

AUGUST 2014

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Forest Park Newsletter

Forest Park, N. Ft. Myers, FL

Editor: Judy Watson email: fpnews2013@gmail.com



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THE NEW GAZEBO ARRIVES AT PEACE LAKE



The Gazebo Entering Peace Lake



What A Beautiful View!



Dan Helping Jerri w/ The White Rocks



The Plants & White Rocks Arrive



The Stairs & Railings Are Built



The Center Circle Garden Gets Planted



Current view as you enter "The Peace Lake Memory Garden" area. This is a work in progress.

(All photo's compliments of Becky Conrad)

PEACE LAKE GAZEBO (COVER STORY)

The long awaited gazebo came rolling down Forest Park Drive headed for Peace Lake. After it was unhitched and rolled off the trailer, the floor got leveled and the holes got drilled for augers to secure the gazebo. It was an exciting day for all the summer residents and has been met with approval from everyone. Then the landscaping began. Our park landscaper, Jerri DuChesne, with the help of Dan and Becky started planting and placing white landscaping rocks around the gazebo and the center circle garden containing the crepe myrtle trees. Then the mulch got spread. Ed Criswell built the stairs and railings on the gazebo and Becky has ordered a stain to match the gazebo. Becky has also discovered we have Wi-Fi service there, so she's a happy camper!

Many thanks to Jim Arthur, Jan Orlando and Bill Pucak and all that helped with the gazebo and the memorial garden especially in all the heat and humidity of the summer months.

PEACE LAKE CREATURES



A live five foot striped alligator has been seen in Peace Lake along with a frog lawn ornament donated by Bill Pucak that is currently being painted.

PLEASE TAKE NOTE OF OUR SUMMER OFFICE HOURS



The summer hours for the park office are:

9 AM to 11 AM Mon.,
Wed. and Friday.

SOCIAL CLUB OFFICERS

Delores Holmes, President
Gail Ford, 1st Vice President
Mary Beth Schleter, 2nd Vice President
Joyce Hines, Secretary
Pat Schuren, Treasurer



LAWN MOWING HOURS

7 AM to 11 PM June 1 through
August 31st and 8 AM to 11 PM
September 1st through May 31st.

NEWSLETTER ARTICLES

By: Judy Watson

All articles should be sent to Judy Watson at: fpnews2013@gmail.com by the 13th of each month for the following month's newsletter. I would appreciate you writing your information on the Gmail page in place of an attachment, if possible. Any questions or concerns please email me at: fpnews2013@gmail.com or call me on 508 414 9011.

FOREST PARK CALENDAR

Gail Ford is the person who handles the updates to the calendar. View the calendar anytime and see the most current information at the website: www.forestparkonline.com. This also allows you to view it in various formats i.e., weekly, monthly, etc. Please contact Gail for calendar changes at: gailford39@gmail.com or call her on 603 878 1047.

BIRD HOUSES

By: Judy Watson

Last month's newsletter I showed you one of the birdhouses below that have shown up in the mini golf area. It seems like Dan has taken discarded birdhouses and brought them back to life by fixing them up and painting them. Here are a few more birdhouses that we can thank Dan for resurrecting and beautifying our grounds.



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HURRICANE PREPAREDNESS FOR RESIDENTS OF FOREST PARK

The Activity Building and Clubhouse will be open 8 hours prior to any coming hurricane for you to bring your supplies in and get settled. You will be required to sign a form indicating that you understand the Clubhouse and Activity Buildings are NOT certified hurricane shelters and that you stay in the buildings at your own risk.

Supplies are a critical part of your health and safety and should be gathered in advance of the hurricane.

FOOD - Bring a 3-day supply of non-perishable food that requires no refrigeration and needs little or no water to prepare. The following are suggestions: dry cereal, canned fruit, canned juice, instant coffee and tea, ready-to-eat soups, peanut butter, canned vegetables, ready-to-eat meats, tuna, chicken, Vienna sausages, bread, crackers and quick energy snacks, etc.

PETS - Pets will be housed in the Activity Building only. You must have a crate and the pet must remain crated at all times. You must stay with your pet at all times

and are responsible for care and clean up. **NO PETS OVER 35 LBS. NO EXCEPTIONS. PETS WILL BE WEIGHED.** Bring a 3-day supply of food and water. **Medications and proof of necessary shots are required.**

WATER - One gallon per person per day, enough for 3 days.

