



Lake Shawnee News

MESSAGE FROM THE PRESIDENT

JANUARY/FEBRUARY, 2019

On behalf of the Board of Governors and myself, may this New Year be filled with joy, health & happiness.

As I look back to reflect on the past year and reviewed my past messages and notes, I am glad to say that 2018 was a once again pretty typical year around the Club. In 2019, we look forward to moving ahead with our clubhouse renovations planned for right after Labor Day. We are still in a holding pattern with the NJ DEP for our dam improvements. On a personal note, I look forward to serving our community further as Mayor of Jefferson Township. I am humbled to continue to serve my community on a little larger scale!

You may have noticed that our Office Manager Lisa Peter has been missing from the office lately. She has not left us; Lisa and her husband Glenn sold their house after 50+ years recently and are spending some time in the Carolina's. Carolyn Sior has been covering the office until her return which we expect in early Spring.

Our social committee is always working hard, and our 2019 social calendar is posted on our website. I would like to personally thank Dina Troha for all her years of service as our Social Committee Chairperson. Dina stepped up as chairperson in 2009 and has done a fantastic job and has brought us many new fun-filled events for all. I am grateful for all her hard work. Dina will continue to serve on the Board and will be the Social Committee Liaison. I also need to thank Ruth Kuhl and Kristen White for stepping up as Co-Chairs and wish them much success. As always, we are always in need of volunteers to help with all our events.

Mark your calendar for the annual Ice-skating Party/Winter Carnival on January 13th. Hopefully, we will have good ice this year.

Speaking of ice, just a reminder to use good common sense when venturing out onto the ice. Parents should educate their children about ice safety and supervise them when they go out on the ice. The Club does not evaluate the safety of the ice on the lake and it is up to each individual to determine the risk when going out onto the ice. With that said, Lake Shawnee has always been a very desirable lake to ice fish and is great for ice skating, as well. I must remind everyone that badges should be worn or available and especially so for any member guests. We ask that you please do not simply invite friends to utilize the lake without you being present or without issuing them a guest badge. It is all too common to hear from non-members on the lake that they know someone and it becomes difficult to verify. Keep in mind NJ Fish & Game requires a fishing license for anyone over 16 even on private lakes. Please be courteous to our residents and do not use gas-powered ice augers before 8 am. All our ice fishing rules are posted on our website.

Please mark your calendar for our Annual Meeting which is scheduled for Saturday, March 16th at 11 am.

Last, thank you to the many members over the past year who donated their time and have contributed so much to make Lake Shawnee such a wonderful community!

Happy New Year to all,

Eric Wilsusen
Club President

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Highlights:

Jan. 13th 1:00pm
Winter Carnival

Jan. 19th 7:00pm
Texas Hold'em

Feb. 12th 7:00pm
CPR

Feb. 18th 11:30am
Kids Cooking
Class



MAY YOUR TROUBLES
BE LESS AND YOUR
BLESSINGS
BE MORE. AND NOTHING BUT

HAPPINESS
COME THROUGH YOUR DOOR.

HAPPY NEW YEAR 2019

The Lake Shawnee Clubhouse is located at 4 West Shawnee Trail Wharton NJ 07885

For Club Business and Rentals please contact our Office Manager,

Lisa Peter at 973-663-1307 or officemanager@lakeshawneeclub.org

The Office is open during the hours of 8:30am-12pm on Tuesday, Thursday and Saturday

Board of Governors

Officers

President	Eric Wilsusen	663-0596
Executive VP	Vince Matrisciano	663-5964
Membership VP	Milt Felter	663-1565
Treasurer	Marc Sanderson	663-2821
Secretary	Kristeen McConnon	769-0551

Members At Large

Jeff Keith	663-4230
Jim Beyel	663-5131
Dina Troha	663-6737
Al Gazdalski	663-4698
Al Pichieri	663-5428
Lise Meisner	663-4553
Bill Carroll	945-9310
Christine Cumberton	557-3845

