

LAKE NEWS

Capitol Beach Community Association

Volume 2 • Issue 1
January 2006

IN THIS ISSUE:

- Board Meeting at a Glance 2
- Commons 2
- Midge Update 2
- Budget 2, 3
- CBCA Bowling 3
- CBCA Golf Classic 3
- Neighborhood Watch 4
- Lake Water Level 4
- Home Heating Costs 6
- Indoor Fun for Kids 8
- Local School News 9

www.capitolbeachlake.com

BOARD MEMBERS

Pres. Ken Bradshaw	475-8347
VP Glenn Hillhouse	475-0566
Sec. Jean Jordan	474-4787
Treas. Greg Osborn	477-0103
Newsletter Editor John Huff	474-5092
Steve Kinsella	438-0492
Harvey Schwartz	475-5234
Jerry Sieck	476-0644
Terry Wittler	475-2843
Bruce Younglove	438-8178
Ann Willet	438-8682
Office Manager Rose Wiese	477-9501

CAPITOL BEACH COMMUNITY ASSOCIATION

PO Box 81141
Lincoln, NE 68501

Email Us
cbca@capitolbeachlake.com

We're on the Web!
www.capitolbeachlake.com

The Capitol Beach Community Association (CBCA) was incorporated on January 28, 1986 as a 501(c)(7) corporation. Every person who is a titleholder of a vacant lot or living unit abutting Capitol Beach Lake, shall be eligible for membership in the corporation. Once a lot or living unit abutting Capitol Beach Lake has joined the Association, such property shall remain so subject in perpetuity, and may not be separated from the Association. The bylaws and protective covenants as amended, are recorded with the Register of Deeds. Members of the Association are provided copies of these agreements when they join and upon request. The bylaws of the Association define how the business of the Association will be done, including meetings of the general membership, the election of board of directors at the annual meeting and monthly board meetings. The by laws also empower the board to establish rules and regulations of the Association for safety and care of the commons.

Cover Photo Courtesy
Phil & Barbara Heckman
702 W. Lakeshore Circle

CBCA BOARD MEETING AT A GLANCE

The CBCA Board met on Monday, December 19, at the Gas 'N Shop office.

COMMONS: Steve Kinsella reported the street light replacement has been completed, and commendations were extended to Steve Bartunek for a "job well done." The board anticipates reduced operating costs and safer operations as a result of the new light design. It was noted that the contractor engaged by the board to clean the public streets on the south side of the lake has completed the job and removed the debris that would otherwise be washed into the lake.

MEMBER RELATIONS: The board expressed appreciation to Bruce Younglove, Harvey Schwartz, Rose Wiese, and all others who had a hand in making the 2005 holiday party successful. Bruce noted that he and other board members heard many positive comments from attendees about the facility, the food, and the entertainment. The board thanked Bruce for his work as chair of the event.

Bruce Younglove and Ann Willet will begin working on a CBCA Bowling Party to be scheduled early in 2006. The board is also anticipating holding another golf tournament similar to the one held in May of 2005. Look for additional information in this and future newsletters.

WATER QUALITY: Glenn Hillhouse reported that testing of Oak Creek and Capitol Beach Lake water is in process. The board plans to continue to lower the lake level by a total of approximately eight inches, and then to refill with water from Oak Creek during January and February when that water is at its cleanest. As the board noted last month, while raising the level by this amount is not expected to cause damage, residents are urged to monitor the condition of their docks. If bubblers are used, residents are reminded to adhere to the bubbler guidelines found in the CBCA Membership Directory and keep the open water to within ten feet of the dock or boat lift.

MIDGE UPDATE: President Ken Bradshaw reported that he and CBCA member Sue Kuck continue to compile midge management information and formulate a plan. Information will be presented at the January CBCA Annual Meeting. Their work will enable the board to be prepared with an aggressive plan if that becomes necessary next spring.

BUDGET: Terry Wittler, on behalf of the budget subcommittee, presented a draft of the proposed 2006 budget. The board discussed the draft and unanimously accepted it, with thanks to the subcommittee

continued on next page

FOCALPOINT
PUBLISHING

Place an ad in this publication!

