



# LAKE FOREST YACHT CLUB

## P O R T H O L E • N E W S

### September 1996

### Commodore's Message

It's hard to believe that the summer is already gone, the kids are back to school (to the relief of many mothers) and we can look forward to the autumnal season with its beautiful foliage.

On the social scene the Family Picnic, the Camp-A-Ree, and the annual Labor Day Beach Closing Party were great success. I believe it will be a memorable summer and we are grateful to Kathy DeSena for organizing such good parties with great turn-outs. We are also thankful to the members who came to cook, help and clean afterward.

On Labor Day weekend we closed the beach, removed the beach curtain, catwalk etc. For all the volunteers who came to help this was an expiring demonstration of team work.

We are in the process of cleaning up the clubhouse which will include painting, redecoration of the foyer and finishing up the kitchen. This project is being spearheaded by our Nursery School under the guidance of Donna Bandura and husband Stan. Keep posted, we might ask for more help to finish

*continued on page 3*



*Kathleen Olivieri, Liz Moore and Alex Genaud began swimming together when they were 8. They graduated from the Lake Forest Swim Team in a nostalgic commemoration at the team's end of season Awards Banquet.*

## BOARD OF TRUSTEES

Bernard Genaud	Commodore	-4649
Bob Drummond	Secretary	-0074
Tom Morris	Treasurer	-4019
Richard Stafford	-2605	Jeff Bessemer -1916
Craig Peters	-5120	Bob Luongo -1793

## TRUSTEE COMMITTEE ASSIGNMENTS

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Porthole

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**LFYC Office — 663-0158 — Tues • Thurs • 8 am to 2 pm • Sat 9 am to noon**

Mrs. Margaret Dam, Administrative Assistant

House Chairman - Grace Bacorn -2944 • Nursery School Chairman - Donna Bandura -2881

Social Director - Kathy De Sena -1629 • 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. Ad Info - Marlene 663-4649**

## **BABYSITTERS**

	Red Cross					Red Cross			
name	age	certified	phone		name	age	certified	phone	
Jessica Levinson	12	yes	1383		Lydia Oser	15	yes	5820	
Robyn Faruolo	13	yes	2166		Elaine Sutcliffe	17	-	0632	
Lisa Greene	16	yes	1128		Lydia Seeland	12	yes	1693	

To be included on the Babysitters List leave your name, age, phone, whether you've completed the Red Cross Babysitting Class on the answering machine 663-4649. (LFYC membership required.)

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*The "guys" enjoyed a game of volleyball during the Labor Day weekend Beach Closing Party*

### **Commodore's Message** cont'd from p. 1

the whole project.

The Trustees reviewed our clubhouse rental policy with House Chairman Grace Bacorn, and the Nursery School and Swim Team leaders to improve some of our procedures. As a result we will take a closer look at the conditions after each use; of course, we are also asking each member who rents the Club to be considerate of the next user and leave the Club in good order and clean.

We received a great number of positive suggestions concerning the improvements to our beach and for social activities. In order to implement these ideas and organize them in a practical manner, I would like to pursue one proposal we announced during the spring—which is to create a social committee. I would like to hear from you on this issue. Thank you.

Bernard Genaud  
Commodore

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- Tole/Dec Art - Wed 6:30PM

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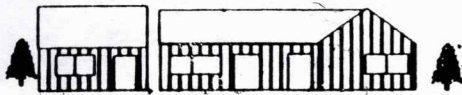
663-0096

Tu-Th 11-5 Fri 11-7 Sat 10-5 Sun 11-3 Closed Mon

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## HURDTOWN PLAZA



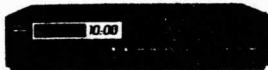
663-2541 808 Rt. 15 South, Jefferson

### HURDTOWN HAPPENINGS

- 3 hr TOLE PAINTING WORKSHOP at Hobby Horse, Sept. 7, 1-4pm
- Sept. 14 OPEN HOUSE-American Tae Kwon Do School demos 1pm
- SIDEWALK SALE Sept. 21- SAVINGS UP TO 75% ART DEMONSTRATION
- VCR cleaning just \$19.95 while you wait, Sept. 21 ONLY