Property Maintenance Chairs:

First Beach	Eric Wilsusen	663-0596
Club House	Lise Meisner	663-4553
Second Beach	Bill Carroll	234-5413
Third Beach	Al Gazdalski	663-4698
White's Cove	Al Pichieri	663-5428
Beaver Cove	Milt Felter	663-1565
North End	Milt Felter	663-1565
South End/Dam	Eric and Vince	

Committee Chairs:

Swim Team	Bill Szekula	201-874-1254
Social Committee	Kristen White	255-9326
	Ruth Kuhl	222-2357
Fishing Committee	Peter Lyden	557-3845
Membership	Milt Felter	663-1565
Summer Night Patrol	Eric Wilsusen	663-0596
Lake Ecology	Jeff Keith	663-4230
Life Guards	Kristen Iaconetti	
LSC News Editor	Kristeen McConnon	769-0551

lsnews@lakeshawnee.org

Newspaper Deadline 15th of the month prior to printing.
Interested in placing an ad in the LSC News go to
www.lakeshawneeclub.org/clubhouse.html



CLUB HOUSE RENTALS

Rates and Terms

Members only

Full Day Rental: \$170

Any day of the week

Half Day Rental: \$85.00

Mon-Fri Only

Daytime Rentals end at 5pm

Evening Rentals begin at 6pm

A deposit of \$175 and a signed agreement are required to

secure your rental date.

Call 973-663-1307

Board Meetings are held on the first Friday of every month.

All members welcome!!

Visit our website frequently for the most up to date information:

www.lakeshawneeclub.org

www.facebook.com/groups/lakeshawneeclub

Ice Safety

Outdoor ice sports and activities can be safe and enjoyable, but there is no such thing as 100 percent safe ice. Anyone who spends time near the ice should first determine the ice conditions, and then take precautions to stay safe.

Preventing Ice Accidents

- Follow these guidelines to avoid accidents when on or near ice:
- Check the ice thickness before going out. To be safe, ice should be solid and at least 4 inches thick. Remember, the ice may not be the same thickness over the entire area of a lake or pond. Test ice thickness by using a chisel, cordless drill or ice auger.
- Be safe—the more people on the ice, the thicker it should be.
- Use ice on smaller, shallower and slower-moving bodies of water for ice activities, it is usually more solid.
- Look for objects sticking up through the ice and mark them as hazards.
- Do not go out on ice that has recently frozen, thawed and then frozen again. This happens in the spring and early winter as temperatures change often. Wait until the outside temperature has been below freezing long enough that at least 4 inches of solid ice forms over the entire area.
- Always stay with at least one other person.

Source: American Red Cross



LAKE SHAWNEE ICE FISHING RULES

- No use of gas-powered augers before 8 AM
- No fishing closer than 50 feet from the shore of anyone's property unless it is your own
- No fishing closer than 100 feet from the Beach areas and directly behind the Clubhouse
- Drill no more than ten holes per person per day
- Return all fish to the Lake alive that you do not intend to eat or otherwise take with you
- When leaving, take everything off the ice with you, including fish, garbage, coals, firewood, cans, etc.
- No glass bottles allowed on the ice at any time
- No fires allowed on the ice other than cooking on a grill
- Member or guest badges must be worn while on the ice



These rules must be followed in order for all of us to continue enjoying our ice fishing on Lake Shawnee!