MISC. - Manual can opener, utility knife, cooler.

COMMUNICATION ITEMS - Cell phone & charger & radio with batteries.

CLOTHING - 1 change per person, rain gear, work clothes/gloves and shoes.

PERSONAL HYGIENE ITEMS - Soap, shampoo, deodorant, toothpaste & brush, etc.

BEDDING - Sleeping bag, blanket & pillow.

HEALTH & SAFETY - Flashlight & plenty of batteries.

FIRST AID KIT - Sunscreen, bug repellent, essential

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medication and Medicare and insurance papers, extra eyeglasses/contacts & prescriptions, update on vaccinations (particularly tetanus), trash bags.

DOCUMENTS - Store in safe, secure location, such as a safe deposit box. If you bring copies with you, place them in airtight and watertight storage/freezer bags.

WELCOME TO OUR NEWEST RESIDENT

Donald Dambrosio-

400 Twig Court South from California

HEALTH & WELFARE

By: Mary Gibson & Staff

There will be NO Blood Pressure Clinic's during the summer. We will resume on November 18, 2014 from 9-11AM in the Clubhouse. Flu Shots will be 11/18/2014 from 9:30am in the Clubhouse

Watch for posters in the fall for Flu shots by Visiting nurses with information about all the different shots available & insurance availability. Have a great summer!



Remember to use flashing lights or flash lights when you are riding or walking at night.

AUGUST BIRTHDAY'S

Mary Ann Durden	1
Patricia Schuren	7
Gail Ford	8
Sandra Eckels	9
Ann Teal	10
Joanne Blake	10
Janice Harmon	15
Janice Arthur	16
Norman Reekie	17
Judy Birkhead	21
Gail Lang	24
Connie St. Jean	26
John Gestro	31



WI-FI GUY

By: Doug Ford

Support for summer residence using Forest Park Wi-Fi! If you can't get on the Forest Park Wi-Fi, do the following:

- Reboot your computer
- If you have an outside antenna, unplug the power to it, wait 1 min, then plug it back in. Also, if you have a router do the same.
- If you can't still get on the Wi-Fi system call!

Jim Schleter 543-4681

Gerry Bauer 849-0317 (when available)

Mark Newsham 508-942-3121

Their responsibility will be to determine if the Wi-Fi system is down or your unit is down.

- If you have a laptop computer and can't get on at home, go to the activity building and connect to (office) Wi-Fi. The (office) Wi-Fi in the activity building is a straight DSL line out. If you can connect to (office) try connecting to Forest Park.

If unable to connect to Forest Park call the above numbers.

- If the system is down I will be called, if available, or Ethx or Century Link
Century link will be contacted directly depending upon the problem.
- The system will be monitored, by me up North. The local team has my Phone #.

Have a Good Summer, see you in the FALL.



KNIT AND CROCHET CLUB

By: Nancy Lawrence

The Knit and Crochet Club meets every Wednesday afternoon from 2-4PM in the Activity Building. Bring any projects you are working on or share a project you have done with the group. All are welcome. See Nancy Lawrence for details. Knit and Crochet meets all summer.



**PLEASE FILL OUT FORM BELOW IF YOU ARE
A NEW (2012-2014) YEAR ROUND RESIDENT**

**HURRICANE INFO. FORM: BE SAFE IN
THE EVENT OF A HURRICANE!**

NAME _____

ADDRESS _____

CATEGORY 1 HURRICANE = 74 - 95 mph winds.

CATEGORY 2 HURRICANE = 96 - 110 mph winds.

CATEGORY 3 HURRICANE = 111 - 130 mph winds.

CATEGORY 4 HURRICANE = 131 - 155 mph winds.

CATEGORY 5 HURRICANE = < 155 mph winds.

Where you plan to be when a Hurricane strikes Forest
Park?? _____

At what level Hurricane will you be leaving your
home? _____

Will you be at our Club House? Y _____ N _____

You are required to have:

- 3 days of supplies of non- perishables
- Bedding to sleep on
- See attached list for additional supplies.

