

September 2024

www.forestparkonline.com

Forest Park Newsletter

Forest Park, N. Ft. Myers, FL
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www.forestparkonline.com

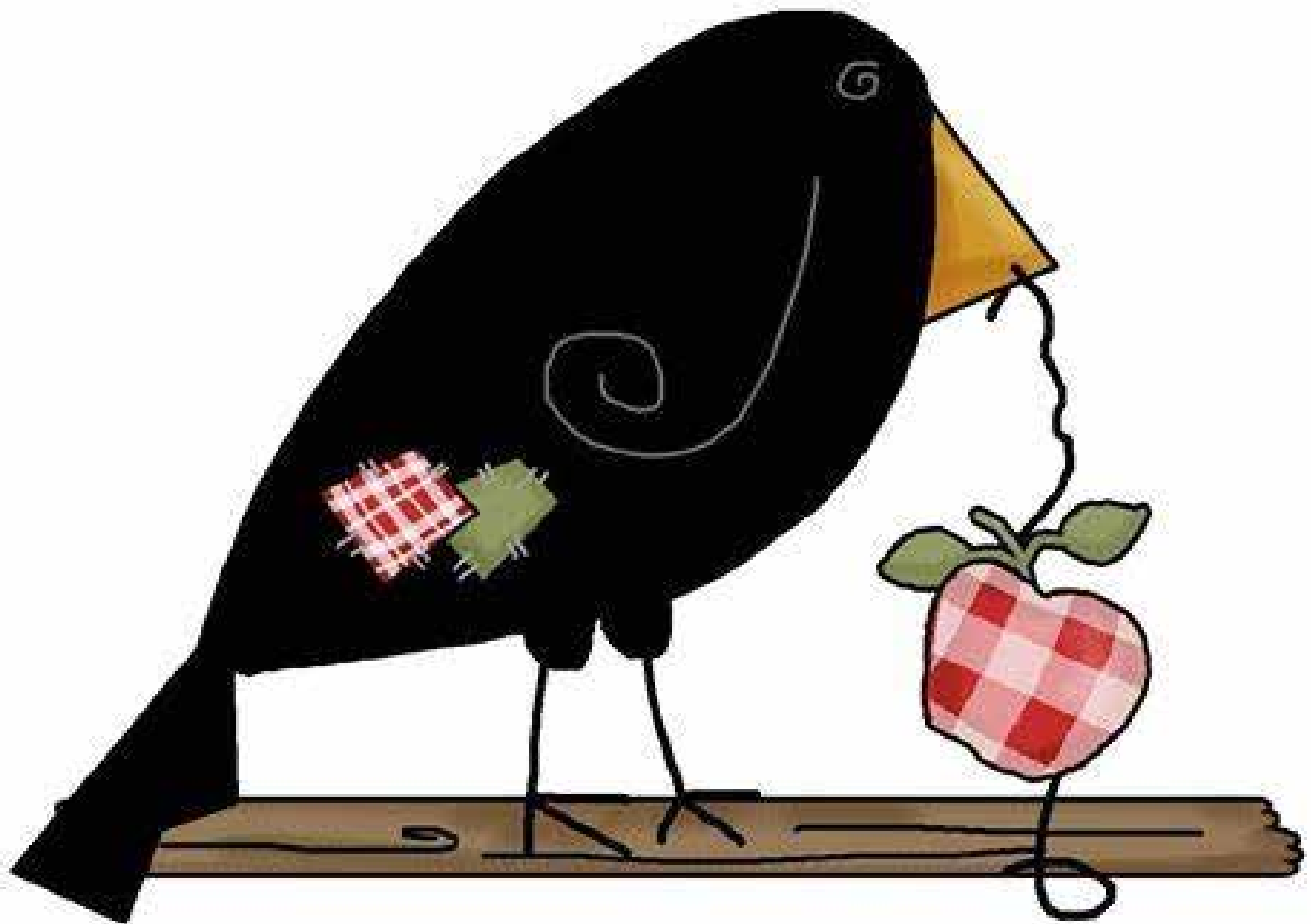


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LAWN MOWING HOURS



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June 1 - August 31st
8:00 AM to 10 PM
September 1st - May 31st

BINGO

By Anton Kothe

Bingo will be in need of a VOLUNTEER BINGO CALLER beginning in Mid October. If you are interested, please contact Anton Kothe at 804-240-0317 or Paula Chapin at 774-452-3813.



