

Lake Forest News



Happy Spring!!! At least that is the season we have just entered, even though the weather and temperatures haven't caught up yet. However, before we know it we will be down at the beach enjoying the warmer weather and sunshine!!!

Dues for 2011 can be paid at our general meetings or mailed to our Membership Secretary at: 744 Lakeside Drive. Dues paid after April 6th are subject to a 15% 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 was informed by the WPCA this week that the construction to the pump house has been rescheduled to begin the week of September 15, 2011. The construction is anticipated to last 3 months.

A couple of friendly reminders....while you are outside doing your Spring cleaning please remember leaves are not to be blown into the lake and if you should see someone else doing this please ask them to stop. As a member you have the right to address anyone who may not be following LFA rules. Should you notice any debris floating near your property, we would appreciate it if you could take it out of the lake. Should anyone have a storm drain close to their home please check it periodically for debris. Remember if debris gets in the drain it goes into our lake.

Anyone looking to construct a dock off their property, plans must be submitted to the Board of Directors for approval. Docks can be no larger than 12 feet along your property and 4 feet out into the lake. Please do not begin construction without board approval.

It was great to see everyone at Pasta Night!!! Hats off to our awesome chefs!!! Mark your calendars for our next one—May 11th.

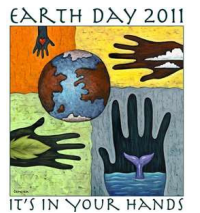
As always, should anyone have any questions or concerns please do not hesitate to contact me at: SueKohut@gmail.com or 203-685-5823. Looking forward to seeing everyone on Wednesday— April 6th, LFA general meeting.

Sue Lesko-Kohut, President

Calendar of Events

April 2011

- 1st: April Fool's Day
- 6th: **General Meeting 8pm**
Last date to pay dues without late fee
- 9th: **Frenchtown Road clean-up 10am**
- 15th: Tax Day
- 18th: Full moon
- 19th: Passover (begins)
- 20th: **Board of Director's Meeting 8pm**
- 22nd: Good Friday
Earth Day
- 24th: Easter Sunday
- 25th: Passover (ends)
- 30th: **Beach Clean-up 9:30am**



May 2011

- 4th: **General Meeting 8pm**
- 8th: Mother's Day
- 11th: Pasta Night 6p-8p
- 14th: **Clubhouse Clean-up 9:30am**
- 17th: Full Moon
- 18th: **Board of Director's Meeting 8pm**

Upcoming Events:

- Frenchtown cleanup—date: 4/9/2011
- Club cleanup—date: 4/30/2011
- Beach cleanup—date: 5/14/2011

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 Director's monthly meeting (3rd Wednesday of the month).

Spring Cleanup!

Many of you drive up and down French-town Road every single day, but do you ever look on the sides of the road? Since all the snow has melted, I have been beginning to notice the massive amounts of garbage lining the streets. So in an effort to make Lake Forest look better I would like to have a spring cleanup day and rid the sides of the streets of the garbage. On Saturday April 9th, at 10am I would like to meet at the clubhouse and begin the spring cleanup! Please call me at 203-814-6742 if you would like to volunteer your time. It would be much appreciated!

-- Liz Pavlik

GET YOUR TICKETS !!!!! LFA Pasta Night

Take the night off and bring the family out to dinner!!!!
WEDNESDAY—MAY 11TH, 6:00p—8:00p. Tickets can be purchased at the March General Meeting or by calling Meaghan Monahan at 203-243-6417.

**Ticket cost \$8 per person—children 8 and under free.
Dinner: pasta, meatballs, salad, bread, soda & coffee.**



Tell your family, friends and neighbors



No Child Left Inside is an initiative to encourage Connecticut families and visitors alike to enjoy all the recreational resources and outdoor activities available in Connecticut's state parks, forests and waterways.

The Great Park Pursuit Outdoor Recreation Challenge is a year round adventure that encourages Connecticut's families to experience the excitement and joy of having fun outdoors in Connecticut State Parks and Forests.

To begin your adventure all you need is a Great Park Pursuit Outdoor Recreation Challenge Passport. Use this passport as a recreational activity guide to Connecticut's State Parks and Forests.

For each recreational activity (biking, birding, boating, camping, fishing, hiking, historic sites, letterboxing, picnicking, swimming, and winter activities) we have created a top list of state parks and forests that offer that activity. When you visit any of the top parks or forests (this list will be posted shortly on the No Child Left Inside Website) look for the Great Park Pursuit Outdoor Adventure Challenge Box located on the backside of the brown regulations board. Simply unlock the padlock with the secret combination and stamp your passport.

To collect the letterboxing stamps please be sure to download the letterboxing clues. In conjunction with the passport we will be hosting a series of Family Days starting in April and running through October where you can come and get your passport stamped.

The adventure begins on Saturday, April 9th at Hammonasset Beach State Park as we celebrate Family Birding Day.

(www.ct.gov/dep)

facebook

LAKE FOREST

Look us up and send a friend request!!!
Fastest communication out there!!!



From the Kitchen of.....

Well now, isn't it just miraculous how a couple of days of sunshine makes it seem like Spring is here! As I'm writing this, it will occur at 7:21 p.m. tonight. By the way, I hope you were able to see that incredible full moon last night! It seemed huge!! It was just too bad it was too cold for Wine & Cheese on the beach!! It will happen again in about 5 years so put it on your calendar....But seriously, isn't it wonderful to see the green sprouts coming through the soil with buds and even blooms. The birds are singing a different song and the variety of ducks and migrating birds makes it hard to stop watching them. And the best days are just beginning.....