Michael Wiese, 420-7880
info@fpub.com

(that also included Harvey Schwartz, Jerry Sieck, Greg Osborn, and Glenn Hillhouse) for their work. The proposed budget will be presented to the membership for approval at the CBCA Annual Meeting on January 8 at Lakeview School. Information packets will be mailed to members in advance of the meeting.

In other business, the board approved two new members and identified topics to be addressed in the newsletter in greater detail.

The next CBCA Board of Directors meeting will be Monday, January 16, 7:00 pm, at the Gas 'N Shop office, 720 Marina Bay Place.

CBCA HOLIDAY PARTY BIG SUCCESS!

Submitted by Bruce Younglove

The Lincoln Continentals were a big hit at the Nebraska Club at the Capitol Beach Holiday party. CBCA members enjoyed the great show put on by Lincoln's premier men's chorus. Thanks go to Jerry Jordan for helping to line up the Continentals. Jerry sings in the group and he and his wife Jean are lake residents.

Everyone was in the Christmas spirit and seemed to have a good time enjoying the great food, music, dancing and socializing with fellow Capitol Beach members.

CAPITOL BEACH BOWLING PARTY - FEBRUARY 25, 2006

Submitted by Bruce Younglove

Mark your calendars and arrange your schedule to attend the CBCA no-tap bowling tourney at Sun Valley Lanes. Plans are in the making for a fun-filled tourney for lake residents, family & friends. The fun will start at 2 pm with three games of bowling, social time and pizza to follow. Details will be in the next newsletter.

CBCA GOLF CLASSIC – SATURDAY, MAY 20, 2006

Submitted by Bruce Younglove

Plans are also being made for our annual golf outing that will be held at 2 pm on May 20th at the Highlands Golf Course. Our chairperson, Leta Powell Drake is working on details that will be published in the newsletter. Don't miss this one, everyone that golfed last year had a ball and you may win a prize!

WELCOME NEW RESIDENTS

Alejandro & Alejanda Lopez 506 Pier 1

NEIGHBORHOOD WATCH

Submitted by Bob & Joy Maag

We are writing to advise and encourage all in our Capitol Beach area to become more alert and proactive about the possibility of home break-ins and theft. On Oct. 26 between 9 A.M. & 1 P.M., our home was broken into and many items were stolen: primarily small, personal items of jewelry, plus coins, DVD player, Bose radio/CD, and cameras. The policemen that responded to our call said that it was probably the work of one person who is experienced, leaving no finger prints or other clues; an older blue full-size van may have been used. Also, they think that time was spent scoping out this area looking for daytime vacant residences and, therefore, others may well be targeted in the future.

Members of our CBCA board were notified and as a follow-up two members of the Lincoln Police were present at the Nov. meeting to share their experiences and offer advice to everyone. Basically, we need to be observant of unfamiliar vehicles, people walking or driving around who may seem to be loitering or "passing by," or come to your door with no obvious purpose, such as seeking directions or even asking what time it is; also, anyone that is doing door-to-door sales is required to have a Solicitor's Permit from the police--ask for it. If you have doubts about any of these or similar situations, call the police and they will be glad to investigate. Do not leave garage open while unattended. Be sure to notify neighbors when you will be away for an extended time. And finally, consider installing a security alarm system; the presence of security signs are a definite deterrent.

It is also important to have all items of jewelry assessed and documented for their value, and to take photos of all items of value; both of these can aid immensely in not only trying to recover stolen items, but for insurance purposes as well.

Finally, we wish to conclude by saying that this invasion of our privacy and the loss of many irreplaceable personal family heirlooms have been very difficult to deal with, and we hope this message will help others to avoid the same fate.

SNOWMOBILING CAUTION

From the CBCA Board

Due to the use of bubblers by residents and natural springs in our lake, snow mobiling on the lake is not recommended or approved by the CBCA board. This is due to the fact that bubblers may cause thin ice as well as injecting air under the ice which can also cause thin spots anywhere on the lake, perhaps a great distance from where the bubbler is being used.

SKATING ON THIN ICE?

