

SEPTEMBER 2014

www.forestparkonline.com

# Forest Park Newsletter

Forest Park, N. Ft. Myers, FL

Editor: Judy Watson email: fpnews2013@gmail.com



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## SEPTEMBER IS HERE

### THE MEMORY GARDEN HAS ITS FIRST CELEBRATION



*Myra and Forest Park Friends celebrate Vince's 83rd Birthday with 83 Balloons and Butterflies.*



*Forest Park Friends help Myra release 83 balloons in memory of her late husband, Vince on his 83rd Birthday*



## COVER STORY

Saturday, July 19th would have been Vincent Santiago's 83rd birthday and Myra celebrated his memory by inviting the whole park to remember him at the Peace Lake Memory Garden gazebo by releasing 83 brightly colored helium filled balloons into the heavens along with live butterflies. Myra thanked everyone who came out to help her. Photos by: Becky Conrad, Sheila Fitzgerald & Chris Pucak Turek.



### 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



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## JULY 4,, 2014 PICTURES

*Photos by: Sheila Fitzgerald*



*Chairpersons:  
Lora Mae Voreh and Wava Straw*



*The Kackley Sisters entertained with their songs.*



*Ed & Nancy Criswell & Becky Conrad dressed in  
red, white & blue*



*The Committee that made it happen.*



*Karen Weaver and Grandson, Betty & Bo McClain and Connie St. Jean all enjoyed the day.*



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## NEWSLETTER ARTICLES

*By: Judy Watson*

All articles should be sent to Judy Watson at: [fpnews2013@gmail.com](mailto: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](mailto: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](http://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](mailto:gailford39@gmail.com) or call her on 603 878 1047.

## 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 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.

**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 [fpoainc@gmail.com](mailto:fpoainc@gmail.com) • Fax 239-543-0070



## WELCOME TO OUR NEWEST RESIDENT

George & Sarah Kirkman, 710 Knotty Pine Circle MI  
David (Duke) & Robyn Johnson, 564 Peace Lake Ct. WI

### 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!

### 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:

- A. Reboot your computer
- B. 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.

C. 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.

- 2. 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.
- 3. 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.
- 4. The system will be monitored, by me up North. The local team has my Phone #.

Have a Good Summer, see you in the FALL.

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### SEPTEMBER BIRTHDAY'S

Della Atwood	
Dick Gagner	5
Helen Smith	5
Betty Campbell	21
Bob Dickerson	22
Helen Beatty	29
Jack Geppert	30



### 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.



### BINGO

*By: Anne Domingos*

Please joins 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.



### 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 September 15th (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. There will be a 50/50.



### 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: [fppoinc@gmail.com](mailto:fppoinc@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: [www.forestpark2013@gmail.com](mailto:www.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.

## **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, treasure.

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.

## **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.

## **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

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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,



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

**Kathryn Koepp (May 4th), Judy Abbott, and  
Judy McDowell-Glover**

If you know of others, please send me an email at [fpnews2013@gmail.com](mailto:fpnews2013@gmail.com) or call the Forest Park office so we can list their names in the next newsletter.

Judith A. (DiGuilio) Abbott, 69 of Haverhill passed away peacefully on Thursday, July 17, 2014 at Merrimack Valley Hospice House after a sudden and brief illness. She was born in Haverhill, September 14, 1944, daughter of the late Manuel and Evelyn (Spottiswood) DiGuilio. Mrs. Abbott was a member of the Tilton School Drum and Bugle Corps and graduated from Haverhill High School, class of 1962. For over 28 years she was employed as a Mortgage Service Specialist for Pentucket Bank. An ardent sun worshiper, Mrs. Abbott enjoyed time at the beach especially Salisbury Beach Reservation. She loved spending winters in Ft. Myers, Florida where she organized a weekly craft group with friends. She also enjoyed gardening and her annual trip to Las Vegas. Her favorite times were those with her husband, children and grandchildren, especially the Sunday dinners they all spent together. She was the wife of Kenneth M. Abbott of Haverhill, with whom she would have celebrated



their 50th Wedding Anniversary on October 25th. Mrs. Abbott is survived by her daughter, Deborah Buccini and husband Paul of Bradford, a son, Michael Abbott and wife Cheryl of Ware, NH, a brother, Richard DiJulio and wife Kathleen of Bradford. She also leaves behind four grandchildren, Cameron and Courtney Abbott, Anthony and Domenic Buccini, and several nieces and nephews. Contributions in her memory may be made to Make-A-Wish, 1 Bulfinch Place, Suite 201, Boston, MA 02114, or, Merrimack Valley Hospice, 360 Merrimack St., Bldg. 9, Lawrence, MA 01843.

