



The Porthole News



August 2006

Commodore's Message

Hello Members,

July has been a great month. A little soggy here and there, but some absolutely perfect days mixed in as well. The Fourth of July picnic at the club was a blast. My family had a good time, as always, and the food was excellent.



Looking forward to hearing the stories from the campout held on Saturday, July 29th. Much buzz had been circulating about the campfire, smore's and all the fun to be had. Previous campers have given the event rave reviews, although, I bet many were napping on Sunday afternoon.

The Lake Forest Swim Team is having an awesome season. This is my children's first year and in addition to having fun, their strokes are improving tremendously. Many thanks are due to Coach Kyle and Coach Chris for their tireless instruction and assistance. The support the kids receive from their teammates and the community is fantastic.

Saturday, September 2nd is the Closing Day Picnic (summer sure does go fast). Make sure you RSVP and bring some guests. Some new activities are planned and I expect a terrific event as always.

A piece of LFYC history is being retired. The yardarm mounted on the dive platform is being removed and replaced. The weather and time has gotten the best of it. It will be replaced with a fiberglass yardarm requiring less maintenance. If anyone has any suggestions on where to place the retired yardarm please let one of the trustees know. We are trying to find a secure and appropriate place to mount this piece of history.

Make sure badges are worn when down at the club. This also includes the ball field and basketball court. The lifeguards and the security guard are instructed to request badges. Please respect their request and most of all remember to wear your badge.

Enjoy the rest of summer and hope to see you at the club.

Your Commodore,
Fred Stewart

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Mark Your Calendars:

- "Sundae Sunday" at the Beach Galley: Make Your Own Sundaes
Sunday, August 13th, 2pm
- "Frozen Beverage Day" at the Beach Galley: Daiquiris and Margaritas
Sunday, August 20th, 2pm
- Closing Day Picnic
Saturday, September 2nd
(RSVP by Sat, August 26th)
- Lake Forest Community Garage Sale
Saturday, September 23rd
- Texas Hold'em Autumn Tournament
Saturday, October 14th

Lake Forest Swim Team Rocks!

The 2006 Lake Forest Swim Team has gotten off to a fantastic start. The meets have produced many amazing races and personal best times re-

(Continued on page 8)



Veteran LFST Swimmer, Amanda De Santis

The Lake Forest Yacht Club, 35 Yacht Club Drive, Lake Hopatcong, NJ 07849

A color version of The Porthole News now available online at www.lfyc.org

Lake Forest Facilities Update by Frank Gutowski

As we have seen almost every weekend, our members have been enjoying our beach during these hot summer days. We're continuing to work on improvement projects to make our club the best facility for our members. Here is an update:

Painting Projects:

Our painting of the beach galley and dive tower is still underway. We've had delays on the project in July, some due to weather, and we anticipate the painting to be completed by early August.

Dive Tower and Flagpole:

In addition to the scraping and repainting of the dive tower, we intended to repaint the flag pole and yardarm on the upper level. When we removed the flag pole from the tower, we discovered extensive

wood rot at the base by which the pole assembly bolts to the tower. It was determined that the wood rot was so severe that it affects the structural integrity of the pole and thereby had to be removed. We have installed a temporary flagpole on the tower. Since the flagpole was beyond repair, it was decided that the club would be better suited to replace the pole with a new fiberglass pole and yardarm. We expect the new flagpole to be installed by late August. As for the old flagpole, we have not discarded it. We recognize that the pole has been a part of Lake Forest since it was developed back in the mid 1950's. You can see the pole in many of those dated photos. Before we make any decision as to what to do with the old pole, we would like to hear from

members in the community who would like to see it utilized in some form at our club. While we cannot reinstall it on the tower, there may be some other use for it on club property. If you have an idea, please contact any of the trustees.

Beach Concession Stand and Sunday Promotions:

I see many of our members are again enjoying the benefits of our beach concession stand. In addition to the daily operation of the stand, we will be having two promotional days in August for the members. The first is "Sundae Sunday" on August 13th where our members can make their favorite ice cream sundae at the beach galley. Our young members, and some of the older ones to, will enjoy coming out and hav-

ing a great ice cream sundae. On Sunday, August 20th, we will have our "Frozen Beverage Day" where we will be making Daiquiris and Margaritas at the beach. We'll make them non-alcoholic so all can enjoy, and if you'd like to bring down some rum or tequila, we'll be happy to add it in for you. Also, we are always looking for volunteers to help manage the stand, so if you would like to help out see Donna and she'll set you up.

