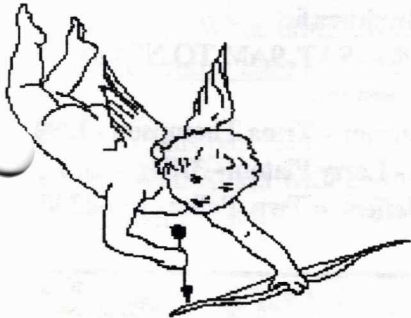


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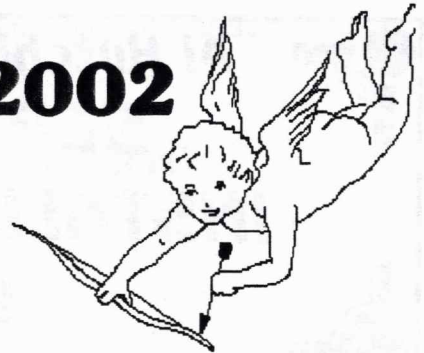


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FEBRUARY 2002



Valentines Day 2002



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Trina Thompson

Chairwoman

1290

BABYSITTERS LIST

Name	Red Cross	Age	Phone	Name	Red Cross	Age	Phone
Michael Levinson	Yes	15	1383	Sarah Pilewski	Yes	16	3804
Dana Russo	No	14	3128	Katie Pilewski	Yes	15	3804
Sean Stafford	No	14	2605	Michael Dalton	Yes	15	2539
Dana DeSantis	Yes	16	3542	Matthew Dalton	No	13	2539
Amanda DeSantis	No	14	3542	Nichole Polyak	Yes	14	0372
Megan Battaglia	Yes	16	5796	Leslie Brushaber	Yes	15	3563
Jamie DeSena	Yes	14	1629	Ashley Bethune	Yes	15	5358
Danielle Rodgers	Yes	15	5519	Kendal Rodgers	No	14	5519

LFYC Membership required to be on babysitters list**LFYC OFFICE - 663-0158 - TUES. & THURS. 8AM. - 1PM - SAT. 9AM TO NOON.****Mrs. Margaret Dam. Administrative Assistant.****House Chairman - Grace Bacorn - 2944 Nursery School Chairman - Trina Thompson - 1290****Social Director - Donna Combos-2784 Swim Team - Larry Platoni - 3284****Security - To report trespassers - In case of emergency - call Jefferson Twp. Police - 697-1300****Al Hutchins & Son Excavating****SEPTIC SYSTEMS****INSTALLED & REPAIRED****663-2142**

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It's January 23rd and the temperature is 50 degrees only two snow falls so far this year. Late in December I was predicting a severe winter and with only 5 or 6 more weeks left, my predictions seems a little thin. But there may be some icy days ahead we suggest that you stock up on ice meltremember it doesn't spoil.

Many of you, our valued customers, come in asking about me and my family. How are we doing? What are the kids doing? Being the proud father, I'm always willing to share stories about my Tyler and Alissa.

When we had our first snow fall all four of us started making a snowman, a first for this Schaberick family. It stood seven and half feet tall and the bottom was about 5 feet in diameter. Lauren and I had a difficult time getting the upper section on the base. But once completed, Lauen went inside and bought out eyes, nose, scarf and a hat. It was cool! While admiring our snowman, my little girl, Alissa looked at me and said, "I love you more than ice cream." Some things in life are invaluable.

This past Christmas we were talking about Santa Claus and his home at the North Pole. Well Alissa with great determination said, NO, NO Santa Clause lives at the Mall. Isn't that a classic statement!

Our February Dollar Days circular is out with some really good deals. You can come in with \$20 and leave with a crate full of good stuff.

Thanks for your continued support!

Eric

Dressing for Cold Weather Exercise

By Kathy Cullen, Physical Therapist

Don't let the cold weather keep you from exercising outside this winter. With the right clothes, walking or running in freezing weather can be enjoyable. Layering your workout clothes will keep you warm and comfortable, without the risk of getting too sweaty, which can lead to chills and hypothermia. In any wintertime sport, whether its walking, running, or just shoveling the driveway, layering is the key. Layering helps keep your body heat close to you; while at the same time prevents the retention of perspiration on your skin. The trick is to dress warmly, but not too warmly. You have to consider your own personal tolerance to the cold, what the temperature and wind chill factor is, and how much you'll be exercising.

There is a three-layer system that most athletes follow, which I'll address below. Your layers should be easily removable, and lightweight. Exercise clothes today are made of materials that offer warmth and comfort, without the bulk. Along with the layering system, you should think about covering any exposed areas like your head, neck and hands, (we lose more than fifty percent of body heat from our heads), wearing footwear with traction (runners can wear slip-on traction soles over their running shoes), and wearing reflective gear if needed (visibility can be greatly limited on cloudy winter afternoons).