## PHONE DIRECTORY CHANGES

Please add the following to the 2013-2014 resident directory:

- JOHNSON, David (Duke) & Robyn 564 Peace Lake Ct. 651-341-8345/651-341-8346 WI
- RISPOLI, Bob & Gail 5411 Forest Park Drive 917-751-9265/917-751-9256 NY
- RITCHEY, John & Ann 748 Knotty Pine Circle 239-543-9141 PA/WI
- THOMAS, Ed & ET 739 Knotty Pine Circle 989-305-5809 MI
- WRIGHT, John & Sherrill 323 Shrub Lane S. 239-349-3827 CAN (local # also rings in Canada)



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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*

Summer in the Park is getting a little bit warmer and the summer residents are using the pool earlier and later in the day. We will survive the heat, though.

Just recently, Gary Cochran and Randy Shirley did a marvelous job on cleaning the club house. They spent several hours of really hard work on the fans, windows, blinds, tables, chairs, and kitchen cleaning and waxing. Rest assured, the stripping liquid they used on the floor really got it clean and then they buffed on two coats of liquid wax. Good job Randy and Gary.

I also wanted to point out that Jerri DuChesne, our park gardener, has planted so many plants and bushes that the park has taken on a really beautiful appearance. Jack Watson has the right woman doing what needs to be done in that area. Also Dan and Butch have worked hard on keeping the mowing done. They have been quite busy with the weed eater and edger. I think all of our snowbirds will be pleased.

We are all looking forward to everybody's return.

## MEET YOUR BOARD MEMBERS

*By: Tom Treece*

How blessed we are to have such quality individuals serving the rest of us as members of our Forest Park Board of Directors. And, as we continue our monthly special of introducing you to each of them, today we feature Louis "Lou" Smith.

Lou and his wife, Helen, live at 763 Knotty Pine Circle and have lived in our community for 10 years. Together they have six children, 10 grandchildren and two great-grandchildren.



Lou lists the Motor City - Detroit, Michigan - as his hometown, and, after high school, honorably served our great country during four of his prime years with our United States Air Force. After his military duty was over, Lou spent the bulk of his career with Central Office Telephone Equipment.

Lou has been a long time member of our Forest Park Night Patrol Service, guarding our homes and properties long into the overnight after the rest of us have gone to bed. In addition to continuing in that role, Lou also serves on our Security and Buildings Committee. And just like you and me, Southwest Florida's warm winter weather is what brought the Smiths to Forest Park.

Lou made no indication that he would like to see any changes to our wonderful park, which tells me that he likes it all just like it is; me too! What he did brag on was the quality of people with whom he and Helen get to share this quality time of their lives, and I agree with him there too.

If you haven't met Lou and Helen Smith yet, once you do, you'll feel the same about them! And when you do, be sure to thank Lou for his great service to the rest of us in helping our board of directors conduct our business.

---

## 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.

# LOOKED UNDER YOUR MOBILE HOME LATELY?

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



Underhome  
Photos Provided



**Insulation and  
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## 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.



## RESOURCE BOOK

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.

## 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

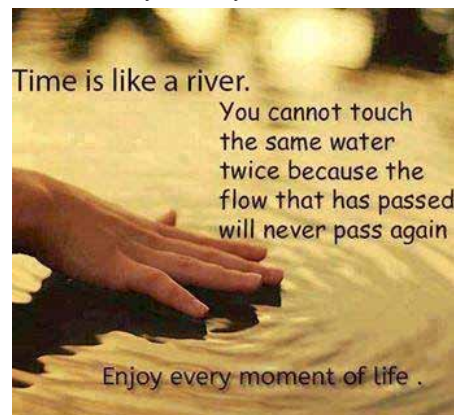
*By: Judy Watson*

My sincere thanks to Becky Conrad, Sheila Fitzgerald and Chris Pucak Turek for all the photos they posted to face book of all the summer events in Forest Park.

Jack would like to thank Becky Conrad, for all her dedication and hard work on his behalf. She has been in constant touch all summer long regarding quotes and ground projects for the beautification of the park.

## TIME IS LIKE A RIVER

*By: Becky Conrad*





## **JOKES**

### **CAKE OR BED**

A HUSBAND IS AT HOME WATCHING A FOOTBALL GAME WHEN HIS WIFE INTERRUPTS,

HONEY,  
COULD YOU FIX THE LIGHT IN THE HALLWAY?  
IT'S BEEN FLICKERING FOR WEEKS NOW.