Beach Operations and Policies

We'd like to remind all members to wear beach badges whenever they are on club grounds. Our lifeguards are strictly enforcing compliance with this club policy and will ask anyone without badges to leave

(Continued on page 3)

Lake Forest Yacht Club - Board of Trustees

Alfred Stewart	Commodore	973-663-2477	Club House, Maintenance/Grounds, Social, Boat Course
Charles Emery	Treasurer	973-663-2467	Office, Budget, Docks
Patrick Brennan	Secretary	973-663-3199	Office, Swim Team, Communications, Docks
Frank Gutowski	Trustee	973-663-2059	Beach/Galley, Maintenance/Grounds, Communications, Docks
Peter Maniscalco	Trustee	973-663-0452	Club House, By-Laws, Security, Tennis, Legal/Insurance, Nominating, Nursery School
Glenn DeSantis	Trustee	973-663-3542	Security, Welcome/Membership, Maintenance/Grounds
Augie Wistner	Trustee	973-663-1760	Club House, Maintenance/Grounds, Security

Lake Forest Yacht Club

Office 973-663-0158 Email: office@lfdc.org Website: www.lfdc.org

Hours: Tuesday, Thursday 5:30pm - 8:30pm & Saturday 9am - 1pm

LFYC Office, Jennifer Nielson	Clubhouse Rentals	973-663-0158	Email: office@lfdc.org
Donna Combos	Beach Director	973-663-2784	Email: jd02@optonline.net
Laura Squier	Porthole Publishing	973-663-4134	Email: porthole@lfdc.org
Lake Forest Clubhouse Telephone		973-663-0843	(incoming and local calls only)

Lake Forest Nursery School

Annick Kapusta Chairwoman 973-601-3590

Lake Forest Swim Team

Pat Bagnall President 973-663-0255

In case of emergency/to report trespassers - Call Jefferson Twsp. Police Department 973-697-1300

Facilities Update

(Continued from page 2)

the facility. Also all vehicles need to exhibit a current parking permit tag with 2006 season stickers, displayed from the rear view mirror or dashboard. We've heard complaints regarding non members accessing the beach after the lifeguards leave at 6 PM. Not only are they on our property, but they have also been using our dive tower which is closed when lifeguards are not there. To address this issue, we have our evening security guard coming in 2 hours earlier at 6 PM. The security guard has been instructed to check for beach badges and request anyone without a current beach badge to leave our property. Beach badges are required anytime you come down to the club. Rules and policies for our beach are posted at the side bulletin board of our office as well as the beach galley.

Clubhouse Rentals:

If you would like to rent our clubhouse, we have made it easier for you to check availability and schedule your rental. Our website, www.lfyc.org, has a Club Rental page which gives you details regarding clubhouse rentals. You can view the clubhouse rental calendar; download clubhouse rental rules and clubhouse rental agreement. All clubhouse rentals are being scheduled through the LFYC office. You may request a rental reservation via e-mail at lfycreserva

tions@lfyc.org or call the club office at 663-0158.

Recreation Field Fence:


We're still looking for any members who have access to a commercial grade auger or a pile driver to plant the telephone poles we'll be using for the planned fencing around the recreation field. We also are still searching for anchor chain to link the poles. If anyone has a contact for this type of chain or has access to an auger or pile driver, please contact any board member.

Dock A Debris Removal:

After a couple of weeks of dumping the old wood planks from A Dock in the dumpster, as to not overload it, we have finally removed all of the old planks. As for the tires we removed from Dock A, we had to make arrangements with the Morris County Transfer Station to accept the

(Continued on page 4)





ART LESSONS
Drawing : Painting
By Sue Miller
 Professional Artist /Teacher

Sue's work is presently popping up everywhere and being published in fantasy art books, fantasy book covers, magazines, magazine covers, post cards, gift states, prints, cross stitch designs and more. Sue is now licensing her artwork with International Illustrator, Blue Moon Stones and Heaven and Earth Designs.