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- dining rm set w/server, 2 reclining chairs, misc. household items, call Joe or Ginny -1314
- Basstender II fishing boat, 10ft, live well, lights, 2 swivel seats, 165 lbs, like new, \$550 or BO, call Warren -3949
- White -Westinghouse front loading washer, bottom unit of washer/dryer stackables, exc. cond. \$225, call Hank -4378
- waterbed, dark pine, queen w/6 drawers, bkcase headbd, \$150 or BO, call Nancy 0342 or -1764
- sm. Avanti refrig, brand new, \$150, orig \$170, call Andy -0790
- '84 SeaRay SunDancer, 26 ft, sleeps 5, 260hp, loaded, \$9500 or antique car trade, call Bob 2205
- "Hooked on Phonics" used 2-3x; "Hooked on Math" unopened; ea @ \$100; math & reading head start PreS thru Gr. 2; call Michael or Nora -0750
- 1976 16 ft. Bowrider, 85hp Merc outboard, '90 galvanized trailer, all very good cond, \$2,000, call MaryAnn -0492
- king-size waterbed, dark pine, Waveless mattress, mirrored headbd, ped base w/drawers, \$200, Kim -0267

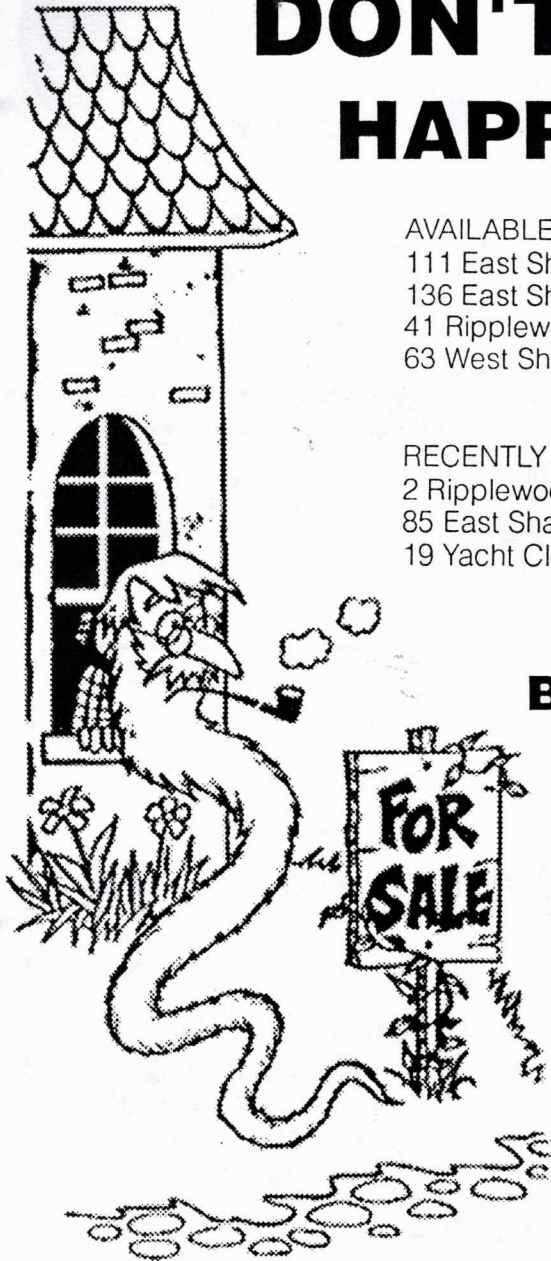
- Carlson Glastron 140 I/O w/trailer, \$5K, Tom 0267
- rowboat w/oars, good cond, \$200, Bruce -5211
- JuiceMan juicer for fruit, veg, used 2x's, orig. \$198, asking \$50, call Dorothy -0649
- 1 yr old Sears snowblower, elec starter, paid \$419.99 sacrifice at \$285; Emerson Quiet-Kool A/C, 1 yr old \$325; baseball & basketball memorabilia, all reasonable, hundreds of record albums, -Moving Sale/Must Sell/Make Offer, Glenn -5882
- Century infant car seat (good for 2nd car), \$7, Fischer Price musical mobile \$10, Safety First bath seat \$2, Graco jumper (like new) \$15, Evenflo Snugglie \$2, call Jeanie -1712
- bumper pool table \$150; 5 antique bentwood chairs \$125; call Jane -1703
- 24' travel trailer, good cond, liv. rm, bdrm, bathw/shower, kitchen w/apps, \$4000, call Marc -5551

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# DON'T LET THIS HAPPEN TO YOU!