HE LOOKS AT HER AND SAYS ANGRILY, FIX THE LIGHTS NOW?  
DOES IT LOOK LIKE I HAVE GE WRITTEN ON MY FOREHEAD?  
I DON'T THINK SO.

FINE,

THEN THE WIFE ASKS, WELL THEN, COULD YOU FIX THE FRIDGE DOOR?  
IT WON'T CLOSE RIGHT

TO WHICH HE REPLIED, FIX THE FRIDGE DOOR?  
DOES IT LOOK LIKE I HAVE WESTINGHOUSE WRITTEN ON MY FOREHEAD?  
I DON'T THINK SO

FINE, SHE SAYS, THEN YOU COULD AT LEAST FIX THE STEPS  
TO THE FRONT DOOR?  
THEY ARE ABOUT TO BREAK

I'M NOT A CARPENTER AND I DON'T WANT TO FIX STEPS  
HE SAYS, DOES IT LOOK LIKE I HAVE ACE HARDWARE WRITTEN ON MY FOREHEAD?  
I DON'T THINK SO I'VE HAD ENOUGH OF YOU.  
I'M GOING TO THE BAR!!!!

SO HE GOES TO THE BAR AND DRINKS FOR A COUPLE OF HOURS

HE STARTS TO FEEL GUILTY ABOUT HOW HE TREATED HIS WIFE, AND DECIDES TO GO HOME.

AS HE WALKS INTO THE HOUSE HE NOTICES THAT THE STEPS ARE ALREADY FIXED.  
AS HE ENTERS THE HOUSE, HE SEES THE HALL LIGHT IS WORKING

AS HE GOES TO GET A BEER, HE NOTICES

THE FRIDGE DOOR IS FIXED.

HONEY, HE ASKS, HOW'D ALL THIS GET FIXED?  
SHE SAID, WELL, WHEN YOU LEFT I SAT OUTSIDE AND CRIED.

JUST THEN A NICE YOUNG MAN ASKED ME WHAT WAS WRONG, AND I TOLD HIM.

HE OFFERED TO DO ALL TH E REPAIRS, AND ALL I HAD TO DO WAS EITHER  
GO TO BED WITH HIM OR BAKE A CAKE.

HE SAID,  
SO WHAT KIND OF CAKE DID YOU BAKE?

SHE REPLIED  
HELLOOOOO.  
DO YOU SEE BETTY CROCKER WRITTEN ON MY FOREHEAD?  
I DON'T THINK SO!

**Live, Love and Laugh"**

### **SHOULD I REALLY JOIN FACEBOOK?**

Read it all the way through - It's a good laugh! AND really quite true!! A good laugh for people in the over 60 group

When I bought my Blackberry, I thought about the 30-year business I ran with 1800 employees, all without a cell phone that plays music, takes videos, pictures and communicates with Facebook and Twitter. I signed up under duress for Twitter and Facebook, so my seven kids, their spouses, my 13 grand kids and 2 great grand kids could communicate with me in the modern way. I figured I could handle something as simple as Twitter with only 140 characters of space.

That was before one of my grandkids hooked me up for Tweeter, Tweetree, Twirl, Twitterfon, Tweetie and Twitterific, Tweetdeck, Twitpix and something that sends every message to my cell phone and every other program within the texting World.

My phone was beeping every three minutes with the details of everything except the bowel movements of the entire next generation. I am not ready to live like this. I keep my cell phone in the garage in my golf bag.

The kids bought me a GPS for my last birthday because

they say I get lost every now and then going over to the grocery store or library. I keep that in a box under my tool bench with the Blue tooth [it's red] phone I am supposed to use when I drive. I wore it once and was standing in line at Barnes and Noble talking to my wife and everyone within 50 yards was glaring at me. I had to take my hearing aid out to use it, and I got a little loud.

I mean the GPS looked pretty smart on my dash board, but the lady inside that gadget was the most annoying and rudest person I had run into in a long time. Every 10 minutes she would sarcastically say, "Re-calc-u-lating." You would think that she could be nicer. It was like she could barely tolerate me. She would let go with a deep sigh and then tell me to make a U-turn at the next light. Then if I made a right turn instead. Well, it was not a good relationship

When I get really lost now, I call my wife and tell her the name of the cross streets and, while she is starting to develop the same tone as Gypsy, the GPS lady, at least she loves me.