Please visit www.suemillerart.com
or call 973-663-4120

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973-663-9650

AGES 4, 5-6, 7-8, 9-12

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Facilities Update, August 2006

(Continued from page 3)

tires. I'd like to recognize **Pat Brennan** for taking the initiative and loading up his truck and taking them down to the facility on a Saturday morning in July. We now have all the leftover debris removed.

Tennis Lessons:

We were unable to secure a tennis instructor for the season to offer tennis lessons. We will be in contact with our previous tennis instructor, Pat Catronovo, to secure

tennis lessons for next summer.

Lake Forest Community Garage Sale, Saturday 9/23:

We have our community garage sale coming up in September. Details of the garage sale are available on our website as well as in this month's Porthole. It will be a great way for Lake Forest residents to clear out their excess clutter before we go into the winter months. If you are interested in participating, contact the

club office for details.

Texas Hold'em Autumn Tournament, Saturday 10/14:

Our second Texas Hold'em Night Tournament is scheduled for Saturday, October 14th. So if you want to come out for another night of poker and the chance to win some great prizes, call the office to reserve your seat in advance. We're certain it will be another sell out. Look for more details in the social activities page.

Small indulgences for busy lives!

JACKIE ESPINOZA
Consultant

973-663-5664
Lake Hopatcong, NJ

simplyespo@yahoo.com
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Have you checked out www.LFYC.org lately?

- See all the upcoming social activities
- View/download photos of events
- Club rental availability
- LFYC Forms
- Link to the USCG Lake Hopatcong No Wake Rule/Guague: (www.waterdata.usgs.gov/rnj/nwis/uv?01455400)
- Coming soon - Lake Hopatcong Boating/Skiing Regulations
- And much more...

Lake Forest Legacy

Summer of 1984

As beach boomboxes everywhere carried the sounds of Bananarama, Cyndi Lauper, and Duran Duran ... here's what was happening at the Lake Forest Yacht Club.

COMMODORE'S MESSAGE

The long awaited summer has finally arrived and the L.F.Y.C. is in full swing. The season was kicked off with a successful summer dance and steak fry. I'd like to give a special thanks to Tom and Sara Sinclair for all their help "again" in putting this affair together. I'd also like to thank Jane, Ann, Ginny and Sharon for helping with the preparations and clean-up.

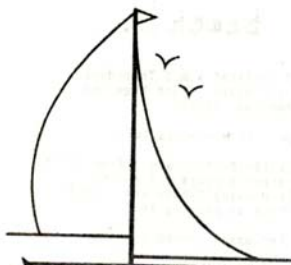
The first gathering of the Sailing Club took place July 4th. Many seasoned and would-be sailors had a great day on the lake. Along with the daily beach activities for the children, some energetic women of the community have formed an exercise group which meets daily at 2:45 at the club. Everyone is welcome - just bring a mat and be ready to "burn"! We're also looking into having a supervised arts and crafts hour for children one day a week on the beach. Look for further details on the Galley bulletin board.

I'd like to remind you again that badges must be worn on the beach and stickers are required on all vehicles. Vehicles without stickers are NOT allowed in the club parking lot. If your car does not have one please take a minute and go to the office and get one.

Preparations for the Regatta will be starting soon and we'd like to remind all of you how important it is for you to come out and volunteer for this week-end. We need the help of all members to guarantee a financial success.

The Porthole will not be published again until September, so the Board wishes you all a Happy and Safe summer! Until September --

"Gone Fishin"
Patti Owens



SHIP-AHOY LFYC SAILORS!

Sailing Dates

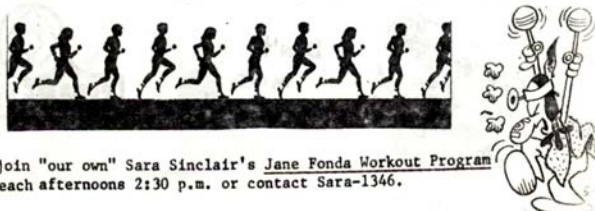
July 14th	0900-1200
July 18th	1730-"Dark"
July 28th	0900-1200

If anyone wants to sail, call any of the sailors with a "*" by their name.