FROM THE PRESIDENT

Ken Parsels

What a last couple of months this has been for Joyce and myself in New York. Joyce had an accident on the morning of Saturday, July 20 by rolling out of bed. She struck the left side of her head on the nightstand. We went to the local hospital ER and were transferred to Elmira after a CAT scan showed bleeding between Joyce' skull and brain. She started getting a severe headache after noon and having seizures. This required emergency surgery to relieve the pressure Saturday night. They had to remove a portion of her skull to remove a blood clot and relieve pressure. She did well on the 21st, having ice cream for breakfast and resting all day. Monday morning she had a sneezing spell, took a turn for the worse with seizures and a raging headache. An MRI revealed an internal bleed in her brain, after which she required a transfer to Rochester for E.E.G. monitoring. Things were touch and go for a while, but "Joyce is a fighter," her words. After several days in the ICU Joyce was transferred to the neurology

floor for monitoring. She made such a miraculous recovery that after a couple days she was transferred to the rehabilitation unit. Again, Joyce excelled by working hard to regain her strength. She was released from the hospital in Rochester and flew back here to Forest Park on Tuesday, August 13.

We can't thank everyone enough for the thoughts, prayers, and cards while we were in New York, or our Forest Park friends for getting our house opened back up for Joyce' return. The outpouring of support through your thoughts, prayers, food, and assistance is truly overwhelming. From the bottom of our heart, **THANK YOU!!**

JOYCE and KENNY

RESIDENTS NEED TO REMEMBER

- **Speeding** – The park has many walkers and bike riders, please obey the speed limits. The speeding near the Pool, Pickle Ball and Clubhouse area has truly become a danger! Members pull in and out of the area regularly on golf carts and bicycles, they will have no protections against a speeding vehicle. **Throughout the Park our Posted Speed Limit is 15 MPH.**

- **Rolling through Stop Signs** – Each intersection is clearly marked; our park is **no different than a regular road.** The only difference is you could be hurting your neighbor or their family members. Take it easy and obey the Stop Signs.



- **Unattended Guests in the Pools** – Guests should have a **GREEN WRISTBAND** when using the pool, they should know your address when asked. Please be vigilant.

- **Unsightly Property** – Be proud of your home. Be courteous to your neighbors. Be safe with unexpected storms.

- **Forest Park Green Car Stickers** - Even though we are out of season, we still have night patrol in place to keep you and your property under a watchful eye. Cars on property without a green Forest Park Sticker on the back of the vehicle will be noted by the team and sent to the office. Stickers are available for FREE in the office. **Using the identifiers helps us know if we have strangers in the park. This is to protect all of us.** Visitors are required to have a sticker. If you don't want it stuck on your back window,



continued on page 5

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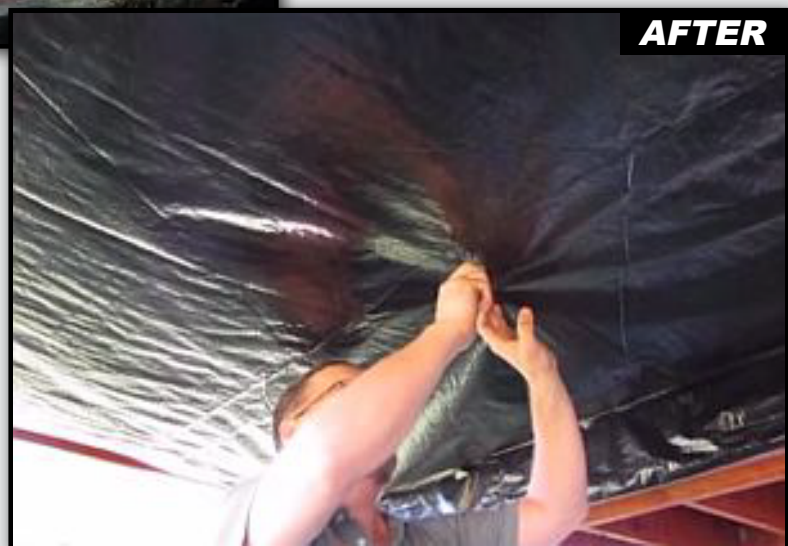
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tape it up on the inside. I see many vehicles without these stickers.

