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FOREST PARK SOCIAL CLUB 4TH OF JULY PICNIC







SOCIAL CLUB OFFICERS

Robyn Johnson and Julie Seubert, Co-Presidents Joyce Hines, Secretary Pat Schuren, Treasurer

FOREST PARK SOCIAL CLUB 4TH OF JULY PICNIC

By: Robyn Johnson

Social club would like to thank everyone that came out and enjoyed the 4th of July Picnic. We had an excellent turnout with lots of good food, music and fun. I would like to give a big "THANK YOU" to these wonderful volunteers. Teresa Jones, Nick and Jonie Emery, Verland West, Duke Johnson, Marilyn Rich, Mary Powers, Mary Beth Schleter, Kelly Spencer, Randy Gerdes and Betty Ann Wetherbee and everyone else who stayed and helped cleaned up. Without people volunteering, we wouldn't be able to do these fun events.

I would also like to thank Mary Diaz for all her help in getting door prizes from our local businesses. We had some great prizes from AMS, Bay Breeze Title, Three Fisherman, Starbucks and Hogbody's. We also had several anonymous donor gifts and some gifts from Social Club.

Our Park Resident/Realtor, Myra Santiago was kind enough to donate the cake we served for dessert. What a wonderful community we live in.

SUMMER OFFICE HOURS

The summer office hours are Monday, Wednesday and Friday from 9:00 to 12:00. It will be closed and locked every Tuesday and Thursday.

Since we lose most of our volunteer reception and backup ladies at this time of year, we would be grateful for assistance with clerical tasks and projects. Some of these projects require advance planning because in some cases Mary needs to do something (such as printing things for the packets beforehand). If you would like to volunteer to help with an occasional project for even an hour or two, please call Mary a day or 2 before. Thanks very much!!

IT'S SUMMER – BUSINESS AS USUAL By Jan Orlando

Here are few of our summer happenings to keep you up to date...where do I start?

- ~The Peace Lake alligator was removed. He thought he was a turtle since he was being fed along with the turtles. He was becoming aggressive so a professional trapper removed him.
- ~A BIG thank you to Gary Jones for monitoring the pool chemicals and helping with building AC programming, and the new door project.
- ~The new automatic sliding doors were installed in the Activities Building and in the Clubhouse. There was some structural damage to the frame around the Clubhouse doors which necessitated installation of new framing. We passed building/structural, fire and electrical inspections with flying colors. Everyone has been impressed with the doors which make ingress/egress so much easier. They are also very attractive and lighten up the appearance.
- ~The stucco exterior of the Activities Building was painted where the trim was removed.
- -A narrow (2 foot wide) white clam shell awning has been ordered from AMS to protect the automatic door sensor over the Activities Building.
- ~The canal bank erosion was repaired by Thor Guastella & Ray Fuschino. They installed weed block, and rip rap which now extends to the maintenance shed. Thanks for an AMAZING job!
- ~The flags and rope were replaced at the park entry and in front of the Clubhouse as needed.
- ~The backhoe was out for service and the starter was replaced.
- ~The Clubhouse kitchen steel door was replaced and it has been painting.
- ~The Clubhouse awning was resealed & repaired by Landis Aluminum.
- ~The 2 broken benches at Peace Lake were replaced with new concrete benches, and a concrete pad will be poured by volunteers.
- ~It has been a challenge keeping up with residents' yard maintenance due to the tremendous amount of rain. Lawns require weekly mowing over the summer months to keep up the park's appearance. Thank you for your consideration.
- ~We look forward to the September Hamburger Luncheon sponsored by our Tool Club!
- ~A BIG thanks to Joe Flores for mowing the dog walk area!
- ~We are having our usual summer rains & thunder storms on an almost daily basis. There have been

occasional brief power outages.

~A water main was apparently run over at the corner of Forest Park Drive & Shrub Lane S. causing a break in the pipe. The folks on Timber Lane N. & S. and Shrub Lane N. S. were out of water for 5 or 6 hours. They received a 48 hour boil water notice.

~ The wiring and electrical boxes were replaced at the Gazebo. The wiring had deteriorated to the point that bare wires were showing through. All wiring was done by a certified electrician. The lighting and the fountain are on timers. The Gazebo lighting will be on from dusk to dawn since the area is so dark. It is low voltage and the estimated cost is \$.02-.04 per night. (A new fountain pump was installed previously.)