In response to our mid-June meeting, it was decided that we'd try to get together on an "informal" basis to practice the sport of sailing. Listed below is a roster of our fellow sailors:

NAME	ADDRESS	PHONE
*1. Tom Sinclair (Force 5)	94 Yacht Club Dr.	1346
*2. Sara Sinclair	94 Yacht Club Dr.	1346
3. Ron Owens	6 Nautical Terr.	0739
4. Lenora Caamano (Puffer)	2 Marine Terr.	1671
5. Gail Fanarjian (Flyfish)	31 Crescent Dr.	3333
6. Ruth Wunder	39 Ripplewood Dr.	1685
*7. Gary Broughton (Javelin)	8 Ripplewood Dr.	1445
*8. Bernard Genaud (Sunfish)	31 Valencia Isle Dr.	4649
9. Diane Faruolo	Woodlawn Terr.	2166
*10. Steve Uranyi (Day Sailer)	Crescent Dr.	3848

To assist in structuring our practice sessions, an interim list of times and dates is provided. For a complete activity schedule contact Tom Sinclair-1346.



Come join "our own" Sara Sinclair's Jane Fonda Workout Program at the beach afternoons 2:30 p.m. or contact Sara-1346.

July at the beach...

July 5-Aug 16

Canoeing-(9:30-11:30 a.m.) Thursdays
For age 10 and older. Must have Red Cross-Intermediate Skills

***** July 20

Yankees vs. the Minnesota Twins

July 23-27

Games Week (9:30-11:30 a.m.) Especially for youngsters 6 years old and up. We will be playing T-Ball and street hockey. (Meet in parking lot)

July 30

Swimming Lessons - second session

***** July 31

Great Adventure

More to come!

Aug. 6-10

Soccer Clinic (9:30-11:30 a.m.) An introduction and review of basic skills along with games for all interested youngsters.

Aug. 8

Childrens Cartoon Night (7:30p.m.) "Chef Donald" "The Legend of Coyote Rock" "Lonesome Ghosts"- "Chip and Dale" "Mickey's Delayed Date" - "trick or Treat"

Aug. 13-17

Football Clinic and Games (9:30-11:30 a.m.) A review of basic skills will be offered prior to our games of flag football.

Aug. 14

Canoe Trip - Our fourth run down the Delaware.

Aug. 20-24

Sports Week (9:30-11:30 a.m.) Starting with basketball and moving to soccer football and hockey.

***** Aug. 23

Sesame Place - Trip for our younger members.



Don't miss out!



Social Activities/Calendar



Sunday Mornings in August - Cycling

8:15 am. Ride around Lake Hopatcong. Easy pace, approximately 20 mile ride. Meet at the club.



Thursday Evenings in August - Volleyball

7-8:30 pm. At the court...volleyball for the adults, while the kids enjoy the playground.

Saturday, September 2nd Closing Day Picnic & Pig Roast (RSVP by Saturday, August 26th)

- 3 pm: DJ Earl kicks off the event
- 3:30-4:30 Face Painting/Balloon Maker for the Kids*
- 3:30 pm: Volleyball Tournament - Ages 10-18*
- 4:00 pm: Adult Horseshoe Tournament
- 4:00 pm: Catered Dinner/Dessert by Nightingale.
Pig, Burgers, Dogs, Fried Chicken,
Fried Shrimp, Fries, Corn on the Cob,
Salads, Watermelon and Ice Cream
Sundae Bar.
- 8:00 pm: Bonfire and Smores



***Don't miss these new activities!**

Members:

- \$45 per Family (Mom and Dad and Children)**
- \$25 per Single Parent Family (Mom or Dad and Children)**
- \$20 per Adult**
- \$15 per Senior**

Non-Member Guests:

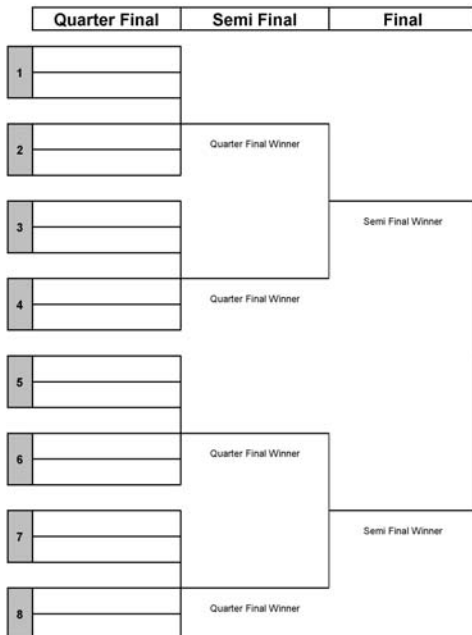
- \$23 per Adult**
- \$14 per Child, age 14-20**
- \$7 per Child, age 13 and under**
- \$18 per Senior**



