



LAKE FOREST YACHT CLUB
P O R T H O L E • N E W S

AUGUST 1992

**LFYC August & September
BEACH EVENT
ACTIVITY SCHEDULE**
see p. 4, 6, 7, 10, 11

Aug. 19 - Curbside Recycling
Sept. 2 - Curbside Recycling
Sept. 12 - LFYC Fall Clean-Up Day

LFYC Office • 663-0158

Mo • Tu • Th 8 am - 1 pm Sa 9 am - noon
Mrs. Margaret Dam, Administrative Assistant

Board of Trustees

Paul Murray	Commodore	-0478
Bob Drummond	Secretary	-0074
Virginia Conk	Treasurer	-1314
Pete Garland	-1661	Ron Sorensen -0807
Mike Sutcliffe	-0632	Ann Moore -1493

Trustee Committee Assignments

<p>Ron Sorensen Docks • Safety Grounds/Maintenance</p> <p>Peter Garland Regatta • Nominating Five-Year Plan</p> <p>Bob Drummond Land Sale • By-Laws Insurance</p>	<p>Paul Murray Nursery School Beach</p> <p>Virginia Conk House • Porthole Social/Membership/Welcoming</p> <p>Mike Sutcliffe Galley • Sports/Sailing Swim Team • Block Captain</p>
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House Chairman - Grace Bacorn -2944 • Nursery School Chairman - Betty Peters -5120

Swim Team - Jim Bashant -3082

Security - to report trespassers • in case of emergency • call Jeff. Twp. Police 697-1300

The Porthole is published by MG LaserPublishing 663-4649

BABYSITTERS

name	completed Red Cross Babysitting Course	age	phone	name	completed Red Cross Babysitting Course	age	phone
Amy Hendrickson	yes	13	-1844	Maggie Sinclair	yes	14	-1346
Elizabeth Moore	yes	14	-1493	Erika Faruolo	yes	13	-2166
Nina Sutcliffe	yes	15	-0632	Jennifer Sehnert	yes	13	-5486
Brooke Bailer	yes	13	-0641	Lisa Greene	yes	11	-1128
Cara Leach	yes	15	-1703	Elaine Sutcliffe	-	14	-0632
Sarah Murray	yes	15	-0478	Randy Leach	-	14	-1703
Lauren Bashant	yes	13	-3082	Suzu Sinclair	yes	12	-1346

Want to be on the babysitters list? Call LFYC office -0158 or MG -4649; give us your name, age, date of birth, phone & if you've completed the Red Cross Babysitting Course.



FAMILY RESTAURANT

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 Full Lunch and Dinner Menu • Daily Dining Room Specials

COMMODORE'S MESSAGE

Dear Members,

As usual the summer is moving along faster than most of us would like. I hope everyone has had a chance to enjoy some of the activities offered at the beach this summer. There are numerous activities scheduled for the balance of the summer so come down and take part before the summer passes you by.

The annual bus trip to the Mets game was great fun for all those who came along. Harry Moore sold so many 50/50 tickets that we ended up with a record pot for the winner. With the help of the Lake Forest fans the Mets won, of course.

While many of us are focusing on the athletes in Barcelona, our local athletes on the swim team are having a winning season as well. Best of luck to the team in the upcoming league championships.

Although it seems early to mention, our Fall clean-up will be on the Saturday following the Labor Day holiday. The beach staff has done a fantastic job at keeping pace with the general maintenance all summer which will make our job easier on clean-up day.

Enjoy the rest of the summer!

Paul Murray, Commodore

TOWNSHIP TIDBITS

FIDDLER ON THE ROOF NEXT WEEKEND

The beautiful music and touching story of a family trying to keep their rich Jewish tradition alive in turn-of-the-century Russia will resound through the auditorium of the Jefferson Twp. High School as the Jefferson Community Players present *Fiddler on the Roof* on August 13, 14, 15 at 8 pm, and August 16 at 2 pm. Advance tickets are \$8/adults, \$5/children, students & seniors. At the door tickets will be \$10/adults, \$6/ch, st & sr.