JAN 2019

SUN	MON	TUE	WED	THU	FRI	SAT
			01 Seniors 1:00pm	02	03 Baby & Me 10:30am Board Mtg 7:00pm	04 05
06	07	08 Social Comm. Mtg 7:00pm	09	10	11 Baby & Me 10:30am	12 Clean Ice 9:00am
13 Winter Carnival 1:00pm	14	15	16 Seniors 1:00pm	17 Yoga 6:30pm	18 Baby & Me 10:30am	19 Texas Hold'em 7:00pm
20	21	22	23	24 Yoga 6:30pm	25 Baby & Me 10:30am	26
27	28	29	30 Seniors 1:00pm	31 Yoga 6:30pm		

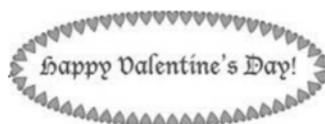


Winter



FEB 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
					Baby & Me 10:30am Board Mtg 7:00pm	
03	04	05	06	07	08	09
		Social Comm. Mtg 7:00pm		Yoga 6:30pm	Baby & Me 10:30am	
10	11	12	13	14	15	16
Tango Lessons 7:00pm	CPR 7:00pm	Seniors 1:00pm	Yoga 6:30pm	Baby & Me 10:30am		
17	18	19	20	21	22	23
Kids Cooking Class 11:30am Tango Lessons 7:00pm			Yoga 6:30pm	Baby & Me 10:30am		
24	25	26	27	28		
Tango Lessons 7:00pm		Seniors 1:00pm	Yoga 6:30pm			





Social Committee Events



Social Committee: Our next meeting dates are **January 8th & February 5th at 7pm**. If you can lend a hand at any of our events it would be greatly appreciated. Please call Kristen White at 973-255-9326 Or Ruth Kuhl at 973-222-2357 if you plan on attending or if you have any questions.

Lake Shawnee Book Club: A book club can be an excellent setting for sharing your thoughts on books while making friends, having fun, and challenging your thinking. If you'd like information or to join the Lake Shawnee Book Club, contact Pat Reis. Call 973-449-8606 or email patreis@optonline.net.

Shawnee Seniors Club: Our Shawnee Seniors Club meets **every other Wednesday at 1pm** at the clubhouse. The club is open to all Seniors Age 55 and older. Coffee and snacks will be served.

Baby and Me Playgroup: Bring the kids down to the Clubhouse to meet Moms and children of similar ages. Playgroup meets **every Friday at 10:30am**. Pre-K and under. Please contact Chris White at 973-255-9326 if you plan to attend.

Card/Game Night: This event is on hiatus for the Winter, and will resume the **2nd Tuesday each month** beginning in March. Please contact Karen at (973) 663-3562 with any questions.

New! Tango Dance Lessons: The LSC Social Committee is pleased to offer American Tango dance lessons!! You and your dance partner can learn basic American Tango steps in a fun and relaxed group setting. The lessons will be held in the LSC Clubhouse on **Monday evenings, from 7:00 to 8:00 pm** beginning Feb. 11th through March 25th. Space in the class is limited so don't delay in contacting Pat Reis at patreis@optonline.net or 973-449-8606.

New!!The TLC Club: Neighbors Connecting with Neighbors. The mission of the Lake Shawnee TLC (tender, loving care) Club is to bring companionship and friendship to our Lake Shawnee neighbors. There is no better place to do this than right here in Lake Shawnee. If you are interested in being a part of this club email Adrienne Najjar-Keith and Kristine Wilsusen at lakeshawneetlc@gmail.com. If you, yourself or if you know anyone in our Lake Shawnee family who would benefit from a TLC visitor bringing friendship and companionship, please email lakeshawneetlc@gmail.com

New! Yoga at The Clubhouse: Join resident and certified Yoga trainer Lauren Jelinek, **Thursdays Starting on January 17th from 6:30pm – 7:30pm**. Sessions will be \$10 each, *Please RSVP by contacting* Lauren at 862-266-1673 or Lauren.jelinek@gmail.com *to reserve your space*. Please bring your own mat and a towel.

Texas Hold 'em: Our next Tourney will be on **Saturday, January 19th**. Doors open for registration at 7pm and play starts at 7:30pm. The cost is \$15 per person and includes refreshments. Even if you've never played before, come on out and learn, we have beginners each time - we'll even show you how to play!