Pre-paid RSVP required to the Lake Forest Yacht Club Office and to pickup wristbands in advance of event. *NOTE: A Late Reservation Fee of \$10 will be charged for all those not paid by Saturday, August 26th. No additional reservations will be taken after close of business, Thursday, August 31, 2006.**

LFYC HORSESHOE TOURNAMENT: Closing Day Pig Roast September 2nd 2006 at 4 PM
 Team participants were assigned by random drawing on Friday September 1st
 Tournament Champions each receive a \$50 Gift Certificate to Fish n Booze Bar and Restaurant

Space is limited for both tournaments, signup in advance at the office.



New for Closing Day!!
Volleyball Tournament on the Beach for Kids 10-18. Four Teams, Prizes for all winning Team Members and their Parent Managers. Need (4) Parent Managers to volunteer. Signup at the LFYC office



Saturday, September 23rd - Lake Forest Community Garage Sale
 See Page 10 for details!



Saturday, October 14th - Texas Hold'em, Autumn Tournament
 Back by popular demand!

Ladies and Gents...join us for a night of fun, food, drink, and of course - some poker!

Regardless of skill level, adults (21 and older) will compete in a poker tournament facilitated by The Players Pub Poker League for **CASH** prizes. Tournament will run from 7:30-11:30 pm (doors open at 7:00pm for registration). Includes Sub sandwiches, chips, and beverages (beer, wine, soda & water). **Only 112 seats available.** Member and Member Guests welcome. Admission includes \$4,000 in poker chips.

Members: \$20 per person / Member Guest : \$25 per person - RSVP to office@lfcy.org
Pre-payment required to the Lake Forest Yacht Club Office

Lake Forest Bulletin Board

All requests must be submitted to Laura Squier (973-663-4134 or porthole@lfcy.org) with a contact name and telephone number.

Birthday Greetings

- Happy Birthday to Frank Slusark, August 1st.
- Happy 11th Birthday to Trevor Thompson, August 5th.
- Happy Birthday to Karen Slusark, August 14th.
- Happy Birthday to Bob Dalton, August 16th.
- Happy Birthday to Kathy Stewart, August 23rd.
- Happy 13th Birthday to Freddie Stewart, August 24th.
- Happy 6th Birthday to Emma Brennan, August 26th.
- Happy 8th Birthday to Kelly Squier, August 31st.
- Happy Birthday to Frank Gutowski, August 31st.



JIM BOETTGER



CUSTOM CARPENTRY
"We Do Nice Things"

20 Yacht Club Drive
 Lake Hopatcong, NJ 07849 **(973) 663-5006**



We'd like to recognize special days and achievements of our community members so please keep sending in items. Thanks!!!

DOCKSIDE DELIVERY

Pomodoro's

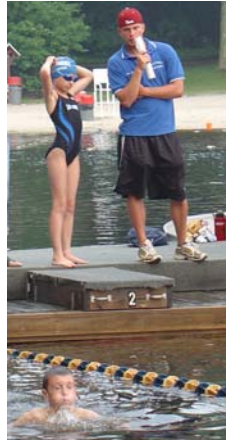
Pizzeria Plus...

973-601-0101

(Continued from page 1)

corded. When asked about how the season was going, Head Coach Kyle Silbernagel said, "It's going great. The kids are swimming fast during the meets, practicing hard and working on perfecting their strokes. That's all me and Coach Chris can ask for. We have a couple of big meets coming up and they (the kids) know that...we're really excited for the next couple of weeks".

As this year's schedule leaves some of toughest meets of the season to come, our best is wished to all the swimmers -- with Head Coach Kyle Silbernagel and Assistant Coach Chris Murarik at the helm, we're sure they're in good hands.



