



Lake Forest News



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From the Office of the President

Welcome to Summer!!! In case anyone missed the weather report, during the month of July the temperature rises and it gets hot. With heat and full sun plant life grows as I know some have noticed along the shoreline. If you feel that the plant life along your shore area is growing too quickly or too high the quickest solution is to rake it out, that is exactly what we do over here at our shoreline. Very simple actually, all you have to do is attached a rope to the rake then throw it out into the water and then pull it back in by the attached rope. As for surface algae any pool skimmer will take it off. The yearly calls have begun about copper sulfate. The Association will most gladly accept anyone who would like to volunteer to spread it. I for one do not feel like wearing long pants, long sleeved shirt, gloves and a mask when it's 90+ degrees outside. However if anyone else would like to by all means, we can set you up with a boat operator and you are more than welcome to spread it in the affected areas.

While I am on the topic of volunteers, anyone who would like to take an hour or so to cut the grass at the clubhouse that would also be appreciated. We also have several other properties with grass, small piece at the beach and the boat dock and beach 2. I would like to thank Cliff for cutting the grass at beach 2 and Meaghan for cutting the grass at the clubhouse. As has been said before, this Association runs because of those who volunteer. Yet every year we see the same faces, it would be nice to see new ones – perhaps those who have lived here for sometime could assist in getting things done. I mean we could talk about raising dues and perhaps pay someone, or we could get some more folks to step up and help out.

If you did not attend the Potluck Dinner on the beach you truly missed out. Big thanks to Betsey, Cliff, Matt, Nancy and June for putting everything together. If anyone is handy at plumbing, your help would be greatly appreciated for the bathrooms at the beach. Please email: lakeforestassociation@gmail.com - for more formation.

I do hope everyone has a safe and fun July 4th holiday. For those who find it necessary to set off fireworks be careful, consider your neighbors, consider pets and consider Military Veterans when doing so. If you set off fireworks near the shoreline of the lake please clean it up as its discarded material will wind up in the lake.

The July General Meeting will be held on Wednesday July 11 th at 7:30 P.M. John Ricci from Public Works will be joining us to discuss the rebuild of the dam in Elton Rogers Park and the affects it will have on Lake Forest.

I too am a volunteer; I field emails and phone calls pretty much every day. Quite honestly it's exhausting. I welcome anyone in this Association to step up and take on the job as President. I have given my letter of resignation to the Board of Director's with an effective date of resignation for July 3, 2018. There is a vacant position on the Board to fill, 1 st Vice President. I would like to personally thank the 2018 Officers and Board of Directors for their hard work and dedication to our Association. My wish is others will step up and assist these individuals as needed.

Sue Lesko

July

July 4th: Independence Day
July 11th BOD Meeting 6:30 PM
July 11th: General Meeting, 7:30 PM



August

August 1st: General Meeting, 7:30 P.M.
August 4th: Field Day
August 19th: 75/25 Bass Tournament 8 AM

Boat Warden's Corner

The lake is healthy, the weather is getting nicer, the fishing is good. Enjoy our lake !! All boats must be equipped with a personal flotation device suitable for each occupant. Children under the age of fourteen (14) are required to wear life jackets at all times must be supervised by members while using boats and. No exceptions. Due to the lowering of the lake all boats must be out of the dock area by September 9th

All boats, with the exception of paddle boards, must clearly display on both sides the member's annual sticker as well as the boat's identification number. Boats on Lake Forest property without current annual and identification stickers may be removed by the Lake Forest Association for trespassing.

PLEASE have current boat stickers displayed on your watercraft.

I've started placing yellow (first) the orange (second) violation tags on boats not displaying current stickers. The next step is to tow the boat and I would really rather spend my time on the water fishing then towing a boat!

PLEASE have current boat stickers displayed on your watercraft.



