



Lake Forest News



www.lakeforestassociation.com

June 2020

President's Corner

I hope everyone is doing well through these trying times. Based on following the COVID-19 guidelines, we have some good news and some bad news for our members. The good news is that we were able to open the beach and the boat docks. The bad news is that we cannot use the Lake for swimming just yet. Per the rules of the State of Connecticut, swimming is not allowed at Lakes at this point in time. Because of this, the beach is only open for your enjoyment to sit and relax, maybe read a good book or to get the kids out and let them play in the sand. As soon as the State of Connecticut allows swimming in the Lake, I will let you know.

If you are using the Lake to fish or for boating, please follow the rules of Lake Forest Association. Remember, you **must** be a paying member of the Association in order to use the Lake. Information about Lake Forest Association (memberships and/or rules) can be found on the Lake Forest website.

The items listed below are for your information:

- **Floating Docks**—With spring around the corner, some of you might be thinking about building a floating dock. If you are, remember plans **MUST** be submitted to the LFA Board for approval **BEFORE** the start of any construction.
- **Summer Activities/Events**—Many activities and events are being planned for the summer. Once the pandemic subsides and we know more about guidelines for getting together, we will let you know what is planned.

As always, if you have any questions or concerns, please feel free to contact me.

Cliff Roberts, President LFA
(203) 414-4858
Cliff_bpt1@yahoo.com



From the Desk of our Boat Warden Matt Cohen.....

The docks are open but please follow the State COVID-19 guidelines for your safety and the safety of others.

- Masks must be worn on the docks.
- Only five people standing or fishing from the dock at one time. (This does not pertain to people getting in and out of boats.)
- Maintain proper social distancing. (Markers have been placed at six foot intervals.)

Thank You.

STAY SAFE, STAY HEALTHY



Thank You!
Healthcare Workers
First Responders
Essential Workers
Stay Safe

STAY HOME 
SAVE LIVES 

50/50 Raffle winner for March meeting:
Dave Pavlik (to host July meeting).



With nationwide [quarantine](#) being extended and people bunkering down at home to fight against [coronavirus](#), you may think that cool Father's Day ideas are limited. But there's great ways to celebrate Father's Day during quarantine. Yep, there are actually tons of fun things to do for Father's Day 2020—which falls on Sunday, June 21st this year—that can make the holiday feel special.

From throwing your dad a pizza party at home to taking him on a [virtual vacation to Disney World](#) (courtesy of YouTube videos), there are plenty of creative things to do for Father's Day that you can pull off without ever having to leave the house. Visit <https://parade.com/1032345/marynliles/best-fathers-day-ideas/> for a list of **50 best Father's Day ideas**.



Calendar of Events

June:

- 3rd Lake Forest Meeting 7:30 P.M. (hopefully)
- 14th Flag Day 
- 17th Board of Directors Meeting 7:00 P.M.
- 20th First Day of Summer 
- 21st Father's Day 

July:

- 1st Lake Forest Meeting 7:30 P.M.
- 4th Independence Day 
- 15th Board of Directors Meeting 7:00 P.M.

PLEASE DO NOT FEED THE WATERFOWL. It has been reported by a few members and boaters, that geese and swans have approached people on shore and in a boat, wanting to be fed...and when refused, became aggressive. Please read the below article highlighting legitimate reasons NOT TO FEED THE WATERFOWL and comply with this request to prevent injury.

DID YOU KNOW that feeding the geese actually causes problems for all? Connecticut provides important breeding and wintering habitat for approximately 30 waterfowl species (https://www.ct.gov/deep/lib/deep/wildlife/pdf_files/game/NoFeedWF.pdf). Our state abounds with numerous coastal and inland areas that are very important to ducks and geese. Connecticut's natural resources provide waterfowl with the proper nutrients they need throughout the year. Waterfowl have evolved to migrate extraordinary distances without the assistance of people. Artificial feeding can delay this natural phenomenon and encourage some birds to overstay their welcome.

Feeding Causes Problems for All

Feeding creates numerous problems, not only for people, but also for the birds. Well-intentioned people erroneously believe that feeding is beneficial to waterfowl, but it often has negative ecological, environmental, and social consequences. Feeding waterfowl low quality foods, such as bread, chips, or popcorn, does not provide the birds with the necessary nutrients they need for survival. Feeding often results in dietary deficiencies in wild birds. Waterfowl rely on specific nutrients in natural foods to carry on important biological processes. Numerous problems can arise when birds are fed low quality food. They may become malnourished or deficient of vital nutrients, resulting in:

- the development of deformed wings (propeller wings)
- an increased susceptibility to predation
- lowered energy
- a decrease in reproductive rates
- the loss of flight ability
- lowered life expectancy

Feeding Areas Are Unsanitary and Harbor Diseases

Most areas where the public feeding of waterfowl occurs cannot sustain the large concentration of birds that often gather there. This ultimately leads to the accumulation of droppings and feathers, overgrazing of vegetation, soil erosion, and unsanitary conditions. Waterfowl also act as hosts for numerous bacterial agents, including the organism that is responsible for swimmer's itch. Feeding waterfowl can exacerbate this problem by concentrating potential hosts in swimming areas. Large numbers of waterfowl in relatively confined areas also can be responsible for triggering algal blooms, resulting in elevated fecal coliform bacteria and nutrients in the water. These factors cause some of our favorite and most popular recreational areas to become unusable for animals and humans.

