

Lake Forest News

Volume 53

DECEMBER 2009

No. 12

Presidents Corner

I hope everyone had a wonderful Thanksgiving. Thanksgiving has always been my favorite holiday and this year I threw in a bit of a twist for my family. We celebrated the holiday by combining two families and what a beautiful day it was. Meshing together 37 people, some of whom had never met one another before, and pulling from both families their traditions proved to be challenging but hugely rewarding. One of our traditions is that during dinner everyone expresses what they are thankful for (I'll let you imagine how long that took!). As always I am truly grateful for my wonderful family (and it seems to grow each year)! This year being grateful brought on a whole new meaning as I looked around our 24' Thanksgiving table and I watched as everyone laughed and talked with individuals who were strangers just hours before. I thought to myself how blessed I am to have so many wonderful people in my life.

We have a few important dates coming up for LFA. First would be the Childrens Holiday Party on Sunday—December 6th from 1p-3p at the clubhouse. Second would be the upcoming LFA Elections on Wednesday—January 6th at 8pm during the general meeting. The nominees are listed on page 2 of the newsletter, Officer positions are a 1 year term and Director positions are a 2 year term. I want to invite everyone to come out and support both of these events.

With the Holiday Season upon us, I would like to wish everyone a happy holiday and safe New Year. May Santa be good to you and 2010 bring health and happiness to you and your families.

I would also like to thank everyone for a wonderful year. Without your help and support we could never have accomplished all that we have done together as a community. Serving as President for Lake Forest has truly been rewarding and I have enjoyed every moment of it.

As always should you have any questions or concerns, please do not hesitate to contact me at SueKohut@gmail.com or 203-685-5823.

Sue Lesko-Kohut, President

Calendar of Events

December:

- 2nd: General Meeting 8:00pm
(Committee Meetings begin at 7:30pm)
Full Moon
- 6th: **Childrens Holiday Party 1p-3p**
- 12th: Hanukkah begins
- 16th: Board of Directors Meeting 8:00pm
- 21st: First Day of Winter
- 25th: Christmas
- 26th: Kwanzaa
- 31st: New Year's Eve
Full Moon

January 2010:

- 1st: New Years Day
- 6th: General Meeting 8:00pm
(Committee Meetings begin at 7:30pm)
Lake Forest Elections
- 15th: Martin Luther King Day
- 20th: Board of Directors Meeting 8:00pm
- 30th: Full Moon

February 2010:

- 3rd: Annual Meeting / Installation Dinner **6:30pm**
- 17th: Board of Director's Meeting 8:00pm



**GENERAL MEETING—
DECEMBER 2ND—8:00 P.M.**

HAPPY HOLIDAYS

LAKE FOREST ANNUAL CHILDRENS HOLIDAY PARTY

SUNDAY—DECEMBER 6TH
1:00 P.M.—3:00 P.M.



CRAFTS, FUN, HOLIDAY CHEER!!
TO RSVP OR FOR MORE INFORMATION,
PLEASE CALL:
URSULA 395-3436 or
KAREN 371-4766

www.LakeForestAssociation.com

A great way to stay updated

Anyone wishing to submit an article for the monthly newsletter, please submit your article by the monthly Board meeting or email to:

LakeForestAssociation@gmail.com

Articles must be received by the Friday following the monthly Board meeting.



Anyone wishing to get involved in the Lake Forest Neighborhood Block Watch, please contact Jeff Kohut at 372-2791.



YOGA CLASSES **TUESDAY EVENINGS—7:30P** **CLUBHOUSE**

Anyone interested in Yoga? Why not join others from our neighborhood on Tuesday evenings. Classes are given by Tedi Barenholtz of Yogabilitation.



Lake Forest Nominees for 2010

President:	Greg Carson
1st Vice President:	Michele Finelli
2nd Vice President:	Meaghan Monahan
Recording Secretary:	Ursula Meyer
Membership Secretary:	DeOla Barfield
Treasurer:	Gail Carey

Board of Directors:	Greg Barnes
2 year seat (2/10-1/12)	Fred Castaldo
	Al Pinciario
	Nick Povinelli

Elections will be held during the January general meeting on Wednesday—January 6, 2010.

