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# FOREST PARK NEWSLETTER

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February 2010



Don't forget **your** "special sweetie" on Valentine's Day.

*HAPPY VALENTINE'S DAY FOREST PARK*

## **KOFFEE KLATCH**

Free coffee and donut in the Clubhouse for every resident. The speaker will be a neighbor, Bayshore Nursery, on Bayshore Road. Bring your questions about your landscaping problems. Our host this month is the Book Club.

As always, we will have a 50/50 draw, so bring your "lucky bucks."

Delores Holmes

## **HEALTH AND WELLNESS**

The blood drive was a great success! Fourteen pints of blood were donated. Thank all of you who came out.

Remember the blood pressure clinic is on the 4<sup>th</sup> Thursday of each month. In February it will be the 25<sup>th</sup> from 9:00 - 11:00 a.m. Please come and join us.

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## **SENIOR SERVICES COMMITTEE**

The newly formed Senior Services Committee has joined forces with the Health and Welfare Committee. The goal of the Senior Services Committee is to evaluate the needs of our residents, resolve those needs or refer folks TO the proper sources. Committee members are Nancy Cooper, Nancy Lawrence, Carol Warner, Madeline and Ray Preston.

Alternate members are Mary Gibson, who will coordinate all health issues, Tom McLain II who will serve as a resource agent and Una Preston.

The first task of the committee is to make certain all residents have correctly completed the ***File of Life*** and have it displayed on the refrigerator. EMTs and hospitals tell us the ***File of Life*** information makes their job much more efficient when dealing with emergency calls. To accomplish this task, "Block Captains" will be visiting each house starting the first of February. These captains will be available to answer any questions you may have and offer you assistance completing the form. Please take the time to speak with the volunteer when he or she comes to your door.

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***ONCE AGAIN IT IS TIME TO SAY GOODBYE***

On behalf of the residents of Forest Park, I would like to extend my sympathies to the family and friends of Cornelia Bailey and Doug Miller who passed away recently.

Also, we have been advised Donnie Kelly (former resident) passed away in December '09. Cards may be sent to Marion Kelly, 65 Piper Ave., Sayre, Penn. 18840.

***THANK YOU***

We would like to Thank the Northeast and Social Club for the nice fruit bowl. It was greatly appreciated. Thanks for caring and thinking of us at this time.

Also, thanks to our wonderful friends of Forest Park for the lovely cards, donations to Hospice, and the many, many words of kindness in the loss of our mother.

Josephine Clanton  
Patricia Dodd  
Betty Campbell

***UPDATES FOR YOUR 2009-2010 RESIDENT DIRECTORY AS OF JANUARY 20***

<u>Change</u>	<u>Address</u>	<u>Old No.</u>	<u>New No.</u>
Abbott, Ken & Judy	5330 Forest Park Dr.	543-4432	543-4585
Burgess, Gary & Marie	Phone directory left out Gary's name		
Egan, Leonard	5131 Forest Park Dr	230-405-0419	239-223-0112
Estes, Dr. Joshua & Laura	340 Shrub Lane N.	239-405-0453	
Goudy, Sharon	762 Knotty Pine Cr.		512-590-9465
Goudy, Keith	762 Knotty Pine Cr.	543-9770	No change
Perkins, Judy	231 Shrub Lane N.	239-745-8541	543-4432
Ullrey, James & Marilyn	832 Hollyberry Ct.	239-327-4369	269-352-4369



Safety first – always walk facing traffic. If walking at night, make sure you have a flashlight with you so our drivers can easily see you. Wear light colored clothing.

**MICHIGAN /CANADIAN CLUB**

The Michigan-Canadian Club will meet Thursday, February 4 at 5:30 in the Clubhouse. Pizza will be provided; there will be a \$2.00 per person charge. Sign-up sheet for dessert and salad will be in Clubhouse. An outing for late March will be discussed.

The wine and cheese party was a great success with 55 people in attendance. Special thanks to all that helped out.

Lou Smith, President Michigan Club

**NORTHEAST CLUB**

Northeast Club Game Night/Pizza Party will be held on Monday, February 8 at 6:00 p.m. Tickets are \$2.00 each to cover the cost of pizza. Please bring your own beverage and a board game, dice game etc. to play with some friends. Tickets may be purchased by calling Roberta Allen at 567-2635. Members and guests are welcome.