Feeding may result in malnourished birds competing for food in crowded, unsanitary areas. Diseases, such as **avian cholera, avian influenza (bird flu), botulism, and duck viral enteritis**, thrive when these conditions are present. **Aspergillosis** is a fatal disease that kills waterfowl when they eat moldy, rotting grain products. All of these diseases have the potential to kill large numbers of waterfowl.

Feeding Increases Conflicts

Feeding draws birds to areas where conflicts with humans can arise. The constant interaction between humans and waterfowl causes the birds to lose their apprehension of people and their surroundings. Wild animals rely on their instinctive sense of fear for survival. The loss of a bird's fear towards humans often results in the bird exhibiting dangerous and unpredictable behavior towards people. Public safety also becomes an issue when birds congregate near heavily traveled areas, increasing the likelihood of a vehicle strike. Corporations, municipalities, and private landowners often spend large amounts of money to alleviate problems with waterfowl that are often caused by people feeding these birds. By not feeding waterfowl, you are allowing the birds to use our state's natural areas to our benefit and theirs.

Feeding Weakens the Gene Pool

Artificial feeding concentrates domestic and wild waterfowl, significantly increasing the probability of hybridization between them. This leads to the weakening of the gene pool and the overall integrity of the wild waterfowl population.

Thank you.

Lake Forest Association



Lake Forest Clubhouse
Event Rentals

424 Frenchtown rd
Bridgeport, Ct. 06606
203-371-7671

Now accepting all major credit cards

lakeforestassociation@gmail.com
www.lakeforestassociation.com
Facebook@Lake Forest
Instagram@Lakeforestclubhouse



Fastest and quickest way to stay updated with everything that's going on!!! Look us up and send a friend request!!!
Lake Forest Association



Report an issue today!

Bridgeport 311

Have a problem you would like the City to know about? Easy fix!!! Report it on SEELICKRFX.COM. Get updated information when issue is addressed, worked on, and fixed.

How to make this no-yeast peanut butter bread that's going viral. This quick bread could be your next quarantine snack! (<https://www.today.com/food/no-yeast-peanut-butter-bread-1930s-goes-viral-t178362?icid=related>)

Ingredients

2 cups all-purpose flour	4 tsp baking powder
1/4 cup sugar	1/2 tsp salt
1 1/3 cups milk	1/2 cup peanut butter

Instructions

Preheat your oven to 325 degrees Fahrenheit. Mix flour, baking powder, sugar and salt in a bowl. Add milk to the flour mixture and then mix in peanut butter. Pour the batter into a greased bread pan and bake for one hour.

Contact any of the following if you have specific questions/concerns:

President	Cliff Roberts (203) 414-4858 cliff_bpt1@yahoo.com
Boat Warden / Boat Stickers	Matt Cohen (203) 243-3219 mcohen@snet.net
Keys/fobs for beach	Gaby Topar @ LFA2ndVP@gmail.com or you may TEXT her at (203) 216-7887
Club rentals	Michele Barnes (203) 371-7671
Sunshine	Lorraine Tobin (203) 372-3044
Newsletter	Karen Pavlik karen.pavlik123@gmail.com
Dam	Bill Barfield (203) 243-3958 WilliamBarfield@icloud.com
Membership	Nancy Teixeira (203) 374-4400 If you see a new home has been purchased in LFA, please contact her so we can welcome them and ask them to join our association.

- USEFUL NUMBERS**
- For Noise complaints/loud music—issues with college students.
- Bridgeport Police Non-emergency number (203) 576-7671, if true emergency, call 911.
 - Call Sacred Heart Public Safety Office at (203) 371-7995. They have their own security patrol on Thursday, Friday, and Saturday from September to the beginning of May. The college pays for the extra patrol/response from Bridgeport PD in our area. Patrols are not used during the summer so if you have an issue, contact Dean Larry Wielk at the number listed below.
 - Call the Dean of Sacred Heart—Dean Larry Wielk at (203) 371-7916 (let him know how many times the same houses have been reported to Police and the same problems exist).
 - For other issues with city services—abandoned vehicles, illegal dumping, tree issues, blight public works, etc., or to report a concern, go to www.bridgeport.gov/Bridgeport311.