Late Trash Set Outs – All trash needs to be set out **before 7am on Tuesday**. Second rounds of trash pickup for late set outs are costly and really overworks our Maintenance Team if it gets too hot. Your trash can be put out the evening before if in a trash can.

• **Late HOA Fees** – Please do your best to send your HOA fee in by the 1st of the month. It’s also important to make your check payable for the **exact amount** of your HOA Fee rounding up or down adds additional work for our accounting team.

• **Quiet Time/Lawn Mowing** – Our rules for **In Summer Quiet Time** are **11PM to 7AM**.
Please be respectful of your neighbors!

Improper Use of Dumpsters

Dumpsters are **CLEARLY** marked. It’s dangerous for the Maintenance Team to climb into the dumpster to retrieve improperly dumped items.

Contractors working on your home are also required to take the debris with them off site.

The following rules still apply, **only household trash is allowed in the compactor, all cardboard should be set out on Friday for recycle, no horticulture, construction materials, or bulk items. The dumpsters are clearly marked. If the gate is locked, PLEASE lock the gate when you leave, to keep unauthorized people out of the R/V Park!! If you notice a vehicle in the R/V area, with out a green tree sticker, PLEASE notify the office or if after hours call a board member or the sheriffs office. These people are trespassing, leaving unauthorized refuse, and costing everyone in the park more money!!!**

Notice the RED BUTTON on the controller. This is for emergencies only. DONOT TOUCH THE RED BUTTON!!

BOARD OF DIRECTOR & GENERAL MEETING DATES

from the office

- October 17, 2024 Board Meeting 9 AM
- October 24, 2024 Membership Meeting 7 PM

General Membership Meetings - We are a membership community. Monthly General Membership meetings are

an important part of keeping our park a great place to live. Please make an effort to attend in person to help us meet our quorums for voting on issues large and small. If you can’t make it in person, please join us by Zoom so your voice can be heard and so you have a full understanding of any issues. Zoom can be done on your Smartphone, computer, or tablet, it’s very user friendly and it allows you to hear firsthand the strides made and challenges ahead to keep Forest Park a great place to live.



Volunteer – We need your help, please consider **volunteering** for the Board, a committee or just to lend a helping hand. It’s the skills that people bring that make us a great place to be! Your expertise could be exactly what we need to turn a needed project into something great!!!

SHUFFLEBOARD

By Bill Madill

We do need more Park participation next season in the fun sport of shuffleboard. Just try it ! See you next season (God willing)

Thanks again,
Bill Madill!



Line Dance Classes

By Ellen Heigham

We will start up again in October! I’ll have some new dances to try out! Line Dancing is a fun way to get exercise, stay healthy, and even lose a couple of pounds. No experience is required!

Ellen. 617-448-1748



HELPING HANDS

By Ellen Heigham

Even though I’m not physically in Forest Park , I have names and phone numbers with me so don’t hesitate to call. I apologize to some of the new people who have offered to help and I never reached out to you. I will have a meeting of interested helpers in the fall. We can create new lists and update the old. Until then, keep caring! God Bless!

Ellen. 617-448-1748



Forest Park Craft Club

By Valerie Trapp



Craft Club News. 

What fun we have in Craft Club. Creating art and crafts with bottle caps, sea glass, and shells. I have created a binder with the crafts/ art projects for the upcoming season. Our Annual Dinners: Christmas, Valentine's, Italian Night, and Spring



Luau are all planned, along with our wonderful centerpieces with materials on hand. Other art/ craft projects are ready for you to create during Season.



A new volunteer President is needed for Craft Club-who will step up? I have left all of it already planned for you. You will just need to execute the plan.

Even though my time was short being President of Craft Club, I sure have enjoyed teaching and creating art once again. Not to mention the cherished friendships I have made in Craft Club. I wish each of you well as Tony and I move from our home here in Forest Park in September. I'll be sure to come visit and may even be a guest teacher from time to time.