Closest to the skin, you want a thin layer of a material called "polypropylene", which acts to "wick" moisture away from your body. This material is found in long underwear, turtlenecks and long sleeved shirts found in athletic stores. Avoid cotton, which holds moisture. This layer should fit snugly, to capture the sweat on your skin.

Over this bottom layer is your middle layer. This is the insulating layer, which keeps you warm. You should be choosing lightweight, fleece fabrics that breath and also help to wick away moisture. This layer should have a zippered front to allow an easy release of excess heat if needed. On milder days, these may be all the layers you will need. On very cold, windy days, you may need more than one middle layer.

The third layer, which is called the outer shell, is your protection from the elements. This layer should be waterproof and windproof. These outer fabrics should be tightly woven, water repellent with microscopic pores to allow moisture to escape. Some brand names of this type of material are: Gore-Tex, Supplex, and Ultrex. A hood that fits snugly around the face, and dark colors to absorb the heat from the sun may also be appreciated. This layer is usually added when conditions drop below freezing, or wind, snow or icy rain is a factor. If you get too warm, the outer shell should be easily removable.

After reading this, you should have no excuse to stop exercising this winter. You may have to experiment with layering to feel comfortable (it took me a few winters of running to know just what I need to wear by stepping outside for a moment). And please use your common sense - if it's too cold or icy, skip a day or head for the gym!

Kathy Cullen is a New Jersey Licensed Physical Therapist, currently providing home care physical therapy services for a regional visiting nurse association. She is experienced in geriatric home care as well as in orthopedic physical therapy and sports medicine. She is a Lake Forest resident.

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TO ALL PORTHOLE READERS!

PLEASE REMEMBER DOCKS B & C HAVE ICE EATERS
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Motorbikes And Quads Beware!

We have been experiencing an ongoing problem with motorbikes and quads riding on our ball field. This is leading to damage that will need repair in the spring. If anyone knows who these people are please call the LFYC office or drop a note in the office mailbox. It can be anonymous. **Riding in the LFYC parking lot is also prohibited!**

Five Year Plan

Over the past several years the Lake Forest Yacht Club Board of Trustees has had a representative to head a committee for the Club's 5-year plan. Since the rebuilding of B and C docks the Club has (luckily) not had to undertake a huge capital investment. And thus has not had a committee to consider long-term plans for the club.

The Trustees and many club members believe, collectively, the members should now consider what you want the club to look like in five years. Volunteers are needed for the committee and your ideas are necessary for the future of the club. It's your turn! Please participate in volunteering your time and ideas. Please submit your ideas in-person at our Trustee meetings, in writing to the club office or via telephone to the club (973) 663-0158.

Highlights of the Trustee Meeting of January 8, 2002

The official minutes are maintained at the Club Office.

Club Officers and Trustees Assignments:

During the meeting nominations and seconds were made for Greg Good to become Commodore, Bob Drummond to remain as Secretary, and Fred Stewart to become Treasurer. The Trustee Assignments were also made and are listed in the front of the Porthole.

Club Office:

Karen Malone has joined the LFYC Office as our Director of Operations for the office functions. This position formally reports to the Club Secretary – Bob Drummond. The agreement between Karen Malone the Club is for successive one- year terms, similar to the previous agreement in place.

Social Committee:

Social committee has full support from the Trustees. Stan Bandura and Tom Costigan will be the Trustees working with the newly formed committee. A six-month calendar will be presented at the February meeting.

Five year plan:

The Board is looking for suggestions for the Five Year Plan. Please see Porthole for action steps.

Club Property:

Mr. Verbesky owns the property next to LFYC (Across from A dock). All paper work has been through legal and insurance review. Additional work to the bulkhead on his property will extend the bulkhead to the LFYC property and be donated by Mr. Verbesky.

Vending Machines: It was suggested at the last meeting that the club install vending machines down at the beach. Some of the Trustees' concerns include vandalism and liability. Gary volunteered to talk with vending machine companies.

Lead Paint:

The State plans on checking the Club properties for lead paint. The Club will manage corrective actions if any is found. The State will contact us when they are ready to perform such test.

Security Guard:

The Trustees are looking into additional Security Guard measures for this coming year. Suggestions will be presented at our February meeting.

Grounds & Maintenance:

The lights around the Club have been a challenge for over two years. Jim will work with other volunteers to access a bucket truck and look at all the lights on the property

Computer:

Fred did additional research on the computer needed for the Club and found one that fits our current and future needs. The Trustees are in full support of having the computer installed before February's meeting.

Block Captains:

The Club members will receive a mailer regarding Club communications and Block Captains. The goal is to have 100% response and a properly working phone/email "tree" to be in place before mid-February. An update will be provided at the next meeting.

Trustee Manual:

Trustees will create an outline of the major responsibilities to the club. This will offer helpful direction to new Trustees, Club committees and new volunteers.