How to Help Reunite Immigrant Families

As of right now, several thousand children have been forcibly taken from their families and detained at tent cities and detention facilities by the United States government. Those watching what has unfolded and indeed continues to unfold at the American/Mexican border and feel moved to help in any way do have a multitude of options. Several non-profit organizations, businesses, and news organizations are mobilizing in the fight to re-unite imprisoned children with their parents. Below are organizations to which you can donate, businesses you may consider supporting and information gathering initiatives you may be able to assist.

The Refugee and Immigrant Center for Education and Legal Services (RAICES) is a non-profit focused on "providing free and low-cost legal services to under-served immigrant children, families and refugees in Central and South Texas".
<https://www.raicestexas.org>

ActBlue (<https://secure.actblue.com/donate/kidsattheborder>) offers a single portal that allows people to donate to fourteen organizations active in providing legal and other needed services to families separated at the U.S./Mexican border. Contributions are split evenly among:

- Al Otro Lado - serves indigent deportees, migrants, and refugees in Tijuana & Los Angeles <https://www.alotrolado.org>
- The Florence Project - providing legal & social services to detained immigrants in Arizona <https://firrp.org/>
- Neta - a Latinx-run progressive media platform telling the stories of what's happening on the border <https://www.netargv.com>
- Innovation Law Lab - working in immigrant detention centers and hostile judicial districts; keeping the definitive list of kids being held <https://www.innovationlawlab.org>
- Fuerza Del Valle - organizing workers & immigrant communities in the Rio Grande Valley <http://www.fuerzadelvalle.org/>
- The Young Center for Immigrant Children's Rights - promoting the best interests of unaccompanied immigrant children <https://www.theyoungcenter.org/>
- We Belong Together - women for common sense immigration policies <https://www.webelongtogether.org/>
- United We Dream - the largest immigrant youth-led network in the country <https://unitedwedream.org/>
- Womens Refugee Commission - advocating for the rights and protection of women, children, and youth fleeing violence and persecution <https://www.womensrefugeecommission.org/>
- American Civil Liberties Union - fighting attacks through the legal

system <http://www.aclu.org>

—Kids In Need of Defense (KIND) - protecting unaccompanied children who enter the US immigration system alone to ensure that no child appears in court without an attorney.

<https://supportkind.org/>

—Asylum Seeker Advocacy Project - providing asylum seekers with legal aid and community support across the country

<https://asylumadvocacy.org/>

—Human Rights First - helping refugees obtain asylum in the U.S.

<https://www.humanrightsfirst.org/>

—La Union del Pueblo Entero - founded by Cesar Chavez and Dolores Huerta, a community union that works in the Rio Grande Valley from the grassroots up <https://lupenet.org/>

Companies such as DNA testing technologies 23andMe and MyHeritage are offering genetic testing kits to assist in family reunification though this has drawn understandable concerns and declines from advocacy groups concerning efficacy and efficiency, and of course privacy risks for already marginalized communities.

BuzzFeed News is partnering with ProPublica, the Intercept, Univision News, Animal Político, and Plaza Publica and asking for our assistance in gathering information about imprisoned and detained children in efforts to locate and reunite them with their families as well. BuzzFeed adds "We are asking anyone who has direct knowledge about a family that has been separated or a facility where children are being held to reach out to us. You can fill out the form on this website (https://www.buzzfeed.com/jessicagarrison/do-you-know-families-separated-at-the-border?utm_term=.aq6Lxxao3#.mdg6MMAb2) or email us at tips@buzzfeed.com. To learn how to reach us confidentially, go to tips.buzzfeed.com."



July 2018 From the Kitchen of

I'm not sure just where or how I came by this recipe so if it was yours, please let me know!