Valerie Trapp

Dog laws

Forest Park does not have a **Dog Walk, Run, or Park**. Florida law states that your dog must be on no longer than a six foot leash at all times. This is for the protection of our residents and other pets in the Park. Many of you have "adopted" feral cats. Have you had them neutered? While on night patrol I see many cats just running free in the Park. People who do not clean up after their dog, or are letting their cats roam free in the Park, are affecting the health of us and other pets. Who wants to step in dog or cat feces?

NORTHEASTERN STATES CLUB

By Nancy Cooper

Plans are in the works for another great season next year. Be sure to read about it in the monthly Newsletter and be on the lookout for ticket sales next November.

Pool Refurbishment Project – September

Update

By: Barry Siems



The pool is starting to look better already! The pool refurbishment project is progressing nicely. It was discovered the raised beam around the perimeter of the pool required more repair than expected. All four corners had to be rebuilt before applying the new tile. This repair was completed without impacting timing or the overall budget and the tile along with top cap is now installed. Also, some minor crack repair in the pool wall was completed during this time.



The fence has been removed to facilitate the paver work on the deck area. A temporary fence was installed during this time and residents are not allowed to access the area for your safety.

Demo work in certain areas of the deck is underway to build the zero grade transition points with the pavers along with the paver installation.

The inside finish of the pool will be one of the last steps. In the meantime, a new pool heater and chemical controller will be installed along with reinstalling the fence. Once the deck is completed with the pavers, the fence will be installed on top of the new paver deck.



The pool is scheduled to open up on October 14, 2024 with a Grand Opening Celebration. So far, the project remains on schedule and this date remains credible. In the meantime, we will keep everybody posted should there be any changes to the schedule.



Thanks to Nanette Gray, Barb Passos, Toni Foote, Mary Neidhart, Bob Charles, and Monte Johnson, for volunteering, and you for your cooperation as we execute this improvement to Forest Park.

Barry Siems

HAZARDOUS WASTE

Lee County has very strict regulations regarding hazardous material disposal. The Board voted to approve the initiative to have all residents place paint, pesticides, chemicals, fluorescent bulbs and gas bottles at the curb. Park employees will pick up these materials on regular trash pickup days and log them in. These articles will be stored and disposed of in the appropriate manner by staff members.

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Library News

By Maureen Hesketh

The National Geographic is always an interesting magazine to discover what lies beyond our Florida Borders. Stop in the library to check out the articles. You might learn something new!



It is never too late to plant some flowers to spruce up your yard. We have some books that may be of interest for you gardeners out there.



We also have some children's books for you to check out when the grandchildren are visiting. They may become bored after swimming, playing Shuffleboard, Minigolf, or Bocce Ball.

The Park formerly had a book club that met to discuss a book that everyone had read. If anyone would like to volunteer to head up a book club in the Park, please contact the Newsletter Editor at fpsocialnews@gmail.com or Nancy Cooper at 207-632-7544.

Maureen 508-962-5979

NEIGHBORHOOD WATCH/NIGHT PATROL

By Valerie Trapp

Please consider VOLUNTEERING for Neighborhood Watch/Night Patrol. It's only one night a month. If you are new to the park, or an 'old timer', feel free to pick up information and a volunteer form at the office, keeping a watchful eye on our park residents and residences.

Neighborhood Watch/ Night Patrol Volunteer Information Form

Thank you for volunteering to be a part of our Neighborhood Watch Team. I am very thankful for all of the volunteers here in Forest Park that help keep us safe and a watchful eye on things. As a volunteer you will patrol streets and check areas around buildings and pool.

Our presence makes a difference. Patrol times can be at your discretion: anytime after 11:00 p.m. to early morning hours. Some residents are night owls and patrol at all hours. Most evenings there are just rabbits and frogs hopping around. Sometimes a coyote, and sometimes a "visitor" is in the park that doesn't belong. You then call the police and report this.

A backpack is provided with a new flashing light for golf cart/car, magnetic signs, new flashlights, and information you might need. This is picked up and returned by noon each day to the office. Notify the office of any unlocked doors, street lights out, suspicious activities, and any problems that occur. So, if you can volunteer one evening a month, this is greatly appreciated. Just fill out the form and return to the office.