Winter Carnival (Ice Skating Party and Chili Contest): Join us on **Sunday, January 13th from 1-4pm** for a Lake Shawnee Winter Wonderland featuring ice skating, chili, hockey, hot dogs and hot chocolate!! **Think you make a mean pot of chili?** Enter yours and see how it stacks up next to the competition. All contestants should bring at least 1lb of chili in a crock pot with a serving spoon. Prizes will be awarded. (No Ice Date is February 10th) We are looking for **donations of brownies** for the Winter Carnival. If you plan on attending you should bring brownies – homemade or store bought either is fine. **We also need help prepping the ice- please plan on joining us on Saturday, January 12th at 9am to help clear the ice.**

Adult CPR Certification Class: Join us on **Tuesday, February 12th at 7pm** for an opportunity to become CPR Certified. Cost is \$35 per Adult- Space is limited. Please RSVP by January 29th to Shelley at 973 647 7253.

Kid's Cooking Class: Calling all junior chefs! The social committee is hosting a kids cooking class on **February 18th at 11:30am** at the clubhouse. The event is open to kids 6 - 13 yrs. old, maximum of 12 students. We will make a dinner plus dessert and you get to eat what you make! Parents are welcome to stay and watch, and enjoy the results too! Reservations and pre-payment of \$10 per child are required to hold your spot. Call Vince and Gina at 663-5964 or the clubhouse at 663-1307 by February 7th to hold your spot.

Wine Tasting: The 10th annual Lake Shawnee Wine tasting and pairing will be **March 16th, 7pm** at the Clubhouse. You will experience a unique combination of wine and gourmet small plates, and likely enjoy something you've never had before! Space is limited to 56 seats to ensure the best intimate experience. Advanced reservations and payment are required by March 1st. The cost is \$25 per person and includes 5 courses of pairings. Contact Vince and Gina at 973-663-5964 to reserve your spot. Payment should be made to the Club Office with checks made payable to Lake Shawnee Club.



2019 Social Committee Calendar



Recurring

Social Committee Meetings	1st Tuesday of each month- no meeting in Sept & Dec
Shawnee Seniors	Alternating Wednesdays
Card Night	2nd Tuesday of each month begins March
Baby & Me	Fridays at 10:30am
Dance Classes	Select Mondays- Varies
Book Club	Monthly Various Locations
TLC Club	Monthly Various Locations
Scholarship Committee	Quarterly Meetings
Texas Hold'em	1/19, 3/9 and 5/11
Yoga	Thursdays at 6:30pm

January

Winter Carnival Clean Up	Saturday, January 12th at 9am
Winter Carnival	Sunday, January 13th at 1pm

February

No Ice Date: Winter Carnival- Clean Up	Saturday, February 9th at 9am
No Ice Date: Winter Carnival	Sunday, February 10 th at 1pm
CPR Class	Tuesday, February 12th at 7pm
Kid's Cooking Class	Monday, February 18th at 11:30am

March

Wine Tasting	Saturday, March 16th at 7pm
LSC Super Hero 3-6-9	Saturday, March 30 th at 9am

April

Easter Egg Prep Night	Tuesday, April 2 at 7pm
Bunny Brunch and Egg Hunt	Sunday, April 7th at 12:30pm

May

New Member Mixer	Friday, May 3rd at 6:30pm
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June

Movie Night & Camp out	Friday, June 14th at 8:30pm
Community Day	Saturday, June 29th til 8pm

July

Kid's Pirate Day	Friday, July 12th at 1pm
Ice Cream & Bingo	Tuesday, July 9th and 30th at 7pm
Beach Karaoke	Joint with Swim Team Date TBD

August

Movie Night	Saturday, August 10th at 8:30pm
Ice Cream & Bingo	Tuesday, August 13th at 7pm
Kid's Bi-Athlon & Color War	Friday, August 16th at 1pm
Surf & Turf Bash!	Saturday August 31st at 1pm

September

Dog Walk & Costume Parade	Saturday Sept. 21st 10am @ 2nd Beach
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October