Lake Forest Swim Team



Meet Highlights:

Lake Forest Loses Season Opener to League Powerhouse Roxbury

The Lake Forest Vikings opened up their 2006 season against the defending league champion Roxbury Racers on Wednesday, June 28 at the Lake Forest Yacht Club. A tough loss, the final score of the meet was Lake Forest 184, Roxbury 276.

First Place Finishes: Taylor Good, Louis Pessolano, Courtney Good, Tommy Dowd, Emma Jackson, Steve Dallicardillo, Rita Jackson, Nolan Silbernagel.

Second Place Finishes: Kelly Squier, Lauren Gutowski, Katie Rech, Zach Bagnall, Cathy Martin, Dmitry Bohdan, Trevor Silbernagel, Dianna Gatto, Stephen Froitzheim, Paul Martin, Alex Burdi.

Third Place Finishes: Liam Brennan, Kelly Brown, Jenny Dowd, Chris Agostinelli, Daniel Stewart, Brian Slusark, Alex Rodgers, Jennifer Pessolano, Christina Simeone.

Winning Relays: 10-and under Mixed Medley - Jenny Dowd, Lauren Gutowski, Kelly Brown and Sam Antonucci. Boys Step-Up - Stephen Froitzheim, Steve Dallicardillo, Louis Pessolano and Dmitry Bohdan.



Lake Forest Wins First Meet of Season Against Park Lake

The Lake Forest Vikings won their first meet of the season at home on Wednesday, July 5 against the Park Lake Sharks, with a final score of Lake Forest 301, Park Lake 143.

First Place Finishes: Tommy Dowd, Louis Pessolano, Trevor Silbernagel, Taylor Good, Emma Jackson, Katie Rech, Zach Bagnall, and Nolan Silbernagel, Kelly Brown, Jenny Dowd, Melissa Pretko, Stephen Froitzheim, Steve Dallicardillo, Courtney Good, Nicole Zarzecki, Matt Allemand, Steve Hanisch.

Second Place Finishes: Alex Rodgers, Diana Gatto, Lauren Gutowski, Katie Paccioretti, Patrick Meyer. Kelly Squier, Kayla Curtis, Joey DeSantis, Paul Martin, Sam Dallicardillo, Rebecca Helmstetter, Rita Jackson, Leif Hanisch, Cathy Martin, Christina Simeone, April Sparling.

Third Place Finishes: Ashley Stewart, Liam Brennan, Chris Agostinelli, Sam Antonucci, Daniel Stewart, Carly Nagy, Amanda Ashworth, Billie McConley, Jenn Pessolano.

Winning Relays: Girls' Open Medley - Rita Jackson, Christina Simeone, Cathy Martin and Nicole Zarzecki. Boys' Open Medley - Steve Hanisch, Patrick Meyer, Matt Allemand and Leif Hanisch. 12 and under Mixed Medley - Brian Slusark, Paul Martin, Emma Jackson and Zach Bagnall. Girls' Step-Up - Emma Jackson, Katie Rech, Nicole Zarzecki and Christina Simeone. Boys' Step-Up - Stephen Froitzheim, Steve Dallicardillo, Nolan Silbernagel, and Trevor Silbernagel.



Lake Forest Swims to a Second Straight Victory over Mendham Twp.

The Lake Forest Vikings continued their winning ways over Mendham Township on July 8, with a final score of Lake Forest 290, Mendham 130.

First Place Finishes: Tommy Dowd, Katie Rech, Nolan Silbernagel, Taylor Good, Steve Dallicardillo, Joey DeSantis, Courtney Good, Dmitry Bohdan, Trevor Silbernagel, Lauren Gutowski, Paul Martin, Rita Jackson, Leif Hanisch, Louis Pessolano, Cathy Martin, Jenn Pessolano, and Christina Simeone.

Second Place Finishes: Dianna Gatto, Liam Brennan, Emma Jackson, Chris Agostinelli, Stephen Froitzheim, Daniel Stewart, Zach Bagnall, Peter Froitzheim, Brian Slusark, Sam Dallicardillo, Christine Martin, Amanda Johnson, Katie Paccioretti, Matt Allemand, Steve Hanisch.

Third Place Finishes: Kelly Squier, Kelly Brown, Jenny Dowd, Melissa Pretko, Sam Antonucci, Shannon Barden, Rebecca Helmstetter, Carly Nagy, Nicole Zarzecki, Amanda Ashworth, and Billie McConley.