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Join the Northeast Club on their trip to Tarpon Springs on Monday, March 15. Trip will include a live sponge diving exhibit, a visit to the historical St. Nicholas Greek Orthodox Cathedral, time for lunch on your own and shopping in the specialty shops. Trip will conclude with a stop at Castle Winery for wine tasting and snacks. Cost of trip is \$60.00 p/p. Motor coach will leave Forest Park at 7:30 a.m. and return at 9:00 p.m. Sign-up for all Forest Park residents and guests after February 8. Call Joan King at 567-0606 to reserve a place.

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**Update on Memory Tree**

There are three more donations to the Memory Tree Fund; a large tree was given in memory of Harry and Avis Mabry, a flowering tree given in memory of Tom McLain and a monetary donation made in memory of Eric Elliott.

**OHIO CLUB**

The Ohio Club will meet Monday, February 1 at 6:00 p.m. in the Clubhouse. We will be serving chicken and biscuits, salad, dessert and beverage. There will be a cost of \$2.00 per person collected at the door. Bring your sweetheart and join us. Bring your own table service as well.

We will also be collecting dues, \$2.00 per person, since we had such a small group at the January meeting.

I would like to thank everyone that helped make the New Year's Eve Dance a great success. A good time was had by all.

Submitted by Rita Booth

### **F.P.P.O.A. NEWS**

#### *Letter from the President Becky Conrad*

Thank you for your confidence in electing me to be in charge of many issues in this Park. As I said before, this is a huge challenge. We are building a team together to run this Park. I am only one person. WE are a Team of 12 people.

It is going to take a lot of help from everyone in the Park. Some of you will say I have done my part and I am too old. Wrong!!

When you get up please push your chair up to the table. That is a big help and anybody can do it. Please turn the lights out in the room when you are the last to leave.

All of the above helps Forest Park immensely.

I am learning that we cannot have everything done by January 31. So, on to February charging ahead full bore.

#### **Synopsis of FPPOA Board of Directors Meeting held 1-21-2010**

**By: Sharon Goudy, Secretary**

President Becky Conrad opened the meeting with a welcome to the new officers and members of the Board of Directors. Becky's message to the Board was one of working together as a team and promoting clear communication between the Board members and the General Membership of FPPOA.

Two FPPOA Members asked to speak to the Board.

1. Bud Eckert requested permission to install a shed on his property. Proper documentation was presented and the Board approved the installation of the shed.

2. Ike Zietler asked the Board to investigate options for a possible expansion of the pet sections in Forest Park. The Board will investigate the issue.

Sealing of streets was discussed and bids will be sent out. New "SLOW" signs have been ordered and will be installed soon in high traffic areas. The organizational chart of committees for 2010 was approved and will be posted in the clubhouse. Bocce court repairs were approved. New tree cutting contractors will be sought in April. Shari Lentz is the new person working in the park office. Drop by the office and introduce yourself. The mediation committee reported that all issues have been resolved and no new ones are pending. The WIFI committee reported that new radios have been installed and another line will be added to enhance the system. Security in the RV area was discussed.

Those are the highlights of the Board Meeting. A full set of minutes will be filed in the Park Office and will be available, within a couple of days of each Board Meeting, to the membership to read.

There will be two board meetings held in February and two in March and maybe two in April if the issues warrant. The next Board of Directors meeting will be held on Thursday, February 4, 2010 at 9:00 a.m. in the activities building.

#### Treasurer's Report

These statements indicate cash, or cash-equivalents, (CDs, money market)

#### Financial Summary For December 2009

Balance @ start of month	419,245.31
Income	35,690.77
Expense	-20,977.25
Net for month	<u>14,713.52</u>
Balance @ end of month	433,958.83

Note:

The large net for this month was largely due to maturing CDs and a new membership.

#### Financial Summary for Year 2009

Balance @ start of year	335,690.08
Income	406,085.71
Expense	-307,816.96
Net for period	<u>98,268.75</u>
Balance @ end of year	433,958.83

Note:

This year we achieved our goal of having a fully-funded reserve fund. At the same time we reversed the trend of increasing operating expenses, (which doubled from 2002-2008, but decreased in 2009).