I've made a discovery recently, to which I may be a late-comer, but I can't resist passing along this tasty and versatile suggestion, not to ignore the fact that it is actually healthy. I purchased a package of Whole Wheat Flour Tortillas. To my surprise it turned out to be really easy to make a roll-up with a combination of lunchmeat, lettuce and tomato. Very delicious!!! Now my over-active imagination took over. Some of what I am suggesting is as yet untested but I can guarantee your attempts will be as satisfying as mine have been so far.

WHOLE WHEAT TORTILLA ROLL-UPS

Use 1 whole wheat tortilla per serving. Pretending the tortilla is the face of a clock, spread 2/3 of the surface counter-clockwise from 1 backward to 5 with a "spread" of your choice, leaving 1/2" border. Add meat, cheese, vegetables, chopped pickles or olives. Now turn the whole tortilla so you can roll up the whole roll starting from the filled end. With your fingers, tuck in one end so the filling doesn't get out as you enjoy what you have made. Calories of 150 per tortilla make it about the same as 1 roll or 2 slices of bread only better for you!

Now comes the fun part! I decided after my sandwich that I really wanted a pastry. So I tried a roll-up with softened cream cheese sprinkled with cinnamon and sugar. Voila! Tasty pastry! Nutritious, cheap, handy, no cooking and no gas to store!!!! Try this or any combination you may come up with! Just for a few: Peanut butter and jelly; 2. Mashed banana and sliced strawberries; 3. Marshmallow, graham cracker crumbs and chocolate pieces; 4. Frosting, chocolate pudding, crushed Oreos and a drizzle of chocolate syrup; 5. Tomato sauce, shredded mozzarella and a shake of Italian seasoning, microwaved or toasted; 6. Any kind of salad – meat, fish, egg, hummus, etc. ; 7. Softened ice cream, fruit, nuts, sprinkles, etc...."Lions and tigers and bears! Oh my!!!" Have fun with this one and let me know, I'm working on Apple pie!

Betsey 203-372-9524

Homemade Latkes (potato pancakes) with options

Submitted by: Tamar Cuhna

Serves 3-4 (makes about 12 pancakes)

2 medium potatoes (or one extra large one)

about 1/4 medium onion

1 egg

1 heaping tablespoon of flour

Salt and pepper

vegetable oil

Optional ingredients: dash of cayenne pepper (some do like it hot) carrot, zucchini and/or yellow squash (substitute for some of the potato or add a small amount in addition) tablespoon of wheat germ or ground flax seed (if you need more fiber or Omega-3 oils in your diet) Grate potatoes with mandolin, hand-grater or cuisinart. Squeeze out excess liquid and place in a large mixing bowl. Add or substitute shredded vegetables, but don't exceed 50% non-potato vegetables. Shred onions or slice them as thinly as possible, so they resemble the potatoes. Add egg, flour, salt and pepper and any optional dry ingredients. Stir all the ingredients together so all the vegetables are evenly coated.

In a large skillet, heat a thin, even layer of oil. Then add the potato mixture in one spoonful quantities and pat down into a thin layer. When you can see the potatoes are cooked at least half-way through and are starting to go opaque on the upper edges, then flip them. Make sure to place the cooked latkes on a paper towel-lined plate and keep in a warm place while you finish cooking. That is, unless you are serving them hot!

Many people serve these with salt and pepper or apple sauce and/or sour cream. Personally, I prefer using yogurt (especially Greek yogurt) and it's healthier.

The Reel Deal...

What's' up my soon to be fishing ,boating , and swimming peeps?

I'm gonna switch things up a bit this month.....yeah.....running out of things to write about all the wildlife that inhabits our beautiful lake and surrounding areas. I know that there is still some more out there to chat about.....I'll figure something out. So..... fishing season is just around the corner. Is every-one as psyched as I am? This is the perfect time to respool your reels.....remember certain fishing lines have what they call memory.....="mono filament especially".....which means it remembers being wrapped around something really small in diameter thus holding that shape.....that's a birds nest, tangle, a knot,.....whatever you want to call it, it doesn't matter.... It will make for a real bad opening day experience. Stock your tackle box....sharpen up them hooks and get ready for some fun in the sun. Opening day is the 16th of APRIL...6am sharp.

I read this real cool article a few weeks back about drought and how drought was one of the 19th century's most cause of death and disease in ASIA AFRICA and LATIN AMERICA . Untreated surface water sources now come into play. Now dig this.....hundreds of millions of people have lost their lives because they had to rely on these poor sources of water to cook....clean.....and bath.....death was a certainty. Here's the cool part of the story. A researcher at Clearinghouse, a Canadian organization dedicated to investigating and implementing low-cost water purification technologies, believes that the MORINGA OLEIFERA TREE could provide a solution to this problem. The moringa oleifera is a vegetable tree, which is grown in Africa, Central and South America, the Indian Subcontinent and South East Asia. It could be considered the world's most useful tree. Not only is it drought resistant, it also yields cooking and lighting oil , as well as soil fertilizer , and nutritious food in the form of it's pods , leaves, seeds and flowers. Here's the cool part.....you knew it was coming right????

The seeds of this tree when crushed into powder can be used as a water-soluble, resulting in an effective and purely natural clarification agent for highly turbid and untreated pathogenic surface water. Perhaps in the near future this totally all natural method of water purification will liberate families from this problem. And it's all because of this incredibly useful tree. Mother Nature is one neat chick I gotta say. Not much more to add at this time. So until next month my peeps.

I will leave you all with a riddle to ponder:

My last half is something that can allow you entrance into a secured area
and I am also a nation. Some people find me tasty. WHAT AM I?

(Answer in next month's newsletter.)

Remember: C.A.R...CATCH AND=RELEASE

Greg Barnes....BOAT WARDEN



HAPPY FISHING