Winning Relays: Girls' Open Medley - Sam Dallicardillo, Christina Simeone, Cathy Martin and Courtney Good. Boys' Open Medley - Steve Hanisch, Trevor Silbernagel, Matt Allemand and Dmitry Bohdan. 12 and under Mixed Medley - Jenny Dowd, Joe DeSantis, Zach Bagnall and Peter Froitzheim. Girls' Step-Up - Lauren Gutowski, Emma Jackson, Rita Jackson and Jenn Pessolano.

Vikings Defeat Shore Hills

The Lake Forest Swim Team won their fourth straight meet over fellow Lake Hopatcong swim team Shore Hills on Saturday, July 15, as the Vikings went on to win the meet 294-166.

First Place Finishes: Trevor Silbemagel, Katie Rech, Steve Dallicardillo, Courtney Good, Cathy Martin, Taylor Good, Emma Jackson, Daniel Stewart, Louis Pessolano, Nolan Silbemagel, Kelly Squier, Tommy Dowd, Kayla Curtis Chris Agostinelli, Greg Sevret, Zach Bagnall Joe DeSantis, Sam Dallicardillo, Alex Rodgers, Jenn Pessolano.

Second Place Finishes: Ashley Stewart, Kelly Brown, Stephen Froitzheim Billy Liamero, Leif Hanisch Amanda Johnson, Katie Paccioretti, Alex Burdi.

Third Place Finishes: Jenny Dowd, Peter Froitzheim, Paul Martin, Shannon Barden, Corinne McLaughlin, Christina Simeone.

Winning Relays: Girls Open Medley - Amanda Johnson, Christina Simeone, Cathy Martin and Jenn Pessolano. Boys Open Medley - Leif Hanisch, Alex Burdi, Louis Pessolano and Nolan Silbemagel. 10-and under Mixed Medley - Taylor Good, Chris Agostinelli, Jenny Dowd and Kayla Curtis. 12-and under Mixed Medley - Joe DeSantis, Kelly Brown, Zach Bagnall and Paul Martin. Girls Step-Up - Jenny Dowd, Emma Jackson, Nicole Zarzecki and Christina Simeone. Boys Step-Up - Stephen Froitzheim, Steve Dallicardillo, Nolan Silbemagel, and Louis Pessolano.



Lake Forest Swims to Victory over Shongum

The Lake Forest Swim Team put on yet another impressive showing versus Shongum Lake on Wednesday, July 12, as the Vikings went on to win their third straight meet as they swam past Shongum to a 276 - 169 victory.

First Place Finishes: Taylor Good, Stephen Froitzheim, Steve Dallicardillo, Amanda DeSantis, Trevor Silbemagel. Lauren Gutowski, Katie Rech, Samantha Dallicardillo, Courtney Good, Louis Pessolano, Nolan Silbemagel, Cathy Martin, Emma Jackson, Dmitry Bohdan.

Second Place Finishes: Daniel Stewart, Zach Bagnall, Kelly Squier, Ashley Stewart, Corey Helmstetter, Kelly Brown, Paul Martin, Rita Jackson, Alex Burdi, Steve Hanisch.

Third Place Finishes: Shannon Barden, Jenna Bessemer, Alex Rodgers, Jenn Pessolano, Christina Simeone.

Winning Relays: Girls Open Medley - Cathy Martin, Courtney Good, Sam Dallicardillo and Amanda DeSantis. Boys Open Medley - Steve Hanisch, Alex Burdi, Trevor Silbemagel and Dmitry Bohdan. Girls Step-Up - Emma Jackson, Kaitlyn Rech, Courtney Good and Cathy Martin. Boys Step-Up - Stephen Froitzheim, Steve Dallicardillo, Louis Pessolano and Dmitry Bohdan.

Go Vikings!

The Lake Forest Swim Team would like to thank the 2006 Team Sponsors:

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Lake Forest Community Garage Sale

Saturday, September 23rd from 9 AM to 5 PM

RAIN OR SHINE

\$15.00 to participate

Open to all Lake Forest residents



Price includes:

Jefferson Township Garage Sale Permit

Advertising in AIM Action News and Daily Record

Posting of your sale items and photos on our website

Directions and Map for all participating resident's sale locations.

