

Up Close and Personal

Tee It Up with Brad Elder

by Jack Bell

Lake Forest has its abundance of doctors, lawyers, Indian chiefs, and financial advisors. But we have only one professional golfer, Brad Elder. He and his wife, Peggy, live at 12001 Lueders Lane with their dogs, Luke and Bentley. Peggy is a Dallas native who attended Highland Park schools. Brad was born in Tulsa, OK in 1975 and had the good sense to play college golf at the University of Texas in Austin.



Brad Elder

Bell – When did you decide you wanted to be a professional golfer?

Brad – Sometime between the end of my high school career and college, I decided that I could make a living at something I really loved. After being named “Player of the Year” in 1997, I turned professional in 1998.

Bell – What was your first professional event and where?

Brad – I received a “sponsor exemption” at the Colonial in Ft. Worth and then played on the Nike Tour (now the Nationwide Tour). From there, I earned my PGA card and started on the tour in 2000. I played on the PGA for four years until a shoulder injury and a broken ankle forced me into temporary retirement. I then rejoined the Nationwide Tour.

Bell – How did you do while on the PGA?

Brad – I finished 69th on the money list.

Bell – How do you feel about earnings of the players being well documented and published weekly in the Sports Section of most newspapers?

Brad – It’s a fact of “golf” life. What is not available to the public are the endorsement and sponsor monies.

Bell – What products or services do you endorse?

Brad – Adams (golf equipment); Titleist (shoes and balls) and Starkey Mortgage.

Bell – What’s on the agenda for 2008?

Brad -- I’ve regained my PGA card and will play in the Sony Classic in Hawaii in January. If I stay healthy, I should be able to play the PGA until I qualify for the Seniors’ tour.

Bell – Knowing that the tour lasts for about 30 weeks, does Peggy travel with you?

Brad – She did until we got the two puppies

and will probably start again.

Bell – What do you do for relaxation and are you able to play much “leisure” golf?

Brad – When I’m home, I like to “hang out” by watching different sporting events on TV, play with the dogs, and do a little fishing. The next time I plan on picking up a golf club will be in December as I get ready for the SONY. During the 30 week tour, I might play a little recreational golf with friends.

Bell – John O’Donnell and all of our friends at CompuCom asked me to ask you what’s up with the silver foil on the west side of your house?

Brad—The sun is just killing the A/C on that side of the house. We will probably install a heavy tint or shutters to replace the foil. In the meantime, tell the guys at CompuCom “if you can see the foil, you’re not working!”

Bell—The next question I stole from “Golf Digest” - What’s in the bag?

Brad—Adams driver 9.5, three wood 13 and hybrid 18, Mizuno MP 37 irons and Titleist Vokey wedges. My putter is a Taylormade Rossi.

Reporter’s Note: I was advised by one Lake Forest resident that she found the next question regarding underwear offensive. If you feel the same way, please stop reading now.

Bell—With all that out of the way, boxers or briefs?

Brad—Boxers. Briefs. The best of both worlds.



If there is someone you think should be featured in this column, please email Jack Bell at jack_bell@sbcglobal.net.

New Board Members



Jack Bell has lived in Lake Forest since September 2000. He is currently a VP and Senior Financial Advisor at Merrill Lynch. Jack has been involved in the community for over seven years, writing a column for The Swan and serving on the Crime Watch and Safety and the Social Committees. He is currently the chair of the Communications Committee. He has been involved in many nonprofit organizations, including as president of the Cystic Fibrosis Foundation, Dallas Memorial Center of Holocaust Studies, Temple Emanu-El Brotherhood and the Southwest Region of National Federation of Temple Brotherhoods. In his spare time, he enjoys golf, reading, travel and the TV series, 24. Jack and his wife, Louise, live at 12021 Lueders Lane. They have grown two daughters, Cathy and Paulette.

Janice Hartrick moved to Lake Forest in January 2006, first on Brookhill Lane and now on Forest Glen. Recently retired, Janice worked as an attorney for major and independent upstream energy companies. She has also been involved in several organizations, including being the Vice Chairman of the Energy Institute, Center for American and International Law located in Dallas. She enjoys jogging, yoga, and hiking, and recently joined the Lake Forest Book Club. She once qualified for the Olympic trials in the quarter mile and was a top 10 national in the 100 meter hurdles. Janice and her husband, John Creecy, live at 6911 Forest Glen Drive, and she has a delightful daughter, Alex Paul, who attends SMU Law School, but doesn't run.



Lyle Patrick moved to Lake Forest in August 2004. Lyle is a retired public company Chief Financial Officer and former Partner with Arthur Andersen & Co. (Atlanta office). He has served on the Finance and Audit Committee in 2007. Lyle has been involved in various business and civic boards and committees, including as chairman of the national Competitive Telecom Association, the Illinois Telecommunications Association, two committees while serving on the Board of the U.S. Telephone Association and a countywide United Way Campaign, and as president of his country club in Illinois. He enjoys travel, and has recently returned from a month in Italy. His other interests include investing, reading, and socializing with other Lake Forest residents. He and his wife Kimberly live at 7347 Hill Forest Drive.



2007 Annual Meeting of the Lake Forest Community Association

On Thursday, November 8, 2007, at 7:00 p.m., The Lake Forest Community Association, Inc. (the "Association") held its annual meeting at Hillcrest Church. Attendance was good, with over 130 owners of residential lots represented at the meeting either in person or by proxy. Guests included several representatives from SBB Management Co., the community's management company ("SBB"), and John Vanderpearl from Precision Landscape.

Tom Munroe, President of the Association, called the meeting to order, and introduced Carolyn Jennings to present the report of the Election Task Force. Carolyn introduced the candidates for election. After ballots were collected and counted later in the meeting, Carolyn announced that Jack Bell, Janice Hartrick and Lyle Patrick would be joining Ken Woolley, Stan Williams, and Tamara Mattison on the Board. Jack, Janice and Lyle will serve two years on the Board.