Wheel chair _____ Need oxygen _____

Other _____

If so, you must make advance arrangements. Please call
the office if you need an application form for special
needs in the office. This application must be renewed
yearly and returned to the Lee County Emergency
Operations Center.

Please fill out this form and return to our office ASAP.
Thank You.

FPPOA

5200 Forest Park Drive, N. Ft. Myers, FL 33917 or
email to fppoaing@gmail.com • Fax 239-543-0070

FAREWELL DEAR FRIENDS

The following dear friends have passed away and their
names were not noted in previous newsletters. They will
be greatly missed.

Marie Prehser, Bob Holland and Marguerite (Dee)
Soucek.



Marguerite E. Soucek

MARGUERITE E. SOUCEK

July 8, 2014

Marguerite E. (Dee) Soucek, of North Fort Myers, went
to her heavenly home on Tuesday, July 8, 2014 at age
97. She was born Oct. 26, 1916 to Susie & Alex King
of Ocqueoc, MI. She was a life-long member of the
Methodist Church having been baptized as an infant in
the rural Methodist Church that her father supplied the
lumber for and helped build. She was a member of the
United Methodist Church in Fort Myers.

Marguerite graduated from the Onaway High School in
Onaway, MI in 1933 and after graduation was employed
in local retail stores. Later she moved to Detroit, MI where
she was employed in secretarial work and where she
met & married her husband Jim. They enjoyed boating,
golfing, fishing, hunting and time spent at their "Cabin on
the Rainy River."

In Detroit they became involved in fraternal work by
joining the Order of Eastern Star in 1959, and where they
served as Worthy Matron & Worthy Patron in 1965-66.

Marguerite was elected President of Wayne County
Association in 1967 and then appointed Grand Martha of
the State of Michigan for the year 1968-69. In 1973 they

moved to Florida where they continued their fraternal work by joining Loyalty Chapter OES in Cape Coral as dual members in 1975, and where Marguerite received her 50 year OES membership pin in 2010. They also joined Lee Court #9 Order of the Amaranth in 1975 and where Marguerite served as Royal Matron in 1978-79. She served as Grand Marshal in the west in 1979-80 and was elected to the Grand Line in 1980- serving as Grand Royal Matron of the State of Florida in 1983-84. She has served on many Grand Court and Supreme Court Council Committees and in 1996-97 was appointed as a Supreme Floor officer.

In 1975 she also joined White Shrine #26 (now Fort Myers Shrine) where she served as Worthy High Priestess in 2000-01. She has remained active in all 3 organizations. Marguerite was also a member of Social Order of Beauseant- joining in Orlando, FL in 1983.

Life in Florida was made enjoyable by her fraternal work and living in Forest Park in North Fort Myers with many caring friends and neighbors.

Marguerite was preceded in death by her husband Jim in 1992; Brothers Hugh & Norman; Sisters Alice & Fern. She is survived by her Sisters Arleen & Barbara, both of Michigan; 1 step-son; 5 step-grandchildren; many nieces & nephews; fraternal associates; and loyal neighbors.

Funeral service will be at Hodges Funeral Home at Lee Memorial Park, 12777 State Rd 82, Fort Myers, Florida 33913 on Sat. July 12, 2014 at 11:00 am. The family will receive visitors beginning at 10am at the funeral home. Entombment will be in Lee Memorial Park Cemetery. Info, (239)334-4880.

FOREST PARK WINS BEST MANUFACTURED PARK IN 2014

By: Mary Diaz

Forest Park won Best of 2014 for best mobile home park and best manufactured housing park! Here's the article from the N. Ft. Myers Neighbor for the newsletter. Thank you!

Best of North Fort Myers' winners feted

June 10, 2014 North Fort Myers Neighbor
North Fort Myers' most popular business establishments were recognized Tuesday at The Best of North Fort Myers luncheon sponsored by the North Fort Myers Neighbor. The "reader's choice" awards were presented in approximately 100 categories to numerous businesses,

including some multi-category winners like The Shell Factory, where the well-attended luncheon was held at Capt'n Fishbones.

Neighbor Publisher Scott Blonde thanked those in attendance for both their participation and their efforts.

"I think it shows your commitment to your customers and your commitment to the community," Blonde said of the awards. "You should be proud of that."