For more details, go to our website: www.lfyc.org

Any questions about the Lake Forest Community Garage Sale should be directed to Frank Gutowski, e-mail address: frank.gutowski@lfyc.org or call the club office at 973-663-0158.



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Trustee Meeting Minutes, July 2006

The Trustee Meeting scheduled for July 13, 2006 was rescheduled to July 27, 2006 at 7:00pm. In order to meet print deadlines, the Minutes from the July meeting will appear in next month's Porthole.

Special Beach Days In August



"Sundae Sunday" Ice Cream Sundaes at the Beach Galley, Sunday, August 13th @ 2 pm.



"Frozen Beverage Day" Daiquiri & Margaritas at the Beach Galley, Sunday, August 20th @ 2 pm.



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DINE IN ONLY

(dine in only) DAILY SPECIALS (dine in only) SUNDAY LOBSTER NIGHT STEAMED \$12.99/LB

EXPIRES 5/12/06 LUNCH SPECIAL 1-CROCK OF SOUP 1 DOZ CLAMS 1 PINT OF BEER \$7.99
CANNOT BE COMBINED WITH ANY OTHER OFFER
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MONDAY GIANT KING CRAB NIGHT \$15.99 LB (REG. \$25.99 LB)	TUESDAY SNOW CRAB NIGHT \$7.99 LB (REG. \$13.99 LB)	WEDNESDAY SHRIMP NIGHT \$6.99 20 Pies & Hot OR 2 CRAB 2 SHRIMP COCKTAIL
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FISH MARKET AND LIQUOR STORE TOO!

THURSDAY STEAMER NIGHT 2 DOZEN LITTLENECKS \$8.99	FRIDAY FISH NIGHT Trout, Swordfish or Salmon w/vegetables \$8.99	SATURDAY RAW BAR NIGHT \$5.00 CLAMS/ OYSTERS 1/2 CRABMEAT COCKTAIL \$5.99
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Lake Forest Nursery School



Wow - August already! The children are having lots of summer fun, but they can't wait to get back to school to see all of their friends and of course, Mrs. B, their teacher. There have been a few group play dates where all the children have met at the beach or playground and those have been terrific. We are starting to prepare for the new school year and we would like to welcome the 2006-2007 board to LFNS:

Annick Kapusta	Chairwoman
Aileen Cobb	Co- Chairwoman
Rebecca D'Alauro	Treasurer
Lisa Schultz	Secretary
Josephine Kahway	Secretary

The LFNS has one returning board member, Annick Kapusta, and we are glad she is up for the challenge again. We are all looking forward to another successful year and great experience for our children.

The LFNS would also like to thank Ellen Miller and the Girls Scout Troop that helped us with the babysitting for our meetings last year.

Lake Forest Cooperative Nursery School

Attention 3 & 4 Year Olds

We still have a few openings in both classes for the 2006/2007 session. Our school offers a truly unique pre-school program for Parents and their Children. School is held in the Lake Forest Yacht Club.

Classes Meet: Tue., Wed. and Thurs.
from 9:15 - 11:45 AM & 12:30 - 3:00 PM

School is NJ State Licensed and has
a Certified Teacher

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Kitchen Set: Cream w/ Oak Top. (6) Chairs. Can email photo. \$250. Call 973-663-3427 (7/06)

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Call Laura Squier 973-663-4134

Babysitter List

(Must be a Lake Forest Yacht Club Member to be listed)

Jackie Burd (14)	973-601-7196		*Red Cross Certified
Dean Combos (15)	973-663-2784		
Amanda DeSantis (18)	973-663-3542		
Dana DeSantis (20)	973-663-3542 *	(Summer Only)	
Jamie DeSena (17)	973-663-1629 *		
Courtney Good (13)	973-663-5818 *		
Aviva Mandell (15)	973-663-0685 *		
Sarah Pilewski (19)	973-663-3804 *	(Summer Only)	
Katie Pilewski (18)	973-663-3804 *		
Nichole Polyak (17)	973-663-0372 *		
Danielle Rodgers (19)	973-663-5519 *	(Summer Only)	
Kendal Rodgers (17)	973-663-5519		
Bonnie Sabia (Adult)	973-663-5978		

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