Halloween Trunk-or-Treat	Sunday, October 20th @ Stanlick
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December

Holiday Light Fight Awards!	Winners announced via social media
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Summary of the Lake Shawnee Club Board Meetings

November 2, 2018

The Social Committee reported on recent events including Beer Tasting event and the Annual Trunk or Treat. Upcoming events include Texas Hold 'em, Pallet Painting, Gift Making, and Book Club. The Winter Carnival is proposed a week earlier this year with football on blow up screen. Finally, the Social Committee planning meeting for the upcoming year will be held the yearly calendar will be available in the next edition of the LSNews. It was noted that the Lake is getting very clear at this time of the year. An end of the year report from Solitude will be available in time for the Annual Meeting.

The Fall Work Day was scheduled for November 3rd. Tree trimming and leaf clean-up was needed on all properties.

It was reported that "Scoot on Down" has been booked to play at this year's Community Day event.

It was reported that the Fishing Committee is selling calendars featuring photos of the Lake from members as a fundraiser for \$20.

It was decided that the Board will choose a contractor for the Clubhouse renovation project by the beginning of the year.

There was a brief discussion on updating the new Boat Policy. It was noted that we added racks, which helped the situation, but it was decided to review limiting the number of permits per household prior to next summer.

There was a brief discussion on annual lowering of the lake. It was noted that the next scheduled lowering is 2020.

December 7, 2018

Club attorney, Ms. Eileen Born will do a bylaw review to check with our compliance with the new laws.

The Lake Shawnee Seniors Christmas party will be held on December 19th.

It was noted that the Budget Committee will reconvene at the beginning of the year. All property managers will submit their projects for the upcoming year.

It was noted that the Fishing Committee recently held their annual banquet.

The Board approved an expense to replace a large window in the Clubhouse at a cost of \$1000 and an expense to replace the lights on the Message Board.

It was noted that tree trimming at First Beach was completed and Bartlett Tree Service evaluated all the trees on the property. It was reported that the main tree on First Beach is dead and will need to be removed most likely in the fall. The Board plans to plant other shade trees in the spring. When we begin the Clubhouse renovation, we can complete all tree trimming and removal at the same time.

The Board plans to finalize all bids for the Clubhouse renovation and make a final decision by January. We will wait on obtaining a variance, if needed, until we hire a contractor.

Nomination notice for Board positions was included in the last edition of the LSNews. All current members are interested in another term.

Repairs needed on the dam are incomplete because the water level has been too high. The repairs will need to wait until the spring or until the lake level is lower.

The Board discussed and approved giving member Alicia Szwec access to manage the Lake Shawnee website, as well as assisting in layout and quality of advertising submissions in the LSNews. Ms. Szwec is a graphic designer and volunteered her services to the Club.



973-208-0009

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THANK YOU!!

Over the past 10 years it has been my pleasure to serve on the Social Committee for our community. After much thought I decided it was time to step down as Chairperson. My involvement in all of the Lake's events will not only be cherished by me but my family as well. I just wanted to take this opportunity to thank all of you for your support and kindness over the years. We have made some amazing memories together and I am looking forward to many more but in a slightly different capacity. Thankfully, two wonderful ladies have decided to jointly run Social Committee. Kristen White & Ruth Kuhl will continue with the momentum and growth we've worked hard to achieve over the past years. We now have a great group of people to help with events but are always looking for more. I hope that you all show these ladies the same support and encouragement you have always showed me.

Wishing you all the very best the new year has to offer!
Dina Troha



Congratulations to the Light/Fight Winners

The East side winner was the Gast Family at 1 Algonquin Trail

The West side winner was the Ryan/Caughlin Family at 30 Shawnee Parkway

The judges thought both sides of the lake did a great job so they were unable to choose a side. Amazing Christmas spirit to both sides!

PARENTS:

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- 13 years teaching Public Speaking in a prestigious private high school
- 30+ years in professional theatre

For more info, give me a call.