This year's winners, selected by ballots filled out by Neighbor readers, are:

* MANUFACTURED HOME PARK: **Forest Park**

* MOBILE HOME PARK: **Forest Park**

BINGO

By: Anne Domingos

Please join us on Tuesdays at 6:45pm for 7:00pm Bingo in the clubhouse each week. Cards are \$.50 with a minimum purchase of four cards. Night Owl cards are 25 cents. All three Bingo's go all year round. Check your calendar in the newsletter each month.



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BID EUCHRE
By: Madaline Preston

We have Bid Euchre every Wednesday & Saturday at 6:30pm in the Clubhouse unless there is another activity going on in there. We then play in the Activity Building. We have several new players and would like to have many more join in on the fun.

HAND AND FOOT CARD GAME

By: Carol Lahman

Join us on Sunday nights at 6:00 pm in the Clubhouse for the "Hand & Foot" card game. It can be played at a table of 6, 4, or 3. All are welcomed! This card game goes all through the summer months.

KARAOKE

By: Becky Conrad

Join us on August 18th (and every third Monday each month) when the clubhouse comes alive with the sound of music. Sandwiches, drink and two sides will be offered for \$3.00 and will begin at 5:45pm and karaoke will go from 6 to 9 pm. September 15th will be the following date for next month. There will be a 50/50 at each event.



PINE TREE KNOTS QUILT CLUB

By: Gail Ford

The Pine Tree Knots Quilting Club meet all summer every Thursday morning from 9 - 11am in the clubhouse. We've already made 400 Christmas handouts for the meals on wheels program for next year and we are working on projects for the Chinese Auction to be held March 8, 2015. Be sure to save the date and watch your newsletters for more information.

EMAIL ADDRESSES FOR FOREST PARK NOTIFICATIONS

By: Mary Diaz (FP Office)

The Forest Park Office sends occasional communications from the office to the Forest Park residents. If you would like to add your email address to our database to receive notifications, announcements, etc. please call the office (239-543-1155) between 9-noon and send an email to: fppoainc@gmail.com indicating that you would like to be added to our database.

FOREST PARK NEWSLETTER RUNS ALL SUMMER

By: Judy Watson

While everyone is getting ready to leave the park for their summer homes, please be aware that the newsletter continues to run every month all summer long. The advertisements you find in the newsletters pays for all of our newsletters to be printed at no cost to us.

During the summer months, when the newsletters arrive in the office at the end of each month, watch the marquee for the newsletters to be picked up in the Clubhouse and the Activity Building. They will not be delivered to your home during the summer months, you will need to stop and pick up your copy.

If you have any special events or places you are visiting this summer, or if something exciting happens wherever your travels take you and you'd like to share it with your Forest Park friends, please email me at: forestpark2013@gmail.com. If you'd like to attach a picture of your vacation place and a short story, please do so and I'll try to get it in the newsletter during the summer months.

Have a safe and happy summer and look forward to seeing everyone in the fall.

NORTHEAST CLUB

By: Nancy Cooper

Summer has finally arrived in the State of Maine. It was a long difficult winter for our residents and they are rejoicing in the sunshine. Hopefully all our Snowbirds are happy to be home and enjoying the northern climates. Those of you who stay in Forest Park all year are trying to keep cool in the FL sunshine and praying all tropical storms pass you by.

While you are relaxing in the summer sun, a lot of our members are busy planning for next winter's activities. Three great events are scheduled and the committees are putting together some great activities. Madaline Preston and her committee are planning the Slumber Party which should be a lot of fun. (Have you found your pjs and slippers?). Ray Preston and his committee will "start your engines" at the Nascar party. Chris Major promises to keep members guessing at the Masquerade Party. For this event we expect some fabulous outfits.

Last year, over 120 people joined the NE Club. We had a

fun filled season! I have said many, many times that the Club is so great thanks to your help. Next year promises to be the same. Your assignment, should you plan join again, is to have a great summer, shop for great outfits and return to Forest Park with your same willingness to help and have fun.

FOREST PARK SHUFFLEBOARD CLUB

By: Ray Preston, Captain & Dale Stafford, Co-Captain

LEAGUE STARTS NOV. 26, 2014. THANK YOU to all the players/wives for refreshments and to Ann Stafford & Peg Hull for serving. Everyone have a wonderful & safe summer.

