



Lake Forest News



www.lakeforestassociation.com

November 2020

President's Corner

The summer went by quickly and we can now look forward to the amazing Fall colors and see the true beauty of Lake Forest! As the traditional day of Thanksgiving approaches and all the happiness it brings, we can be reminded it does not have to be celebrated in just a single day. "Gratitude can transform common days into Thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings"--Let's try to keep this in mind.

Below are some items that may be of interest to you:

- **Pasta Nite**—There has been talk about having a take out Pasta Nite sometime in December. More to come as plans are finalized.
- **Election of Officers**—It's getting to be that time of year again. If you would like to be on the Election Committee, please contact Nancy Teixeira.
- **Volunteers Needed**—As usual, we are always looking for volunteers to help us maintain our property. We would love to have you work with us to help keep our community clean. Remember, this is a volunteer-run association and just paying your dues doesn't make it run. If you can do just a little bit to help, it will make a great difference for our community.

As a reminder, clocks must be turned back one hour on Sunday November 1st. Hoping all of you are staying safe and healthy and together we can all try and do our best to enjoy this wonderful time of the year. I am looking forward to resuming our fun Lake Forest events and seeing each other again in person as soon as it is safe for everyone! Thank you all for your support. Happy Thanksgiving to everyone. 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



Calendar of Events

November:

- 1st Daylight Saving Time Ends
- 3rd Election Day
- 11th Veteran's Day
- 18th Board of Directors Meeting 7:00 P.M.
- 26th Thanksgiving



December:

- 7th Pearl Harbor Remembrance Day
- 10th Hanukkah Begins
- 16th Board of Directors Meeting 7:00 P.M.
- 18th Hanukkah Ends
- 21st First Day of Winter
- 24th Christmas Eve
- 25th Christmas Day
- 26th Kwanza Begins
- 31st New Year's Eve



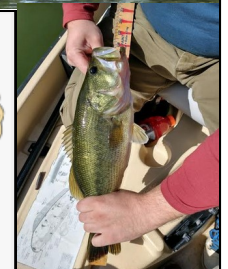
From the Desk of our Boat Warden Matt Cohen....



Thanks to all who fished in the last Bass tournament. Congratulations to William Bombero whose 18-inch Bass netted him the first prize of a free one-year membership to Lake Forest. Congratulations also to Andrew Bombero and Scott Herde, who tied with a 17-1/2 inch Bass. They both won \$30.00 Bass Pro Shop gift cards. It was a great day of early Fall fishing. If anyone has an interest in getting a group together to talk about Bass fishing, please give me a call. We'll see if we can work out times and a place. Matt (203) 243-3219



50/50 Raffle winner for March meeting:
Dave Pavlik (to host next in person meeting).



10 places to hike in Connecticut that are ideal for social distancing

(<http://www.courant.com/coronavirus/hc-news-viz-coronavirus-hikes-20200327-wkv756zgcna1hosvh2dplnzu3e-story.html>)

Social distancing has everyone itching to get outside, but crowding the same handful of state parks can go against best practices for limiting the spread of coronavirus. The crowding of popular state parks led the Department of Energy and Environmental Protection to share a list of some lesser known state parks.

"We would definitely encourage people to get outdoors for their physical and mental health, but also to avoid going to the places where everyone goes if possible," said Eric Hammerling, executive director of the Connecticut Forest & Park Association.

Former *Courant* nature columnist Peter Marteka visited many of the best hiking trails for social isolation. Here's a look back at his columns to give you some ideas for getting outdoors while staying healthy.

1. American Legion State Forest, Barkhamsted

There is a pair of trails in American Legion State Forest - Henry Buck and Turkey Vulture Ledges. The Henry Buck trail is a 2.3-mile loop while the Turkey Vulture is a mile-long out and back path.

2. Black Rock State Park, Watertown

The 439-acre Black Rock State Park offers plenty of room to adhere to social distancing guidelines while you head outside. The main hiking trail - the Connecticut Forest and Park Association's blue-blazed Mattatuck Trail - is approximately a half-mile from an iron bridge at the northern end of the pond. It's a half mile uphill and will give visitors a workout.

3. Chatfield Hollow State Park, Killingworth

The Connecticut Forest & Park Association's 4-mile blue-blazed Chatfield Trail in Killingworth offers solitude, peacefulness and absolute quiet.

4. Horse Guard State Park, Avon

Horse Guard State Park Scenic Reserve doesn't have elaborate trail systems, vast parking lots, websites and detailed maps and facilities. But, it does offer one of the best views in Avon and a respite from large crowds.

5. Sunnysbrook State Park, Torrington

Nestled in Torrington, Sunnysbrook State Park includes trails that run along the banks of the East Branch of the Naugatuck River.

6. Scantic River State Park, Enfield/East Windsor/Somers

The Scantic River State Park encompasses more than 780 acres spread across three towns, but for the purposes of this list, we'll look specifically at Enfield, where, Scantic River Linear Park West features scenic views of the river, a farm, a forest filled with huge white pines.

7. Sprague Land Preserve, Sprague

There are 11-12 miles of trails available in the sprawling Sprague Land Preserve in the eastern part of Connecticut.

8. Derby Greenway Trail, Derby

A 1.7-mile paved multiuse path runs along the top of dikes high above the Naugatuck River and Housatonic River.

9. Stoney Lonesome Trail, Norfolk

What better way to avoid crowds than to head to the "Stoney Lonesome" trail high above Norfolk into East Canaan.

10. Kensington Orchards Preserve, Berlin

A hike through the Kensington Orchards Preserve in Berlin offers some spectacular views. It also provides the opportunity to hook up with miles of trails in the Chotkowski Conservation Area and Camp Meribrite.

Use the link above to see pictures of these locations and to read more about them.

CDC releases guidelines for Thanksgiving 2020 (<https://www.ctpost.com/news/coronavirus/slideshow/CDC-guidelines-for-Thanksgiving-2020-210017.php>)

Turkey? Check. Stuffing? Check. Hand sanitizer? Check.

This year's Thanksgiving will play out differently as COVID-19 is expected to [spike again nationwide shortly after Election Day](#). Additionally, events such as the [Macy's Thanksgiving Day](#) have now shifted to a television-based format and the [CIAC has moved its football season](#). However, that doesn't mean you can't enjoy the food-centric holiday. Though each family will choose how they celebrate, the CDC has listed a [series of guidelines](#) to help people understand what sort of Thanksgiving-related activities may be the riskiest.

Higher risk Thanksgiving activities

The CDC advises people to avoid the following activities to help prevent the spread of the virus that causes COVID-19:

- "Attending large indoor gatherings with people from outside of your household."
- Shopping in a crowded area on Black Friday
- Attending crowded events including races and parades
- "Using alcohol or drugs, which can cloud judgment and increase risky behaviors."

Moderate risk Thanksgiving activities

- Hosting an outdoor dinner with family and friends
- "Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing."
- Going to outdoor sporting events with safety precautions

Low risk Thanksgiving activities

- Hosting a small dinner with members of your cohort
- Hosting a virtual dinner
- Only shopping for Black Friday
- "Watching sports events, parades, and movies from home"
- "Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others."



Thank You!
Healthcare Workers
First Responders
Essential Workers
Stay Safe

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.



*****REMINDER***** DO NOT RAKE THOSE BEAUTIFUL FALL LEAVES INTO OUR LAKE—REMIND YOUR LANDSCAPERS ALSO. THANK YOU.



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/Bridgeport 311.