To be perfectly frank, I am still trying to learn how to use the cordless phones in our house. We have had them for 4 years, but I still haven't figured out how I lose three phones all at once and have to run around digging under chair cushions, checking bathrooms, and the dirty laundry baskets when the phone rings.

The world is just getting too complex for me. They even mess me up every time I go to the grocery store. You would think they could settle on something themselves but this sudden "Paper or Plastic?" every time I check out just knocks me for a loop. I bought some of those cloth reusable bags to avoid looking confused, but I never remember to take them with me.

Now I toss it back to them. When they ask me, "Paper or plastic?" I just say, "It doesn't matter to me. I am bi-sacksual." Then it's their turn to stare at me with a blank look. I was recently asked if I tweet. I answered, No, but I do fart a lot."

P.S. I know some of you are not over 60. I sent it to you to allow you to forward it to those who are.

We senior citizens don't need any more gadgets. The TV remote and the garage door remote are about all we can handle.

## BE CAREFUL OUT THERE

After a long day on the golf course, I stopped in at 'Hooter's' to see some friends and have some hot Wings and drinks.

After being there for a while, one of my friends asked me which waitress I would like to be stuck in an elevator with.

I told them "The one who knows how to fix elevators."

I'm old, tired, and pee a lot.

## QUIET ROMANTIC DINNER

A man and a woman were having a quiet, romantic dinner in a fine restaurant. They were gazing lovingly at each other and were holding hands. The waitress, taking another order at a table a few steps away, suddenly noticed the woman slowly sliding down her chair and under the table but the man stared straight ahead.

The waitress watched as the woman slid all the way down her chair and out of sight under the table. Still, the man stared straight ahead.

The waitress, thinking this behavior a bit risqué and worried that it might offend other diners, went over to the table and, tactfully, began by saying to the man. "Pardon me, sir, but I think your wife just slid under the table."

The man calmly looked up at her and said, "No, she didn't. She just walked in."



## RECIPES

### **PEANUT BUTTER CHOCOLATE SAUCE**

*By: Ruth Malago*

- 1 CAN EVAPORATED MILK
- 2 CUPS SUGAR
- 3 SQUARES UNSWEET CHOCOLATE
- 1/2 CREAMY PEANUT BUTTER
- 1 TEA. VANILLA FLAVORING

IN SAUCEPAN COMBINE MILK, SUGAR, CHOCOLATE....BRING TO BOIL, BOIL GENTLY STIRRING APPROX 15 MINS....REMOVE FROM HEAT & STIR IN PEANUT BUTTER & VANILLA..... BEAT UNTIL BLENDED....WILL THICKEN WHEN CHILLED....DELICIOUS OVER ICE CREAM

### **AMAZING FROZEN LEMONS**

*By: Sharon Goudy*

All it is - - is a frozen lemon

Many professionals in restaurants and eateries are using or consuming the entire lemon and nothing is wasted. How can you use the whole lemon without waste?

Simple. Place the washed lemon in the freezer section of your refrigerator. Once the lemon is frozen, get your grater, and shred the whole lemon (no need to peel it) and sprinkle it on top of your foods.

Sprinkle it to your vegetable salad, ice cream, soup, cereals, noodles, spaghetti sauce, rice, sushi, fish dishes, whisky.... the list is endless. All of the foods will unexpectedly have a wonderful taste, something that you may have never tasted before. Most likely, you only think of lemon juice and vitamin C. Not anymore. Now that you've learned this lemon secret, you can use lemon even in instant cup noodles.

What's the major advantage of using the whole lemon other than preventing waste and adding new taste to your dishes? Well, you see lemon peels contain as much as 5 to 10 times more vitamins than the lemon juice itself. And yes, that's what you've been wasting.

But from now on, by following this simple procedure of freezing the whole lemon, then grating it on top of your dishes, you can consume all of those nutrients and get even healthier. It's also good that lemon peels are health

rejuvenators in eradicating toxic elements in the body.

So place your washed lemon in your freezer, and then grate it on your meal every day. It is a key to make your foods tastier and you get to live healthier and longer! That's the lemon secret! Better late than never, right? The surprising benefits of lemon!

Lemon (Citrus) is a miraculous product to kill cancer cells. It is 10,000 times stronger than chemotherapy.

Why do we not know about that? Because there are laboratories interested in making a synthetic version that will bring them huge profits.

You can now help a friend in need by letting him/her know that lemon juice is beneficial in preventing the disease. Its taste is pleasant and it does not produce the horrific effects of chemotherapy. How many people will die while this closely guarded secret is kept, so as not to jeopardize the beneficial multimillionaires large corporations?