CRAFT CLUB

By: June Kearschner

New officers were elected in April.

They are:

- June Kearschner - *president*
- Nancy Lawrence - *vice-president*
- Dena Samm - *secretary*
- Diann Power - *treasurer*

Our last meeting this season will be April 16th. Crafts will begin next season on October 15th. Come and join us. We meet every Wednesday at 9am in the club house.

COMPUTER CLUB

Submitted By: Sherrill Wright

The article below is for your information only:

Facebook just announced a new feature to its app, which will let it listen to our conversations through our own phones' microphone. Talk about a Big Brother move.

Facebook says the feature will be used for harmless things, like identifying the song or TV show playing in the background, but it actually has the ability to listen to everything -- including your private conversations -- and store it indefinitely.

Not only is this move just downright creepy, **it's also a massive threat to our privacy.** This isn't the first time Facebook has been criticized for breaching our right to privacy, and it's hoping this feature will fly under the radar. No such luck for Facebook. If we act now, we can stop Facebook in its tracks before it has a chance to release the feature.

Tell Facebook not to release its creepy and dangerous new app feature that listens to users' conversations.

Facebook says it'll be responsible with this feature,

but we know we can't trust it. After all, just a few months ago Facebook came under fire for receiving millions of dollars for working with the National Security Agency's PRISM, a wide-scale and highly controversial public electronic data surveillance program -- something its CEO Mark Zuckerberg initially denied. This is also the company that lied about its now-scattered Beacon program -- an advertisement system that sent our "private" data from external websites to Facebook.

It seems like every few months, there's another big Facebook privacy scandal, and yet the social media giant is pushing this new app anyway. Why? **The information it gathers by listening to its 1.2 billion users worldwide can be sold for huge profits to advertisers and corporations looking for better information on consumer tastes and preferences.**

Facebook is acting in the best interests of its bank account, not its users. This has gone too far -- we have to stop it now.

Facebook: This is an extreme invasion of your users' privacy. Do not release this new feature, and do not listen to us through our phones' microphones.

Thanks for standing up for our right to privacy,

GREEN TREE STICKER

There is a little green tree sticker available in the office that goes on the **LEFT SIDE OF YOUR BACK WINDOW** of your car. All residents with automobiles should have this highly visible authorization to be in the Park. This will help the safety patrol on their nightly rounds. If you are a temporary resident and don't want any stickers on your window, then scotch tape it there while you are here.

BLUE BARREL RE-CYCLE

The blue barrel is used for all **other types** of re-cycling such as paper, metal, plastic, etc. This is a separate program from our regular trash that is picked up on Tuesdays and Fridays. The re-cycle truck comes on Wednesdays.

THANK YOU

By: Judy Watson

Once again I'd like to thank Becky Conrad for all the photos she takes of Forest Park happenings to keep me up to date on how much fun we "snowbirds" are missing.

LOOKED UNDER YOUR MOBILE HOME LATELY?

**Insulation Under Your Home Falling Down?
Holes and Tears in Your
Vapor /Moisture Barrier?**



Underhome
Photos Provided



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- **Longitudinal Stabilizing • Retro-fit to Current State Standards**

If your home moves even a few inches during a storm your home will suffer severe damage. Loose tie downs do not protect your home, they must be tightened every 3 to 5 years. Have your tie-downs inspected NOW, before the storms!

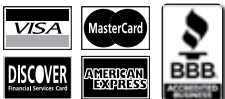


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F.P.P.O.A. BOARD NEWS

BOD & GM MEETING DATES FOR 2014

Here are the meeting dates for the remainder of the 2014 season.

October 16, 2014 BOD Meeting
October 23, 2014 GM Meeting

November 13, 2014 BOD Meeting
November 20, 2014 GM Meeting

December 11, 2014 BOD Meeting
December 18, 2014 GM Meeting

F.P.P.O.A. BOARD NEWS

By: Jim Arthur, President

Our July 4th celebration this year was another memorable time for the folks in Forest Park. Lora Mae Voreh and Wava Straw did it again. I think they have chaired this event the past 15 years.

Once again, Popeye's Chicken was cooked to perfection and served on time to the residents. It was superb, along with the side dishes that everybody contributed. After enjoying all the chicken you wanted and other foods, we were treated to brownies and vanilla ice cream topped with chocolate. Yum, Yummy!!