Lynn Hart - 973-271-3858

The Lake Shawnee Summer Swim Team is now accepting applications for Head Coach and Assistant Coach for the 2019 summer swim season.

Interested parties must have current lifeguard certification and CPR certification.

Season is from June 17th to August 10th. Practices are Monday through Friday (AM or PM Sessions). Practice times are flexible based on coach's availability.

Meets are Wednesday nights and Saturday mornings and some Monday nights.

Salary to be determined based on experience.

Interested applicants should send their resume to:

Lake Shawnee Club
4 West Shawnee Trail
Wharton, NJ 07885

Or email to:

officemanager@lakeshawneeclub.org

Additionally, resumes can be placed in the drop box outside the Lake Shawnee Office door.

RESUMES ARE DUE BY FEBRUARY 15th, 2019

Tango!



The **LSC Social Committee** is pleased to offer American Tango dance lessons to members in good standing.

You and your dance partner can learn basic American Tango steps in a fun and relaxed group setting.

The lessons will be held in the LSC Clubhouse on Monday evenings, from 7:00 to 8:00 pm beginning Feb. 11th through March 25th.

Space in the class is limited so don't delay in contacting **Pat Reis** for more information and to **sign up**.

Email patreis@optonline.net or call 973-449-8606.

**SANDERSON & ASSOCIATES, P.C.
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Marc Sanderson, CPA



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toniemunson@hotmail.com

Got Ideas? Looking to Get Involved?
Social Committee Needs You!

Monthly Meetings at the Clubhouse
Tuesday, January 8th at 7pm
Tuesday, February 5th at 7pm

Please call Kristen White at 973-255-9326
Or Ruth Kuhl at 973-222-2357

if you plan on attending or if you have any questions.



**WINTER CARNIVAL
ICE SKATING PARTY & CHILI COOK OFF!!
JANUARY 13th FROM 1PM-4PM**

Ice Skating, Hockey, Hot dogs and Hot Chocolate!!

**Annual LSC Chili Contest:
Think you make a mean pot of chili?**

Enter yours and see how it stacks up next to the competition.
All contestants should bring at least 1lb of chili in a crock pot
with a serving spoon.

Medals will be awarded. (No Ice Date: Feb 9th)

**** We need help to clear the ice
to prepare for this event!!**

**Please join us at the Clubhouse
at 9am on January 12th. ****

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Adult CPR Certification Class

Tuesday, February 12th at 7pm

\$35 per Adult- Space is limited

RSVP by January 29th

Contact Shelley at 973 647 7253



Texas Hold `em

Saturday, January 19th

Registration begins at 7pm-Play starts at 7:30pm

The cost is \$15 per person and includes refreshments.

Even if you've never played before,
come on out and learn, We have beginners each time -
we'll even show you how to play!

Need help with chemistry??

I can help! I have helped a number of local high school and college students with their chemistry studies in the past. If interested, give me a call and we can set up a study plan to fit your needs. Start early, so you won't get lost in the subject matter. Chemistry gets more difficult to comprehend as the school year progresses. Thank you, Al Gazdalski (973-663-4698)



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Introducing

The Tender Loving Care Club *Neighbors Connecting with Neighbors*



The mission of the Lake Shawnee TLC (tender, loving care) Club is to bring companionship and friendship to our Lake Shawnee neighbors. There is no better place to do this than right here in Lake Shawnee.