The unusually large other income amount was due to ~ \$14,500 insurance payment relating to the activity building water tank failure.

### *Forest Park WiFi Summary*

2010 January 17

We are using the best technology currently available to us, but we are constantly looking for improvement. Because of radio noise problems, the units transmitting from the RV area were replaced late last year, and by the time you read this, the main radio units will have been replaced due to intermittent operation.

Park WiFi is subject to the laws of physics. Except for a circular area about 100' radius directly beneath the towers, if a wireless-equipped computer has unobstructed line of sight, (LOS) to one of the radio transmitters, it will be able to surf the web, and send and receive email. If a computer does not have unobstructed LOS, (i.e. if it is obstructed by metal siding or trees), it will probably not be able to surf consistently.

The Park radio units have been located so that they have LOS to an area a few feet above the roof of most Forest Park homes. Connection to the Park service can then be achieved with an outside receiver mounted where it can "see" the transmitting radio, and which then relays the connection by cable into the house. An outside receiving unit can also relay the connection indoors to a router, which in turn can relay the internet connection to a number of computers within the house.

Question check list and options for connecting:

Does my wireless-enabled laptop, or the antenna/receiver connected to my desktop, have unobstructed line of sight to the park's radio unit?

- If YES, you should be able to connect.
- If NO, because there may be some obstructions to LOS, like metal walls, trees etc., you probably will not be able to connect consistently or reliably. You will then need to set up a receiving unit several feet above your roof line where it can "see" one of the radios.
- Setting up these receiving units yourself takes some practice and patience, and some understanding of the interaction between the computer and the unit. The computer club is gaining experience in this area and can provide printed instructions on what to buy and where to buy it. The club, however, cannot assume responsibility for the installation, but will program the receiving unit for you and also provide written instructions. Our suggestion for mounting the receiving unit is to place it at the top of two, joined 10' lengths of 1 3/8" diameter fence top-rail tubing. These are available from Home Depot for ~ \$9/length. The cost of receiver, cable, pole etc. for self-installation is about \$100. A

park handy-man is ready to install such a pole, mount your receiving unit, and run cables into your house for a fee that will depend on the circumstances.

- The other option is to contact ETHX, the company that installed the Park system, who will install and set up a receiving unit for about \$250, or for \$300 with a router.

John Wright

### **ELECTION RESULTS**

President	Becky Conrad	
1 <sup>st</sup> Vice President	Lee Fisher	
2 <sup>nd</sup> Vice President	Jan Orlando	
Treasurer	John Wright	
Board of Directors		
	Don Griesey	Bob Dickerson
	Richard Gagner	Jim Ullrey

Congratulations to all the successful candidates and welcome back to some of our veterans. Good luck to all of you for your upcoming terms of office.

At this time I would like to recognize our outgoing Officers and Members of the Board for many hours of their time and input. It takes good volunteers to keep Forest Park running smoothly and your work is appreciated. Thank you.

### **NEIGHBORHOOD WATCH NEWS**

Thank you to Ken Warner, Ren Whitaker, Dan and Sandy O'Brien for taking over the neighborhood watch and security issues in Forest Park.

We met in the Clubhouse on January 6 as it was nippier and nippy outside the first week of January. We had about 30 people in attendance including two officers from the Lee County Sheriff's Department.

If you have heard it before you are going to hear it again. On the night of December 28 we had a potentially dangerous situation in Forest Park. Four men stole a car in Fort Myers and were apprehended on Hart Road. One ran and came into our park. PLEASE, when you hear the helicopter overhead DO NOT go outside and if you are outside please get inside. LOCK YOUR DOORS AND ALL WINDOWS. Hunker down and know your surroundings. The Sheriff does not send that thing up to look pretty. This man was a criminal and was seen on Hollyberry in two different places and running between houses on Palm Frond. We had 8 cruisers plus the K-9 dog in the park. Please don't go outside to see what is happening. This man would never have thought twice about taking a hostage. He was going to jail anyway so one more charge would not have bothered him.