Absentee ballots are available upon request. Please contact Sue Lesko-Kohut 203-685-5823

All absentee ballots must be sent to:

Alec Theilman
879 Lakeside Drive

You must have your name and address marked on the outside of the envelope. All absentee ballots must be received prior to the start of the January general meeting

I JUST CAN'T BELIEVE THAT THE HOLIDAYS ARE SO SOON TO ARRIVE!! WHAT EVER HAPPENED TO SUMMER? BY THE TIME YOU READ THIS THANKSGIVING WILL ALREADY BE BEHIND US AND YOU KNOW HOW QUICKLY CHRISTMAS COMES AFTER THAT!! THIS FIRST RECIPE IS ONE PASSED DOWN FROM MY HUSBAND JONAS' FAMILY AND HAS ALWAYS BEEN A "MUST" AT OUR THANKSGIVING DINNER. IT'S WORTH THE LITTLE EXTRA EFFORT.

AUNT MARGARET'S CREAMED ONIONS

ALLOW **3-4 SMALL WHITE BOILING ONIONS** PER SERVING. PLACE ONIONS IN A BOWL OF COLD WATER AND PEEL. (This will reduce the tear factor!) IN A SAUCE PAN, COVER THE ONIONS WITH **WATER AND ½ TSP BAKING SODA**. (This will reduce the gas factor!) COVER AND BRING TO A BOIL FOR ABOUT 5 MIN. DRAIN WELL. ADD ENOUGH WATER TO JUST COVER THE ONIONS. ADD SMALL AMOUNT OF **SALT** (if desired) AND BRING JUST TO A BOIL AGAIN. REMOVE THE ONIONS KEEPING THEM WARM AND REDUCE BY HALF THE WATER FROM THIS 2ND BOILING. IN A SEPARATE SAUCE PAN MAKE A MEDIUM WHITE SAUCE USING **2 TBSP BUTTER OR MARG AND 2 TBSP FLOUR FOR EACH CUP OF LIQUID USING THE LIQUID FROM THE 2ND BOILING. ADD SALT AND PEPPER AS DESIRED AND ENOUGH CREAM TO MAKE SAUCE OF DESIRED CONSISTENCY**. (Heavy cream, light cream, half 'n half, whole or even skim milk. This will help control calories!) Gently stir the onions into the sauce. This recipe is for about 6-8 servings. NOTE: FROZEN OR JARRED ONIONS MAY BE USED FOR CONVENIENCE BUT THERE IS A DIFFERENCE! THIS IS AN OLDIE BUT GOODIE TO ENJOY.

AS A CHRISTMAS MORNING TREAT YOU CAN'T GO WRONG WITH THIS **RECIPE FROM THE KITCHEN OF ALEC THEILMAN**, (YOU MAY RECALL ALEC WON A PRIZE WITH THIS RECIPE AT ONE OF OUR POT LUCK DINNERS!) THE ORIGINS OF THE RECIPE REMAIN UNDECIDED. LJ CLAIMS IT COMES FROM HER FAMILY, BUT THE REAL ROMANTIC SOURCE, AND I QUOTE ALEC "*I'LL FIRST START OFF BY SAYING THIS IS NOT MY RECIPE, I PICKED IT UP WHEN I WAS OUT IN THE BADLANDS*"..... Hmmm.

CALICO KATE'S COFFEE CAKE

3 cups sifted flour	FOR THE MIDDLE AND TOPPING	½ tsp.
salt	1 cup brown sugar	
3 tsp baking powder	2 tbsp. butter	
½ cup butter	2 tbsp. flour	
1 ½ cup sugar	1 tsp. ground cinnamon	
1 tsp. vanilla	1 cup chopped walnuts	
4 eggs		
1 cup milk		

Sift together dry ingredients. Cream together butter and sugar until light and fluffy. Add vanilla and eggs, beating well. Add dry ingredients alternately with milk, blending well after each addition. Spread ½ the batter in a greased 13x9x2 inch pan. Combine the remaining ingredients. Sprinkle ½ of mixture over batter. Spread remaining batter, top with remaining crumbs. Bake in 350o oven until done. (Begin to test for doneness at about 35-40 min depending on upon your oven.)