As you know, the lemon tree is known for its varieties of lemons and limes.

You can eat the fruit in different ways: you can eat the pulp, juice press, prepare drinks, sorbets, pastries, etc.. It is credited with many virtues, but the most interesting is the effect it produces on cysts and tumors.

This plant is a proven remedy against cancers of all types. Some say it is very useful in all variants of cancer. It is considered also as an anti-microbial spectrum against bacterial infections and fungi, effective against internal parasites and worms, it regulates blood pressure which is too high and an antidepressant, combats stress and nervous disorders. The source of this information is fascinating: it comes from one of the largest drug manufacturers in the world, says that after more than 20 laboratory tests since 1970, the extracts revealed that it destroys the malignant cells in 12 cancers, including colon, breast, prostate, lung and pancreas. The compounds of this tree showed 10,000 times better than the product Adriamycin, a drug normally used chemotherapeutic in the world, slowing the growth of cancer cells.

And what is even more astonishing: this type of therapy with lemon extract only destroys malignant cancer cells and it does not affect healthy cells. So, give those lemons a good wash, freeze them and grate them. Your whole body will love you for it!!



# September 2014 - FOREST PARK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>31</b> 6:00pm Hand and Foot-card game 6:30pm Pinochle	<b>1</b> <b>Labor Day</b> 9:00am Dominoes 6:30pm Skip-Bo	<b>2</b> 6:45pm Bingo	<b>3</b> 2:00pm Knit and Crochet Club 6:30pm Bid Euchre 6:30pm Canadian Euchre	<b>4</b> 9:00am Quilt Club 10:00am Ladies Fellowship Group @ Jan Arthur's home. 1:00pm Change Bingo	<b>5</b> 10:00am Shuffleboard 6:30pm Friday Bridge	<b>6</b> 1:00pm Bingo 6:30pm Bid Euchre
<b>7</b> 6:00pm Hand and Foot-card game 6:30pm Pinochle	<b>8</b> 9:00am Dominoes 6:30pm Skip-Bo	<b>9</b> 6:45pm Bingo	<b>10</b> 2:00pm Knit and Crochet Club 6:30pm Bid Euchre 6:30pm Canadian Euchre	<b>11</b> <b>Patriot Day</b> 9:00am Quilt Club 10:00am Ladies Fellowship Group @ Jan Arthur's home. 1:00pm Change Bingo	<b>12</b> 10:00am Shuffleboard 6:30pm Friday Bridge	<b>13</b> 1:00pm Bingo 6:30pm Bid Euchre
<b>14</b> 6:00pm Hand and Foot-card game 6:30pm Pinochle	<b>15</b> 9:00am Dominoes 5:45pm dinner & Karaoke 6:30pm Skip-Bo	<b>16</b> 6:45pm Bingo	<b>17</b> 2:00pm Knit and Crochet Club 6:30pm Bid Euchre 6:30pm Canadian Euchre	<b>18</b> 9:00am Quilt Club 10:00am Ladies Fellowship Group @ Jan Arthur's home. 1:00pm Change Bingo	<b>19</b> 10:00am Shuffleboard 6:30pm Friday Bridge	<b>20</b> 1:00pm Bingo 6:30pm Bid Euchre
<b>21</b> 6:00pm Hand and Foot-card game 6:30pm Pinochle	<b>22</b> 9:00am Dominoes 6:30pm Skip-Bo	<b>23</b> <b>Autumnal Equinox</b> 6:45pm Bingo	<b>24</b> 2:00pm Knit and Crochet Club 6:30pm Bid Euchre 6:30pm Canadian Euchre	<b>25</b> 9:00am Quilt Club 10:00am Ladies Fellowship Group @ Jan Arthur's home. 1:00pm Change Bingo	<b>26</b> 10:00am Shuffleboard 6:30pm Friday Bridge	<b>27</b> 1:00pm Bingo 6:30pm Bid Euchre
<b>28</b> 6:00pm Hand and Foot-card game 6:30pm Pinochle	<b>29</b> 9:00am Dominoes 6:30pm Skip-Bo	<b>30</b> 6:45pm Bingo	<b>1</b> 2:00pm Knit and Crochet Club 6:30pm Bid Euchre 6:30pm Canadian Euchre	<b>2</b> 9:00am Quilt Club 10:00am Ladies Fellowship Group @ Jan Arthur's home. 1:00pm Change Bingo	<b>3</b> 10:00am Shuffleboard 6:30pm Friday Bridge	<b>4</b> 1:00pm Bingo 6:30pm Bid Euchre



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