



Lake Forest News



Volume 55

May 2011

No. 5

I would like to begin with a big thanks to Don and Henry for executing yet another highly successful Beach Clean Up on Saturday April 30th. Thank you to everyone who came out to lend a hand that day. While on the topic of clean-up, join us Saturday, May 14th at Clubhouse around 9:30 A.M.. Always remember many hands make light work!!

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.

The 2011 Beach season begins at the end of this month, Saturday-May 28th; beach fobs will be active by this time. If you have misplaced your fob or would like an additional one or need to obtain a key for the boat dock area, please contact Michele Finelli-Barnes at MicheleFinelli1026@gmail.com or 203-520-4657. Better yet come out to the General Meeting the 1st Wednesday of every month!!! We have quite a few events coming up in the next couple of months so take a look at the calendar, hopefully you will be free to join us!!

I would like to take this time to wish all of our Lake Forest Moms a very Happy Mother's Day, and thank all of you for everything you do!!! May your day be extra special and beautiful.

As always should anyone have any questions or concerns, please do not hesitate to contact me at: SueKohut@gmail.com or 203-685-5823. Hope to see everyone on May 4th at our General Meeting.

Sue Lesko-Kohut, President

Calendar of Events

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**
- 28th: Beach opens

June 2011

- 1st: **General Meeting 8pm**
- 10th: Movie on the Beach 730p****
- 14th: Flag Day
- 15th: **Board of Director's Meeting 8pm**
Full Moon
- 19th: Father's Day
- 21st: Summer Solstice
- 25th: Potluck Dinner on the Beach 6p

*****raindate—Saturday, June 11th
Please call 203-371-7671 with movie suggestions.*****

HAPPY MOTHER'S DAY

Clubhouse Clean Up—Saturday May 14th at 9:30 A.M.

YOGA CLASSES

Stretch, balance, focus, relax. Clear your mind of the winter cobwebs. Join a Spring session of Yoga led by Patrick Casey, Certified Yoga Instructor. Classes are being offered at the Lake Forest Club House on 424 Frenchtown Road. The session will run from Tuesday, May 10 thru Tuesday, June 28 for a total of 8 weeks. This is for a mixed level of ability and will be geared to our strengths and needs. A commitment of the 8 weeks will cost \$96.00 payable on the first night. Drop ins are welcome at \$16.00 a session. (Full session is a \$32.00 savings.) Classes begin at 7:00PM and conclude at 8:15PM.



If you are interested please call or email Cookie Castaldo
203- 374-4069 or ccookiejar@optonline.net.



A concern we must all address is the spreading of harmful plants, animals and other organisms. These aquatic nuisance species can hitch a ride on our clothing, boats, and items used in the water. When we go to another lake or stream, the nuisance species can be released. And, if the conditions are right, these introduced species can become established and create drastic results.

Waters become so choked with these non-native plants that it is practically impossible to get a boat through and there is no open water left for swimmers to enjoy.

By following a simple procedure each time we leave the water, we can stop aquatic hitchhikers. Knowing which waters contain nuisance hitchhikers is not as important ---- as doing the procedure every time we leave any lake, stream or coastal area

- Remove any visible mud, plants, fish or animals before transporting equipment.
- Eliminate water from equipment before transporting.
- Clean and dry anything that came in contact with water (boats, trailers equipment, clothing, dogs, etc).
- Never release plants, fish or animals into a body of water unless they came out of that body of water.

Having floats, chairs and play toys for the children at a beach makes the day on the water that much more enjoyable. But if you use those same items at different lakes/rivers/bays/oceans you could be giving aquatic hitchhikers a ride to devastate new areas to the point you cannot even swim in the waters. We're not saying not to use the items, just be sure to empty all items that can hold water, remove dirt, mud, sand, weeds and animals, and clean all items that came in contact with the water.

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

2011 Boat Stickers are available. If you have paid for or wish to purchase stickers, you may do so at the monthly general meetings or by calling Greg Barnes—Boat Warden at 203-581-0257.

From the Kitchen of.....

About this time in the spring with all the new growth returning after the punishment of the past winter there are so many reasons for families and friends get together and brunch seems such a good idea. As I'm writing this my family is preparing for Easter brunch. Eggs always play a role and provide such a wide variety of possibilities. One of our favorites I acquired quite some years ago and bring it out on a rather regular schedule by popular family demand. It has never had a real name, so I guess I should call it:

Creamed Egg Casserole

2 Tbsp butter or margarine	4 oz. cream cheese (I use light)
2 Tbsp flour	4 large or extra large eggs
1 cup milk (I use skim)	1/3 to 1/2 can black olives drained
1/2 tsp salt, 1/4 tsp pepper	and sliced

In a medium saucepan melt the butter or margarine over medium heat and stir in the flour. Add the salt and pepper stirring until blended. Add the milk all at once and continue to stir until thickened. Add the cream cheese stirring to blend it into this medium white sauce and set it aside keeping it warm. In a bowl break the eggs and beat them with a fork until well combined. Lightly butter a casserole and set aside. In a frying pan soft-scramble the eggs, moist not too dry. Then transfer the eggs into the casserole and add the creamed mixture and sliced olives. Stir gently to coat the eggs. It can be served at this point, of course, but also holds well for 2 hours or more in a 250° oven.