Submitted by John Huff

Did you ever wonder when it is safe to be on the lake ice? Here are the City of Lincoln Parks Department generally accepted guidelines used as minimum safety standards on clear, blue ice:

2 inches, one person

3 inches, a group in single file

6 inches, large group, small snow blower

8 inches, a 2 1/2 ton light truck/tractor

10 inches, 10 tons

20 inches, 25 tons

Other safety reminders: never go out on the ice alone; be careful in areas where springs are known to feed the lake; watch for weak spots along the edges and near snow piles. You can have fun on the ice and enjoy the lake in the winter too!

WINTERTIME USE OF BUBBLERS/AERATORS

Submitted by John Huff

The use of bubbler/aerators in winter is not recommended by the CBCA. If a member chooses to use these devices, the member should follow these rules. Bubbler/aerators when used during the winter months should be used with caution. Bubblers should not be operated when the temperature is above 28 degrees. Bubblers should be run only long enough to clear the ice away from the area protected. Ice should be allowed to reform to approximately 1/2 inch before being reactivated. Bubblers should be monitored and managed effectively. Extreme caution should be used by anyone who goes on the ice, in any part of the lake at all times.

LAKE WATER LEVEL

From the CBCA Board

At the end of each boating season we stop pumping water into the lake as part of our water management program. In December we will lower the water level by 8 inches or more to make room for fresh water pumped from the Oak Creek lift station and snow and run off next spring. During the winter months the water in the Oak Creek is the cleanest of the entire year. This annual "change of water" assists in reducing/diluting the sodium content and improving the quality of our water. Residents are reminded that like we have done in years past, this may cause "lifting" of some docks boat lifts, so keep an eye on your docks this winter to minimize any effect this water management may cause.

DID YOU KNOW?

Every snowflake has its own unique shape and is different than all other snowflakes.

All snowflakes have six sides.

Snowflakes are made up of ice crystals.

The largest snowflakes ever recorded fell in the state of Montana. The snowflakes were 15 inches in diameter.

The snow capital of the United States is Stampede Pass in Washington State. Each year, the average snowfall is 430 inches.

The average snowflake falls at a speed of 3.1 miles per hour.

People buy more cakes, cookies and candies than any other food when a blizzard is in the forecast.

A blizzard occurs when you can't see for 1/4 mile. The winds are always 35 miles an hour or more. The storm must last at least 3 hours to be classed as a blizzard. If any of these conditions are less, it is only a snowstorm.

Billions of snowflakes fall during one short snowstorm.

LINCOLN, NEBRASKA WEATHER AND CLIMATE FACTS

Average temperature for the entire year **51.1 F**

January, Average high and low **33.2 F and 11.5 F**

Average number of days falling to or below 0 F **16 days**

Average number of days falling to or below 32 F **144 days**

Record Low Temperature **-33 F, January 12, 1974**

Coldest daytime high temperature **-16 F, January 14, 1888**

Average annual snowfall **27.5 inches**

Average snowiest month **January, 6.1 inches**

Snowiest winter season **59.4 inches, winter 1914-15**

WEATHERING THE HIGH COST OF HEATING YOUR HOME

Conduct an energy audit to help detect waste and gauge the efficiency of your current heating system. Your utility company may offer free or low-cost energy audits. The home "walk-through" may help you spot needed maintenance or problems that, if fixed, could save you money. For example:

- Check your attic, attic stairway, attached garage walls and basement to make sure your home is insulated to DOE-recommended levels for your area. When inspecting and buying home insulation products, look for the R-value. The higher the R-value, the greater the insulating power.
- Wrap your hot water heater in an insulating jacket.
- Schedule an annual tune-up for your heat pump, furnace or boiler. Your utility company may provide this service.
- Hire a professional to seal and insulate leaky ducts, and to ensure that the airflow distribution system serving your heating equipment is operating at peak efficiency.
- Clean or replace filters on forced-air furnaces, seal flues in fireplaces you don't use, install drapes or some other covering on windows, and seal holes around plumbing and heating pipes.
- Install a programmable thermostat that will automatically lower nighttime temperatures.
- Check caulking and weatherstripping, and repair where necessary.
- Close your foundation vents in the winter if there's a crawl space under your home.
- Close the doors to rooms that you don't use.
- Prune shrubs that may block airflow to your heat pump.
- Install ceiling fans. The air circulation promotes heating efficiency in the winter.