We were very lucky no one in Forest Park got hurt.

You have chosen to move me on to other issues in Forest Park which I thank you for, but I will still be active with keeping Forest Park the secure park it is now.

Respectfully submitted by  
Becky Conrad

### **50<sup>TH</sup> ANNIVERSARY CELEBRATION**

On February 18, 2010 at 5:00 p.m. we will honor some of your friends and neighbors that have or will reach an important milestone in their lives this year, their 50<sup>TH</sup> WEDDING ANNIVERSARY! They are as follows;

PETE AND NANCY LAWRENCE  
BILL AND CARRIE McGINNIS  
DICK AND ANN TEAL,  
BERNIE AND VELMA WALTZ

Tickets will be available at the clubhouse on Sunday February 7, 2010, between the hours of 1:00 and 3:00 p.m., and also on February 14, 2010 at the same time and place. Ray and Madeline Preston will be issuing the tickets.

Get your group together early and plan your menu, tickets are limited. Coffee and iced tea will be provided along with cake for dessert.

Come join in the fun, maybe you know some spicy tid-bits about some of these people that could be shared with the MC for a little roasting.

The 50<sup>th</sup> Anniversary Celebration this year is sponsored by the Social Club and North East Club.

Marilyn and Lowell Noland, Chair people

### **CRAFT CLUB NEWS**

The Craft Club of Forest Park meets every Wednesday morning at 9:30 in the Clubhouse. Check the Bulletin Board for any changes.

We have many members who are willing to share their talents making wonderful items.

Join us & bring a friend with you.

We will be having one of our very popular " Hot Dog Dinners" (plus another choice) again on January 26 - **mark your calendar** !!!!!

### **PINE TREE KNOTTERS QUILT CLUB**

During the month of January each member worked on her own projects. There was time during each meeting to show off the lovely items. Members helped each other pin together many quilts. Most of our members have returned to Forest Park for the winter season.

Four lap quilts were given to residents of our park in December and January. Ruth Boys, Eric Elliot, Janet Rutledge and Karolyn Offerman were the recipients. They are sewn, and given, with the intent to comfort.

Our raffle quilt is ready and it is a beauty. Tickets are for sale from individual members and will be for sale at the next Hot Dog dinner on January 26. The drawing will be Sunday March 14.

Our Secret Pal Reveal luncheon will be held on Thursday, January 28 at the Twisted Lemon restaurant. We will meet at the clubhouse at 11:00 a.m. and carpool.

Gail Ford

### **MACHINE EMBROIDERY ARTS CLUB**

We are a group of sewing enthusiasts that are expanding our understanding of sewing machine embroidery. We meet the last Tuesday of the month at 10:00 a.m. in the Activities Building.

Every month we share a different technique and each project is designed to be completed in one session and can be simple, unique or challenging. We try to use supplies you already have in your sewing stash or can obtain inexpensively.

There is no charge and although the projects are designed to be embroidered, you need not have an embroidery machine to join us. If you are interested in purchasing an embroidery machine or already own one but would like to learn more, this is a great opportunity.

Instructor Host: Patty "Mac" McCoy  
Coordinator: Isy McLain

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### **FOREST PARK BOOK GROUP**

The Book Group will meet on February 26 at 1:00 p.m. in the Activities Building. In January we read and discussed "The Beach House" by Jane Green. At this writing the February title has yet to be announced but will be available by the beginning of February. Anyone is invited to attend the meeting whether you have read the book or not. If you would like more information or to receive a book, please call Joan King at 567-0606.

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### **RED HAT LADIES**

The Red Hat Ladies are going to the Amish Restaurant February 25.

We will meet at 10:00 a.m. at the Clubhouse to car pool. For further information contact Helen Beatty at 543-5040 or Brenda Palmer at 567-0527.

### **WOMEN'S CHRISTIAN FELLOWSHIP**

The Ladies' Prayer and Bible Study Fellowship would like to invite you to our non-denominational meetings on every Wednesday from 10:00 to 11:30 a.m. at the home of Reva Doliana, 849 Hollyberry Court. We are studying the Women of the Bible. For further information, please call Laura at 239-405-0453 or Reva at 543-1144. Please come and meet with us!