SO....THANK YOU, ALEC....I CAN ALMOST SMELL THIS BAKING AND HAVE IN MIND A STEAMING MUG OF COFFEE OR A WARM CUP OF CIDER IN THE GLOW OF THE TIME -TREASURED CHRISTMAS TREE. *MAY ALL YOUR HOLIDAYS BE BLESSED AND FILLED WITH TREASURES GREAT AND SMALL.*

To help ensure safe and happy Holidays, please review the following Holiday Safety Tips from the *National Crime Prevention Council*:

Safe Holiday Shopping Trips

Park in open, well-lighted, visible areas, as close to the store as possible. Lock your doors.
Stay alert and be aware of your surroundings at all times – don't let your guard down because you are rushing.
Do not carry large amounts of cash – pay with a check or credit card.
Carry your purse close to your body – if you must carry a purse... Put a wallet in an inside coat-pocket or front pants-pocket.
Make sure that you don't carry all of your packages at the same time – make trips to the car, if necessary, and store packages under seats or in the trunk of your locked vehicle.
When returning to your car, stop a few feet before getting to the car and survey the area under and around your car and surrounding cars to be certain that potential thieves/assailants are not hiding under or around the cars.

Holiday Mail and Parcel Delivery

Use public mailboxes or the Post Office to mail parcels, pay bills, or mail gift-checks - Never mail cash.
Do not put up flag on mailbox this is just a signal that there is something worth taking from your mailbox.
If not usually home at mail delivery time, have a friend/neighbor or relative retrieve mail, if possible. If home, retrieve mail promptly after delivery. Stay alert to suspicious-looking couriers delivering packages to you or your neighbors.

Safeguarding Against Robbery and Burglary

Keep outside lights on. Keep automatic security lights in working order.
Lock all doors and windows, and keep the burglar-alarm armed when not home, as well as keeping lights/ television on.
Neighbors should arrange with each other to watch their homes when they are gone.
Be alert to suspicious sales-persons/solicitors – require all solicitors/sales-persons to show I.D... If such persons make you feel uncomfortable, say “no thank you” and close the door.
Always report the presence of solicitors in the neighborhood to the police so that they can be aware of potential scams/safety threats.
Share information about solicitors/suspicious persons with neighbors.

Fire Prevention

Don't allow Christmas trees to become dry. Make sure that all decorative lights are functioning properly -- no shorts/no frayed or exposed wires.
Don't cover/walk on extension cords.
Use surge-protectors/multiple-outlet strips – don't over-load wall sockets.

Submitted by: J.Kohut

WE ARE ROUNDING THE CORNER

The west wall and the spillway has been completed. The east wall is 80% completed. There will be a complete fence around the dam area with the exception of the lake side of the dam which includes the spillway. The DEP fisheries division will be observing the construction of the eel pass during the month of December. Three (3) small shrinkage cracks were found on the spillway. Macchi Engineers have reviewed the cracks and are recommending that an injection of Skadur-35 epoxy that is hydraulically pumped through port holes to fill the cracks.

Bill Barfield, Lake Forest Dam Project Coordinator

Walk Around The Lake

The walk around the lake proved to be a huge success. A big thanks goes out to Don Rastelli, Henry Rastelli, Betsey Meyer, Aylssa Mesaros, LJ Theilman, Jed Theilman, Jolene Theilman, Cookie Castaldo, Fred Castaldo, Sue Lesko and Tim Monahan for pitching in. We began our walk at Beach 1 and concluded at the dam. We still have quite a bit more to clean but we managed to take out about a dozen garbage bags full of trash, several old tires and old rusty pipes. What would be very helpful is if those who live on the lake cleaned up the area of the lake by their property there would be less to clean up. We would like to schedule another walk around the lake to continue our efforts and encourage more people to come out and join in, after all this area belongs to all of us. Please check the website for the next scheduled walk.

Meaghan Monahan