Tom gave his President's Report. He commended all volunteers, indicating that every resident who works on issues in the community are volunteers. He also introduced the members of the Board and the representatives from SBB. Tom continued

with the key accomplishments of the year, including improved financial management and procedures, savings on water and electrical utilities due to new equipment and better contracts, fountains being repaired or replaced, refurbished bridges on walking paths, and the re-plastering of the pool and implementation of safety requirements at the pool. Further construction projects involving sewer repair and street repair, were completed at the expense of the City of Dallas and at no cost to Lake Forest.

Landscape & Grounds Committee. Tom, Board liaison to the committee, reported that John Vanderpearl has overall responsibility for the community's landscape, and Bill Fann provides support for residential yard maintenance. Tom summarized 2007 accomplishments, including the installation of ten new irrigation Smart Clocks, completion of the five landscape projects approved for 2007, a contract with Precision Landscape for 2008 with no overall increase in costs, and increased efficiency of lot maintenance. Future challenges were addressed, including the oak wilt found near the Swan Lake entry.

Social Committee. Tamara Mattison, on behalf of Sandy Stephens, Board liaison, noted that Jean Obert and Hannah (Hank) Pollack, co-chairs, and the other



Residents at Annual Meeting

(Continued on page 3)

Annual Meeting (cont'd)

(Continued from page 2)

members of the committee organized two successful community events: the spring pool party "Remember the 1950s" with pool skirts, The Hamburger Man and "Rock Around the Clock" and the fall social "Sunday Night at the Movies" held at the Royal Oaks Country Club. Tamara also mentioned that the committee was continuing to look into new social activities for the community.

Communications Committee. Tamara reported, on behalf of Sandy, that during 2007, the committee was revamped and Jack Bell became chair. Judy Coyle, Mike Stephens and John O'Donnell continue to oversee The Swan, the resident information directory and the website, respectively. She outlined the other methods used for communicating with the community, including The Cygnet, a smaller publication for disseminating stories of interest quickly in between the quarterly publication of The Swan, town hall meetings, welcome packets for new residents, and the gate signs. She reported that procedures and policies for real estate signs and the gate signs were implemented in 2007. Last, the website was identified as a great source of information, including neighborhood news, calendared events, photos of events, the community directory, key Association documents, contact information for clubs, committees and the Board, and a forum used to share information in the community.

Legal Committee. As liaison to the Legal Committee, Tamara reported that the committee assisted the Board and other committees in legal matters that involve the Association.

Residential Architectural Review Committee (the "RARC"). Ken Woolley, Board liaison, reported that the RARC is instrumental in reviewing and monitoring house construction in the development. He reminded everyone that the Association Second Amended and Restated Declaration of Covenants, Conditions, and Restrictions, as amended, are posted on the Design website and that anyone contemplating any construction work on his or her property should contact the RARC prior to beginning construction..

Crime Watch & Safety. Stan Williams, Board liaison, reported on 2007 accomplishments including purging and inputting current toll tag information in the access gate data base, finalizing post orders for the gate staff, surveying walk areas to identify and correct safety hazards, and installing mirrors in alleys to assist traffic flow. He then noted that ongoing priorities include improving Swan Lake Parkway to make it more safe, updating the call box data base, eliminating speeding, reducing on street parking, and investigating the use of a surveillance camera system. He mentioned there is a link from the website to the Dallas Police Department's crime statistics for the area.

Finance & Audit. Dick Ernst, Board liaison, re-



Stan Williams giving Crime Watch and Safety Committee Report



ported their accomplishments for 2007, including investing Association funds in higher interest bearing instruments and accounts resulting in investment earnings of \$47,000 as of October 31, conducting spot audits of the books and records of the Association with no errors noted, meeting monthly to analyze financial reports, updating association collection policies and procedures resulting in no unpaid dues effective September 30, 2007, and contracting with a new energy provider to reduce costs. Dick noted that water expenses were \$44,000 under budget due in part to the implementation of the smart clocks. These savings provided resources to replace chain link fence on Forest Lane, paint all gatehouses inside and out, sandblast and powder coat all pool furniture, and re-plaster and repair the pool.

Dick then summarized capital repairs that are needed, some of which had not been expected this soon, including repairing the retaining wall near the pool and Hillcrest exit gate, refinishing the entire wrought iron fence, repairing landscape lighting around pond and waterfall areas, improving Swan Lake Parkway, upgrading electrical wiring in the community, and repairing gate house cupolas and roofs. Total expected cost of these projects is \$187,500, which will significantly deplete the capital reserve funds. The Board approved an increase in dues of \$233.00 per lot, or 5.8%. This increase, the first in three years, will generate \$81,000 of incremental revenues for the Association, and enable the Board to replenish the capital reserve fund and provide funding for future expenditures. Dick reported that Errol and Sandy McKoy will donate tree lighting near the Hillcrest entry gate, which will reduce Association expenditures. He thanked the McKoys on behalf of the Association.

David Garrett of SBB then presented the 2008 budget annualized results and the Board approved 2007 budget. Highlights of this presentation were the increase in dues of 5.8% for homeowners and 10% for Compucom, and the increase in funding for capital reserves. A copy of the budget can be obtained from the gatehouse off of Hillcrest Road

A question and answer session was conducted. Topics included lighting the tennis courts; holiday gifts for gate staff, status of maintenance and a porter, the questionnaire on snakes, water on the paths, on street parking, and repainting the fences.

Balancing Act

By Kenneth H. Cooper, M.D., M.P.H.

Balance is essential for a happy and successful life. We hear this advice often, but it's not easy to follow, as I know from personal experience. After four years of medical school, I found myself in the middle of medical training and living the deadly combination of high stress, minimal sleep, a sedentary lifestyle and a poor diet.

