

March 20, 2015
LAKE FOREST
HOME JOURNAL



ON ANOTHER NOTE:

Vladimir, thank you for the wonderful book of staff photos! You are a very gifted photographer. If you haven't had a chance to see the "book," it is located on the lamp table in the front vestibule. Vladimir has also put a name with every photo so it is a great guide to putting a name with a face until we get our new nametags.

The ice is still upon the lake. I'm looking forward to its break up as the first real sign of Spring in our neighborhood. In hopes that the time will soon arrive for the sparkling waters to again beat against the shore, here are a few facts about our beautiful Lake Champlain.

Lake Champlain Facts

Area – 490 Sq. miles, of which, 151 are in New York, 17 in Canada, and 322 in Vermont. 423 sq. miles are water while 59 miles are islands.

Width – maximum is 10 miles

Length – 118 miles

Shoreline – 238 miles in Vermont and 170 miles in New York.

Elevation – 95 feet above sea level. The lake can rise to a maximum of 100 feet.

Discharge – at Richelieu River with an average of 2,992 gallons per second.

Drainage Area – 8,277 sq. miles

Depth – greatest is 399 ft., 2 miles N. of Split Rock

Islands – 80

Freezes – average date of freeze-over is February 7

On a Lighter Note:

How do you know if an elephant is sitting on your peanut butter and jelly sandwich?

Answer—You can't pick it up!



We are pleased to announce that we are now using Casella Zero Sort for our trash removal. Please check the laundry rooms for a brochure that lists what we can recycle. Duplex residents can find brochures in the mail station. We are now zero sort!

Laura is on call March 23



Our Lake Forest Website
www.onlakeforest.org

Activities

Monday - March 23

11:00 am - Exercise

6:30pm- Paul West Sings

Tuesday - March 24

10:30am-Price Chopper/\$ Store

11:30am-TaiChi

2:00pm-Bingo

Wednesday - March 25

11:00 am - Exercise

1:00pm Spring & Fashion Show

1:00pm-Bible Study

Thursday - March 26

1:00 pm - Mah Jongg

4:00pm Gib Brown- Ecuador

Friday - March 27

10:00am- Yando's Plaza

11:00 am - Exercise

Noon-Omelets by Debbie

1:00 pm - Bridge for 8

4:30pm-BYOB Cocktails

Saturday - March 28

11:00 am - Yoga Tape

6:30pm-Movie Night, "The West Wing"

7:30pm Trip to Giltz Auditorium

Karen Becker & Friends

Sunday - March 29

12:30 pm - Brunch

1:30pm-Scrabble/Games

Film Festival-

"Dial M For Murder"



Shirley's News!!

Monday's Show & Tell" had a great turn out! It gave us the chance to learn things about each other that we never would have known!

It was great to hear Mel Frechette from the Castaways sing some Irish music for our St. Patrick's Day Party!

On Wednesday I took a group of ladies that will be modeling in our fashion show, out to Christopher & Banks for a fitting. It was great fun seeing everyone all dressed up! After that we stopped for a quick bite at Jade Buffet. It was a fun time had by all!

Thursday Ed Schenck came in to play his accordion for us. I love hearing that, as there are not that many people that play that instrument!

On Friday, March 20 (The first Day of spring!)

At **3:00pm** Mary Lue Leavitt will be speaking on her organization, Mother's Without Boarders". This group of women make T-shirts and dresses for children in foreign countries that don't have the means to obtain them. So come out and hear about this wonderful group!

On Saturday we threw together an impromptu trip to The Chazy Musical Theater to see the musical Can-Can. The sign up sheet has one spot left. Speaking of signing up, ***please do not forget to sign up for the Spring Tea!***

I need you to sign up and list how many guest's you have attending so I will know how many tea sandwiches I have to make!!

Until next time, have a fun week!!

If wrinkles must be written upon our brows, let them not be written upon our heart. The spirit should never grow old.

~James Garfield~



Our Lake Forest Residents' News, Comments, Etc...