Laura Esters, Group Leader

### **AARP DRIVER SAFETY PROGRAM**

The national AARP Driver Safety Program will be offered in Forest Park on February 10 and 12 from 1:00 p.m. to 4:00 p.m. each day. The two day three hour a day classroom course is designed for drivers 55 and over and provides a review of driving skills and techniques for older drivers, as well as strategies and tips to help them adjust to normal age-related physical changes that may affect driving ability. After completing the course, participants receive a certificate which can be sent to their car insurance company. Most insurance carriers will grant at least a 5% discount on the policy for a three-year period. Those with non-Florida driver's licenses are advised to check with their insurance carrier to make sure the 6 hour Florida course will be honored.

The cost of the course is \$12.00 p/p for AARP members and \$14.00 p/p for non-members. This covers the cost of materials provided by AARP. If two people are listed on the insurance for any vehicle, both must take the course to get the reduction. Please call Joan King at 567-0606 to sign up or if you have any questions.

### **SOCIAL CLUB**

#### ***DANCE***

**Saturday, February 27  
7:30 – 10:30 PM  
Cost is \$5.00 per person**

**Mike Arnone will be our musical performer**

**He performs 50, 60's and 70's music  
There will be a liquor basket, a 50/50 drawing and gift certificates to be given away.**

**Host for the Dance is Bid Euchre**



**FOREST PARK RESIDENT  
CARPORT SALES**

**SATURDAY, FEBRUARY 6- 8:00 a.m. till**

This is the day when residents can sell your surplus things that you don't want. You can put them in your carport or on your lawn For Sale. Furniture, knick knacks, kitchen supplies, clothes, plants and handyman tools will be on sale. Take the time to meander around the streets and see what everyone is selling. One man's trash is another man's treasure!!

**SOCIAL CLUB MEETING  
Thursday, February 11 at 7:00 p.m.**

Every resident in Forest Park is a member of the Social Club. This meeting is where all events and activities will be discussed. If you have an idea for a new activity or another event; come and inform everyone at the meeting.

We will be selling **ICE CREAM SUNDAES FOR \$1.50** See you then

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**CLUB, SPORT and LEADERS MEETING  
February 25 10:00 a.m.**

There will be a club, sport and activities leaders meeting on February 25't at 10:00 a.m. in the clubhouse.

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**THANK YOU'S**

Our liquor for the New Year's Eve Basket and for the rest of the Saturday Night Dances this season has been donated by Becky Conrad. Thank You Becky.

**Hog Body's Restaurant** at 10440 Bayshore Road donated a gift certificate for the New Year's Eve Dance; also the **VIP Lounge** off Bayshore Road donated gift certificates to their establishment.

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Last month The Canadian Club thanked the members of the Canadian and Michigan Clubs for their help in putting up the Christmas Lights. On behalf of the residents of Forest Park, I would like to thank the members of the Craft Club for decorating the inside of our Clubhouse. Everyone did a fine job. Thank you.

**RECYCLE INFORMATION**

At the back of your Newsletter please find an up-to-date chart for our Blue Box Recycling Rules. Please post in your home in a suitable place.

**SPORTS CORNER:**

*Bocce:* Please note: Bocce playing begins at 3:00 p.m. each Monday and Thursday AND NOT EARLIER. Let's all have fun together. Everyone is welcome. Thanks for your cooperation.

*The Bocce Committee*

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*Shuffling:*

**Hi to all our faithful shufflers:**



We put on a "Hot Dog" luncheon - January 15 and held our 2nd "Ice Cream Shuffle" on January 29.

Remember our next meeting will be February 6 at 9:00 a.m. in the Activities Building. February 13 we will host a "VALENTINE BREAKFAST" from 8:00 – 10:00 a.m. in the Clubhouse. PLEASE BRING YOUR OWN TABLE SERVICE. Everyone welcome

Our Shuffle schedule for February is as follows:

February 3 at home with Poinsettia Park at 12:30 p.m.  
February 10 away at Cypress Woods at 12:30 p.m.  
February 17 at home with Tamiami Village at 12:30 p.m.  
February 24 away at Carriage Village at 12:30 p.m.