Neighborhood Watch Volunteers

By Valerie Trapp


Neighborhood Watch Volunteers

Hello! Thank you for volunteering for neighborhood Watch Patrol. Our residents greatly appreciate you and the time given to keep us safe.

Info you will need:

Sheriff # 239-477-1000



- Patrol Hours Suggested patrol hours 11:00 pm-1:00 am. But....to deter anyone, you may vary your hours. If you are a night owl, feel free to take a ride at any time during your assigned evening. You get to drive up and down each street, check the clubhouse and activity/ office doors, and surrounding outdoor areas.
- Sit at the entrance for about 15 or so minutes. Your presence makes a lot of difference to those driving, walking, and riding bikes on Hart Road. Our presence with that flashing light makes all of us feel safer.
- CHECK Doors at clubhouse, activity building, and pool restrooms. They automatically lock around 11:00 pm.
- BE SURE YOU PICK UP THE BACKPACK IN THE ACTIVITY BUILDING AND RETURN IT BY NOON THE NEXT DAY. INSIDE YOU WILL FIND A FLASHING LIGHT , NOTEBOOK, FLASHLIGHT, AND MAGNETIC SIGNS FOR YOUR VEHICLE, PLUS SOME INFO AND PARK DIRECTORY
- If you find doors unlocked, lights on, try to turn them off and lock doors. Sometimes the restroom doors are not locked. Go inside and lock the interior door. **NOTIFY THE OFFICE THE NEXT MORNING OF ANY ISSUES.**
- If any of the street lights are out, get the number on the pole, street, and closest house number and report this to the office.
- **NEVER CONFRONT ANY INTRUDER OR TRESPASSER... CALL THE SHERIFF**

IMMEDIATELY 🚔

Neighborhood Watch.

The Park needs a new Night Patrol Coordinator. Please consider volunteering as the coordinator for the Night Patrol/Neighborhood Watch. It is a simple, computerized, calendar program to add the names to the schedule. The schedule is all set for September. I have turned in all the info and the list of **volunteers** to the office.

I have felt honored to have been a part of this important job here in Forest Park.

THANK YOU FOR VOLUNTEERING 🚗

Valerie Trapp

Neighborhood Watch/ Night Patrol Volunteer Information Form

Name/s of team members _____

Address/s _____

Email address/es _____ \ _____

Phone #/s _____ \ _____

Preferred day to patrol:

S. M. T. W. TH. F. Sat.

Specific week of the month: 1st. 2nd. 3rd. 4th.

(I am trying to assign the same day each month- makes it easier for my husband and I to remember when it's our turn.).

Are you a Full Time Resident Or Part time Resident _____.

Months you are available and prefer to volunteer.

JAN. FEB. MAR. AP. MAY. JUNE. JULY. AUG. SEPT. OCT. NOV. DEC.

Any other preferences you may have? _____.

Thank you, Neighborhood Watch Coordinator

Notes of Cheer

By Robyn Johnson

If you're new here, Heather Flavin is the cheer person for Forest Park. Heather will send out cards to residents that have been ill, had surgery or have lost a loved one.



The Social Club provides the stamps, and they rely on residents to donate sympathy and get-well cards so if you have any to donate please let Heather know. Also, if you

know of any resident needing Cheer, please reach out to Heather or myself so she can send a card. Including the person's address is appreciated.

You may email Heather at tokentrespasser@gmail.com or myself at drjohns85@gmail.com



MARQUEE

Happy Autumn!

Cathy Holle is the Marquee lady If you need a notice placed on the marquee, please get in touch with her. It

has been a wonderful, busy season and the marquee has been busy keeping up with the activities. Check out the marquee regularly to know "what's happening" around here!

Enjoy Autumn!

Cathy Holle: 317-403-0137.



FOREST PARK WEBSITE

www.forestparkonline.com

By: Jan Provence, Webmaster

All residents that have a Member Share in our park may access the **Member's Only Pages** on our website. On these pages, you will find the latest information with the FPPOA board and member minutes, and many other documents that you will need to keep updated on our community. To receive a username and password, contact the FPPOA office. (fpपोainc@gmail.com) If you need further information, contact me at webmaster@forestparkonline.com.