While water skiing one day, I began to feel nauseated and weak, my head was spinning, and I could not put a series of logical thoughts together. I thought I was having a heart attack. What I found out was that my own life was far out of balance, and I set out to change my lifestyle.

I was lucky to have that realization when I was just 28, so that I could start down a new path to better health that I still follow at age 76. The steps I took then to find balance are steps that you can easily start at any stage in life:

Learn to control stress, not to fight it directly. It's important to recognize and embrace stress when it's present and understand that it's not our hectic schedules that cause health problems; rather it's how we deal with stressful moments. Sometimes we must accept rather than confront head-on every stressor in life.

Find relaxation techniques. There are several ways to relax, whether you find it through spiritual beliefs, a massage or writing in a journal. Some find 10-20 minutes of concentrated breathing and the repetition of a calming word or phrase helpful, while finding a tranquil location is enough for others.

Build a solid foundation of sleep. Studies have shown that sleep deprivation can lead to a decline in the immune function, a lack in mental performance and hormone production, and a disruption of the adrenal systems. If you are experiencing a lack of good sleep, then take steps to correct it, whether it's going to bed an hour earlier each night or talking about medically prescribed options with your doctor.



Dr. Kenneth H. Cooper

Use exercise as a pick-me-up. Many people use the excuse that their workday has been too tiring to exercise. Instead of resisting, use exercise as a source of energy. Find the best time of day that will allow you to stick with your program. My longtime patient President George W. Bush finds time to exercise an hour, six days a week. He says, "I exercise for my head, not my heart." What is your excuse for not fitting exercise into your day?

Find moderation in your diet. You do not have to feel deprived while trying to eat healthier. Incorporate your favorite foods into your diet only in smaller amounts and less often than usual. But don't expect perfection. If you ate too much at a meal or could not resist the dessert temptation, avoid feeling guilty and get back on track. Balance your high-calorie meal with a lighter meal at dinner or go for a longer walk.

Know your health status. If you don't have a clear picture of your overall health, then it's time to get a comprehensive physical exam. It's important to address the toll an unhealthy lifestyle is taking on your body. Chronic fatigue, back pain and insomnia should be seen as serious signs to make a change. If you leave the doctor's office with a clean bill of health, do not take it for granted; rather make continued health a top priority.

Rather than waiting for a life altering experience like my water skiing incident, use these steps to start the path to a life-time balance and better health.

Dr. Kenneth Cooper is internationally known as the "father of aerobics." The author of 19 books—the latest collaboration with his son, Dr. Tyler Cooper, *Start Strong, Finish Strong* (Avery, 2007), was released in September. Dr. Cooper is credited with inspiring more people to exercise in pursuit of good health than any other individual. The 30-acre Cooper Aerobics Center in Dallas, with a second location at Craig Ranch in McKinney, Texas, consists of 10 companies and a nonprofit research institute providing health, fitness and wellness programs and services for individuals and companies.

Community News

New Residents

Betsy Roberts—7311 Hill Forest Drive
Susan and Iric Gachman—6919 Stone Meadow Drive
Linda and Bill Payne—7327 Hill Forest Drive
Danielle and Manuel Romera—11817 Brookhill Lane
Betty and Charles Blaylock—12016 Edgestone Road
John R. Carmichael—6928 Stone Meadow Road
Nolan Jones—12231 Park Forest Drive

Sidewalk Repair

At last we have progress on two projects at the eastern-most lake near White Rock Creek. Subcontractors for the City of Dallas poured the concrete sidewalk sections that were damaged during the sewer repair months ago.



Thanks to David Garrett and Errol McKoy for their persistence!

The fountain that was struck by lightning was replaced in the eastern lake. Greig Dunnam was successful in getting our insurance to cover most of the loss. The new fountain required replacing over 1000 feet of copper cable.

Speeding and Parking in the 'Hood

There have been complaints that residents are speeding through the neighborhood. **Please be courteous of your neighbors and keep within the 20 MPH posted speed limit.**

By purchasing a home within Lake Forest each homeowner agreed to abide by the regulations and use best efforts to avoid habitually parking on the street. Some residents do not comply. **Please limit parking on the street as a courtesy to your neighbors and to keep our streets safer.**

That's Entertainment!

By Marty and Mary Ann Markowitz (food, movie, and entertainment mavens)



MOVIE NEWS

The holiday movie releases are in *full bloom!* As usual, it looks like Hollywood is throwing a lot of mediocre stuff at us. We'll try not to be fooled, as we'll try our darndest to lead the way to the *best of the crop*, so you don't waste your ten bucks at the AMC Northpark or the Anjelika. Okay, here are our picks for the new films with the most potential. These are already playing or will be out before Christmas.

For the younger minds in the audience (*Mary Ann here... "and that includes Marty"*), there is **MR MAGORIU'S WONDER EMPORIUM** with Dustin Hoffman and Natalie Portman. Also, there's **ENCHANTED**, where animated Disney characters are thrown into the middle of Manhattan. **THE GOLDEN COMPASS**, with Daniel Craig and Nicole Kidman is being touted as the next **LORD OF THE RINGS**



Natalie Portman and Dustin Hoffman

type franchise. We'll have to see about that. That leaves two hard core Christmas movies: **FRED CLAUS**, another wacky Santa film; and **CHRISTMAS IN WONDERLAND**, about folks who go shopping at a mall and find counterfeit money (ok, sing along now... "Lear..ning a..bout Santa, all the way!")

Seriously, no we really mean seriously, **ATONEMENT**, starring Keira Knightley, has the buzz. **BEOWOLF**, yes that one from English Lit class, with Anthony Hopkins and Angelina Jolie, should entertain (hope they don't speak in Old English). It's got tons of computer graphics, and is in 3-D.