A dinner/theatre package in conjunction with the Inn at Jefferson Square features a

full course dinner of Russian delights at 5:30pm prior to any evening performance. The dinner/theatre package is \$25/adult, \$22/ch, st, sr. Call 697-8108 for menu & reservations.

LFYC TRUSTEES MEETING MINUTES

July 14, 1992

(Minutes are synopsisized, For a complete copy, please see Margaret at the LFYC office.)

FINANCIAL Trustees will ask insurance agent to next meeting to explain present coverage & how premiums might be reduced.

BEACH Lifeguards offered to build double lifeguard stand, Club will pay cost up to \$150.

A few member mothers are selling ice cream 1 hr. per day—profits will go toward purchase of new water slide. Discussion on age of youth member bringing guest to beach without an adult member present. Discussed dredging of swim area, especially in diving board area, during this 5 year drawdown, need to check into getting permits for this work.

SWIM TEAM Team has paid their portion of septic tank pumping. Portion of fire insurance premium for swim dock will be forwarded to them when received.

DOCKS Remaining unrented docks, most in shallow water or very narrow with slim chance of rental, will be available to members for \$100. for remainder of this season.

CLUBHOUSE House Chair Grace Bacorn asked that members be reminded to respect rights of renter and refrain from entering clubhouse when rented.

NOMINATING No members have come forward to volunteer for nominating committee as requested at annual meeting.

MAINTENANCE New outside light over office installed, broken office window replaced. W. Cornelious will replace C dock planks, disconnecting electrical near B dock, maintenance to catwalk.

• Trustees present: Murray, Drummond, Conk Garland, Sorensen, Sutcliffe. Next Mtg. 8/11.

AUGUST BEACH ACTIVITIES

Exercise! Family Events! Arts/Crafts! Sports! BBQ's/Roasts
For Kids • Adults • Families

August 11 - Tuesday

10 am - noon.....Breakfast Craft (Monster Toast), \$2/family (bagels, juice, coffee for
.....Moms)

1 - 1:30pmDrop-in Water Aerobics

3 - 3:30 pm.....Drop-in Water Aerobics

August 12 - Wednesday

11am - noonFlag Football

2 - 2:30 pm.....Water Aerobics

2:30 pmSailboat Craft (8 & up, patience required), limit 10, \$2

August 13 - Thursday

9 am.....Knock-Hockey Tournament

1 - 2 pmBeginning Diving w/Hester Dawson, \$1.

2 - 3 pmAdvanced Diving w/Hester Dawson, \$1.

3 - 3:30 pm.....Water Aerobics

continued on p. 6

AL HUTCHINS & SON EXCAVATING

Septic Systems Installed and Repaired

663-2142

PLANKS TO YOU

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GIG'S GARDEN

Flowers & Gifts

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But we've got a secret under our belt,
I know that you think that I'm a fooler,
But come in and look in our great big cooler.

Route 15 South Plaza • Lake Hopatcong

663-3062

Bring your back to a Chiropractor . . . before your back brings you.

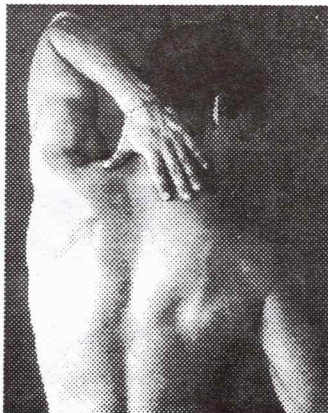
Many people discover Chiropractic the hard way — when they are in severe pain and in need of immediate relief.

Pains in the back, neck, arms, shoulders, and legs are often caused by "subluxations" (vertebral misalignments).

But subluxations can also cause problems that may not result in immediate pain. By irritating nerves, they can diminish the nerve supply that flows to all the major organs of your body.

And without a full nerve supply, your body is susceptible to illness and disease.

Fortunately, many people today are discovering that an ounce of Chiropractic



prevention is worth more than a pound of cure.

Chiropractic adjustments correct subluxations and keep your nerve energy flowing freely, helping to prevent pain, illness and disease from occurring in the first place.

That's why you'll find lots of people in Chiropractors' offices these days without even the slightest back pain. They've discovered this safe, natural, drug-free method of getting well and staying well.

So don't wait for a backache to bring you to a Chiropractor. Call our office today and arrange for a special introductory consultation.

