

# Lake Forest News



It's that time of year again!!!! Beach season, summertime, and fun time!!! The beach is open for the 2010 season. A big thank you goes to Henry and Don Rastelli for their time spent getting our beach ready. You can drive by on any given day and you will see Henry down there working – don't be shy, stop and say hello or lend a hand. Beach Clean-up this year was sparsely attended, thank you to the few who came out to help.

There has been a fair amount of work done around the Association over the past month. Boat Docks re-built, Canoe Racks constructed (thanks to Freddie & Charlie...and crew) and a new retaining wall at the beach. We had another successful Pasta Night on May 12th, attendance at 80+ (hats off to our LFA chefs: The Castaldo Duo, Charlie Haas & Craig Renzulli).

Just a couple of notes, if anyone has any perennial plantings that they need to thin please keep us in mind. We could use some plantings at the Club, Frenchtown Road area and the Beach.

If any of our LFA ladies are looking for something for their husbands to do, or if you would enjoy some quiet time of your own (just ask Mary Haas & Cookie Castaldo!!) give us a call we could always use an extra hand..... We never turn volunteers away.

Featured in the May 25th edition of The Bridgeport News was our very own Bill Barfield. Bill spoke about the importance of the dam project and what it means to all of our neighbors downstream. If you do not receive The Bridgeport News, it can be viewed online at: [www.acorn-online.com](http://www.acorn-online.com)

Please test your fob, the gate is now active. If you should experience a problem, contact Michele Finelli at (203) 520-4657. If you would like a new boat dock key or beach 2 key, come on out to the June General meeting and see Michele (bring your old keys to exchange for a new one).

Please label your boats according to LFA guidelines. If you aren't sure how your label should read refer to the boating section on our website: [www.LakeForestAssociation.com](http://www.LakeForestAssociation.com) If your boat should become loose we will know exactly who it belongs to by the marking.

Looking forward to seeing everyone at the June 2nd General Meeting at 8:00pm. 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

### June 2010:

- 2nd: **General Meeting 8:00 P.M.**
- 5th: World Environment Day
- 6th: D-Day
- 12th: **Movie on the Beach**
- 14th: Flag Day
- 16th: **Board of Director's Meeting 8:00 P.M.**
- 20th: Father's Day
- 26th: **Pot Luck Dinner on the Beach 6:00 P.M.**  
Full Moon



### July 2010:

- 4th: Independence Day
- 7th: **General Meeting 8:00 P.M.**
- 10th: **Movie on the Beach**
- 21st: **Board of Director's Meeting 8:00 P.M.**
- 25th: Parent's Day
- 26th: Full Moon



### Upcoming Events:

- Movie on the Beach—June 12th
- Potluck Dinner w/ a Full Moon—June 26th
- Movie on the Beach—July 10th
- Field Day—August 7th

# Happy Fathers Day

### Rentals:

Weekends are going like hot cakes at the club. The only date for a weekend left not booked at the moment in June is Father's Day.

May: 14 rentals (includes 3 meeting rentals)

June: 12 rentals (includes 2 meeting rentals)

July: 5 rentals (so far)

You can always check on the progress of our rentals by looking at the calendar online: [www.LakeForestHall.com](http://www.LakeForestHall.com)

Al Pinciario

Wow summer is finally coming. I never thought I would be asking for rain this close to Memorial Day, but that's what we need to help our lake rise.


Just a reminder your fobs will be activated the week of May 24th but the beach officially opens Memorial Day weekend. Please take the week before and go to the beach and check your fob. **Only if your dues are paid will your fob work.** If you need a key to the newly repaired docks or to beach 2 please give me a call at 203 520- 4657 and have your old key handy so we can make a switch.