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RV STORAGE PARK

BY TONY TRAPP

I have been busy checking items in the Storage Area to make sure they are licensed, tagged, and in movable condition. You will also notice new signage at your reserved spot. Remember to keep your info up to date and your item tagged, insured, and in working order. If you no longer need your spot, please let the office know. If you need a spot to store your RV, trailer, boat, etc let the office know so you can be put on the list. **IF YOU HAVE A BOAT, CAMPER, OR TRAILER IN YOUR DRIVEWAY OR YARD FOR OVER 24 HOURS; THIS IS A VIOLATION OF THE RULES & REGULATIONS THAT YOU AGREED TO WHEN PURCHASING IN FOREST PARK! PLEASE INQUIRE OF A SPACE IN OUR R/V PARK OR FIND A COMMERCIAL STORAGE AREA TO RENT.**

Tony Trapp 859-620-0519



letting us know if you would be happy to help in any way.
Nancy Cooper 207-632-7544

THANKSGIVING PLANS ARE UNDERWAY

Not too early to get started for Thanksgiving!

Looking for donations towards Thanksgiving dinner. The more we collect the less we will have to charge per person. If enough has been received then we could have another free meal.

Donations can be dropped off at 732 Knotty Pine Circle. If that doesn't work for you then give me a call 774-452-3813 and I'll go pick it up.

*Thanks so much,
Paula Chapin*

SOCIAL CLUB UPDATE

By Nancy Cooper



Social Club President Position Still Open

Hello, As I mentioned in the August issue, Denise Brewer has stepped down as Social Club President. **You are now without a President.** Please text me or contact another club officer if you are interested in **volunteering**. We have a great group of ladies to work with, but also need some gentlemen to step up and **volunteer!**

Looking for Team Members / Volunteers -

Remember, **everyone is a member of Our Forest Park Social Club.** When you purchase in Forest Park, you automatically become a member of the Social Club. Our Executive Committee plans the monthly entertainment, ice cream socials, Veterans day program and lunch for our veterans, along with other activities. We are strictly **volunteers** who live in the Park that want to have some fun things to do while we are here in paradise. We need a President to **volunteer** to lead our Club, more people to step up and become involved, the more **volunteers** we have, the more fun we will have.

Social club will also be starting a **volunteer sign-up sheet** available during Box Office hours in the fall for anyone interested in helping out before any event (simple food prep, ticket sales, table setting, decorating etc.--during event ticket collection, sales at the door) and after events (light clean-up). If you would like to **volunteer** to help at any one/or all please let us know by signing up or

NEWSLETTER ARTICLES

by Monte Johnson

All articles, news or photographs should be submitted to this email fpsocialnews@gmail.com **and are normally due by the 12th of each month** for the following month's newsletter.

Newsletter

Remember, newsletters are printed year-round for all residents and always available for snowbirds online. Printed Newsletters usually arrive by the end of the month and are available in the Clubhouse or in the Activities building. They are always available online a few days later. **Some months the Newsletter has more articles submitted, which may cause a favorite puzzle or Sudoku to be omitted for that month. These are fillers that the publisher supplies.**

EDITOR THOUGHTS

by Monte Johnson

The fall season is upon us. September has arrived. Last month I discussed the ongoing need for **volunteers**. We need **volunteers** to fill positions of leadership for the Social Club, Craft Club, NorthEastern States club, Park committees and the Board of Directors.

In October the budget will be presented to all association members for your perusal and approval in November. Did you know that our Reserves Account is less than 50% funded? That means that as repairs and replacements of our infrastructure and amenities come

continued on page 12

due, we may not have the necessary funds in the bank to pay for these repairs or replacements.

Our streets have not had any overlay since 2004. You may think the streets are in decent shape. But did you realize that our streets are an integral part of our storm water drainage system? All of our streets have cracks and delamination spots, but more importantly, the streets promote the proper flow of stormwater to our newly installed drainage pipes. The streets have been overlaid four times with one inch of asphalt each time. That means that all our streets are now 1" to 3" higher than most of the driveways in our park. Also, many of the cul-de-sacs are now higher than the driveways and flattened out. This is causing the water to back up into your **driveways and carports/lanais**. The most recent estimate to repair/rebuild our streets, by milling down an average of three inches and replacing with 2" - 2 1/2" of new asphalt was **\$830,000.00**. Our current reserve account has less than **\$800,000.00**, so obviously **this can't be done all at once**.