If you are interested in being a part of this club email Adrienne Najjar-Keith and Kristine Wilsusen at lakeshawneetlc@gmail.com

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If you, yourself or if you know anyone in our Lake Shawnee family who would benefit from a TLC visitor bringing friendship and companionship, please email [lakeshawneetlc@gmail.com](mailto:lakeshawneetlc@gmail.com)

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## Baby Sitter List

| Name               | Age | Phone        |
|--------------------|-----|--------------|
| Breanna Carman     | 16  | 479-8743     |
| Jaclyn McConnon *  | 18  | 769-0551     |
| Madelyn McConnon * | 20  | 769-0551     |
| Tracey Munson +    | 17  | 862-432-8329 |
| Kyra Sparks +      | 16  | 409-4998     |
| Karly Wilsusen *   | 19  | 663-0596     |

\* CPR Lifeguard certified

+ Red Cross certified



### MUSICAL INSTRUMENTS/EQUIPMENT FOR SALE

Takamine EG340SC Acoustic/Electric Guitar \$325  
 Epiphone C70CE Nylon String Acoustic/Electric Guitar \$325  
 Casio MG510 MIDI Electric Guitar \$750  
 GK 115 Neo Bass Cabinet \$275  
 Hartke 2x10XL Bass Cabinet \$175  
 Call: 973-663-4120

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Cruising and Disney are two favorite vacations.

Planning way in advance is a good idea as they are both very popular. Give us a call, we can help you plan a great vacation.





### **10<sup>th</sup> Annual LSC Wine Tasting & Pairing**

**March 16<sup>th</sup> at 7 PM**

**Registration Opens February 1<sup>st</sup>**

Come and experience a unique combination of food and wine

The cost per person is \$25 which includes the wine  
and an assortment of small plate dishes to compliment.

Contact Vince and Gina at 973-663-5964 to reserve your spot.

Payment should be made to the Club Office  
with checks made payable to Lake Shawnee Club.



### **Yoga is Back!!**

Thursdays Starting on January 17<sup>th</sup>

6:30pm – 7:30pm

Resident and Certified Yoga Trainer Lauren Jelinek  
Sessions will continue weekly as long as there is interest.

\$10.00 per Session – Bring your own mat and a towel

Contact Lauren at 862-266-1673 or [Lauren.jelinek@gmail.com](mailto:Lauren.jelinek@gmail.com)  
to reserve your space.

### **LAKELAND SENIORS**

Meetings are held At Camp Jefferson,  
Weldon Road, Lake Hopatcong  
starting at 1.00p.m.

Doors open at noon. January dates  
are Tuesday 8th and 22nd. February  
dates are Tuesday 5th and 19th.

New members welcome. For more  
information call 973-663-1294.



### **Kid's Cooking Class**

**Monday, Feb 18th at 11:30am**

The event is open to kids 6 - 13 yrs. old,

We will make a dinner plus dessert and you get to eat what you make!

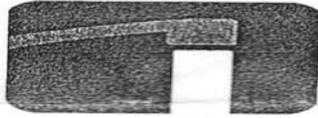
Parents are welcome to stay and watch, and enjoy the results also.

\$10 per child. Maximum of 12 students.

Call Vince and Gina at 663-5964 by February 7th to hold your spot.



# BERTOLI



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**973-625-8235**

LIC. #9367

*Rockaway, New Jersey*

## CONGRATULATIONS ON YOUR UPCOMING WEDDING!



The **LSC Social Committee** is pleased to offer wedding dance instruction to members in good standing.

Feel comfortable and confident as you dance your most watched dance, choreographed to your special song. Also offered are father/bride and mother/groom lessons.

Contact Pat Reis at least 3 months in advance of your wedding date for more information.  
973-449-8606 or  
patreis@optonline.net



# Lake Shawnee Super Hero 3-6-9

Three Different Races for Every Kind of Super Hero!

You choose Your Challenge:

A 3 Mile Run/Walk, a 6 or 9 Mile Run!!

Family & Kid Friendly!!



## Saturday, March 30<sup>th</sup> 2019 - 9am Start

Lake Shawnee continually proves to be a community of Super Heroes, thriving on volunteerism and service towards others. These traits are nurtured at an early age and are cultivated over the course of many years. We would like to celebrate the passionate champions of our community by creating a Lake Shawnee Scholarship Fund that will be solely funded with 100% of the proceeds from our Annual Race.