~ THANK YOU to Robyn Johnson and her crew, including Teresa Jones, Nick and Jonie Emery, Verland West, Duke Johnson, Marilyn Rich, Mary Powers, Mary Beth Schleter, Kelly Spencer, Randy Gerdes, Betty Ann Wetherbee, and everyone else who helped. Everyone raved about the food and the building was left spotless!

~Thank you to the gals who have offered to volunteer in the office: Jonie Emery, Robyn Johnson, Gail Rispoli, Peg Baker, Teresa Jones. We could not manage without our tireless volunteers! Thanks to all who helped out!

Looking forward to more "peace and quiet" over the summer.

JOB WELL DONE!!

Kudos to Thor Guastella & Ray Fuschino for the excellent job on shoring up the eroding canal banking with rip rap! They said Wes was there to supervise...just kidding of course! The rip rap now extends from the canal at Forest Park Drive all the way to the maintenance shed. Good job!







MARK YOUR CALENDAR!!

The tool shed will be having a Labor Day hamburger dinner on September 4th from 1-3. The menu will be hamburger, baked beans, potato salad, coleslaw, dessert, tea and coffee. There will be music, door prizes and 50/50 drawing. Tickets are \$7.00 each and will be sold on August 20th and 27th at the clubhouse from 1-3. We will only have 150 tickets for sale so mark your calendars!!

NEWSLETTER ARTICLES

By: Julie Seubert

All articles should be sent to Julie Seubert at: fpsocialnews@gmail.com by the 12th of each month for the following month's newsletter. I would appreciate you writing your information in the email in place of an attachment, if possible. Any questions or concerns please email me at the above address or call me at715-571-4246. Please remember the newsletter continues to run every month all summer long. 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 Activity Building. They will not be delivered to your home during the summer months, so don't forget to stop and pick up your copy. Enjoy your summer, travel safely, we will be looking forward to seeing you in the fall.





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 following 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 603-440-5122.





FAST is an acronym used as a mnemonic to help detect and enhance responsiveness to stroke victim needs. The acronym stands for Facial drooping, Arm weakness, Speech difficulties and Time to call emergency services. Facial drooping: A section of the face, usually only on one side, that is drooping and hard to move.



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IRS IMPOSTERS DON'T TAKE SUMMER BREAK

IRS imposters are at their old game—but with a new twist. The IRS reports that this current scam is being reported across the country.

How It Works:

- Scammers call taxpayers to claim the IRS has already mailed them two certified letters about an outstanding tax bill, but the letters were returned as undeliverable
- The scammer threatens immediate arrest unless the tax bill is paid using a prepaid debit card.
- The scammer falsely contends that the prepaid debit card is linked to the IRS' Electronic Federal Tax Payment System (EFTPS).

What You Should Know:

- The IRS and its authorized private collection agencies do not accept prepaid debit cards, wire transfers or gift cards as forms of payment.
- It's a scam if you are threatened with arrest for nonpayment.
- The IRS will not direct you to pay through a third party. Tax payments should only be made payable to the U.S. Treasury.

What You Should Do:

- If you are in doubt about whether or not you owe taxes, contact the IRS at 1-800-829-1040.
- If you don't owe taxes and get a call like this, hang up immediately.
- Report IRS imposter scams to the Treasury Inspector General for Tax Administration online or by phone, 800-366-4484.

When it comes to fraud, vigilance is our number one weapon. You have the power to protect yourself and your loved ones from scams



Just a friendly reminder...when you leave the pool, please close & tie up the pool umbrellas so they do not break. Thank you.

Don't forget!

NO SOLICITING

Forest Park has a clear non-solicitation policy posted at the front of the community. However, there are several companies that persist in soliciting our residents. Unfortunately, there have been situations where residents have been taken advantage of by solicitors.

The most frequent violators include companies which sell water/water purification systems, tree trimming services, telephone/cable/internet services, and air conditioning companies. These companies may offer free services, such as water quality testing, A/C check, etc. Another tactic they employ is implying that they provided a service in the past to you or to your neighbors, or that they are conducting a survey.