The banks of Hollyberry Pond and Peace Lake will need to have the unfinished banks reinforced with RipRap soon. Some areas have eroded to the point that there is not enough space to safely walk between the home and the bank. This will require a permit from Lee County to have this completed over a period of years, at an expense of tens of thousands of dollars.

Our 2004 Ford truck, 2007 John Deere Tractor/backhoe, and 2012 John Deere Gator are all reaching the end of their useful life. These items will all require tens of thousands of dollars to replace or overhaul.

The Parks Board of Directors and various Budget, Finance, Facilities Planning, and other committees will all have openings for positions to be filled in our November Elections and January committee appointments. We need **volunteers** now, more than ever, to step up and bring your knowledge and expertise to fill these positions of leadership for the Board of Directors, Committees, and other Clubs and organizations in Forest Park.

The Park needs **volunteers** to continue to be a self managed HOA. If we do not have enough **volunteers**, the alternative is to hire a **Certified Association Manager** to take over the day to day management of the Park, which will still require a board of directors. A CAM's **Manager** will cost over \$60,000 annually, money which the Park does not have.

For those of you that are interested, or need information about the opportunities to serve in Forest Park, please contact a current board member, or the office. All phone numbers are listed in the front of the Forest Park Phone directory. Let's all pitch in by working together to keep our park running smooth, and make necessary improvements. **The Forest Park Community has a strong history of community involvement and volunteerism. With teamwork we can accomplish great things!**


KARAOKE

Karaoke with Chris Tybor is held on the 1st and 3rd Mondays of the month, from 7-9 pm, BYOB and snacks. **Karaoke will return in October**. We need more talented people to come out and enjoy an evening of free entertainment with your friends in the park. A few years ago, there were hot dogs, hamburgers, chips, and baked beans available prior to the karaoke entertainment. Is there a group looking for a way to raise funds that would like to bring this back?

Come join in or just sit back and enjoy the songs.... All are welcome!



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Ludmila Kolomichenko	6
Dana Lee	6
Lori Waltz	6
Gloria Hartz	
David Carr	9
Micheline Pelletier	9
Edward Paskowski	12
Andy Fuschino	13
Paul Ehlert	13
Diane Goldsboro	14
Deanna Matheny	14
Marga Eads	15
Heather Flavin	15
Ramona Etoll	17
Mike Martin	17
Brian Eldridge	17
James Hamilton	20
Betty Campbell	21
Nancy Schepers	22
John Shockey	23
Linda Schaeffer	25
Cindy Trepanier	26
Johnny West	28
George Wolff	29
Paul Buening	30
Rick Rothmeier	30
Mark Carter	30



HAPPY ANNIVERSARY

Jessop & Sonya Marchbanks	Sept 4, 2022
David & Diane Layne	Sept 5, 1992
Terry & Mindy Reed	Sept 10, 1992
Frederick & Dawn Lawton	Sept 15, 2015
Dean & Linda Steffen	Sept 17, 1988
Wayne & Linda Meyer,	Sept 19, 1995
Max & Karen Moor	Sept 22, 2016
Dean & Shelley Hillman	Sept 22, 2007
Gregory & Sharon Pike	Sept 28, 1985
Frank & Paula Morris	Sept 29, 1973



WELCOME

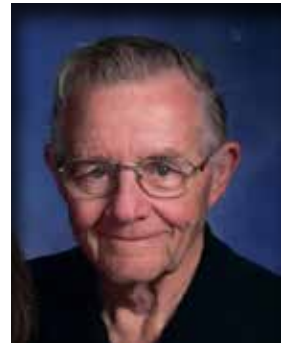
Mark & Linda Goosic, Mike Goosic 814 HBC
 Carrol & Patsy Provence 333 SLC



IN MEMORIAM

John H. Geppert II, (Jack)

John H. Geppert II, (Jack), age 90, a resident of North Fort Myers, FL, passed away peacefully on July 12, 2024. He was born on September 30, 1933 in East St. Louis, IL.