LAKE HOPATCONG FAMILY CHIROPRACTIC

Kim R. Stetzel, D. C.

231 Espanong Rd, Lk. Hopatcong,

663-5633

August Beach Activities

continued from p. 4

August 14 - Friday

- 10 am.....Arts/Crafts for all ages
- 2 - 2:30 pm.....Water Aerobics
- 6 pm.....Pizza Party/Volleyball, odd house #'s vs. even house #'s, pizza: pay by
.....slice, soda included

August 15 - Saturday

- noon - 2 pmAdult Swim Lessons/Stroke Clinic, meet at lanes
- 3 pm.....Rollerblade Street Hockey
- 7 pm.....Evening Dessert Bash! bring your favorite dessert to share (chocolate
.....lovers unite!), coffee, milk, juice provided

August 16 - Sunday

- 2 - 2:30 pm.....Water Aerobics
- 3 - 4 pm.....Family Games
- 4 pm.....Dad/Child Wiffleball

August 18 - Tuesday

- 10 am - noon.....Field and Beach Games
- 3 - 3:30 pmWater Aerobics

August 19 - Wednesday

- 10 am - noon.....Sand Painting, for all ages, \$1.
- 2 - 2:30 pm.....Water Aerobics
- 3 pm.....Rock Painting
- 7 pm.....Scavenger Hunt, all ages

August 20 - Thursday

- 10 am - noon.....Beach Games
- 3 - 3:30 pm.....Water Aerobics

August 21 - Friday

- 10 am - noon.....Frisbee Tag
- 2 - 3 pm.....Water Aerobics
- 4 pm.....Shark Attack w/lifeguards



Beach Moms organized to sell ice cream from the LFYC galley to raise money for a new water slide. (pictured here Cheryl Lusardi-left, and Joyce Bethune, missing-Chris Murray)



Heather Knox, Julia Sutcliffe and Lydia Seeland enjoying a quiet moment on Rollerskating Night in the parking lot at LFYC.

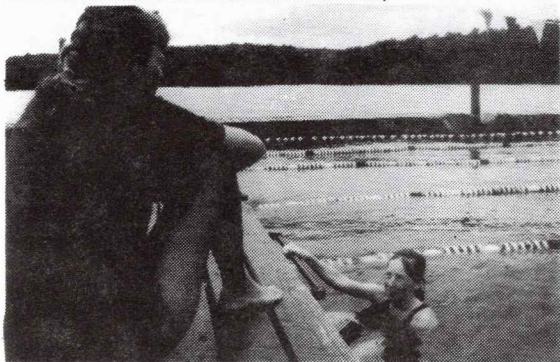
August Beach Activities...continued

August 22 - Saturday

3 - 5 pm Adult Stroke/Lessons Clinic

5 - 5:30 pm.....Water Aerobics

6:30 pmMom/Dad Softball Game (babysitters available at nominal fee, advancenotice needed.)



With luck a group lesson could turn into a private one when only one student was willing to brave cold temperatures, as did Suzy Sinclair shown here with Rec. Dir. Marilyn Agresto one chilly July day.

Kevin Leondi (r) & Geoff Gellas ready to roll(erskate).



August 25 - Tuesday

9 - 11 am.....Flag Football

noon - 12:30 pmWater Aerobics

3:30 - 4 pm.....Preschool Diving Class, must be able to doggie paddle.