Residents are encouraged to never open the door if you do not recognize the individual. Tell the individual through the window that they are trespassing and must leave immediately. If they do not leave, please call the Lee County Sheriff (non-emergency number) at 239-477-1000. The Sheriff will come out and escort them off of the property.

FOREST PARK WEB SITE:

By Jan Harmon

If you have access to the internet via any electronic gadget you will want to be sure and bookmark our Forest Park site. Since our Newsletter goes to press early in the month there are changes in events and dates on the calendar page that are incorrect when you receive the latest addition. Gail Ford always keeps the Newsletter that is on our site (http://www.forestparkonline.com/calendar/default.html) up to date. Check this page often to be sure you have the latest information.

Other information available there includes many documents and forms of interest to our residents. I have just added a new link called "FORMS" on the navigation list. A lot of the forms and information you need for the park are included there. Of interest is the new VOICE link to the Lee County Sheriffs site and to the form you

need to fill out to have your home observed during your absence, either for vacation or for the summer. This year it can only be done on line, not via a paper filled out in the office. Here is the direct link to that form: #http://www.forestparkonline.com/Documents/Forms/VOICE%20 Vacation%20Home%20Form.htmHowever, you will find it much easier to go to the Forms page and click on the link, which will bring up the page in your web browser to fill in and electronically file. All of our Membership and Board meeting minutes are included under the DOCUMENTS listing. If you want to know what is going on in your absence, be sure to check out those pages. If you need to contact any of our board members, their information can be found on the CONTACT Page.

There are many clubs listed under the ACTIVITIES link which includes a page dedicated to all of the Forest Park clubs and activities, however it has not been kept up to date, as those who are in charge of these events have not given me any new information. If you are an officer in any of the clubs or have charge of any event, I can give you a direct link to that page in order for you to keep it up to date. This is a great way to keep others informed of your activities. If you would like more information on doing this please contact me at webmaster@forestparkonline.

Our Photo Gallery has images of most of our activities. You can even print or share any photo you would like from that page. Enjoy seeing what your neighbors and friends are doing.

Of interest to those looking to live in Forest Park there is a CLASSIFIED page listing all For Sale, For Rent, or wanting to rent. Be sure to point anyone interested in living here to that page. It is updated weekly.

To those leaving for the season, be sure to stay informed by reading the latest newsletter on the NEWS link at www.forestparkonline.com and have a happy and safe summer.

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 temporary resident and don't want any stickers on your window, them scotch tape it there while you are here.

August Birthdays

Mary Ann Durden 1 Patricia Schuren 7 Gail Ford 8 Sandra Eckels 9 Ann Teal 10 Janice Harmon 15 Janice Arthur 16 Bob Carson 16 Norman Reekie 17 Duke Johnson 18 Judy Birkhead 21 Gail Lang 24 Connie St. Jean 26 Cheryl Dillow 27 Ron Rizas 29 John Gestro 31



Farewell:

Renee Aronson Helen Bartley

New residents:



William & Irene Almeida, 5191 Forest Park Drive from NY Gary P. Ligotti & Cheryl Dillow, 506 Blossom Ct. from OH Tony & Karen Nash, 820 Hollyberry Ct. from KY

If you would like to include your birthday or anniversary in future newsletters, you may email the date(s) to the office at fppoainc@gmail.com

FOREST PARK VISITORS WRISTBANDS



Visitors unaccompanied by Forest Park residents must wear wristbands when using park recreational

facilities (pool, mini-golf, etc.). The wristbands are now available in the park office (2 per family and additional bands may be requested). The bands stretch but if they are not large enough you may pin them to clothing, attach them to a key chain or just bring them along.

Please remember that all owners are responsible for their visitors who must comply with all Forest Park Rules & Regulations. Thank you for your anticipated cooperation to assist in maintaining the security of our park.

Use Caution in Hiring Contractors!