Respectfully submitted,
Karen Malone
Director of Operations

Commodore's Message:

Hello to the readers of the LFYC Porthole. I hope your winter is going well. This winter we are energized to aggressively take on projects to benefit the Club so that when Spring arrives most of the hard work is done. To accomplish this we need volunteers (new energy) to support new committees, projects, and club social events. If you can – Please volunteer.

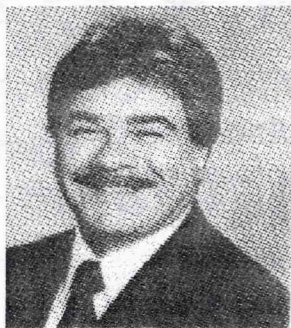
What's Go' in On

- 1) Karen Malone accepted the responsibilities of managing the LFYC Office. I'm certain most of you know that this is, to say the least, a very challenging position. When you have a moment, stop by the Office and introduce yourself. Welcome aboard –Karen!!
- 2) Please also welcome Stan Bandura as our newest Trustee. Stan and his family have been very active members of the Club for over a dozen years. Stan, Thanks for joining the Board!
- 3) We have ordered, received and set up our new computer system. One of the advantages of our new system will be the availability for members to contact and receive messages from the LFYC Office, Committees, and Trustees via email.
- 4) The new LFYC website was loaded during the last week in January and is being tested. The new Website address will be broadcasted to everyone as soon as final testing is complete. Look on the Club's sign or in next month's Porthole for the address. We will begin posting Club news and social events on the Website during mid-February. Please log on and offer your feedback and suggestions.
- 5) We are updating the phone and mailing lists and creating an email list. All members received a mailing from the Trustees during the week of January 14. I hope everyone has sent back their response. If not, please do so - your response is absolutely necessary for the success of our new databases. From your response, members will be put on new Block Captain lists and/or our new email list.
- 6) Over the last 30 days we have created a new Social Committee. The members of this committee stepping forward and volunteering are Kathy Stewart, Laura Duva, Cathey Cohen, and Karen Slusark. We met on January 18th to create the Charter for this committee and begin planning the Club and Social Events with Donna Combos our Social Director (it was a Great meeting!!!). Since Jan. 18th the group has met a second time and will gather again before submitting a tentative calendar to the Club on February 12. The Social Committee will act as a think tank, communication source, and a support group for future club activities. Look for their six month calendar in the Porthole and posted on the Website. And please offer them your suggestions and assistance when ever possible.
- 7) We are now looking for 4-5 volunteers for the new Maintenance Committee. Initially this committee will be working with Jim to brainstorm options for three spring/summer projects (and other projects): 1) the replacement of the wall at the playground; 2) fixing/replacement and installation of new lighting around the Club; and 3) investigating the installation of a fountain in the swim area. The Committee will also consider suggestions and make recommendations for other improvements to the Club. If you are interested please contact Karen Malone at the Club (973) 663-0158. A charter meeting will be held in February.
- 8) A new property owner across from A docks donated materials and labor to install a bulkhead to sure up our property and create an access for heavy equipment if needed for dock repairs. Stop in and take a look. Although the landscaping is not finished it already looks fabulous.
- 9) Look for Kathy Cullen's article on health and fitness. We have missed Kathy's articles over the past couple of years and now **"She's Back"**. Thank you Kathy for your support of the Porthole.

Until Next Month,
Greg Good, Commodore

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L.F.N.S. News

The Lake Forest Cooperative Nursery School is having open registration on Monday March 4, 2002 at 7:00pm. It will be held at the Lake Forest Yacht Club. The school offers two classes both which run on Tuesday, Wednesday, and Thursday's. The am class is offered to 3 year olds and the pm class is offered to 4 year olds. The am class runs from 9:15am to 11:45am and the pm class runs from 12:30pm to 3:00pm. If you would like to setup an appointment or need more information please contact Diane Hyland at 973-663-3652.

PLEASE NOTE THAT CLASS SIZE IS LIMITED

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Social - Easter Egg Hunt

Plans and the date for the LFYC Easter Egg Hunt are in the final stages. Please look early in March for your Porthole with all the details.

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- ^{2/1/02}Nordic Track \$100 b/o Maria 3427

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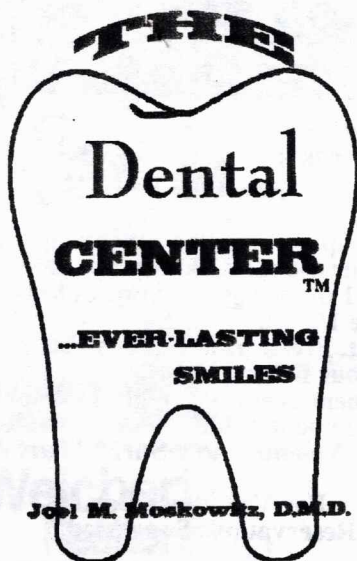
- ^{01/01/02}Aluminum row boat with red padded seats. Boat had 2001 Lake Shawnee sticker #93. Anyone with information as to its whereabouts, please call 663-6465.

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