On the lighter side, there's **CHARLIE WILSON'S WAR**, with Tom Hanks and Julia Roberts (doing an awful Texas accent!). **MARGOT AT THE WEDDING**, with Nicole Kidman (she's been busy!), looks like the "feel good" contender of the season, tied with **THE BUCKET LIST** with Jack Nicholson and Morgan Freeman, opening on Christmas Day. **P.S. I LOVE YOU** with Hillary Swank, Harry Connick Jr., and Kathy Bates could be a sleeper in this category.



Morgan Freeman and Jack Nicholson in *The Bucket List*

There has to be at least *one* musical every Christmas, and this year's looks to be something special. It may even appeal to the "non-musical" movie fan. It's Tim Burton's filming of the long running Broadway play, **SWEENEY TODD**. It has Burton's usual stable of talent, his wife Helena Bonham Carter, Johnny Depp, and for added interest Sacha Baron Cohen (remember

BORAT?). **TONY 'N TINA'S WEDDING**, the interactive Off-Broadway play is also being released, after a couple of years of *sitting on the shelf*. Beware! (We warned you.)

A few others playing, or soon to open, that have promise, including **JUNO**, **HITMAN**, **THE SAVAGES**, **LEATHERHEADS**, and **I AM LEGEND**, all are on our short list.

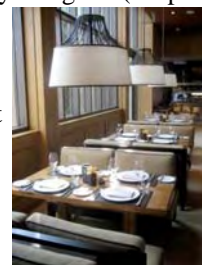
If all else fails, here is our list of the Top 3 other things you can do to entertain yourself during the holidays:

3. Go see a play of **A CHRISTMAS CAROL** (again)
2. Make some home-made eggnog. Put in lots of _____ (fill in the blank with your choice of whiskey). Then...
 1. Go see **THE NUTCRACKER** (again). It won't matter if you put in enough _____ in the eggnog.



FOODIE NEWS

Seems like the *talk of the hood* is still **FEARINGS!** Even though they've been open since late summer, everyone wants to check it out. Dick and Becky Ernst have eaten there, as have George and Sylvia Graham. Dick told us that other than the minimum *seventeen dollar* taste of wine-by-the-glass (keeps out the riff-raff!), the place is a definite hit. He and Becky loved their food and were really impressed with the seating plan. It seems like it was really thought out. They seat you, in a general way, according to your dress! That way, if you're really dressed up, you probably won't get seated in a room where your dining neighbors have on shorts and flip-flops! What an idea for a fine dining restaurant!!



Fearings Restaurant

While we're waiting for **WOODLAND'S GRILL** at Preston/Forest (the old Wendy's) to open (will they *ever* finish it?), we've been finding some new little gems for you to try! We have two we think you'll like: First, the **GARDEN CAFÉ**, located near Gaston and Munger, on Junius Street, in an East Dallas residential neighborhood, has great home cooking. When the weather's good, you can dine on the patio among their fresh vegetable and herb garden, all used right in the food! The brainchild of a Highland Park attorney, this place is a casual little gem for breakfast or lunch. Second, **FELISSA'S** in Snyder Plaza, on Milton Street, may be a little hard to find, but well worth the look. The owner, Felissa LaFlamme (that is her real name!) founded **YORK STREET** restaurant years ago, sold it, and has now opened this place with her original chef. It feels like an intimate *Park* bar



Felissa's Restaurant

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Eating Green: Beyond Salad and Broccoli

A healthy food quiz and recipe

by Barbara Gollman, Registered Dietitian and Co-author of *The Phytopia Cookbook*

Have you started buying more organic foods or are you considering it? What about buying locally raised produce, meat, eggs and cheese? Find out how much you know about these trends in food and nutrition with this fun quiz. No one flunks and everyone has a chance to learn or confirm.

1. A food labeled “natural” is also organic:

- a. Always
- b. Sometimes
- c. Never
- d. Depends on the food

2. For a food to be labeled organic:

- a. it must be made from 100% organic ingredients
- b. It must have at least 90% organic ingredients
- c. It must have at least 70% organic ingredients
- d. It must have between 95 and 100% organic ingredients.

3. Which of the following non-organic foods is the cleanest or lowest in pesticide residue?

- a. Peaches
- b. Apples
- c. Bananas
- d. Cherries

4. If you have a choice of buying tomatoes from Tyler or organic tomatoes from Florida which should you choose?

- a. Tyler — they are produced close to home
- b. Florida — they are organic
- c. It doesn't matter – both are equally good
- d. Neither – if you can't get organic from Tyler – don't buy tomatoes.

5. Sustainable means:

- a. Growing only organic crops
- b. Rotating crops so the soil doesn't get depleted of nutrients
- c. Using only locally grown products
- d. All of the above

6. Organic potato chips are better than non-organic potato chips because:

- a. They really aren't any better
- b. They are organic and that is always better
- c. Chips are chips – still a high fat, not very nutritious food that tastes great
- d. They contain no genetically modified organisms (GMO)

Answers:

1. (b) “Natural” has no legal meaning and is used to imply the product is better than something else. If the food is organic it is, no doubt, also natural, but the opposite can not be assumed.
2. (d) A food labeled “100% organic” or “organic” must have between 95 and 100% organic ingredients and can also display the USDA organic seal. A product having at least 70% and less than 95% organic ingredients may use the claim “made with organic ingredients”.
3. (c) No need to buy organic bananas as they are among the

cleanest produce along with onions, avocados, sweet corn and sweet peas (frozen), pineapples, asparagus, kiwi, cabbage, broccoli and eggplant. Get a guide to the Dirty Dozen (the produce with the most pesticide residue) and much more at www.foodnews.org.

4. (a) “Local” is the new watchword.

Organic foods grown on a “megafarm” in California or Mexico and transported by fuel burning, air polluting trucks does little to promote a green, sustainable environment. By the time the food arrives in the store, it has probably been picked and in transit two weeks. Tyler, however is a 2 hour drive and the growers are Texans!

