

Lake Forest News

Volume 55

January 2011

No. 1

President's Corner.....

I would like to begin by wishing everyone a joyous and prosperous 2011. I hope everyone had a wonderful holiday with their family and that Santa was especially good to all of you.

Hopefully by now everyone has been able to dig out from the snow storm that hit us earlier in the week. Please remember to use caution when outside shoveling, don't over do it and take breaks. Shoveling is very strenuous on the entire body. Remember to use your leg muscles and protect your back.

For everyone who has asked over the past year when we were going to put the water back in the lake, well we just did!!! If you look out toward our brand new spillway you will see it is doing it's job. The water is flowing over the top as designed!!!

Please use caution on the lake during the winter months, as part of our lake is spring fed. All islands are off limits and DO NOT venture out toward the flagpole area because the water does not freeze thoroughly in this location.

We have a lot to look forward to in 2011 and a lot of work to be done. Let us all make it a point to lend a hand during the year and get involved. It's always more fun to play in the game rather than sitting on the bench!!

I would 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.

Should anyone have any questions or concerns, please do not hesitate to contact me at 203-685-5823 or SueKohut@gmail.com.

Sue Lesko-Kohut, President

Calendar of Events

January 2011

- 1st: New Years Day
- 5th: **General Meeting 8pm**
LFA ELECTION NIGHT
- 17th: Martin Luther King Day
- 19th: **Board of Director's Meeting 8pm**
Full Moon



February 2011

- 2nd: **General Meeting/Installation**
Dinner**6:30 P.M.*******
Ground Hog Day
- 6th: Superbowl XLV
- 12th: Lincoln's Birthday
- 14th: Valentine's Day
- 16th: **Board of Director's Meeting 8pm**
- 18th: Full moon
- 21st: President's Day



March 2011

- 2nd: **General Meeting 8pm**
- 8th: Mardi Gras
- 16th: **Board of Director's Meeting 8pm**
- 17th: St. Patrick's Day
- 20th: Spring Equinox (1:32pm)

GENERAL MEETING
JANUARY 5TH – 8:00 P.M.

Happy New Year

HOHOHO!!

Hello again boys and girls of LFA... Moms and Dads, too!!!

I wanted to thank you again for my wonderful visit to Lake Forest Clubhouse.

In case you weren't there.....

It was in the afternoon of December 6, 2010 and I was cruising over your neighborhood, when what to my wondering eyes should appear, but at least twenty jolly, young residents of LFA partying away at the club!!

It made me laugh, with my lips drawn up like a bow, and of course my belly shook like a bowl full of jelly!!! I just had to see what all the clatter was about!

And wait...what was that delicious smell my big, red cherry nose was detecting??? That's right! Spiced cider and hot chocolate! These kids sure know how to party so I just had to stop by.

It was there I found them, all snug in the club, decorating ornaments so shiny and bright!!! I found out that the children were taking one ornament home, along with their goody bags, and leaving one ornament for the LFA Christmas tree. I wonder if any of them would like to try their talented little hands at toy making...? It was a great party. The children shared cupcakes donated by Billy's Bakery (that is where I get my favorite cookies, by the way, even on my off-season) and sang songs and really seemed to love all the presents I brought them.

I can't wait till next year!!! See you then!

HOHOHO!!

S.C.

SMOKE DETECTORS SAVE LIVES. IF YOU ARE A CITY RESIDENT CALL AND HAVE THEM INSTALLED FOR FREE.

The SAFE ASLEEP program distributes and installs smoke alarms to all Bridgeport residents at NO COST. Call to have yours installed for FREE. 203-335-8835



We would like to send out a BIG thank you to Ursula Meyer, Karen Conroy, LJ Theilman and Tim Monahan for the wonderful job they did in decorating the Clubhouse.

In addition, a huge and grateful thank you to Ursula and Karen for the magnificent job they did for our children's Christmas party.

To our LFA Carolers..... what a wonderful treat!!! You can serenade us anytime of the year.

THANK YOU!!!



Ice needs to be a minimum of four inches thick to be considered safe for skating in an outside environment. Factors that can thin the ice are springs in the water, currents under the ice and outlets such as a stream flowing out of a lake. Objects frozen into the ice such as logs will attract heat that can melt the surrounding ice. Boulders in the water will also tend to absorb sunlight and potentially weaken the ice around them.