August 26 - Wednesday

10 am.....Arts and Crafts

2 - 2:30 pm.....Water Aerobics

7 pm.....Sidewalk Chalk Art/Doughboy Roast, bring 18" green sticks, \$2/family

August 27 - Thursday

3 - 3:30 pm.....Water Aerobics

4 pm.....Paint Craft

August 28 - Friday

10 am - noon.....Beach Games

noon.....Last Day of Swim Classes

2:30 - 3 pm.....Water Aerobics

August 29 - Saturday

3 pm.....Adult Swim/Stroke Lessons

6:30 pmVolleyball Games for Mom/Dad, Arts/Crafts for kids

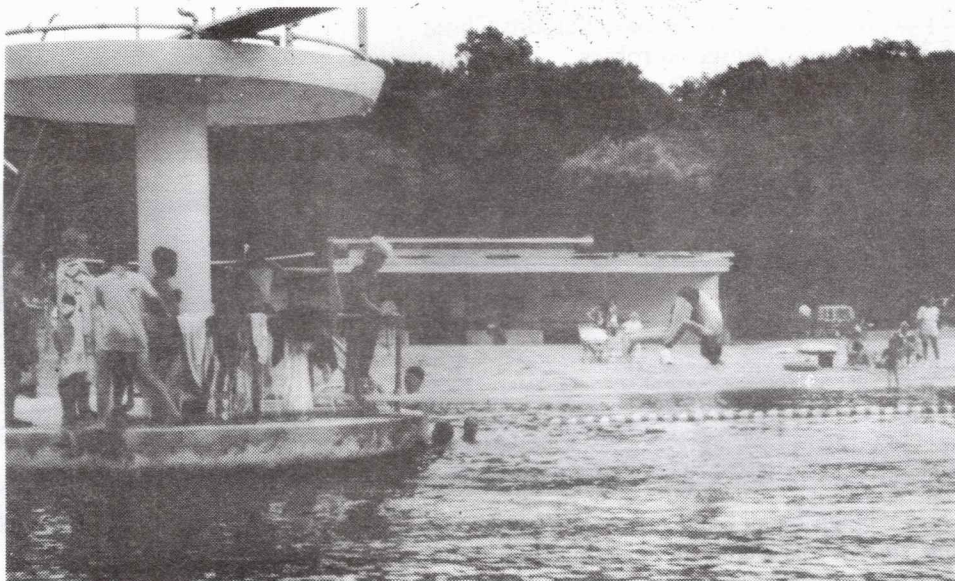
August 30 - Sunday

6 pm“Encore” (the game) Tournament, Moms vs. Dads

8 pm.....Ice Cream Sundae Nite, \$1.

SUMMER

Hester Dawson, diving instructor, taught the rudiments of diving to 2 groups of children in July and will return on August 13 to continue this popular special class.



Join the many satisfied Lake Forest residents who have received the benefits of chiropractic care at the

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BEACH FUN

After the Knock Hockey games are over the table serves well for an evening's sundaes in July — to be repeated August 30.



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August Beach Activities' continued from p. 7

August 31 - Monday

- noon.....Build an Obstacle Course
- 2 - 2:30 pm.....Water Aerobics
- 3 pm.....Obstacle Course Races

September 1 - Tuesday

- noon - ??.....Swim Classes Field Day - for swim class participants only
-relay races, swim races, 3-legged races & more, Awards Ceremony

September 2, - Wednesday

- noon - 3 pmGIANT Sandcastle Building Contest, (for all ages), the bigger the better,
-all decorations allowed, ribbons awarded at 3 pm
- 3 pm.....Water Aerobics

September 3 - Thursday

- 9 am.....Knock Hockey Tournament
- noon.....Arts & Crafts
- 2 pm.....Water Aerobics
- 6:30 pm.....Bicycle Night - Helmets a Must - awards for best decorated bike
-(decorate bikes at home), for all ages
-Hot dog Roast/chips, bring an 18" green stick, \$2/family

LAKE HOPATCONG MARINE

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'77-18' Glastron 100hp. Johnson w/trailer \$2,200.
'80-18' Rinker 140 Mercruiser I/O w/trailer \$3,700.
'80-20' SeaRay 250hp Mercruiser I/O \$5,800.
'84-18' SeaRay Seville 140 hp Mercruiser I/O \$5,500.
'89-23' SeaRay Pachanga 350 hp Mercruiser I/O w/trailer \$25,000.