5. (d) Sustainable means preserving the environment while producing the purest, cleanest product. It pertains to transport, housing, energy, and diet. See Wikipedia.org for a complete definition of sustainable living.

6. (c) It pays to be wise when purchasing organic products since organic does not equate to healthy. Use the same nutritional judgments you would when selecting any food. GMO's are pervasive in our food system. It is estimated 70% of supermarket foods contain at least one GMO ingredient. Corn, soy, cottonseed and canola are the usual culprits. Unfortunately in the U.S. labels don't have to declare the presence of GMO's.

Why do we care about GMO's? Or, DO we care about genetically modified or bioengineered or biotech as they relate to our food system? The goal of this process is to make a plant or animal grow faster, resist disease, be more nutritious, or be able to withstand harsh conditions. It involves taking a gene from one plant, animal or microorganism and inserting it into the DNA of another to create a superior product. The concern is the unknown long-term effects of altering the genetics of the plant or animal. The issue is not black or white, good or bad but deserves consideration from each of us. To help increase awareness of GMO foods, go to www.thecampaign.org.

As you make any changes in diet, exercise, purchases, etc to become more “green”, gather as much information as you can to understand your decision. For instance, it doesn't make sense to not eat wild salmon from the Pacific Northwest or to avoid cheese from France because it's not local. There are many ways to do your part to help the food system, to support local economy and to protect the environment.



Organic Fruits and Vegetables



Caramelized Onion Soup

- 2 tablespoons butter or 1 tablespoon butter and 1 tablespoon olive oil
- 3 large yellow onions, thinly sliced (about 4 cups)
- 2 large cloves garlic, minced
- 2 tablespoons tomato paste

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Landscape News

By Tom Munroe

Oak Wilt Confirmed in Lake Forest

Oak wilt is a devastating disease that attacks live oaks and red oaks. There is no known cure, so infected trees must be cut down and removed making sure that equipment is not used on other trees without disinfecting the tools. Oak wilt is caused by a fungus called *Ceratocystis fagacearum* that clogs the water conducting vessels of infected trees, causing them to wilt and die. The disease is spread by beetles or root contact from nearby trees. Oak wilt initially was detected in the Texas Hill Country, but has been found in 65 counties in Texas. Three large live oaks and one red oak located near the Swan Lake entrance off Forest Lane were tested at the Texas A&M plant pathology lab and oak wilt was confirmed. These trees have been cut down, the stumps ground up and the wood removed from Lake Forest.

There are several precautions you can take to avoid oak wilt infecting your trees. Avoid pruning from early February to mid June when the beetles are most active and fungal mats are producing spores. Avoid excessive pruning. The more cuts made on a tree, the greater the chance the tree could become infected with the fungus. When pruning oak trees, cover each pruning cut with a thin layer of wound paint. Take immediate action to



prune and seal the tree wounds. Wound paints form a protective shield over the cut surface and prevents any nitidulid beetles in the area from coming in contact with the wood. All pruning cuts and wounds should be painted, regardless of size.

Landscape Maintenance Grid for Lake Forest Residents

The standard set of the twenty services provided in the contract with Precision Landscape for each residential front yard is posted on the www.lfhoa.com website. Go to the website and select the "Services" tab at the top of the page, then click "Landscape" on the left-hand list and the grid link is at the bottom of the page. The grid shows a monthly listing of services provided to each resident as part of your annual assessment. You may refer to this summary any time or print out a hardcopy for your use. These services are only part of the overall contract which includes maintaining the 68 acres of common space. The 2008 contract allocates \$625.73 per residential lot for these services, an average of only \$12.03 per week for 52 weeks. Additional services may be contracted individually by calling Bill Fann, 972-259-0718, at Precision Landscape.



Tom Munroe writes landscape columns for The Swan. Email him with ideas for future articles, at tmunroe@swbell.net.

Eating Green (cont'd)

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- ½ cup dry sherry or Madeira wine
- 1 tablespoon Dijon mustard
- ½ teaspoon dried thyme
- 1 small bay leaf
- ½ teaspoon salt, or to taste
- ¾ teaspoon sugar
- freshly ground black pepper, to taste
- ¾ teaspoon dried oregano
- 1 (16-ounce) can beef broth
- 2 (16-ounce) cans reduced sodium chicken broth

Pre-prep: Slice onions. Mince garlic.

1. In a large Dutch oven or soup pot, melt butter and saute onion slowly, until they are golden and caramelized. (Stir infrequently - every 10 minutes- to encourage caramelizing. This will take about 30 minutes).
2. Add garlic and tomato paste. Stir in for about 2 minutes. Add remaining ingredients, stir well. Simmer over low heat for at least 30 minutes and up to 1 hour.

Per serving: Calories: 161; Total Fat: 4.9 g; Sat. Fat: 2.7 g; Sodium: 862 mg; Cholesterol: 12 mg; Fiber: 3 g; Calcium: 57 mg; Carbs: 20 g; Protein: 5 g.



Barbara Gollman is a registered dietician and author of the Photopia Cookbook. Any questions for Barbara, please email her at barbara@gollmangroup.com.

That's Entertainment! (cont'd)

(Continued from page 5)

and grill, and the food leans toward South Louisiana cuisine. Fresh daily selections and very attentive service are the norm. Let us know how you like these eateries.

Tom and Sara Munroe have been spotted a couple of times, way out of their natural habitat, down in Oak

Cliff, at the **VERACRUZ CAFE**. They tell us that this is not your normal TEX MEX. Their menu looks a little on the *NEW MEX (ico)* side--lots of blue corn, with interesting preparations of fish, pork, chicken, and beef. They are open for brunch on week-ends, so a trip down to the Bishop Arts District, combined with some good food, could be a whole day affair!