I usually have keys with me, so if you see me at the beach feel free to stop me. I hope to see alot of new faces down at the beach this year. You know if everyone that's a member talked their neighbors about becoming a member (if they're not already) we could really boost our membership. So why don't we all just try and give it a shot!! Ask your neighbor, you never know!! Enjoy your Memorial Day and hope to see you on the lake soon. I'll be the one in the yellow kayak

Michele Finelli

Didn't there used to be a big pile of rocks at the beach? Where did they come from? Where did they go? The answer is that the rocks were brought over from our Dam property for the purpose of building a retaining wall at the beach. The Association voted at the May General Meeting to use our own stone for the wall to give it a natural look that would blend in with the other walls at the beach. Work began in May 7th and was completed on May 20th. Thank-you to Premier Construction for doing a such a fabulous job. Next Time you're down at the beach, take a moment to notice our new wall made from recycled LFA stone.

**PREMIER CONSTRUCTION MAC,LLC**  
MASONRY, RESTORATION, DEMOLITION,  
Marshan A. Coleman  
Owner/Project Manager



1732 Reservoir Ave Bpt Ct 06606  
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Email: [premiermac@optonline.net](mailto:premiermac@optonline.net)

If you look very carefully at this picture you'll be able to spot a recent visitor to the shores of Lake Forest. The RUDDY TURNSTONE, master of camouflage, was spotted nesting near the beach on our expanded shoreline. At last visit to the nest, the momma bird was protecting her four spotted, perfectly concealed eggs from passers-by. Mom wasn't very happy with the intrusion, but we wish her and her babies lots of luck!

Also of interest to bird watchers is the diving hawk that's been spotted having lunch on the lake... Doesn't look like he's aware of our catch and release policy!



Ursula Meyer

### The Reel Deal.....

The water is on the rise and summer is just around the corner.

If you've noticed spawning has begun, look for the circles in shallower water, these are the spawning nests. Spawning begins when the water temperature is between 58 and 63 degrees depending on the location of the lake.

The female will lay approximately 2000 to 7000 eggs per pound of her body weight per spawn. Sounds like a lot don't it? It's not.

Anywhere from 2 to 12 thousand eggs can hatch from a typical nest, and of all of these only 5-10 will likely reach 10 inches long.

Our problem with this years spawn is simple, the females are spawning in the shallows, as they should, but our shallows are becoming deeper due to the water rising, risking dramatic temperature change on the eggs.

I'm foreseeing a not so productive spawn this season only time will tell. I'm still pondering having a members only fishing tournament. I will keep you informed. Be safe out there on the water, especially now with the water rising, rocks can be just below the surface of the water, so keep a good eye on where you're going.

**REMEMBER: CATCH AND RELEASE ONLY**

FOOD FOR THOUGHT: if cats like fish so much why are they afraid to get they're paws wet? ... HMMM!

Greg Barnes

## Help Wanted

Openings for security positions available for club-house events. Anyone interested, please contact Al Pinciario at 203-371-7671. Must be 18 years or older.

### General Meeting discussions

- Follow up on Retaining wall
- Dam update
- Upcoming Events
- Movie Selection for June

**Wednesday—June 2nd - 8:00 P.M.**

June 2010.....From the kitchen of .....

I don't actually know where this recipe originally came from. I've had it in my recipe box over 30 years. I have changed it a bit having combined it with another from a friend of mine. **Carrot Cake**, as desserts go, is a really pretty healthy choice and always seems to be popular. This version I admit is a bit of a "project" but the product is worth the effort. Not only is it heavy with fruit and vegetables, it produces a large cake and can serve many. Add to that it keeps very well. As a matter of fact it really gets better if you keep it a few days or more. (That's true for any cake made with fruits or vegetables. The moisture and flavors "marry" with the cake.) In summer it should be refrigerated after a day or so. It is also possible to substitute whole wheat flour for 1 cup of regular flour. That boosts the nutritional value and you might not even notice! By the way, use full size carrots – the flavor is better than the baby carrots. It takes just over 1 lb. to make the 3 cups needed.

