

# Lake Forest News



Volume 62

June 2018

NO. 06

## From the Office of the President

I hope you enjoyed Memorial Day. The temperatures are rising, but with no sign of abating rain, many of us are feeling like steamed broccoli.

As summer approaches, with its attending weather, we are seeing an increase in boating activity on our beautiful lake. I would like to take this opportunity to remind everyone that all boats MUST have displayed on both sides, a registration and current year sticker. Failure to comply with Lake Forest general rules will result in boats being tagged and towed. Any boat in the water after June 9th without appropriate stickers will be removed as they will be considered unauthorized watercraft on Lake Forest property. Please consult Lake Forest general rules for further details.

While on the topic of boats, all watercraft must contain an appropriately sized life jacket per passenger. Anyone under the age of 14 must wear a life jacket at all times. We make no exceptions for this because we value the safety of our community members and their guests as they enjoy all our neighborhood has to offer. Anyone in violation will be removed from the lake.

As always, our fishing policy remains STRICTLY catch and release. Anyone noted removing fish from our lake will be removed from and will have jeopardized their membership. In addition, any unattended fishing lines will be cut, and offenders will be notified by the association. As above, any violation of Lake Forest rules risks one's standing as a member of Lake Forest.

Our beach opened Memorial Day weekend and will remain open through September (closure date to be announced). Members are afforded the privilege of bringing up to, but no more than, six (6) guests per day on their tag. Overage will result in removal from the beach. If you wish to bring additional guests to the beach, please submit, in writing, a private party request to the Board of Directors. The Board meets the third Wednesday of every month.

I encourage our members to familiarize themselves with the updated General Rules, which are included with the newsletter. The revised rules are now in effect and all members are expected to abide by them. For anyone who was unable to attend the May 2nd general meeting, please consult [www.ct.gov/deep](http://www.ct.gov/deep) for the Lake Forest 2017 study to see the documented improvement in our lake's health since the previous study conducted in 2007.

I would like to take a moment to wish all fathers and grandfathers, or any moms pulling double duty, a very happy Father's Day.

As always should anyone have any questions or concerns, please do not hesitate to contact me at: [SueLesko@att.net](mailto:SueLesko@att.net) or 203-685- 5823. Hope to see everyone on June 6th at our General Meeting where John Ricci, Head of Public Facilities for the city of Bridgeport will be in attendance to address the association.

Sue Lesko, President.

## June

June 6th: General Meeting 7:30 PM  
June 17th: 50/50 Bass tournament 8 AM  
June 20th : Board of Director's Meeting 7:30 PM  
June 30th: Potluck Dinner on the Beach



## July

July 15th: 50/50 Bass tournament 8 AM

## L.F.A. 50/50 Bass tournament Schedule

50/50 Bass Tournament

Sunday June 17th. 8 A.M. – 1 P.M. (Rain or shine)

Entrance fee is \$20.00 per person. (Aged 18 or older)

Person catching the longest Bass (shown by photo on authorized ruler) wins one half of the total entrance fees.

There will be a minimum of ten (10) participants, maximum two people per boat, or tournament will not be held.

Entrance fees may be paid at the dock on the morning of the tournament.

Please call me (203-243-3219) by Thursday May 14th to register, so I know that there will be enough people fishing to hold the tournament.

Please e mail me photo's of the fish you've caught. (mcohen@snet.net) We'll include them in the newsletter and you can earn your BRAGGIN' RIGHTS !!

Thanks,

Matt

Take someone fishing. It's fun.

## BRAGGIN' RIGHTS



John Minnock with a nice catch.

## The Boat Warden's Corner

The dock's are in. Thanks to Charlie Haas, John Minnock and Damon Ruebenacker for their help. To all lakefront homeowners : Please make sure your boats are well secured to your docks. There have been boats getting loose, some repeatedly. Hopefully they are registered so I can contact the owner and return the boat.

Matt Cohen

Boat Warden

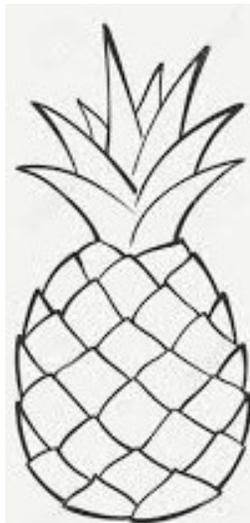
## *Summer Kitchen: June 2018*

### *Whole Pineapple Night!*

A family favorite in our house we playfully refer to as "Whole Pineapple Night". This full dinner recipe includes sautéed kale, Jamaican style rice and peas, flavorful tempeh, and cocktails, using an entire pineapple throughout.

