to keep cool. Avoid drinks with alcohol or caffeine in them. They can make you feel good briefly but make the heat's effects on your body worse. This is especially true with beer, which dehydrates the body.
- Watch for signs of heat stroke: Heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red, and dry skin; changes in consciousness, rapid, weak pulse, and rapid, shallow breathing. Call 9-1-1 or your local EMS number. Move the person to a cooler place. Quickly cool the body by wrapping wet sheets around the body and fan it. If you have ice packs or cold packs, place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels. Watch for signals of breathing problems and make sure the airway is clear. Keep the person lying down.
- Wear eye protection: Sunglasses are like sunscreen for your eyes and protect against damage that can occur from UV rays. Be sure to wear sunglasses with labels that indicate that they absorb at least 90 percent of UV sunlight.
- Wear foot protection: Many times, people's feet can get burned from the sand or cut from glass in the sand.
- Be knowledgeable of the water environment you are in and its potential hazards, such as deep and shallow areas, currents, depth charges, obstructions and where the entry and exit points are located. The more informed you are, the more aware you will be of hazards and safe practices.
- Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.
- Use a feet-first entry when entering the water.
- Make sure the water is deep enough before entering headfirst. Too many swimmers are seriously injured every year by entering headfirst into water that is too shallow.

-Tips from The American Red Cross

Boating Course

Lake Forest will be sponsoring a boating course open to all members in June (15th, 17th, 22nd, 24th) at the clubhouse. The course will run 4 evenings from 6:30p-9p. The cost for this course is free. Members and their children (age 12 and older) are invited to attend, space is limited so please sign up as soon as possible. This course will be taught by representatives from the DEP.

To reserve your space in the class please contact Meaghan Monahan by June 10th at (203) 243-6417 or e-mail: LakeForestAssociation@gmail.com