Well, next issue, maybe we'll report on the **WOODLAND'S GRILL!** It could happen! We'll also update you on our January trip to **THE PALM SPRINGS FILM FESTIVAL**. Until then, have a safe, healthy, and happy holiday, filled with good movies and food...and oh yes, don't forget the old standbys – add **THE POLAR EXPRESS, IT'S A WONDERFUL LIFE** and **CHRISTMAS IN CONNECTICUT** to your DVD player! And as they say in Hollywood...*That's a wrap*, until 2008!



Veracruz Cafe



Where have you been lately that we need to check out? Please email us with movie or foodie news at mmmarkowitz@sbcglobal.net

“Thanks for the Memories.....”

by Marcia Ockleshaw

This time of year, countless autobiographies from politicians and world leaders to actors and musicians flood the bookstores. Whether they are motivated by truth or publicity, guilt or ego, these authors have chosen to put pen to paper to provide very personal accounts of their very public lives.

As we all know, however, it is often the unheralded people that have the biggest impact on our own lives. Authored by ordinary people in often extraordinary situations, memoirs are engaging and enjoyable not because they shed light on the unknown, but because they provide insight, humor, interest or perspective on what's familiar or relatable. The best ones are those that uncover truths about ourselves hidden among the real-life experiences of others.

What better time than the holidays to celebrate the lives of these inspiring people? Below are some suggestions of memoirs sure to leave you with lasting memories:

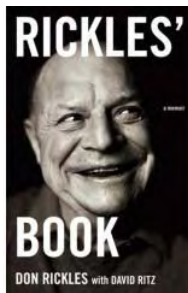
Rickles' Book: A Memoir by Don Rickles & David Ritz (Hardcover, 2007) A highly entertaining memoir by a comedian still working into his 80's is laugh-out-loud reading.

How Starbucks Saved My Life: A Son of Privilege Learns to Live Like Everyone Else by Michael Gates Gill (Hardcover, 2007) This riches-to-rags story of a 63-year old man even captured Tom Hanks' attention. He just bought the movie rights!



Things I Overheard While Talking to Myself by Alan Alda (Hardcover, 2007) Alda is chatty, funny, easy going and humble; his book provides a perfect gift for a college graduate.

Service Included: Four-Star Secrets of an Eavesdropping Waiter by Phoebe Damrosch. (Hardcover, 2007) Do your own eavesdropping: You will be shocked to learn the inner-workings of a New York restaurant.



An Hour before Daylight: Memoirs of a Rural Boyhood by Jimmy Carter. (Paperback, 2001) Growing up in Georgia, Carter presents nostalgic recollections of a lost America.

I Shouldn't be Even Doing This: And Other Things that Strike Me Funny by Bob Newhart. (Paperback, 2007)

He makes you laugh, and he is a really nice guy!

Unbowed: A Memoir by Wangari Maathai. (Paperback, 2007) Written by the 2004 Nobel Peace Prize winner, this mother of three from Kenya offers an inspiring example of what one woman can accomplish.

Dakota: A Spiritual Geography by Kathleen Norris. (Paperback, 2001) This is the perfect quiet read. Buy one for a friend as well!

In the Land of the White Death: An Epic Story of Survival in the Siberian Arctic by Valerian Albanov. (Paperback, 2001) This first-person account of Arctic exploration was written in 1914 and translated into English in 1977.

Leap of Faith: Memoirs of an Unexpected Life by Queen Noor. (Paperback, 2005) American-born Lisa Halaby was the third wife of the late King of Jordan. She gives us a better understanding of the Muslim world.

Big Russ and Me: Father and Son: Lessons of Life by Timothy J. Russert. (Paperback, 2006) Veteran newsman tells a heart warming story of his love and respect for his father.

Jesus Land by Julia Scheeres. (Paperback, 2006) Scheeres gives us a compelling portrait of a white girl growing up with two adopted black brothers in 1970s Indiana.

Inventing the Truth: The Art & Craft of Memoir by William Zinsser. (Paperback, 1998) The pleasures and problems of writing a memoir.....just in case you decide to write your own!



Marcia is the chair of the Lake Forest Book Club. Any ideas for this column? Send questions or suggestions to marciaock@aol.com.

Book Club Update

The first Lake Forest afternoon book club met at 2:30 on October 17, at the home of Clare Haislip. We had 13 ladies in attendance. Conversation, ably led by Pat Ducayet, was lively. The small group made it easier for everyone to have a say. The evening book group met at the usual time of 7:30 at the home of Alanna Bubis and discussed the same book, *Water for Elephants* by Sara Gruen. Marcia Ockleshaw led the discussion. Thirteen woman also attended that gathering.

Diane Smith has agreed to have the holiday get-together for both the afternoon and evening groups on December 12 at 7:30 P.M. The afternoon ladies will provide the appetizers and the evening group the desserts. Sign up sheets will be available at



the November meetings. To get emails regarding upcoming meetings and books, email Marcia Ockleshaw at marciaock@aol.com.

The book *The Whistling Season* by Ivan Doig has been moved from December to January, 2008.

Books through July 2008 are:

February 20 *Namesake* by Jhumpa Lahiri

March 19 *Three Cups of Tea* by Greg Mortenson and David Relin

April 16 *Confessions of Max Tivoli* by Andrew Sean Green

May 21 *Open Secret* by Stella Rimington

June 18 *The Book Thief* by Marcus Zusak

July 15 *Beneath a Marble Sky* by John Shors

Koi in the Ponds

by Don Cochran



Have you seen the Koi in the pond near the front gate? There are dozens of them—gold, white and spotted. Most are Koi, but some may be goldfish. Many are very large (over a foot long) and they can be seen along the edges of the pond or in a large group in the center.