#### Ingredients

1 whole pineapple  
1 large bundle of fresh kale  
2 8 o packages of multigrain tempeh  
2 1/2 cups vegetable stock  
1 large, ripe avocado  
8 ounces of red kidney beans  
1/2 cup of coconut cream  
2 teaspoons of fresh thyme  
1/2 teaspoon ground allspice  
2 finely chopped scallions  
1/2 cup of chopped white onion  
4 minced garlic cloves  
1 teaspoon black pepper  
1 1/2 teaspoon kosher salt  
1 whole scotch bonnet pepper  
1 teaspoon brown sugar  
2 1/4 long grain rice  
Mango flavored rum  
Pomegranate juice



#### Directions:

1. Cut each package of tempeh in half, giving you two squares. Cut each square diagonally, leaving four triangle pieces. Marinade the tempeh however you'd like. It is a very versatile food. I personally prefer to use soy sauce and jerk seasoning.
2. Separate the kale from the stems.
3. Using a pineapple corer, remove the fruit from the pineapple, leaving the outer shell intact.
4. In a large sauce pan, sauté 2 chopped garlic cloves in a small amount of olive oil until the garlic is lightly golden and the onion starts to become translucent. From there, add the dry rice, and toast it with the garlic and onion.
5. When the rice is nicely toasted, add the beans, coconut milk, stock

(about two cups), allspice, chopped scallions, brown sugar, salt, pepper, thyme and scotch bonnet pepper (whole, do not cut the pepper). Maintain an adequate level of liquid in the rice and beans, bring to a boil, reduce the heat and allow it to simmer for around 20 minutes or until the rice is tender.

6. You can choose to fry, bake or grill your tempeh. Tempeh can be considered "done" when it is warmed enough for your liking. I recommend occasionally brushing it with the marinade as you go.
7. Take four slices of pineapple, lightly brush them with olive oil and grill 2 to three minutes on either side. Set aside when done.
8. In a large frying pan, heat some olive oil at medium-high heat. When hot, cook the 2 remaining chopped cloves of garlic until they're soft. Raise the heat, and add the kale and about 1/2 cup of vegetable stock. Stir until there is no more liquid. Season with salt and pepper to your taste. You can also chop up some pineapple to sprinkle over the kale.
9. Into your pineapple shell, mix a cocktail of any remaining pineapple juice, the pomegranate juice and mango rum to your taste. It will pour out of the pineapple more easily if you cut a small v shaped notch into the rim. Garnish your cocktails with pineapple slices.

Serve the tempeh with the rice and peas, kale and grilled pineapple, garnish with sliced avocado and enjoy cocktails out of your pineapple. Go sit by the water, enjoy your cruelty free dinner and pretend you're on vacation! (serves 4, at least)



## June 2018.....From The Kitchen Of.....

*well, mine, with a recipe from the 1960's from Geri Mills, former LFA super baker, and still remains a favorite to now!*

This has certainly been an on and off Spring and dragging us through mists, drizzle, winds and chilly weather. Despite that a super crew cleaned up our Beach #1 in readiness for the fun times planned for the pleasant days we hope are just around the calendar corner. THANKS TO ALL WHO HELPED! Wild life seems to be abundant this spring with reports of sightings all around. Many people have seen a variety of foxes of large, medium and small and at least a few really red foxes. I've seen a possum, my dog got sprayed by a skunk (probably a young one as it cleaned up easier than others I've had the pleasure of experiencing!) a groundhog and, of course, deer, including a black deer born last season and grown up now. I only hear the owls once in a while, but I am so happy to have a pair of cardinals nesting in a shrub in my front yard! So the abundance of wild life says there is food for all in the neighborhood.

Our POT LUCK DINNER ON THE BEACH is scheduled for Friday, June 29th at 6:30 p.m. While reservations are not necessary, we ask that you call and let me know how many people we should plan for. Also, let me know what you expect to bring so we end up with a nice variety of dishes. We suggest whatever you decide to bring should feed at least 10 people or more. Salads, casseroles, vegetables, meats, pasta dishes, h'ors doeuvres, and of course desserts! Just give me a call to give me an idea of what and how many! Betsey 203-272-9524 Go ahead 'n show off!

### CHOCOLATE CHIP CAKE

Grease and flour a 9 x 13 rectangle, bundt pan or angelfood tube cake pan. Note: I line 9x13 with parchment paper for easy removal. 350o 1 hour for tube pan, 40-45 mins. rectangle Please test!

1 cup softened butter	2 cups sugar	3 eggs	1 pint sour cream	1 tsp. vanilla	3 cups sifted flour
1 tsp. baking soda	1 cup chopped walnuts		12 oz chocolate chips (any variety or combo works)		

Cream butter and sugar, beat in eggs. Fold in sour cream and vanilla. Sift flour and baking soda. Add and blend well. Fold in chips and nuts if using and mix well. Put batter in pan of choice and bake. Tube may take longer. Cool cake before removing from pan. Dust with confectionary sugar if desired. Cake keeps well..... if it lasts that long! Enjoy!

Summer will go so quickly when it finally gets here! Maybe we can do an informal PIZZA NITE on the beach with games? Let us know!

On a sad note, I saw in the paper last week the passing of one of Lake Forest Association's former residents..... Roger Brake served as President 5 years. He and his family lived on Forestview Road. We send our sympathy for their loss and are grateful for the years spent here leaving good memories behind.