We also play at 10:00 a.m. on Monday, Friday & Saturday's. FUN NIGHT is 7:00 p.m. on Monday night - EVERYONE WELCOME EACH TIME WE PLAY!!  
Any questions call Ray Preston 731-0279

Ray Preston, Captain

*Golf:*



Ladies:Our Ladies League welcomes new golfers. Please don't hesitate, come out and join a good group of women and have some fun. Call Bev Benson for more information at 731-0085.

### **CHEF'S CORNER**

*I have two recipes this month that I hope you will enjoy*

#### **Chicken Marsala – Weightwatchers**

- 4 ¼ lb. thin-sliced chicken breast cutlets
- ½ tsp. salt
- ½ tsp. coarsely ground black pepper
- 2 tsp. olive oil
- 2 cups sliced fresh mushrooms
- 2 tsp. all purpose flour
- ¼ cup Marsala (red wine)
- ¼ cup reduced-sodium chicken broth

Sprinkle the chicken with salt and pepper. Heat the oil in a large nonstick skillet over medium high heat. Add the chicken and cook until cooked through, About 3 minutes on each side. Transfer the chicken to a platter and keep warm.

Add the mushrooms to the skillet and cook, stirring frequently, until browned, about 3 minutes. Sprinkle the mushrooms with flour, stirring to blend. Add the Marsala and broth; bring to a boil. Cook, occasionally, until the sauce thickens, about 3 minutes. Spoon the sauce over the chicken.

Per serving (1 chicken cutlet with ¼ cup sauce). – 164 Cal, 4 g Fat, 1 g Sat Fat, 0g Trans Fat, 66 mg Chol, 430 mg Sod, 3 g Carb, 0 g Fib, 28 g Pro, 17 mg Cal, POINTS VALUE - 4

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#### **Omelettes's in a Bag**

It's fun to put out a tray of ingredients such as Cheeses, ham, onions, green pepper, tomato, Salsa, etc. and guests individualize their omelette. Here's how it works:

1. Use a quart size freezer bag
2. Have your guests use a permanent marker and write their name on the bag.
3. Crack two large or extra-large eggs (egg beaters may also be used) into the bag (more than two does not work), shake and combine them.
4. Add the prepared ingredients of your choice and shake all together.

5. Make sure to get the air out of the bag.
6. Place the bags into rolling-boiling water for 13 minutes (exactly).  
Using a large pot, you can usually cook 6-8 omelettes. For more, make another pot of boiling water.
7. Open the bags, the omelette will roll out and plate it. Be prepared to listen to your guests gasp in amazement.

Carol Goans

### **COMIC CORNER**

**Residents: Once again I will remind you this is a Comic Corner and any joke or item in this corner is not intended to offend anyone.**

#### ***SPEEDING TICKET***

Did you hear about the 83 year old woman who talked herself out of a speeding ticket by telling the young officer that she had to get there before she forgot where she was going?

***MAKES PERFECTLY GOOD SENSE TO ME....***

\* \* \* \* \*

*DRUNK AND JUDGE*

A drunk was in front of a judge. The judge says, “You’ve been brought here for drinking.” The drunk says “Okay, let’s get started.”

\* \* \* \* \*

*LAUNDRY DAY*

Three Senior Citizens were at a local Laundromat – getting their wash done – then finishing it off in the dryer.

First senior citizen said – as she took her husband’s shorts out of the dryer – AH HA – BVD!

Second senior citizen said, as she took her husband’s shorts out of the dryer – OH BOY – Fruit of the Loom!

Third senior citizen said – as she took her husband’s shorts out of the dryer – OH MAN, OH BOY – BURGER KING!

The other two senior citizens came over to her – saying what the heck is this, explain, your husband’s shorts – BURGER KING!

The third senior citizen said – Oh man, Oh boy, I mean it – HOME OF THE BIG WHOPPER.

*Thank you for all your submissions, and **special thanks** to those who emailed their submissions to the Newsletter before the cut-off date. Please keep them coming and don't wait until the last minute if you can possibly help it.*

Keep Smiling- Pass it on and I'll see you next month

☺ **Marlene Boniface**  
**marleneboniface@yahoo.com**