When buying a new furnace, boiler, heat pump, water heater, or other home appliance, consider a high-efficiency model. While energy efficient appliances may cost more, they may save you money in the long run. To compare models, check the black and yellow EnergyGuide labels — required by the FTC on most major appliances. The labels provide useful information about products' energy use or efficiency and estimated annual operating costs.

PLAN AHEAD AND PREPARE FOR WINTER

House checklist

- Insulate walls and attic.
- Caulk and weather-strip doors and windows.
- Install storm windows or cover windows with plastic from the inside.
- Insulate any water lines that run along outer walls (water will be less likely to freeze).
- Service snow-removal equipment.
- Have chimney and flue inspected.
- Install easy-to-read outdoor thermometer.

Car checklist

Keep your car fueled and in good working order. Check:

- Antifreeze
- Windshield wiper fluid (wintertime mixture)
- Heater
- Brakes
- Tires (air pressure and wear)
- Oil
- Brake fluid
- Defroster
- Battery
- Radiator

Food and Safety Supplies

Have a week's worth of food and safety supplies. If you live far from other people, have more supplies on hand.

- Drinking water
- Canned/no-cook food (bread, crackers, dried fruits)
- Non-electric can opener
- Baby food and formula (if baby in the household)
- Prescription drugs and other medicine
- First-aid kit
- Rock-salt to melt ice on walkways
- Supply of cat litter or bag of sand to add traction on walkways
- Flashlight and extra batteries
- Battery-powered lamps or lanterns

(To prevent the risk of fire, avoid using candles.)

Heating Supplies

Never place a space heater on top of furniture or near water.

Use electric space heaters with

- automatic shut-off switches and
- nonglowing elements.

Never use an electric generator indoors, inside the garage, or near the air intake of your home because of the risk of carbon monoxide poisoning:

INDOOR WINTER FUN FOR KIDS

It's snowing outside and too cold to go out and build a snowman. Your kids are bored out of their minds and asking you for ideas of what they can do for entertainment and all you can think of is housework. Needless to say, unless they are feeling very generous, or saw something in a store that they really really want, housework is not on their list of things to do on a snowy day. Instead, try doing these fun indoor activities with your kids—and you both can avoid the housework!

MAGIC CRYSTALS

- Place 3 charcoal briquets in a disposable aluminum pan or pie tin.
- Mix together 1/4 cup salt, 1/4 cup water, 1/4 cup liquid bluing (found in laundry section of supermarket, by detergents), and 1 tbs ammonia. Pour over charcoal briquets.
- Sprinkle a few drops of food coloring onto the briquets—blue is nice, but use any color your children prefer.
- Slide pan into a protected corner, and watch the crystals grow!

SNOW SCENE IN A JAR

(Parental supervision is recommended with the use of the Epoxy glue and the hot glue gun.)

What You Need

- Empty small jar (like a baby food jar)
- Hot glue gun or Epoxy glue
- Small plastic toy animal
- White rocks, big pieces of gravel, plastic tree, etc.
- Glitter (some of the new iridescent ones are beautiful and available at hobby stores)
- Water
- Food coloring, if desired

How To Make It

- Use hot glue gun to glue rocks and animal to the bottom of jar.
- Fill with water and add food coloring if desired.
- Spoon in some glitter and use epoxy glue to glue lid onto jar.
- Shake to make it snow!

CURE WINTER BLUES

Health Tips from Army Medicine

Seasonal Affective Disorder, or SAD, is characterized by recurrent depression in wintertime accompanied by increased sleep, increased appetite and carbohydrate craving. The severity of these symptoms can range from mild (functional) to severe (disabling). SAD is thought to be caused by lack of light exposure, mainly natural light from the sun, since affected individuals have spontaneous remission of their symptoms in the spring and summer when more daylight hours are available (at least in the northern hemisphere).

The best cure would be for us all to live near the equator where the hours of daylight remain fairly constant throughout the year. However, most of us choose to live in the northern latitudes, so the alternative is to find a way to get more "light" during the winter.

A daily morning walk outside after sunrise is one way to do it. If your work prohibits you from doing this before going to work, then go outside during breaks. Sitting by a window, particularly if it's cold, can also help. Starting or maintaining your exercise program through the winter is a great way to keep your energy level boosted. As for the carbohydrate cravings, be smart about what you eat and don't overeat.