### CARROT CAKE

- 3 cups flour ( maybe 2 white flour 1 whole wheat)**
- 2 teaspoons baking powder**
- 2 teaspoons baking soda**
- 2 ¼ teaspoons cinnamon**
- ¾ teaspoon each salt and nutmeg**    **Mix all these together and set aside.**
- Have ready:**
- 3 cups packed grated carrots**
- 12 oz drained crushed pineapple**
- ¾ cup each flaked coconut and raisins (golden raisins are best if you have them)**
- ½ to 1 cup chopped walnuts (optional)**

**In a large mixing bowl beat until light and fluffy**

- 2 cups sugar**
- 1 ½ cups plus 2 Tablespoons salad oil (corn or canola)**
- 4 large eggs**

**Add dry ingredients and combine well. Fold in carrots, pineapple, coconut, raisins and optional nuts.**

**Bake at 350o. This recipe is larger than 9x13 pan so I also use a 4x6 or similar extra pan. Grease and flour pans or line with parchment paper for easy removal. Bake 45 – 55 minutes (Test small pan at 35 minutes) or until toothpick comes out clean. A sheet cake pan might bake the whole recipe in less time, but a large tube pan would take perhaps 70 minutes.**

**Frost cooled cake with cream cheese frosting. I use light cream cheese about 6 oz. Beaten with about 2 cups confectionary sugar, 1 tablespoon of milk and 1 teaspoon vanilla.**

**Since thinking about carrot cake made me WANT SOME I did bake it. So I'm going to pour a nice cold glass of milk and cut myself a piece. I couldn't give you a recipe I couldn't vouch for, now could I? Send me one of your favorite recipes-dinner. Salad. Soup, hors d'oevres, or dessert. We love them all!**

**Betsey**

### ALL WE NEED IS RAIN

The dam valve was closed on Friday April 30, 2010. Water is now rising slowly in the lake. Two small pumps are being used to keep water flowing downstream. The reason for the water stream is to maintain a water stream passing through the channels of water heading out to the Long Island Sound. Stop of water will cause the Lake Forest Association to be fined by the State. There is more water coming into the lake than there is going out of the lake. Both mid and low level drawdown chambers have been sealed and leveled to the ground. All of the required weir boards have been installed in the draw-down chamber. The contractor will turn over excess weir boards to the Association. The tee-handle gate operator will be handed over to the Association at the conclusion of the project. The Contractor started leveling the dam area and bringing in top soil the week of 24 May 2010. This is what is left to be done to complete the project:

1. Divers to remove the low level plug and install the upstream trash rack (Rack is to keep trash from entering the drawdown pipes).
2. **Warning labels** to be affixed to the entry doors of the draw-down chamber. (Chamber is classified as an enclosed space and must be air tested before entry).
3. Fence to be installed on the east and rear of the dam site with a gate on the east side (Lakeshore Dr. entrance) and a double swing gate near the spillway channel.
- 4 Seeding of the slope will take place in June. Contractors will come back in the fall to re-establish any turf that does not come up over the summer.

Bill Barfield,  
Dam Project Coordinator.



**DAVID MEJIA**  
SALES CONSULTANT  
203 327 0450  
info@jcbinteriors.com

914 E Main Street Stamford, CT 06902 [www.jcbinteriors.com](http://www.jcbinteriors.com)

**WALL TO WALL HOUSE TO HOUSE**  
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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](mailto:LakeForestAssociation@gmail.com)