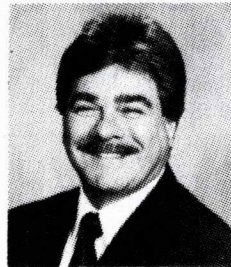
## AVAILABLE HOMES:

111 East Shawnee Trail	3 BR Split	\$139,900
136 East Shawnee Trail	Lake Front	149,900
41 Ripplewood Drive	Lake Front	SOLD
63 West Shawnee Trail	2 BR Starter	SOLD

## RECENTLY SOLD HOMES:

2 Ripplewood Drive	Lake Forest	U/C
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19 Yacht Club Drive	Lake Forest	SOLD

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# DOWN THE GARDEN PATH

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Jim McGraw

I apologize for the "scrambled" first paragraph in last month's Porthole. Somewhere between my desk and the final copy something went wrong. I'll do my best not to let that happen again.

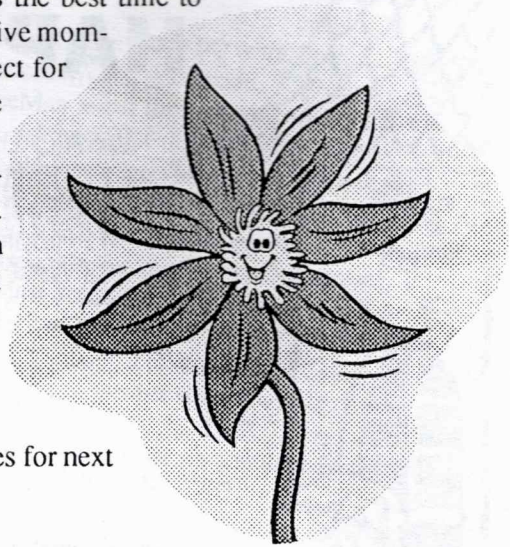
Between Labor Day and the end of September is the best time to plant grass seed and lay sod. The cool nights and extensive morning dew help new grass grow. The most important aspect for success is to keep the new seed or sod moist. A little starter fertilizer is also a good idea.

For timely autumn blooming, try cutting your perennial/hardy mums to five inches on July 5th next year.

Cuttings for propagation and new seeds like a clean environment. Always use new pots and new potting soil for starting new plants. If that is not possible, wash your dirty pots in the dishwasher, and put your old potting soil in a plastic microwavable container and bake it for five minutes in the microwave.

Don't forget to stock up on garden and lawn supplies for next year while they are on sale at the end of the season.

Happy Gardening!



## Jerry Ochs

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# THE SPORTING LIFE

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Michael Stewart 663-2241

This is a great time of year for people who like to watch pro sports on TV. Baseball is closing in on the end of the season playoffs, pro football is just beginning, the US Open is just finished, the New York Marathon is less than two months away, and pro basketball will begin soon. The question this raises is whether it is worthwhile to watch sports on TV. As long as watching does not replace doing, it can be very useful and inspiring to watch.

Seeing the pros—the best in the world—play their sport can provide a clinic for aspiring players. In tennis, for instance, watching on TV can help the average player to understand strokes and strategy better. Often the commentator will explain how and why a certain stroke is produced, and will use the replays to illustrate the stroke. Ivan Lendl was a player who produced textbook shots all of the time. The commentator, on the other hand, would point out that John McEnroe was not someone to copy. Smoothness and efficiency of movement should be studied. Watching the top runners compete in the New York Marathon should get you charged up and ready to get out and walk, if not run. The very best of those runners have very little extraneous body movement. When runners such as German Silva

of Mexico or Tegla Laroupe of Kenya run, it looks so easy that people want to run beside them. It usually comes as a shock how fast they are going, and how far. Even though we average runners cannot run that fast, we can emulate the way the pros do it, and, therefore, improve our own efficiency.