Pete Lawrence, "former Navy sailor" "with retired Navy", carried in "Old Glory" and led us in the Pledge of Allegiance, followed by the Kackley sisters' vocal group singing "The Star Spangled Banner". What a superb job they did on that. The Blessing was given and then we started through the lines. Later, Lora Mae handed out several door prizes she and some of the ladies had contributed and several prizes donated by area merchants. Periodically the Kackleys continued to raise the roof with their voices and were enjoyed by all who were there.

Thanks to Lora Mae and Wava for a really great time; they will be difficult to replace. Also, thanks to the folks who helped them, and to Mary Beth and Jim Schleter for taking care of the 50/50.

GROUND

By: Jack Watson

Wow, it's August already! We'll all be back before long. We had another busy month at Forest Park. As you see by our cover, the new gazebo is in place and landscaped

at Peace Lake. To add to your peaceful visits you will be lulled by the waterfall next to the gazebo. Two years ago, the general membership voted to add a well, irrigation and the ongoing beautification to the memorial garden at Peace Lake. We are still not done, but are working on it. So far it looks great and we are receiving many compliments.

Here I go again thanking Becky Conrad, for spearheading all the work on my behalf. We keep close tabs on each other via phone and emails. She has been a tireless worker and done a lot of juggling to keep things going smoothly.

Also, my thanks to Ed Criswell, for building the stairs and railings for us old folks to enter the gazebo. As usual Jerri DuChesne is doing a fabulous job landscaping the area and Dan has been busy moving heavy items around with the bucket and fork lift and to Pete Lawrence for his quiet support.

Well, that's it for now. Enjoy the balance of the summer and see you all in the fall.

MEET YOUR BOARD MEMBERS

By: Tom Treece

As we continue our series designed to introduce you to the members of our park's board of directors that you have elected to conduct our official business, today we present Mr. Jim Ullrey.

Jim and his wife, Marilyn, live at 832 Hollyberry and make Portage, Michigan, as their hometown when not at Forest Park.

Jim and Marilyn have lived in our wonderful community for six years as snowbirds and, like so many of us, came to visit Forest Park at the invitation of friends. They have three children, three grandchildren and are anxiously awaiting their future great grandchildren.

Jim has an extensive background in electronics and spent time as a Millright. Previous employment included 30 years in Pharmaceutical manufacturing.

Obviously, in regards to special skills, Jim is a whiz at anything mechanical or electrical and is known to all as "Mr. Fix It."

When I asked Jim what he liked most about living in



RESOURCE BOOK

Forest Park, he said, "I love the way we keep Forest Park clean and friendly. I also love that we are self-managed, and, what I love most of all is that the park has no debt!" You're right, Jim, and one of the reasons for that is because we have so many wonderful residents who – like Jim – are willing to run for office and lend their special skills to help keep our park not only a "clean and friendly place," but also in excellent financial shape!

I asked Jim what changes he might like to see and he shared, "I'd like to see a new swimming and hot tub area, and I'd also like to see more volunteers come forward to help."

In sharing his life philosophies he listed, "We should always try to help others, stay busy and do whatever we can to add to life's happiness."

Sounds like good advice to me.

Be sure to say a special thank you to Jim for helping make and keep our wonderful Forest Park that debt free, clean and friendly place to live and enjoy these golden years of our lives.

EXERCISE PROGRAM RECOMMENDED FOR "KIDS" OF ANY AGE!

Please join us beginning in November on Tuesday and Saturday mornings at 9:00 am in the clubhouse for a fun, easy exercise program.



Bring a small hand weight or even a can of soup to use to build muscle. Also bring a small pillow.

EASY WATER EXERCISE

Most of the water exercises are the same as the Tuesday & Saturday exercises, except they are done in the pool. This means less stress on joints plus we get those healthy rays of sunshine at the same time. We have a great time exercising and catching up on the latest in Forest Park. Classes run from 10:30 to 11:30 a.m. Monday-Friday at the pool and start in the fall through the spring. Exercises are also subject to weather cooperating.



In the clubhouse there is a Resource Book which has been put together by members of Forest Park. These are referrals or warnings of how outside vendors have performed in the Park. Before you hire someone, please check the book to see if someone in the park has used that particular company or person. If you would like to add a name or business you may do so.