Friendship Committee Notes



BOOK REVIEW

GIRL SLUTH: Nancy Drew and the Women Who Created Her. by Melanie Rehak

I'll bet the majority of female residents here at Lake Forest have read a Nancy Drew book. I also bet a lot of you, like me, have read a lot of them. I have even resorted to reading the latest Nancy Drew book under my bedcovers, using a flashlight. (That was until my father discovered me and confiscated the flashlight.)

This book is the story of Edward Stratmeyer. Stratmeyer Syndicate was responsible for many children's series like "The Bobbsey Twins" and "The Hardy Boys" This series was so popular - even girls were reading of the exploits of the Hardy brothers. So in 1929 Mr Stratmeyer had the bright idea of a similar series for girls. Enter Nancy Drew!

This book is a fascinating account of how this series grew to be a best seller down through the years. After Mr. Stratmeyer's death, his daughter Harriet successfully took over the syndicate.

Besides learning all about Nancy Drew, and how she changed with the times, this book is an interesting look back at the history of those earlier times. I enjoyed this book, as did my daughter. So did Lisa, who donated it to our library. It's in the Large Print section.

Thanks Lisa!

A bit of trivia: Did you know that Carolyn Keene, author of the Nancy Drew books, is not a real person? That's the pseudonym for the several different women who wrote the stories. Read all about it in this book!

Zero Sort! I am very pleased to hear that Lake Forest will be using Zero Sort as our recycle/trash removers. We will be able to recycle a lot more - and best of all - we don't have to sort it ourselves!

Watch for more information about this.

Chuckle of the week:

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor who was able to fit him with a set of hearing aids that allowed he gentleman to hear 100%.

The elderly gentleman went back in a month to the doctor, and the doctor said "Your hearing is perfect. Your family must be really pleased that you can hear again." The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times.!"

Smile - the snow is melting, spring is coming! *Mary Lue*



Week of March 30, 2015

Turn into the Kitchen By March 22nd

Name: _____

CROSS OUT THE ALTERNATIVE YOU DO NOT WANT

Monday – March 31(5:30 PM)

Romaine

Salad

Chicken w Cranberry Marsala Sauce

-OR-

Meatball Subs

Brown Rice Pilaf

Cauliflower

Whole Wheat Bread

Cherry Crisp

- OR -

SF Vanilla Ice Cream

Tuesday – April 1 (5:30 PM)

Homemade Vegetable Black Bean Soup

Ham Loaf w Marmalade-Mustard Glaze

- OR -

Baked Reuben Chicken (not a sandwich)

Roasted Red Potatoes

Green Beans

Oatmeal Bread

Chocolate Tart

-OR-

Melon Slices w/ Blackberries

Wednesday – April 2 (5:30PM)

Minted Green Salad

Roast Beef w Gravy

-OR-

Crab Cakes

Smashed Golden Potatoes

Asparagus

Dinner Roll

Strawberry Cobbler w/ Cream

-OR-

Sliced Strawberries

Thursday – April 3 (5:30PM)

Homemade Roasted Garlic Tomato Basil Soup

Pork Roast

-OR-

Grilled Cheese w/ Bacon & Side Salad

Potato Wedges

Beets

Garlic Bread

Vanilla Ice Cream w/ Blackberry Sauce

SF Chocolate Pudding

Friday –April 3 (5:30 PM)

Spinach & Orange Salad w/Vinaigrette

Dilled Marinated Grilled Salmon

- OR -

Tomato, Olive, Cheddar Quiche

Baked Potato

Summer Squash

Corn Bread

Cinnamon Apple Cake

- OR -

SF Cherry Jello

Saturday –April 4 (5:30 PM)

Homemade Vegetable Soup

Beef Stroganoff

- OR -

Curried Chicken Salad Plate w Pita

Buttered Noodles

Vegetable Medley

Sunflower Bread

Peaches and Cream

- OR -

Fresh Fruit

Sunday – April 5 (12:30 PM - Brunch)

Happy Easter

Cantaloupe Celery Salad

Pecan Sticky Buns

Bacon

Scrambled Eggs w/ Chives

Dijon/Brown Sugar Glazed Ham

Potato Casserole

Carrot Ginger Puree

Homemade Lemon Buttermilk Bundt Cake

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