Watching the event can provide an opportunity to analyze the strategy and tactics of the sport. Why is it important to get the first serve in play in tennis? Why is spacing so important in a basketball game, why is moving without the ball a skill to develop? Young players can learn a lot by watching, but, if older participants are smart, they can learn too.

Parents can use the time spent watching with their children to help the children learn how to analyze what is happening. Conversely it gives the child an opportunity to explain to the parent what is going on. In other words, watching sports on TV can provide a reason for a family to carry on a conversation.

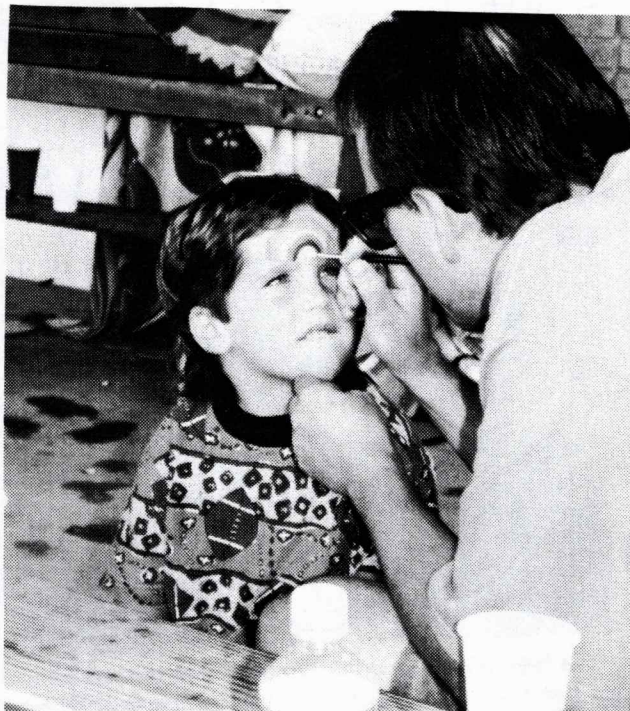
A TV watcher can even be inspired to stretch and exercise right there while watching the sport. Instead of requiring a live partner, the athletes on the screen can provide the watcher with enough company to accomplish something. There are several exercises that can be done right in the chair without even getting up to go anywhere. This kind of exercise is not going to get you in the kind of shape to function at a high level. The reality is that if you were good enough to play a sport at the pro level, that is probably what you would be doing instead of watching.

We all could work harder to keep ourselves in good shape, and playing our favorite sports better. We should be looking for examples everywhere, even on TV.

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## A NOTE FROM PAT MCGRAW

As of Sept. 10 I pass my "school bell" on to a new teacher for Lake Forest Nursery School.

I want to take this opportunity to thank all of you, the parents, the Club and the children for the past 24 years. We have gone through good time and difficult times, fun times and sad time...but always we have remembered the most important ideal of our school — the children.

I wish the Lake Forest Nursery School continued success and happiness in all the years to come. Thank you again for the children.

Pat McGraw

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## MANY THANKS

I would like to thank all of the Ice Cream Moms" (and 1 Dad) for being so cooperative and responsible this summer. It all ran very smoothly and I think most of our patrons were happy too!