## Keeping Our Water Safe

A concern we must all address is the spreading of harmful plants, animals and other organisms. These aquatic nuisance species can hitch a ride in 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. Please review our general rules regarding the requirement of washing your boat before returning it to the lake if you've used it in another body of water and the prohibition of non-member boats in the lake.

Below are the dates for the upcoming events and meetings in 2018. Please keep this schedule posted so you can attend as many meetings as possible. It takes a village to run the Lake Forest Association and we need your help to make it work for everyone. Please join us at meetings and events and show your support.

June 6th: General Meeting 7:30 PM  
June 17th: 50/50 Bass tournament 8 AM  
June 20th : Board of Director's Meeting—7:30 PM  
June 30th: Potluck Dinner on the Beach  
July 15th: 50/50 Bass tournament 8 AM  
August 19th: 75/25 Bass Tournament 8 AM  
TBA: LFA Cleanup Day  
TBA: Movie Night on the Beach

## Special Announcements!

*A very happy birthday to Bryan Bower  
(June 18th)*



## Notices and Updates!

### NOTICE

We are slated to lower the lake at the end of the summer season. If you are a lake front property owner and need to do any repair work to your walls now is the time to start making plans to do so. After the valve is closed the lake will not be lowered for another 3 years (2021). We will be putting this notice in every newsletter from now until September, please plan accordingly.

### ANIMAL CARE DRIVE: DONATIONS NEEDED

Nutmeg Clinic, located at 25 Charles Street, Stratford is accepting new or gently used items such as animal toys, beds, carriers, dog crates and more. Items collected will be redistributed to pets in need throughout the community! Items can be brought to Nutmeg Clinic Monday through Thursday from 4:45-5:30 p.m., or you can contact them at [info@nutmegclinic.org](mailto:info@nutmegclinic.org) to arrange an alternate drop off time.

Want to have your birthday, anniversary or other special occasion featured in our newsletter? Think you've got the cutest pet in Lake Forest? Want to submit an article? Send your articles, information and photos to [lakeforestassociation@gmail.com](mailto:lakeforestassociation@gmail.com). Submissions must be received by the Friday following the monthly Board meeting.

## Combustion and Consideration

One warm night last summer, I was sitting in my living room enjoying the gentle breeze through my open windows. My family and I relaxed together with dim lights and the television just barely above a whisper. Our five cats lounged among us, scattered over the couches and arm chair, our dog contentedly gnawing on a bone. This idyllic moment, illustrative of every reason we chose to move to this neighborhood, ended in an instant with an explosion so loud I thought we were suddenly whisked off into a Ken Burns documentary.

In that second, the four humans jumped in shock, the cats scattered with lightning speed and our dog whimpered in abject fear, urinated on herself and frantically searched for a place to hide. Our peaceful evening in calm company turned to cleaning the floor and comforting six animals, all shaking with panic.

I personally hate fireworks because of the effect on my animals. And every summer, I'm forced to choose between closing windows to mitigate noise, or allow my animals to be terrorized until someone has their fill of controlled explosions. Despite the fact that all fireworks outside of sparklers and fountains under 100 grams of pyrotechnic composition per item are illegal in Connecticut, we are left having to accept them as a guaranteed nuisance.

Outside of their illegality, fireworks are obnoxious, inconsiderate, and dangerous. It is a safe bet to think the only people enjoying what I imagine a mortar attack sounds like, are the people causing it. I'm also willing to bet I'm not the only one mopping up dog urine afterwards, either.

The loud noise, bright flash and pretty colors may delight some, but they make nights terrible for others. The reality is that while one person is enjoying fireworks, animals and people alike are left panicked. There is a particular grim irony in using fireworks as a display of patriotism and stressing or panicking military veterans who have returned home suffering from post-traumatic stress disorder.

More dogs run away during the 4<sup>th</sup> of July season than at any other time in the year in desperate attempts to escape the noise. The wildlife native to the beautiful environment we are blessed to share with them are terrorized the noise. This, of course, is to say nothing of the safety threat inherent in the bafflingly stupid decision to detonate aerial pyrotechnics in a neighborhood covered with trees.

In the end, just remember a little consideration and common sense go a long way. There will be reasons this summer why a beloved family pet goes missing, a person re-experiences their trauma, or a fire threatens homes. And that reason may well be you. Weigh that against how cool you think you sound blowing something up in your back yard. I can guarantee it is nowhere near as cool as you think.

Please visit Military with P.T.S.D. ([www.militarywithptsd.org](http://www.militarywithptsd.org)) for more information on their Explosion of Kindness campaign, aimed at educating community members of the potential effect their fireworks can have on combat veteran neighbors. You can also visit The Humane Society ([www.humansociety.org](http://www.humansociety.org)), PetMD ([www.petmd.com](http://www.petmd.com)), the A.S.P.C.A. ([www.aspc.org](http://www.aspc.org)) and the American Veterinary Medical Association ([www.avma.org](http://www.avma.org)) for more information on the effect fireworks have on pets and how to keep them safe this season.