August Beach Activities...continued

September 4 - Friday

10 am - noon.....Field Games
1 pm.....Water Aerobics

September 5 - Saturday

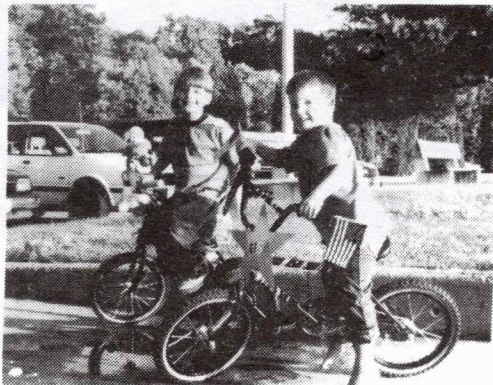
noon.....Community BBQ/Picnic & Games, sign up for salad or dessert, beer &
.....soda incl. \$10/family

September 6 - Sunday

10 am.....Finish the Keg!
noon.....Beach Games activities
2 pm.....Dads Horseshoe Tournament

September 7 - Monday

2 pm.....Kick Board Races Moms/Dads
.....Beach Fun & Activities
.....ALL DAY LONG!



Winners of the Bike Decorating Contest with their winning steeds—Anthony Cutter (left), and Ryan Coutts.



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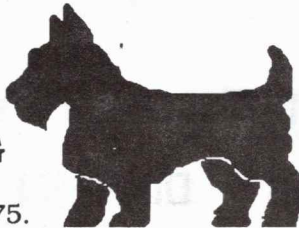


LFST - Photo Fun

2 photos at left:
Team members enjoy annual
pizza party on the eve of
the Lake Shawnee meet.

photo bottom at right:
13 - 18 swimmers enjoy a
moment with Coach
Agresto before plunging into
a morning practice.

Tri-County DOG & PUPPY TRAINING



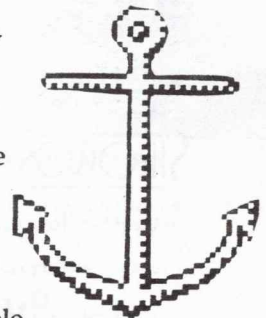
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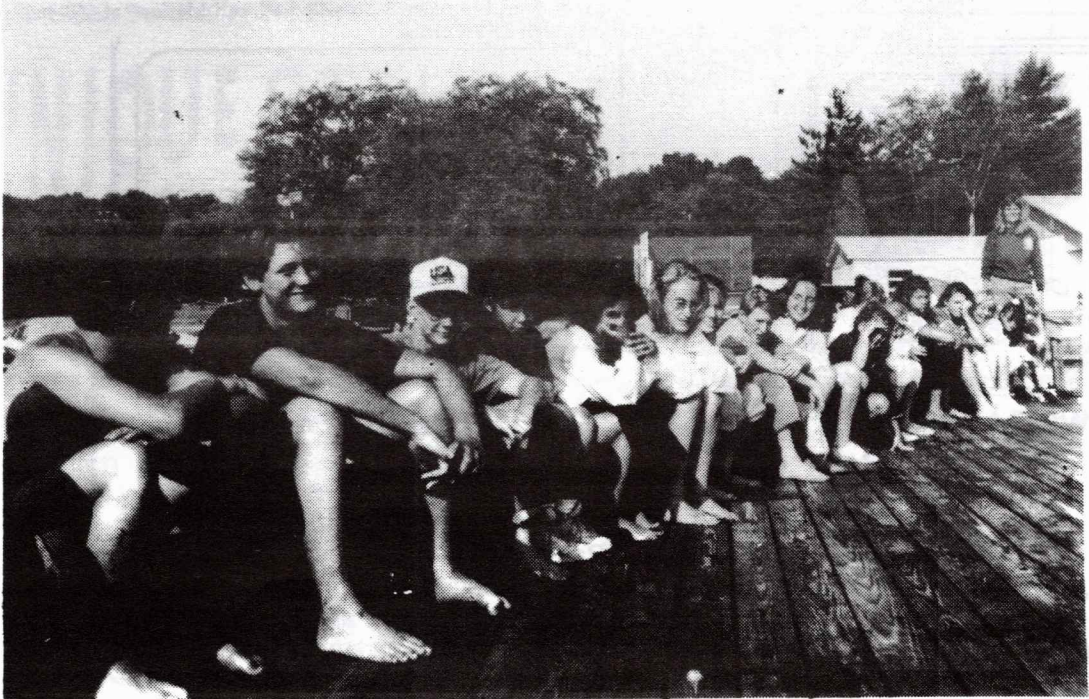
663-0896