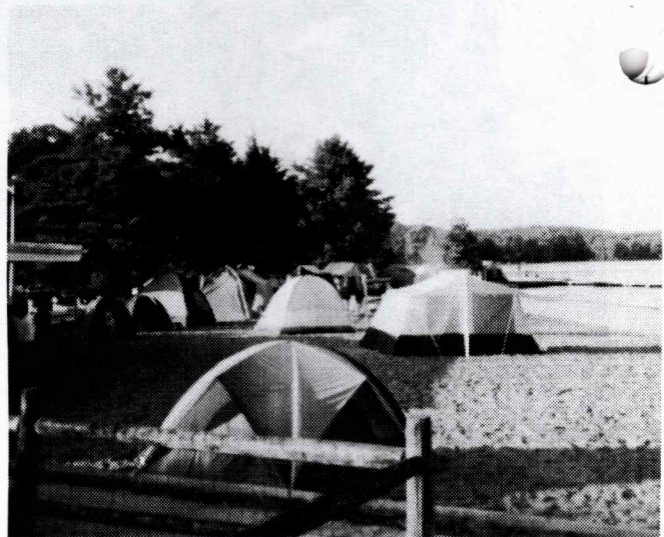
We have a great bunch of volunteers who showed up when they were supposed to, bought supplies, counted money, wrapped coins, and were willing to do it too!...

Debi DeSantis, Marybeth Battaglia, Judy Bessemer, Sharon Sapparito, Debbie Dalton, Donna Combos, Karen Veninata, Donna Bandura and Ed Uranyi.

This year's profits will go toward another refrigerator for the galley and to purchase next year's inventory. See you next summer! Thanks everyone.

Loretta Luongo

## BONFIRE, FUN & GAMES AT '96 CAMP-A-REE



*A forest of tents sprouted overnight during this year's August Camp-A-REE—over 40 tents were pitched on the LFYC beach.*

### THE SPINE: KEY TO YOUR HEALTH



\*American Journal of  
Pain Management Vol.  
4, No. 1, January 1994

The spine is the key to the body's sustained good health according to researchers\* and posture is a window to the health of the spine. The importance of posture should never be minimized. A recent study on posture concluded that, "Posture affects all human function... from breathing to thinking."\* In order to make more people aware

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# TOWNSHIP TIDBITS

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## NEWS FROM THE JEFFERSON TOWNSHIP HEALTH DEPARTMENT

**Mammography** — The Chilton Memorial Hospital's Mobile Mammography Unit will be at the Jefferson Township Public Health Center on Minnisink Road, on Thursday, October 24 from 8:30 am to 5 pm.

All Jefferson Township women residents, ages 35 and over are eligible. The fee is \$79.00. Women must have not had a mammogram in the past 11 months, or have had any previous surgery. Prior films are required. Bring them with you or mail to hospital. Medicare, Medicaid, NJ Blue Cross needs valid insurance card at time of mammography. It is important to check with your insurance carrier on insurance requirements. Appointments are required.

**Flu Shots** — Influenza "flu" is a viral infection that can lead to a serious illness like pneumonia or bronchitis. Thousands of people die each year in the U.S. from the flu or related complications. People over age 65 who contract the flu are more likely than younger people to have serious complications. The chronically ill and disabled may also be at high risk of complication from flu.

If you are 62 years of age or older or have a chronic illness with a physician's note, you are eligible for the flu vaccination. The fee is \$2. Those with Medicare (part B) will be eligible to receive the shot for free. Those with Medicare who belong to a HMO are not eligible and should consult their physician.

On Tuesday, October 15 at the Jefferson Township Public Health Center from 9 am to 1 pm, flu and tetanus vaccinations will be available. Appointments are required.

Register for a mammography or flu shots by calling the Jefferson Township Public Health Center, Monday through Friday, 9:30 am - 2:30 pm.

## NEWS FROM HURDTOWN PLAZA – Free events & demos

**Painting Demos** — Red Engle of Pitman, will paint a portrait of the century-old Hurdstown methodist Church on Saturday, Sept. 21. He will demonstrate as part of the Hurdstown Plaza's Fall Sidewalk Sale from 10 am to 4 pm. Engle will chat with budding artists while demonstrating his painting technique and brush strokes.

Engle, 62, started painting ten years ago in a method painting class similar to those held by Hobby Horse Arts and Crafts. His previous experience was in layout and photography but he had never painted and he was pleasantly surprised at the resulting painting. Now he has mastered the art of house portraiture! Engle will be happy to help a future art students select a starter's set of colors and brushes.

All of the Hurdstown Plaza specialty shops will be featuring sales at up to 75% savings all day. For further information about the sale or the painting demo, please call 663-2541.

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**Mon-Fri 9-8 PM**  
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