These objects can also present a hazard to a skater that encounters them, causing them to trip. Skaters should never be out on a body of water alone under any circumstances in the event of a fall through the ice or a serious fall. Life jackets or other flotation devices should be worn and ice picks, which have sharp points and are used by an individual to pull themselves out of the water onto the slippery ice, should be worn; they can be threaded through coat sleeves to have them readily at a person's disposal.

If someone falls through the ice, do not attempt to rescue the victim. If the ice could not support their weight, it will not support your weight. Try to calm and reassure the victim and have them stay afloat. Go to nearby location and call 911 for help. Also wait for emergency responders to bring them to the exact location of the victim. If with a responsible adult, have the adult return to try and assist the victim from shore. Provide victim with something to help them stay afloat such as plastic milk or soda bottles, or a spare tire. If the victim is stable and afloat try to send something to reach and retrieve victim such as a rope, extension cord, ladder, branch, boat or tying clothes together. If victim is retrieved to shore, take steps to keep victim warm [change clothes, wrap in blanket] until rescue personnel arrive.

We are asking those property owners who live on the lake the keep rescue ropes or buoys handy on their properties edge.

It takes at least 5 to 7 days of temperatures in the low 20's before ice MAY become safe.



JANUARY 2011.....From The Kitchen of.....

It seems we just did this - start a new year - and here we are about to do it again! It certainly was a busy year if you think about all the things we did or ate. We spent many hours on our lovely beach, playing in the sun, swimming in our rising waters, ordering pizza for dinner and staying till the moon rose, or bundling up to watch a movie as it grew dark. We toasted marsh-mellows over cozy bond fires for "smores", we toasted friends as the full moon rose picture-perfect over our beautiful lake. We shared our Annual Field Day, pot luck supper on the beach, spaghetti suppers at the club and many yummy goodies members brought to share for just the fun of sharing time and appreciation of our friends, the club itself and our incredibly beautiful beach and the lake in all its many facets. Yes, even the storms are a beauty all their own. We've shared hard work, play, fun and food. Let's do it! Here is a suggestion for you:

THREE THINGS TO DO WITH A BUTTERNUT SQUASH

1. To bake a squash: Wash the squash and split it in half lengthwise. Place cut side down in a baking dish with a small amount of water - ½ cup or so.

It will steam in the oven and take about 1 hour. I like to turn it over about 15 minute before it's done and top it with some butter, salt and pepper. Cut into sections to serve it.

2. Peel the squash. Cut into cubes and place in a microwave proof dish with a small amount, ¼ to ½ cup depending on the size of the squash. Cook 2or 3 minutes on High and 4-5 minutes at half power or until the squash is soft. Remove from microwave and mash the squash adding butter if desired, salt and pepper and sprinkle with cinnamon and sugar.

3. This recipe comes from Cindy Monahan (Meaghans' mother), a family recipe for

Butternut Squash Soup

4 ¼ lbs butternut squash, peeled, seeded and cut into cubes

¼ stick butter 1 large onion ½ tsp nutmeg

4 ¼ cups vegetable broth (have extra on hand if needed)

2 large Gala apples, peeled, cored and diced

½ cider or apple juice

Light sour cream and chopped chives for garnish.

Melt butter in a large pot. Add nutmeg and onion. Sautee until onion begins to brown. Add squash, vegetable broth, apples and cider, (or apple juice) and bring to a boil. Reduce heat and simmer uncovered until squash and apples are tender, (30 min + or -).

Working in batches, puree soup in blender until smooth. Return to pot and season to taste with salt and pepper. Let simmer to reach desired temperature, thin with additional broth if necessary. Ladle into bowls and garnish with a dollop of sour cream and sprinkle with chives.

Now that's the most different soup recipe I've ever heard! I can't wait to try it! Maybe later today. It sounds like a very nutritious and tasty addition to those soups so welcome in the cold of winter. And as a bonus I'll bet it is also a calorie light weight. So whip up a batch and enjoy! Thanks Meaghan! I look forward to hearing about the recipes I hope you, too, will share with us. Sharing and caring is a great "recipe" for our special Lake Forest friends, relatives and neighbors in 2011 guaranteed to make it a Happy New Year!

Betsey

Well another year has come and gone...time for the New Year's resolutions. This year I'm not going to promise to go to the gym or to stop smoking. I'm going to promise to do something for my family and friends. Something easy that I think we should all put on our list of resolutions.