The Reuben has always been my favorite deli sandwich and corned beef is my "middle name". Summer took its sweet time getting here this year but it has certainly made up for that by turning on the heat just in time for this holiday weekend and more. The beach is in great condition and was enjoyed by 60 or more neighbors and friends for our Pot Luck Supper on the Beach last Friday. Thank you to all who out-did yourselves donating your special dishes for all to enjoy. We all ate very well and not much was left to take home, just the way it should work out! If you missed it, I recommend you try having your own supper on the beach some suppertime soon. Bring whatever you want for dinner and just relax and enjoy the cool and lovely evening eating on the beach. Picnic tables are there for your use and many of the local food business will deliver to the gate if you don't want to pick it up yourself. You'll be surprised how relaxing and enjoyable it is! And you are just around the corner from home!

The next event on the beach will be Field Day (August 4th). Many volunteers will be welcome to help in many ways. We sell hotdogs, hamburgers, and liver, bacon and onion sandwiches, affectionately known as LBO's, waters and sodas, homemade and donated cookies and other desserts at reasonable prices. We need volunteers to help with the setup and breakdown, to cook, sell tickets to purchase food items, to supervise games for kids and adults. It's great fun and I hope you all come down and join in the fun day. One of the highlights of the event is always the partners water balloon toss! Bring your own blankets, towels, and beach chairs. Please let us count on you to help out. Special note to encourage new members, this is a great way to meet others and really become an active member of this association through participation. To volunteer, let us know. Call any of the officers or board of directors. I guarantee you will have a great experience and we will welcome you!

I cant wait to try this recipe as I'm almost tasting it as I'm writing about it: RUEBEN CASSEROLE

Ingredients: 6 slices rye bread divided 1lb corned beef or pastrami, or any combination of both thinly sliced or shaved 1 pkg 14.5 oz. sauerkraut (soft package, drained) 4 cups shredded swiss cheese 1 cup dill pickles chopped 1 cup milk 1/3 cup Thousand Island dressing 1/4 cup mustard 3 large eggs 2 teaspoons caraway seeds

Directions: 1. preheat oven to 350° and lightly grease a 9x11 inch baking dish with butter or non-stick spray. 2. take 4 slices of rye bread and cult them into cubes. Place the remaining bread in a food processor and pulse until you have fine bread crumbs and set aside. 3. spread cubed bread out along the bottom of your baking dish, then cover with 1/2 of the pastrami,. Top with beef, sauerkraut, pickles, half of the caraway seeds, and 2 cups of cheese. 4. cover with the remaining beef, caraway seeds and cheese. 5. in a medium bowl, whisk together milk, salad dressing, and mustard. Then beat in the eggs until combined. 6. pour wet ingredients over the casserole, then top with bread crumbs. 7. place baking dish in the oven and bake 40-45 minutes, or until mixture is bubbly, top is brown and center is set. 9. Remove from the oven and serve hot.

I cant wait to try this! I am salivating just typing this recipe but its 2 a.m. and the stores are closed!

Enjoy all the lake has to offer you this summer, water, beach, views, relaxation and friendships. Volunteer to be a part of the operation – we will welcome you. And do it soon! Summer goes by soooooo fast. Get me one of your recipes!

Betsey
203.372.9524

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.

July 11th BOD Meeting 6:30 PM
July 11th: General Meeting, 7:30 PM
August 1st: General Meeting, 7:30 P.M.
August 4th: Field Day
August 19th: 75/25 Bass Tournament 8 AM
TBA: LFA Cleanup Day
TBA: Movie Night on the Beach



SATURDAY AUGUST 4TH
LAKE FOREST FIELD DAY

JOIN NEIGHBORS AND FRIENDS FOR GREAT FOOD, AWESOME ACTIVITIES, COMMUNITY AND FUN IN THE SUN!



Special Announcements!

Very happy birthday to
Frida Kahlo (July 6th)
Henry David Thoreau (July 12th)
Nelson Mandela (July 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 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.



Veterinary Technician offering pet care services

Dog Walking
Dog Boarding
Doggy Day Care

Drop in visits to owner's home for care of any pet

I am also offering nail trimming, light grooming, and anal gland expression and medication administration, injections (insulin, etc.), nutritional care, and fluids per your veterinarian's orders.



Call:
Melissa Peters
(203)685-2176