When you need to hire a contractor for work on your home (roofing, home repairs, lawn maintenance, etc.), ask the contractor to provide copies of their business license and insurance. This protects you in the event that the contractor is injured on your property. Also ask the contractor to provide references. Get cost estimates and warranties in writing, and do not make final payment until the work is complete. There is a Resource Book in the back of the Clubhouse which contains listings for many different types of contractors. You may also check Angie's List, the Better Business Bureau and other online rating sources. A simple Google search on the business name may provide additional information. Pease ask any outside contractor to stop by the office to register and provide copies of their license and insurance. Better safe than sorry! For more information on Florida consumer complaints, visit:

http://www.stateofflorida.com/Portal/DesktopDefault.aspx?tabid=57

BID EUCHRE

By Madeline Preston



Needed: More Players

We play Bid Euchre every Saturday Night at 6:30 PM in the Activities Building. There is a Signup sheet in the Activities Building on the cabinet near the Water Machine. Please sign up if you anticipate playing on Saturday Night. We would like to have more players join us.

BINGO

By Anne Domingos

Please joins us on Tuesdays at 6:45 for 7:00 pm 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. There is a new addition to our BINGO games. You put a quarter into a "money ball pot." The first number called is the "special number" so that if you bingo on that number, you will win the money that has been collected in the money ball



pot plus the money that is allotted for the game that you won. If the money ball pot was not won, the amount is saved from week to week until someone is the winner. Come and Enjoy Playing Bingo!

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





FRIDAY NIGHT BRIDGE

By Trish Tegeler

We are playing bridge every Friday night in the Club House. If you are interested in playing there is a signup sheet in the club house. Please put your name and phone number on the sheet or call Trish Tegeler at 239-567-0148.

HAND AND FOOT CARD GAME

Join us on Sunday nights at 6:00 pm in the Clubhouse for the "Hand and 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.

MEXICAN TRAIN DOMINOES

By Sheila Fitzgerald

We play Mexican train dominoes on Monday morning at 9:00 at the club house. Everyone is welcome to join in. It's an easy game to learn if you have never played and we have a lot of laughs as we play. We would love to have some new members join us.

Also, I have had a request from two people recently to look into starting a second group that would play at 10:00 rather than 9:00, so they can get their morning exercise or swim in before the game. We would certainly consider this if there is enough interest.

We're a very informal group, with no permanent commitment required. Just come by on any Monday morning and give it a try.

KARAOKE MONDAYS

By Robyn Johnson



Karaoke will be held on the first and third Monday of each month during the summer. Music starts at 6:00 p.m. Come on out if you are a star (or just think you are!)

We will not be having Hot Dog Dinners during the summer months.

LADIES BIBLE STUDY

By Laura Esters

The Ladies' Bible Study Group meets weekly on Thursday mornings from 10:00 A.M. to noon. Our members are women from various churches and/or denominations. We have refreshments, a time for sharing our concerns, prayer and a study, which is taught from both the Old and New Testaments by Laura Esters.

As so many new folks have moved into our park, we believe it is important to let our residents know about this activity as well as all the other organizations that the park offers. We do not espouse any specific theology, but are a group of Christian women who enjoy making friends, encouraging and supporting each other as the needs arise, and learning about the Bible.

During the months of November to April we meet at the home of Reva Doliana, 849 Hollyberry Court. From May to October, Waneta Schafer opens up her house to us at 344 Shrub Lane S. Just come to the door, and walk in--we'll be glad to welcome you! If you have any questions, please call Reva at 812-322-3986, Waneta 239-219-7593 or Laura at 239-210-8010.



HEALTH AND WELLNESS

By Julie Seubert

Continuing my article on "Worst Food Additives You Need to Stop Eating Now" – This month's additives are SODIUM NITRATE AND SODIUM NITRITE; AND BHA (BUTYLATED HYDROXYANISOLE) AND BHT (BUTYLATED HYDROXYTOLUENE). Big words and if you can't pronounce them, you shouldn't be eating them in your foods.

SODIUM NITRATE AND SODIUM NITRITE -- These sodium additives are mainly used as food colorants and to prolong the shelf life of meats, such as sausages, bacon, and hot dogs.

The bad news is that when they mix with your stomach acids, they form nitrosamines, which are potent cancercausing cells linked to bladder, esophageal, brain, stomach, and oral cancers. Common side effects can include nausea, vomiting, headaches, and dizziness. You should better opt for meats that are additive-free.