### Pre-Registration by March 16<sup>th</sup>

Adults 3/6/9- \$25/\$35/\$45pp

Adult Team of 4+- \$20/\$30/\$40pp

Children 12 and under - \$10pp - No Chip

Includes a Race Towel, Bananas, Bagels, Water and Chip

### Register After March 16<sup>th</sup> and up to Race Day

All Adults 3/6/9 - \$30/\$40/\$50pp

Children 12 and under - \$12pp- No Chip

### Make Registration Checks Payable to:

Lake Shawnee Club

All Race Fees Are Non Refundable- Rain or Shine

Register Online at [Runsignup.com](http://Runsignup.com) or Use the Form below to register by mail.

### Beautiful & Challenging Certified Timed Course

Official 3, 6 & 9 Mile Courses

MYlaps Pro Chip Timing by NJ Trail Series

View Course Maps at [lakeshawneeclub.org](http://lakeshawneeclub.org).

On Site Registration from 7:30am - 8:45am

### Team and Individual Medals and Awards!!

Top 3 Men & Women Overall

1<sup>st</sup> Place Male & Female in 7 age categories

1<sup>st</sup> 5 Kids 12 and Under

Largest Team Pre- Registered!!

Fastest Overall Team!!!

Plus Best Costume Awards!!

### Donations Welcome! Got Questions?

Contact [LakeShawneeSuperHero369@gmail.com](mailto:LakeShawneeSuperHero369@gmail.com)

## 2019 LAKE SHAWNEE SUPER HERO 3-6-9 REGISTRATION FORM

Please Print!

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

Male:  Female:  Date of Birth: \_\_\_/\_\_\_/\_\_\_ Age (on Race Day): \_\_\_\_\_

Check this box if you are running or walking for fun and do not wish to wear a chip timer.

Please make check payable to: Lake Shawnee Club

Mail to: LSC Scholarship Committee 4 West Shawnee Trail Wharton, NJ 07885

Payment Enclosed:

\$

Waiver of Liability for Lake Shawnee 2019 3-6-9:

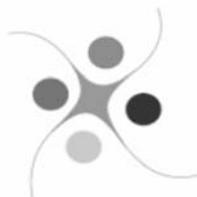
In participating in the Lake Shawnee 5K Run/Walk, myself, my heirs, executors, administrators, and assigns, do hereby release and discharge the Lake Shawnee 3-6-9 committee, its officers and agents, volunteers, all sponsoring and cooperating business, organizations, and municipalities, their employees, and agents, from all claims, damages, demands, actions, causes of action or any other claim of whatsoever nature arising out of my participation in the event or while in transit to or from the designated route. I agree to abide by all traffic laws and basic safety rules established by The Lake Shawnee Club. I agree to abide by any decision of a race official relative to my ability to complete the run. I assume all risks associated with participating in the event including, but not limited to: falls, contact with other participants, the effect of weather, including high heat or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. I also give full permission to The Lake Shawnee Club for use of my name, photograph, video or any other record of this event for legitimate purposes. I understand that the event will be held rain or shine and no refunds will be issued. The undersigned, being fully aware of the risks and hazards inherent in practicing and engaging in exercise programs, hereby voluntarily assumes all risks of loss, damage or injury, including death that may be sustained by the undersigned, or to any property of the undersigned. This release shall be binding upon distributors, heirs, next of kin, executors, and administrators of each of the undersigned. In signing the foregoing release, the undersigned hereby acknowledges and represents that he/she has read the foregoing release, understands it and signs it voluntarily.

Signature (required): \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature (required if under 18 years of age): \_\_\_\_\_

Although I cannot participate in this event, please accept my donation of \_\_\_\_\_

\*\*Please fill out one registration form per participant. Thank you!



Mayors Wellness Campaign  
Put your community in motion.

**Lake Shawnee Club -  
Newsletter  
4 West Shawnee Trail  
Wharton, NJ 07885  
Address service Requested**

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## *Margareta "Greta" Melofchik*



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