



Lake Forest News



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May 2018

NO. 05

From the Office of the President

We have turned the corner, FINALLY; on my weather app I can see temps in the 60's. So happy Spring has finally arrived. The other day I received a call from our Alderman Rosalina Roman-Christy, she called to ask when a representative from the City would be able to address our Association from the questions and concerns she heard from us in October. At the May 2nd General Meeting we will have John Ricci from Public Facilities joining us to listen to and address our concerns with regards to Elton Rogers Park and speed bumps for our beach area.

Just a couple of reminders. Please call Gaby Topar with any fob related questions at 203-216- 7887. For those who haven't yet paid their 2018 dues, your fob will be activated when dues are paid. Dues can be sent to Meaghan Monahan – 5 Pinepoint Drive Drive, the cost is \$180 plus a 15% late fee, Boat stickers remain at \$5. Also if you have paid for your 2018 boat sticker and need access to the boat dock please call Matt Cohen at 203-243- 3219, do not climb the fence. Make sure your boats are tagged with your registration number and current years boat sticker, should your boat float away, the registration system will help to identify the owner.

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.

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: SueLesko@att.net or 203-685- 5823. Hope to see everyone on May 2nd at our General Meeting.

Sue Lesko, President.

May

May 2nd: General Meeting 7:30 PM
May 8th: Pasta Night, 6:30 PM
May 16th: Board of Director's Meeting—7:30 P.M.

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 29th: Potluck Dinner on the Beach

The Lake Forest Clubhouse is open for rentals. It's a great place to party, have a meeting or conduct a seminar. Call 203-371-7671 for information. Tell your friends; we're open for business!

Lake Forest Association members receive a \$100 discount on rentals.

The Boat Warden's Corner

The boat dock area will be opened on April 14th, 2018. A limited number of boat spaces, that will not interfere with dock placement, are available along the wall before the docks are placed. Boats may not be brought onto the property without current boat stickers and a signed, returned, L.F.A. docking agreement. If you would like to bring a boat to the lake, please call me at 203.243.3219. I will be available to open the gate Saturdays and Sundays between the hours of 10 A.M. and 3P.M Due to the lowering of the lake all boats must be removed from the boat dock area by Sunday September 9th. 2018.

Wishing you all a great summer on the lake,
Matt

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

Sunday May 13th. 8 A.M. – 1 P.M. (Rain or shine)

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

Sunday July 15th. 8 A.M. --1 P.M. (Rain or shine)

Entrance fee is \$20.00 per person per tournament. (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.



L.F.A. 75/25 Bass Tournament

Sunday August 19th. 8 A.M. – 1 P.M. (Rain or shine)

Open to people who have fished at least two of the previous tournaments

Entrance fee is \$25.00 per person.

Person catching the longest Bass (shown by photo on authorized ruler) wins seventy five (75) percent 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.



2018 Dues are Due

Membership dues for 2018 are currently being accepted. When paying dues now **please include the 15% late fee.** Please pay your dues as soon as you can. Membership dues contribute half of our annual revenues, with Clubhouse rentals covering the other half. We need both, dues and rentals, to cover the costs of running this Association.

Membership dues:

- ⇒ Resident/Associate Dues \$180
- ⇒ Senior Dues (over age 65 with 1-5 years of continuous membership): \$135 Senior Dues
- ⇒ (over age 65 with 6-10 years of continuous membership): \$108 Senior Dues
- ⇒ (over age 65 with 11+ years of continuous membership): \$
- ⇒ Summer Membership (not related to a member and live outside Lake Forest): \$210
- ⇒ Lifetime Members are not required to pay dues.
- ⇒ After April 4 th late fee will apply.
- ⇒ Resident/Associate \$27.00
- ⇒ Senior (1-5 years) \$20.25
- ⇒ (6-10 years) \$16.20
- ⇒ (11+ years) \$13.50

In order to use the lake you must be a member of the Lake Forest Association. Dues can be paid by check made payable to "Lake Forest Association". **They can be paid in-person at a General Meeting on the first Wednesday of each month at 7:30. Mailed to Meaghan Monahan, 5 Pinepoint Drive, or left in Meaghan's mailbox.**

Please include the 2018 invoice along with your check Make sure to include your email address for LFA announcements and newsletter delivery. If you have a beach fob from last year you'll use that again this year. Once your dues are paid the fob will be activated. If you have lost your fob or need a replacement fob, the fee is \$25 to cover the cost of the new fob. Please note that it takes Sonitrol one (1) business day to activate a fob so if you pay on Friday your fob will not be active until Monday. Please plan ahead! We CANNOT turn the fobs on over the weekend! Fobs will be activated and boat stickers issued upon full payment of dues.

From the Kitchen of Betsey Meyer May 2018

My apology to Cookie Castaldo. Please send me a favorite of yours to share with LFA. I need a better system I think! Looking out the window, it seems Spring has finally arrived! The sun is such a welcome sight for all of us, people, animals, gardens, lawns and trees. Spring allergies for those sensitive to all affected by spring pollens, all of which will probably all blossom close to the same time, more spring rains may help at least a little. The birds are in full voice mornings: red male and green female cardinal's melodious calls, bright blue jay's raucous calls, redwing blackbird's gravelly calls, and male goldfinches are turning yellow again. Robins are finding food for their babies, and the swallows have returned dipping and soaring over the lake catching insects in flight and the owls are still hooting from many locations around the lake confirming the probability last year's brood are still in the neighborhood. If you hear a low cooing near or far around dusk and dawn, those are the owls. Many of these birds will later move farther north and east so enjoy this chorus while it lasts. The mocking birds will stay around and imitate many of the others!