This recipe is rather rich so it will make 2-4 servings. I increase the proportion of eggs to sauce as much as 8 eggs to this amount of sauce. For a holiday buffet use 24 eggs and the sauce recipe times three. I use a few more olives too as my family really likes them!

Good luck. I hope you really like this one. It's not an everyday recipe but a good one for company!

Here's a note on last month's wrap recipe. I had a very busy week and stumbled upon this. I was very late and knew I wouldn't have time for lunch so I needed a substantial breakfast. I took a whole wheat wrap, two slices of 2 percent cheese and added about 2 tablespoons of leftover mixed vegetables. I put it flat in the toaster and when it was hot and melted, I rolled it. It actually was quite good! This opens a whole new list of really quick and nutritious ideas. I hope you try some combinations for yourself. Just about anything you like could be used, so be creative! Have some fun with this! Share some ideas for a breakfast, lunch or snack roll. Give me a call!

Betsey 203-372-9524

Vanilla Horns (Dutch recipe)

4 cups flour	1/2 cup sugar
1/4 tsp. baking soda	3 bars softened butter
1 tsp. vanilla extract	Confectioners sugar

Preheat oven to 350 degrees. Sift flour, sugar and baking soda into a large bowl. Add butter and vanilla. Knead together until smooth. Roll into crescent shapes and place on greased cookie sheets. Bake plus/minus 20 minutes. Let cool for 5 minutes and then roll in confectioners sugar.

From Nancy Gost



The Reel Deal.....

What's up my Lakeforest peeps and peepettes.

Let's see.....What shall we talk about this month= I'm having a hard time coming up with stuff ...with the move and all.....being busy at work... the usual stuff that clouds ones mind when pondering. So I was thinking why not keep it kinda the same as I've always done in the past and just write about stuff in and around this awesome lake of ours and trust methere's a lot. Ever been sitting out in your yard or front porch late at nightI mean late at night around mid-night or beyond....and off in the distance you hear this really raspy to highly pitched howl? Well to me it's one of two things.....my mother in-lawor.....a CANIS LATRANS.....or as we like to call them Coyotes. Part of the dog family the coyote reigns supreme in it's vast territory. Once upon a time not too long ago coyotes were found mostly in large open prairies and deserts, but now roam the continent's forests and mountains. They have even colonized cities like Los Angeles and Las Vegas and are now found over most of North America. Coyote populations at this point in time are at an all time high. No matter what men do to their habitat these guys always flourish and are highly adaptable animals. These guys will eat just about anything. They hunt rabbits, rodents, fish, frogs, and have even been known to take down a full size deer. They also happily dine on insects, snakes, fruit and grass.....sounds like something out of my ex wife's cook book.....horrible cook that woman was.....anyway Coyotes are very formidable in the field where they enjoy keen vision and a strong sense of smell. They can run up to 40 miles an hour and pretty much wont stop until they catch what they're running after. In the fall and winter months they form packs of up to 4 or 5 for more effective hunting. Coyotes form strong family groups. In spring, females den and give birth to litters of up to 3 to 12 pups. Both parents feed and protect their young and their territory. The pups are able to hunt on their own by the following fall. And once two coyotes mate.....they're mates for life....".poor coyotes "Here's a little fun fact for you.

While the father is out hunting and foraging for food to feed these little guysandoh yeahhis wife, his little coyote family stays in the den all nice and cozy and warm. When he returns to the den to feed his familymostly regurgitated food and other things he apparently got from my ex wife's cook book.....the female will not let him completely inside the den. The lifespan of these guys is approximately 12 to 15 years in the wild or in captivity. That's it for now my friends.....See you on the water.

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

ANSWER...=.TURKEY

THIS MONTHS RIDDLE: "IT IS GREATER THAN GOD AND MORE EVIL THAN THE DEVIL. THE POOR HAVE IT, THE RICH NEED IT AND IF YOU EAT IT YOU WILL SURELY DIE"....WHAT IS IT?.....answer in next moths article

Greg Barnes: BOAT WARDEN
REMEMBER.....C.A.R CATCH AND RELEASE



LAKE FOREST

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

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