ALUMINUM CAN RE-CYCLE *By: Social Club*

Please remember to put your washed out and dried out aluminum cans in a bag and place UNDER YOUR MAILBOX early Tuesday morning for pick up. Make sure cans are rinsed and clean and DRY. Please place away from trash cans/bags. DO NOT place plastic, glass or metal cans in the bag. Those go in the blue tote bins. Money collected for can recycle helps pay some of the costs of Social Club activities. So, it benefits all residents of Forest Park. Don Brooks is collecting the aluminum cans now

Please place your aluminum cans out near your mailbox either Monday night or very early on Tuesday morning. Don Brooks, our summer collector of cans, starts to pick up the cans at 8 AM on Tuesday Morning.

Social Club has a new aluminum can crusher, Cheryl O'Loughlin. In order to make the job easier for her, we are asking that you take the tabs off your cans. It takes as long as to take the tabs off the cans as it does to run the crushing machine.

You take the tabs off and bag them; when you get your bag full; then you can bring the tabs to the clubhouse. There is a Big Ronald Mc Donald cardboard house on the kitchen cabinet where you put your tabs into it. The tabs are collected by Betty Campbell who takes them to the Ronald McDonald House where they sell the aluminum tabs.

You are making money for Forest Park's Social Club and if you take the tabs off, keep them for the Ronald McDonald House you are doing double duty. We thank you for your help.

JOKES

TRAVEL PLANS

From: Sharon Goudy

I have been in many places, but I've never been in Kahoots. Apparently, you can't go alone. You have to be in Kahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my children, friends, family and work.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in Doubt. That is a sad place to go, and I try not to visit there too often. I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I'm getting older. One of my favorite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

I may have been in Continent, but I don't remember what country I was in. It's an age thing. They tell me it is very wet and damp there.

PLEASE DO YOUR PART!

You can do your bit by remembering to send this e-mail to at least one unstable person. My job is done! Life is too short for negative drama and petty things. So laugh insanely, love truly and forgive quickly!

From one unstable person to another. I hope everyone is happy in your head - we're all doing pretty well in mine!

DO NOT WASH YOUR HAIR IN THE SHOWER

From: Keith Goudy

DO NOT wash your hair in the shower!

It's so good to finally get a health warning that is useful.

IT INVOLVES THE SHAMPOO WHEN IT RUNS DOWN YOUR BODY.... WHEN YOU SHOWER WITH IT!. WARNING TO US ALL!!!

Shampoo Warning! I don't know WHY I didn't figure this out sooner! I use shampoo in the shower! When I wash

my hair, the shampoo runs down my whole body, and printed very clearly on the shampoo label is this warning, "FOR EXTRA BODY AND VOLUME."

No wonder I have been gaining weight! Well, I got rid of that shampoo and I am going to start showering with Dawn Dishwashing Soap. Its label reads, "DISSOLVES FAT THAT IS OTHERWISE DIFFICULT TO REMOVE." Problem solved! If I don't answer the phone, I'll be in the shower! Enjoy your Day!!!

REMEDIES FOR ILLNESS

From: Becky Conrad

"For better digestion I drink beer, in the case of appetite loss I drink white wine, in the case of low blood pressure I drink red wine, in the case of high blood pressure I drink scotch, and when I have a cold I drink schnapps."

"When do you drink water?"

"I've never been that sick!"

Will I live To See "80?"

Here's something to think about. I recently picked a new primary care doctor. After two visits and exhaustive Lab tests, he said I was doing 'fairly well' for my age. (I just turned sixty-five). A little concerned about that comment, I couldn't resist asking him, 'Do you think I'll live to be 80?

He asked, 'Do you smoke tobacco, or drink beer, wine or hard liquor?' 'Oh no,' I replied. 'I'm not doing drugs, either!' Then he asked, 'Do you eat rib-eye steaks and barbecued Ribs?' 'I said, 'Not much... my former doctor said that all red meat is very unhealthy!'

'Do you spend a lot of time in the sun, like playing golf, boating, sailing, hiking, or bicycling?' 'No, I don't,' I said. He asked, 'Do you gamble, drive fast cars, or have a lot of sex?' 'No,' I said...