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

## GENERAL RULES OF THE LAKE FOREST ASSOCIATION

1. Members and/or their children are required to have a current electronic key when using the beach or the lake. This electronic key is issued once. If a member becomes non-current or abuses the use of this key, the reader will be programmed to refuse the electronic key. If the member renews his or her dues, or is reinstated, the electronic key will be reprogrammed for entry. If the electronic key is lost or stolen, a member must pay the replacement cost before another electronic key is issued.
2. Members and/or their children are directly responsible for the safety and actions of their guest(s) and must remain at all times with their guest(s). Four guests are allowed per family. Children of members are allowed two guests only. Guests must leave the beach when the member and/or the member's children leave.
3. Conventional swimsuits are required.
4. Children under the age of twelve (12) must be accompanied and supervised at all times by an older person approved by the children's parents when using the lake facilities.
5. No dogs or any other pets are permitted in the lake, no exceptions.
6. No ball playing nor rough-housing nor disorderly playing allowed.
7. No glass in any form is allowed on the beach, no exceptions.
8. Swimming from the boat docks and dam are absolutely prohibited.
9. Swimming is confined to the buoyed area in front of Beach #1.
10. No one is allowed to swim across the lake unless he or she is escorted by a boat with a competent rower.
11. Boats are not allowed in the beach area.
12. Rubbish shall be discarded in the trash containers provided, absolutely no littering on the beach, including cigarette butts.
13. All islands, the dam site as well as private property are off-limits at all times, **no one is allowed**. Trespassers should be reported to the proper authorities.
14. Upsetting and overloading boats are not only dangerous but absolutely forbidden.
15. Guests are not allowed to fish or use a boat unless accompanied by a member.
16. All boats must clearly display **on both sides** the member's annual sticker as well as the boat's identification number.
17. Only members in good standing of Lake Forest Association are entitled to use the association's facilities.
18. Lakefront property owners who have elected not to join the Lake Forest Association are prohibited from using the lake or any of the association's facilities. This also applies to those lakefront property owners' guest(s).
19. Residents of the Lake Forest area who have elected not to join the association are prohibited from being guests of members.
20. Swimming from lakefront property is restricted to fifty (50) feet.
21. State of Connecticut fishing regulations apply. A valid State of Connecticut fishing license is required to fish in Lake Forest.
22. Except as announced otherwise in the Lake Forest Newsletter, April 15<sup>th</sup> is the date set for the opening of the fishing season for trout, bullheads and pike; July 1<sup>st</sup> is the date set for the fishing season of bass and November 30\* is the date set for the closing of the fishing season.
23. Fishing *in* Lake Forest is strictly *catch and release* for all species. This policy will remain in effect unless otherwise posted or announced in the Lake Forest Newsletter. If so, the legal catch per day per member is five and daily limits of catch shall be shared by the member and his or her guest(s).
24. Live bait other than that native to Lake Forest is not permitted.
25. Per State of Connecticut regulations, no fish of any kind shall be added to Lake Forest other than those stocked by the Clearwater Committee.
26. Fishing is not authorized in the swimming areas.
27. Permits must be secured from Lake Forest Association's Planning Committee for any raft, boat landing or wall construction on the water's edge.
28. Club rentals are handled by Lake Forest Association's House Committee.
29. Space at the boat docks is allocated on a first-come, first-serve basis.
30. The dumping of leaves, branches, grass clippings, old tires, pails, rubbish or any other substance is prohibited by the State of Connecticut and/or by the City of Bridgeport. Violators may be subject to penalties imposed by the State of Connecticut and/or by the City of Bridgeport.
31. Children using boats are required to wear life jackets at all times, no exceptions. Members are required to supervise them at all times.
32. Replacement of gate keys will be charged accordingly. Gate keys and/or fobs are to be returned when a member moves from the area. Gate keys and/or fobs are to be surrendered when membership in Lake Forest Association is dropped or canceled.
33. Water slides, platforms or other similar recreational apparatus are strictly prohibited.
34. If a member or a member's guest is found in violation of any of above-mentioned rules, appropriate suspension of privileges can be enforced against the member pursuant to Section 12a and 12b of Lake Forest Association's bylaws.

AS A MEMBER, YOU HAVE THE RIGHT TO ADDRESS ANYONE BREAKING THE RULES. YOU HAVE A VESTED INTEREST IN THE ASSOCIATION. PROTECT THIS INTEREST AS WELL AS YOUR REAL ESTATE INVESTMENT.  
Revised 5/2005