LANE LINES - News of the Lake Forest Swim Team

The LFST has finished the 1992 season with a stupendous record: 6 wins, 2 losses, 1 tie, and a hard fought and winning play-off against Lake Shawnee in the Bump Round which we won by 8 points. The Lake Forest Swim Team finished in a tie for second place in the NJRLL—Roxbury took first and we tied with Randolph for second. Our team's swimmers also brought home gold, silver and bronze medals from the trials and finals which conclude the League's season. The team's grand finale was a Family Awards Dinner which saw each swimmer receive a plaque recognizing individual and team effort throughout the season. Coach Marilyn Agresto was treated to a standing ovation and gifts of her own Coach's Deck Chair, and a plaque commemorating this successful year and her role in building a team of such solid swimmers. Here's how the season shaped up:

July 1	Randolph	tie
July 8	Cranberry Lake	win
July 11	Hackettstown	win
July 16	Shongum	win
July 18	Mendham	win
July 22	Shore Hills	win
July 25	Lake Shawnee	loss
July 27	Roxbury	loss
July 29	Solar Sun	win
Aug. 1	Bump Meet vs. Lk. Shawnee	win

YEA, TEAM!



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FOR SALE exercise bike, excellent condition, \$50, call Debbie -0260

FOR SALE 4 barstools, wood & black, asking \$45/ea, call Haley -0513

FOR SALE all wood kitchen storage cabinet, butcher block top, 2 doors, asking \$100, call Ginny -1314

FOR SALE 17 ft. sailboat, large cabin sleeps 4, galvanized trailer incl, \$2,000, call -1471

HOMEOWNERS HELPER AVAILABLE yard work, raking, lawns mowed, brush cleared, windows washed, etc., no job too small, call Craig -1264

HERE'S HOW THEY WORK:

Classified advertising in the Porthole is free to all Lake Forest residents. There is no limit on the number of lines, or on the length of time you run your classified (within reason, of course). Once you call to place your ad it will start in the next issue of the *Porthole* and run for 3 months. You may pull your ad any time during the 3 months. If you want it to continue for another 3 months you must call us to renew. While there is no stated restriction on information placed in the *Porthole's* classified section, what is accepted is at the discretion of the editor and LFYC Board of Trustees. Classified advertising is available to non-residents at a nominal fee. For more information, and to place a classified ad, call Marlene at 663-4649, or drop your ad at the LFYC office.



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5-Year Drawdown Info for Lk. Forest Residents

The Lake Hopatcong Regional Planning Bd has asked us to pass along this information to you:

As you may be aware, 1992 is the scheduled year for the five-year major drawdown of Lake Hopatcong. The schedule for the drawdown is as follows:

- 1) The drawdown will start on approx. Sept. 9, and be conducted at a rate of approx. one inch per day. This rate will vary based on ongoing rainfall.
- 2) By Sept. 30, the Lake should be down approx. 2 ft.—about the lowest level the lake can be used for recreational navigation—most boats should be out of the lake by this time.
- 3) The maximum five ft. level should be reached by Oct. 31. The lake will remain at this level for repairs to docks, etc. until Dec. 15.
- 4) On Dec. 15, the dam will be returned to the minimum flow and the lake level allowed to rise. The “fill-up” will stop for the winter when solid ice conditions are achieved. We hope to gain a headstart on the fill-up of approx. 12-18 inches prior to the onset of solid ice.
- 5) Immediately after the ice breaks for the shore in late winter or Mar 1, 1993, whichever is earlier, the lake level will be brought up for the 1993 season..Full lake level, depending on rain, should be reached by May 1.

You should be advised that state and local permits are needed for any dock or seawall construction and that state permits are needed for any dredging activities.

Fine Salon Service for the Entire Family

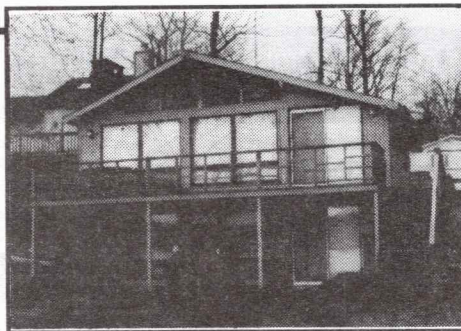
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