BHA and BHT – Antioxidants are known to be highly beneficial, right? Wrong, at least not in this case. BHA and BHT are antioxidant preservatives used in chewing gum, potato chips, and cereals to prevent them from going rotten. Although the Department of Health and Human Services had announced them as known carcinogens, the FDA still allows them for some mysterious reasons. BHA and BHT have extremely negative effects on appetite and sleep and were linked to behavioral problems, hair loss, kidney and liver damage, and cancer.

THIS MONTHS RECIPE

This is one of my favorite summer recipes. If you have a favorite recipe, please send them to me at <u>fpsocialnews@</u> gmail.com.

VEGIE SALAD

1 large head broccoli – cup-up
1 large head cauliflower – cut up
bacon – fry and crumble
salted sunflower seeds
1 med red onion, chopped
Can add chunks of cheddar cheese
Dressing: 2 cups light miracle whip

2 Tb apple cider vinegar ½ cup milk 6 pkg – Stevia (Pure Via)

Mix and chill before serving. Enjoy.

AUGUST FUN FACTS

The 8th month of the year is an outstanding one

- 1. The birthstones for August are the peridot and the sardonyx.
- 2. The zodiac signs for August are Leo (July 23-On 22) and Virgo (August 23-September 22)
- 3. The birth flowers for August are the gladiolus and the poppy
- 4. On August 1, 1876, Colorado, also known as the Centennial State, became the 38th state of the United States
- 5. On August 2, 1909, the Lincoln penny was issued.
- 6. On August 3, 1492 Christopher Columbus set sail on his first voyage across the Atlantic.
- 7. During the Civil War on August 5, 1864, the Battle of Mobile Bay was won by the Union forces.
- 8. On August 6, 1926 Gertrude Ederle successfully swam the English Channel.
- 9. On August 6, 1945, the first atomic bomb was used in warfare on Hiroshima, Japan.
- 10. On August 7, 1942, the U.S. troops landed on Guadalcanal in the Solomon Islands during World War II.
- 11. On August 9, 1974, Richard M. Nixon resigned from office, making him the first United States president to ever resign from office.
- 12. On August 12, 1877, the phonograph was invented by Thomas Edison.
- 13. On August 12, 1898, Hawaii was annexed by the United States.
- 14. National Family Fun Month
- 15. National Peach Month
- 16. National Golf Month
- 17. National Picnic Month
- 18. Romance Awareness Month
- 19. Friendship Day first Sunday of August
- 20. August 26 Women's Equality Day



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August Word Search

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R	G	Υ	L	S	S	Ε	С	С	Α	G	G	Α
Е	R	Χ	Α	Υ	Ε	Т	R	L	Α	U	R	R
L	Е	Α	Т	Т	Т	Ε	U	R	1	Е	D	В
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Ν	Т	Α	В	С	Н	G	Ε	0	Y	J	В	R
1	Т	G	Α	1	Ν	D	U	s	Т	R	Υ	Н
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Р	Т	Н	K	Т	s	Ε	Ε	U	R	Α	Е	Р
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absent	dear	garage
access		great
adventure	edible	guide
appliance	electricity	
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	opera	taste teacher
	•	teacher
	opera plant	teacher through
	plant	teacher
	•	teacher through tier
	plant	teacher through
	plant reach soul	teacher through tier
	plant reach soul sprinkler	teacher through tier
	plant reach soul	teacher through tier valley
	plant reach soul sprinkler	teacher through tier valley
	plant reach soul sprinkler stall	teacher through tier valley



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Charles Perry \$10	Discount & Computer Repairs
Clifton Haseltine \$10	Suncoast Auto & Tire, Inc.
Charles Parker \$10	Rod Runners, Inc.
Dan Baldassi \$10	
Stan Dewey \$10	Modern AC & Appliance Service Co.
Lynn Rasmussen \$10	Doll Brothers Carpet Cleaners
Michelle Smith \$10	ASC Aluminum Specialty Contractors
Ralph Lamontagne \$10	E & E Gliddon Air Conditioning, Inc.
Junior Carden \$10	Natures Resource Pest Control, Inc.
Charlotte Kuropatwa \$10	Habitat for Humanity South Sarasota
	Drawing Date - 6/12/17

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BONDED

August 2017 - FOREST PARK

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