I talked with Bill Wingo, of Magnolia Fisheries, who manages the lakes in Lake Forest, and Erdie Erlinger at the Japanese Gardens in Ft. Worth. They told me that someone who has a backyard pond probably released a male and female into the Lake Forest lake because the fish grew too large for their backyard water feature. They reproduce rapidly and eat insects, plant roots, and algae.

Koi can increase the turbidity of the water because they con-

stantly stir the bottom. This can make the pond unattractive, reduce the abundance of aquatic plants and render the water unsuitable for drinking by livestock. Because of the danger to the environment, Koi possession is illegal in some parts of South America, Australia and the United States.

The Japanese Gardens in Ft. Worth have lots of colorful Koi in their ponds and also have coin operated fish food machines. If you buy fish food and throw it in the water, the Koi will come to the surface in a beautiful moving mass. I suppose it would be possible to train the Lake Forest Koi to do this.



The Koi in the front pond

Springtime in the Gardens of England

By Andria Rucker

However perfect the Texas Fall, I find myself missing the sweet smoky scent of bonfires and the misty magical evenings of autumn in the North of Britain. This time last year I was exploring the lovely Yorkshire Moors and the golden bracken of the hills of the Lake District. What an experience to bypass London, which is ridiculously expensive now, fly into Manchester and experience a warm welcome from the friendly people in the north. I drove straight to Helmsley for a few days of relaxing in this picturesque market town. Many hotels in the area provide superb comfort, catering to parents visiting their children at the famous Ampleforth Boarding School. The school itself is worth a visit for its scenic setting, famous church and furnishings, intricately carved by local wood craftsmen. Their work can be purchased in the town shops. Good food is important as well, and hotels in Helmsley have restaurants that have earned highest acclaim from Guide Michelin. The Feversham Arms, The Black Swan, and the Star at Frome are outstanding hotels. It's also easy to be waylaid by a delicious Yorkshire High tea in a restaurant at a stately home open to visitors, including Castle Howard, the setting for the BBC adaptation of *Brideshead*, Newby Hall, and Hawarth Parsonage, home of the Bronte sisters.



The Star Inn at Frome

Then, spend a day in the historic city of York. York has experienced many different cultures. Evidence remains of the rule of the Romans and the Vikings, the Wars of the Roses and so much more! Wander through the twisty streets of the Shambles (the oldest shopping area in Europe) where one can reach across from an upstairs window and shake hands with the neighbour opposite! End the day with a visit to the venerable York Minster church, a museum of history in itself. Take time to sit down and experience the uplifting Choral Evensong sung by the Minster choir each evening.

The elegant Spa town of Harrogate offers more temptations. It was originally built to take advantage of the healing spring waters, valued by Georgian High Society. Today the Spa has just been beautifully renovated and is great value for luxurious treatments. The spectacular gardens and glass houses of Harlow Carr are the northern headquarters for the Royal Horticultural Society. Harrogate offers a fabulous array of tempting shopping.

Don't miss York Gate, the first prize winner of the Chelsea Flower Show. This is a glorious one-acre masterpiece of invention, tight design, colour sense, and humour at all times. A perfect place in early spring as it bursts into bloom!

Andria Rucker grew up in Northern England in a large family with a long tradition of gardening. After living in Switzerland and southern France, she came to Dallas in 1977 to explore the New World. Not surprisingly, she gardened here and was amazed when her first Texas garden was described as "a real English Garden!" Her interest led her to become a Master Gardener with the Dallas County agricultural Extension Service. She is keen to share her knowledge and love of gardens on tours of the beautiful gardens of her childhood. In April 2008 she will lead a friendly group of no more than 12 people through Yorkshire and the Lake District. For more information, visit her website at www.thecurioustraveler.com/



Fall Social—Sunday Night at the Movies

Photos by Harlan Pollack,

The Fall Social “Sunday Night at the Movies” was held on October 6, 2007, at the Royal Oaks Country Club.



Above: **OUR HOSTESSES**—Sara Munroe, Gail Clark, Marcia Stagner, Lynda Tolleson, Hank Pollock, Jean Obert,



Above: Back Row: Bill Marble, Mary Lynn Vaughan, Renee Parrett, Tommy Parrett, Valerie McMahan, Lewis McMahan; Front Row: Kate Marble, Graham Beachum, Linda Beachum



Above: George Graham, Tom Munroe, Don Obert, Harlan Pollock, Bill Tolleson



Above: Back Row: Robert Hicks, Jane Quintana, Sandy Stephens, Mike Stephens; Front Row: Becky Ernst, Dick Ernst, Eileen Hopkins, Frank Hopkins



Above: Stephen Sheridan, Renee Enze, Julie Sheridan, Mike Haislip, Claire Haislip, Christy Convery, Glenda Kemple, Michael Whidden, Paul Convery



Above: Back Row: Cathee Crain, Vicki Heath, Sam Self, Diana Self, Ruth Davis, Carl Davis, Front Row: Victoria Emmott, Mary Santos, Charlotte Rock-Anderson



Above: Rick Dirks, Katye Weiner, Knowles Cromwell, Dorothy Wallace, Bob Wallace, Marty Cooley, Wayne Cooley

Tattle Tails

By Lisa O'Donnell

Having been assigned the challenge of finding “anything other than a dog” to write about in this issue of Tattle Tails, I wondered if there were any other types of pets in Lake Forest. I had only seen dogs walking out and about, but indeed I confirmed there are plenty of pets other than dogs in the ‘hood.

I met Gail Clark at the Lake Forest Fall Social. During our conversation, I learned that she and her husband, Phil had many pets. When I expressed my ‘no dog story’ dilemma she graciously invited me to her home to meet all of her four-legged and winged family members.