Here's a recipe of my own creation that is a go-to when there are any or all of the ingredients are available, fresh or left-over. I'll make some suggestions as this goes along. Call it

BASIC VEGETABLE SAUTE (with variations.)

Cut into reasonably the same size vegetables: 1. onions, celery, red and/or green pepper, carrots and garlic. 2. Also prepare green beans, green and/or yellow squash, fresh mushrooms in bite-size pieces. 3. Wash greens, spinach, kale, Swiss chard, cabbage or Chinese cabbage large shred. 4. Add nuts of your choice like broken or hopped walnuts, cashews, almonds, sunflower seeds, or pistachios. (Pine nuts are good but too expensive!) Any or all of these may be combined. In a large frying pan over medium heat, put 2 Tbs. olive oil and 1 Tbs. butter. Add in proportion to expected servings whatever vegetables from #1 above you choose or have on hand. Saute 2-3 minutes keeping them moving. Add a proportionate amount of #2 vegetables. Next add #3 choices continuing to keep them moving. Add 2 Tbs. corn starch mixed with enough water or 1 can of broth or 1 bouillon cube, chicken or beef. Stir in until thickened. Add salt and pepper to taste. Also add cooked meat, chicken, beef, pork, shrimp. Also add choice of soy sauce, fish sauce or any hot sauce you like. Call it anything you like but tastes great!

Lake Forest Pasta Night!

May 8th at 6:30 P.M. \$12 per person. Reservations call: Nancy (203-374- 4400) or Betsey (203-372- 9524)

Rental update

Rentals are going extremely well for us this year so far. If the month of April had a few more weekends in it we could have booked them too! April: 10 rentals, May: 8 rentals, June: 8 rentals (so far). All Saturdays and Sundays for the club are booked through July 7th, and we are beginning to book into the fall.—Michele Barnes

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.

May 2nd: General Meeting 7:30 PM
May 4th: Star Wars Day
May 4th: RSVP deadline for Pasta Night
May 5th: Cinco de Mayo
May 6th: Club Clean up 9:00 AM, unless it rained last weekend, Then Beach Clean up
May 8th: Pasta Night 6:30 PM
May 13th: Mothers Day
May 16th: Board of Director's Meeting—7:30 PM
May 19th: Armed Forces Day
May 20t: 50/50 Bass Tournament 8 AM
May 25th: Memorial Day
May 29th : Full Flower Moon
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 29th: 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

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

The results of last summer's Aquatic Plant Survey are in!

Please visit <http://www.ct.gov/caes/cwp/view.asp?a=2799&q=600684> to see for yourself. The bad news is that we do still have the invasive weed Minor Naiad. The good news is that not only has the cover of this invasive plant decreased, but the amount and abundance of native species have increased. This is great news for all of you who, like me, love to see fish, ducks and other wildlife around the lake. These native plants provide food and shelter for the kinds of living creatures that we enjoy as we paddle, swim, and fish in the lake. It's nice to see that our considered judgment to limit the amount of copper sulfate used has paid off. If we had been more heavy-handed with the herbicide, we would never have seen these native species return to the lake. This improvement can also be attributed to more careful lawn care- when you don't over-fertilize and when we all pick up after our pets, the water is less nutrient-rich. Native plants prefer the water quality as we've been keeping it lately, whereas invasive plants thrive in more disturbed waters. I'm hoping to have the Invasive Aquatic Plants expert who conducted our survey come to an LFA meeting either this month or next, to explain the process and answer questions, but I will also be around to answer questions!

-Tamar Cunha, Clearwater Chairperson

Cinco de Mayo: A Brief History

Contrary to the misconceptions of many, Cinco de Mayo is not Mexican Independence Day, which is celebrated on September 15th. Cinco de Mayo celebrates the Mexican military victory over France, led by Napoleon III at the Battle of Puebla during the Franco-Mexican War in 1862. And while any reason for a margarita is a good one, we should familiarize ourselves with the day's history and indeed the history of Mexico as we enjoy them. For many, Cinco de Mayo is a reflection on not only this victory but on a long history of many invasions by numerous countries. So while you choose to enjoy the various culinary contributions of Mexico and Mexican Culture, take a moment to reflect on their rich history as well.

Mothers Day In the United States (from History.com)

"The origins of Mother's Day as celebrated in the United States date back to the 19th century. In the years before the Civil War, Ann Reeves Jarvis of West Virginia helped start "Mothers' Day Work Clubs" to teach local women how to properly care for their children...These clubs later became a unifying force in a region of the country still divided over the Civil War. In 1868 Jarvis organized "Mothers' Friendship Day," at which mothers gathered with former Union and Confederate soldiers to promote reconciliation...Another precursor to Mother's Day came from the abolitionist and suffragette Julia Ward Howe. In 1870 Howe wrote the "Mother's Day Proclamation," a call to action that asked mothers to unite in promoting world peace. In 1873 Howe campaigned for a "Mother's Peace Day" to be celebrated every June 2...The official Mother's Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children...By 1912 many states, towns and churches had adopted Mother's Day as an annual holiday, and Jarvis had established the Mother's Day International Association to help promote her cause. Her persistence paid off in 1914 when President Woodrow Wilson signed a measure officially establishing the second Sunday in May as Mother's Day...Anna Jarvis had originally conceived of Mother's Day as a day of personal celebration between mothers and families. Her version of the day involved wearing a white carnation as a badge and visiting one's mother or attending church services. But once Mother's Day became a national holiday, it was not long before florists, card companies and other merchants capitalized on its popularity...While Jarvis had initially worked with the floral industry to help raise Mother's Day's profile, by 1920 she had become disgusted with how the holiday had been commercialized. She outwardly denounced the transformation and urged people to stop buying Mother's Day flowers, cards and candies."