This winter started with a bang and now that the holidays are over, we all find ourselves falling into the same routine. "Hibernation" and we all do it. This year I'm going to add in checking on my neighbors.

If I'm having a hard time getting around on the ice and snow, then I can just imagine how hard it is for someone older than I am. I have to go to the store for my family just about every other day, so before I leave my house I think I'll give a neighbor a call to see if they need anything. Or maybe they're tired of being stuck in the house and they would like to take the trip with me. If we all took an extra 2 minutes to call on of our neighbors, we could find out if they are in trouble. Maybe they've lost their heat or power. Or maybe their cable went out. Some people have too much pride and won't say anything when they need help.

Also, let's try to keep an eye out for our furry four legged friends. Not all the animals in our neighborhood are as lucky as Trouble and have multiple houses to go to.

Just one more thing before I'm done. If Santa Claus brought you any big ticket items for Christmas (new 52" flat screen, computers, stereo systems, etc) don't leave those big boxes outside for the garbage men. Break them up and put them inside a bag to throw away. Leaving them outside near the garbage only lets thieves know what is in your house.

May everyone have a safe and happy 2011!

Thanks

Michele Barnes, 1st V.P.

The Reel Deal.....

What's up my Lake Forest Peeps

I would like to start by saying Happy Holidays and best wishes for a new and prosperous 2011. Wow 2011.It just doesn't sound right does it? Oh well.....before you know it, this year will be over too.

So let me ask you. How many of you on a hot summer day took the family to Mc Donald's or Merritt Canteen and were just overwhelmed by the sea gull population? I often ask myself why are they here.....free food comes to mind.....of course that's not the real reason. The reason for the gull extending their range is quite obvious Agricultural development and landfills are the big attraction for these guys. It's actually easier for them to obtain food inland than it is to obtain food at the coast line.

The AVES/CHARADRIIFORMES/LARIDAE or...as we like to call them...Seagulls are very opportunistic feeders' they will eat pretty much anything that won't eat them. They hunt fish and other aquatic creatures and will take carrion, discarded food, unprotected food such as eggs and chicks from other seabirds. Gulls are scavengers by nature and are well placed to take advantage of waste food in gardens, streets and the rubbish we all put at the curb each week. That reminds me of a joke I heard sometime ago. "My wife told me to take out the garbage...I told her....You cooked ityou take it out.

Gulls mature at the age of four and after that they're on their own, but learn all of their survival skills in the first 2 years of life so not to worry.....these guys can handle themselves very well They love sea food.....there's a shock huh?. Clams are like their favorite food.....the shells are too hard for their beaks to break so the gulls will carry the clams over rocks and drop them to crack them open....pretty smart huh? The lifespan for the average gull is anywhere from 5 to 15 years. Some have been known to live as long as 25 years. They are ground nesting carnivores. They lay eggs 2 to 3 at a time and the incubation period for the hatch is approximately 26 to 30 days.....and yes both parents take part in the whole process...sitting for 3 to 4 hours at a time....the gull not sitting on the nest is out foraging for food and collecting material for the nest which is always kept firm and neat. The droppings from these guys really present problems for us humans. The droppings are actually full nutrient -rich waste perfect for the breeding of bacteria and other organisms that can cause disease and infection in humans. They can also infect you if they bite or scratch you! Some of the diseases they carry are E-coli, Cryptococcosis and Histoplasmosis.....So unless you want one of those nasty diseases.....DONT MESS WITH THEM.....that was simple wasn't it? Not much more to say about these guys...but if your are interested in any bird be it a flyer or walker check out the web site whatbird.com or stumblerz.com

See you peeps when I see ya

Greg Barnes: Boat Warden



2011 NOMINATIONS

All absentee ballots must be sent to:

Sue Lesko-Kohut	President
Michele Finelli-Barnes	1st Vice President
Fred Castaldo	2nd Vice President
Ursula Meyer	Secretary
DeOla Barfield	Membership Secretary
Gail Carey	Treasurer

Brendan Conroy
945 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 5th General Meeting.

Board of Director's (2011-2013) 2 year position

Betsey Meyer
Henry Rastelli
LJ Theilman
Charlie Haas
Nick Povinelli



Absentee ballots were delivered to all members with the December 2010 newsletter.