He looked at me and said; 'Then, why do you even give a hoot?

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RECIPES

By: Ruth Malago

CHICKEN NUGGETS

- 2 cups crushed onion flavored potato chips
- 1 egg
- 2 TBL milk
- 6 Chicken Fillets (Cut in 2 inch cubes)
- 1/2 cup butter

Set oven to 350.degrees....Spread mashed-chips in a dish.

Beat egg & milk in bowl

Dip cubes in batter then dredge in chips

Place on baking dish & drizzle with butter

Bake approx.. 18 mins. Delicious with dipping sauce.



FESTIVE CRAB CHEESE SPREAD

- 1 - 8 oz. pkg. cream cheese
- 1 lb. Imitation Crab Meat
- 1/2 tsp. Lemon Juice
- 1 TBS. Chopped Dill Weed

Preheat oven to 350 degrees. In bowl mix ingredients well and spoon into quart baking dish. Bake 25 to 30 minutes or until golden brown. Serve warm –Yummy!



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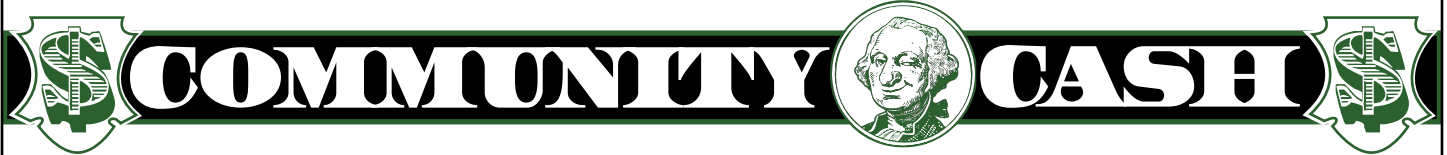


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August 2014 - FOREST PARK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 6:00pm Hand and Foot-card game 6:30pm Pinochle	28 9:00am Dominoes 6:30pm Skip-Bo	29 6:45pm Bingo	30 2:00pm Knit and Crochet Club 6:30pm Bid Euchre 6:30pm Canadian Euchre	31 9:00am Quilt Club 10:00am Ladies Fellowship Group @ Jan Arthur's home. 1:00pm Change Bingo	1 10:00am Shuffleboard 6:30pm Friday Bridge	2 1:00pm Bingo 6:30pm Bid Euchre
3 6:00pm Hand and Foot-card game 6:30pm Pinochle	4 9:00am Dominoes 6:30pm Skip-Bo	5 6:45pm Bingo	6 2:00pm Knit and Crochet Club 6:30pm Bid Euchre 6:30pm Canadian Euchre	7 9:00am Quilt Club 10:00am Ladies Fellowship Group @ Jan Arthur's home. 1:00pm Change Bingo	8 10:00am Shuffleboard 6:30pm Friday Bridge	9 1:00pm Bingo 6:30pm Bid Euchre
10 6:00pm Hand and Foot-card game 6:30pm Pinochle	11 9:00am Dominoes 6:30pm Skip-Bo	12 6:45pm Bingo	13 2:00pm Knit and Crochet Club 6:30pm Bid Euchre 6:30pm Canadian Euchre	14 9:00am Quilt Club 10:00am Ladies Fellowship Group @ Jan Arthur's home. 1:00pm Change Bingo	15 10:00am Shuffleboard 6:30pm Friday Bridge	16 1:00pm Bingo 6:30pm Bid Euchre
17 6:00pm Hand and Foot-card game 6:30pm Pinochle	18 9:00am Dominoes 5:45pm Dinner and Karaoke 6:30pm Skip-Bo	19 6:45pm Bingo	20 2:00pm Knit and Crochet Club 6:30pm Bid Euchre 6:30pm Canadian Euchre	21 9:00am Quilt Club 10:00am Ladies Fellowship Group @ Jan Arthur's home. 1:00pm Change Bingo	22 10:00am Shuffleboard 6:30pm Friday Bridge	23 1:00pm Bingo 6:30pm Bid Euchre
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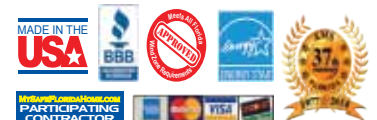
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