Gail rescued her eldest cat Summa, a gorgeous caramel colored Maine Coon Cat, five years ago. She told me Summa was a thirty pound cat, that’s right...a thirty-pound cat. I thought she might be exaggerating just a little, but I was so wrong. Her Summa (short for Summa Cum Laude because he is ever so smart) is probably more than thirty pounds and is truly beautiful and majestic. His regal demeanor probably stems from his noble heritage. Feline lore has it that Maine Coon cats came to the U.S. when Marie Antoinette brought them with her when she was building a vacation house in what is now Maine. However, historians have also surmised that this breed known for its water-resistant thick coat is likely a blend of short and longhaired cats brought to America by the Vikings. Summa’s sweet nature proved beneficial when Gail adopted her second cat...a beautiful gray feral cat that Gail named Sydney.

For those of you who do not subscribe to *Cat Fancy Magazine* and are not up to speed on cat lingo, a feral is a stray cat. In an effort to reduce overpopulation of strays, some caring individuals have taken it upon themselves to capture these homeless animals, take them to veterinarians for spay or neuter, and release them back to their familiar outdoor environment. Some extraordinary people go even further. They bring feral cats into their homes and work hard to help them adjust to living indoors. Gail and Phil are two such extraordinary people and Sydney is



Gail Clark and Summa

activity. BB could shimmy through the cage wires anytime. However, he makes the conscious decision to remain safely inside and away from the curious kitty paws that often try to reach in and touch him.

one fortunate cat that had the fabulous luck of being adopted by the Clarks. Although Sydney rarely comes out of hiding during the day, Gail has seen her two kitties snuggling together by the fireplace in the evening. She has the photos to prove it! True to form, Sydney stayed hidden during the Tattle Tails photo session.

In addition to the two cats, the Clarks also have a bird. Their parakeet Blue Boy, or BB for short, hangs out in a spacious cage in the kitchen, which is the center of all the household animal



OK, I couldn’t resist. Gail and Phil also have three guard dogs, Spencer, a Yorkshire Brussels Griffon, Sammy and Sebastian, Yorkshire Terrier breeds. You may have seen the three-some sitting smartly in the front window making sure that the mail, UPS and FedEx delivery carriers only get as far as the front porch. Although the three pooches probably do not weigh more than ten pounds combined, they make a strong presence in the window.

The Clark household is certainly lively with so many wonderful pets living in harmony. Their pets are lucky to have found such a loving home.



If you would like your LFBFF (Lake Forest Best Friend Forever) to be featured in *The Swan*, e-mail Lisa at lisamodonnell@gmail.com.

*Please join us for the 1st meeting of the
Lake Forest Women’s Association*

*Tuesday, February 5
Royal Oaks Country Club
7915 Greenville Avenue
11:30 A.M.*

*\$25 per person
For more information
call Lynda Tolleson
972.726.8701*



**Didn’t get your Directory at
the Annual Meeting?**

**Lake Forest resident volunteers
will be calling you to deliver the
directory. If they miss you, please
call them back and make arrange-
ments for delivery.**

Crime Watch and Safety Committee

Holiday Safety Tips

by Norm Sereboff

AT HOME: December is the peak month for home burglaries. If someone comes to your door and asks to use the phone or asks for help, do not let them in, call 911. Do not open the door but talk to strangers through the door!

- Make sure any lock you have is locked at all times.
- Mark your property with your Texas driver's license or identification number.
- Videotape the interior of your home and property and store it in a safe place. Be sure to include jewelry and any new gifts.
- If you are leaving town for any holiday, tell a trusted neighbor how to reach you. Call the North Central police station for an extra patrol, 214-670-7253.
- Put lights and possibly a radio on timers so the house looks like there is someone at home.
- If you are expecting any deliveries have them delivered at your work or to a neighbor who will be at home.
- Do not display gifts visible through a window or doorway.

TELEMARKETING CALLS.BEWARE: Many residents will receive telemarketing calls asking for donations. ALWAYS, ...

1. Ask... if they are registered with the Secretary of State and what their registration number is .
2. Ask... for a call back number, a direct mailing address, and written literature about the organization.
3. Ask... what percentage of donations go to administrative fees.
4. NEVER allow them to come to your home and pick up your cash donation.

SMART SHOPPING: Prevent purse snatches! Wear a fanny pack. If you carry a handbag do not lay it on the counter (while writing your check) or leave it in your shopping cart— use the baby seat strap to buckle it to the shopping cart. Do not put a shoulder strap over your head.

- Stash cash in different places in your wallet or keep it on your person in a pocket. Try not to carry large sums of cash.
- Teach children how to identify and ask for help and never leave the store with anyone but you.
- Shop with a friend and put packages in the trunk. Be cautious if you take packages out to your car and go back in.
- Avoid wearing loose fitting jewelry.
- After you make a purchase make sure you have your credit card, correct change, checkbook, wallet, identification and handbag before you leave the checkout counter. Watch where the clerk swipes your credit card.

PARKING LOTS: REMEMBER that criminals work in the parking lots. Try to take advantage of valet parking. Use a valet key and don't include your house key on the ring.

- Always lock doors and close windows of your vehicle.

- It's a violation of a City of Dallas ordinance to leave your vehicle unattended and running.
- When shopping at night, park under the light poles.
- Do not walk to your car alone if parked in a dark area; call for security to watch you walk to your car. Park close to the door. Do not leave visible items in your car.

	Questions regarding crime watch and safety issues? Ideas for this column? Please email Norm Sereboff at normboff@sbcglobal.net .
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SAVE THE DATE!!!



Lake Forest
Wine Social

Wines from the Northwest —
Washington and Oregon

Sunday, December 2, 2007
4:00—6:00 p.m.

At the home of Nell Floyd
6921 Hill Forest Drive



The Swan

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Gate Code Change 11/30/07

If you haven't obtained the new gate code, please refer to the latest Lake Forest Resident Directory, or call Greig Dunnam, SBB Management Company at 972.960.2800, ext. 344.