Jack is survived by his devoted wife of 65 years, Carol; his loving children, Jack Geppert, III, Linda Modersohn, Gregory (Deborah) Geppert, and Audra Rizzo; his cherished grandchildren, Tyler, Max, Zachary and Keegan Geppert, Garrett, Megan and Paige Modersohn, Lucas and Emma Rizzo; his dear sister-in-law, Mary (the late Don) Kosydor; as well as his nieces, nephews, cousins and good friends. He was preceded in death by his parents, John H. and Helen Rose Geppert.

Jack grew up in East St. Louis and was raised by two loving parents. He loved spending time outdoors, especially on his family's farm and enjoyed fishing and hunting.

He attended catholic schools and served as an altar boy. He loved playing sports.

He helped at his parents' bar, Geppert's Cottage, and spent a lot of his time enjoying the lake. He met his future wife through their parents.

He was drafted in 1956 into the United States Army as a MP in the city of Frankfurt, Germany. After his honorable discharge he returned home and proposed to Carol and they were married on April 12th, 1959 in (East St. Louis, IL). He began his career with the Social Security Administration – retired in 1995.

He was promoted and moved his family to Bolingbrook, IL in the late 1970's. They raised their family and enjoyed watching his children's sporting events, vacationing with his family, and allowing Carol to stay home and be the best wife and mother.

In his retirement he treasured time with his grandchildren, traveling and spending time in IL and winters in FL. He enjoyed visiting National Parks, many of the 50 states, as well as several countries in Europe. Jack spent a lot of his time gardening and harvesting the fruits of his labor - he was known for his giant avocados.

Jack made friends everywhere he went. He made you feel like an old friend within minutes and treasured that friendship from then on. He will be deeply missed by all who knew and loved him.

continued on page 14

Visitation was Thursday, July 25, 4:00-8:00 PM at the Overman-Jones Funeral Home & Cremation Services, corner of Routes 30 & 59, Plainfield. Private Services for immediate family only was held with interment at Abraham Lincoln National Cemetery, Elwood, IL.

Jack loved to play poker, give away his mangoes, and distribute the Newsletter on Shrub Lane. He will be greatly missed in Forest Park.

Betty Lucille (Otradovsky) Hult

Betty Lucille (Otradovsky) Hult, known affectionately as Betty Lou, passed away on July 19, 2024 in Omaha, Nebraska. She was born on April 22, 1941 in Plainview, NE. Betty's sense of humor and caring nature left an unforgettable mark on everyone she met.



Betty graduated from Creighton High School in Creighton, Nebraska in 1959. She then attended the University of South Dakota School of Nursing and was a proud member of Alpha Xi Delta sorority. After graduating in 1963 with her BSN, she started her nursing career as a traveling nurse in Texas but soon returned to roots in Creighton, Nebraska, where she raised her family on a farm outside of town. Betty spent most of her career at the Creighton Care Center where she was the Director of Nursing up until her retirement.

After retiring, she sold the farm and moved to the Forest Park community in North Fort



Myers, Florida. Betty was an avid bridge player, participating in clubs in both Creighton and later in Forest Park. Betty was also a voracious reader and always had a book or her kindle handy. Her passion for crochet resulted in countless cherished afghans and baby blankets for her family. In retirement, she relished the

outdoors, often seen riding her bike or walking in the beautiful Florida weather. She participated in many Forest Park activities including volunteering her nursing skills for blood pressure clinics and assisting with elections, and she was a member of many clubs including the Red Hat club. She loved Elvis music and having a cold Budweiser on a hot day. She absolutely loved living the Florida life.

Betty is survived by her children, David Hult and Catherine Hult; her grandchildren, Jacob Hult, Samantha

Rinell, Kaitlin Rinell and Matthew Rinell; her brothers, David (Debby) Otradovsky and Robert (Denisha) Otradovsky; and her sister, Trudy Cushing. She also leaves behind many more beloved cousins, nieces and nephews. Betty was preceded in death by her parents, Charles and Ava Margery Otradovsky, and her sister Merry Braun.

True to her independent nature, Betty opted to not have a service. She chose to be cremated and to have her ashes spread in Florida.

For all those who loved her, please have a beer or glass of wine in her honor. We cherish our memories of her strength, humor and loving spirit. She will be forever missed.

Richard Schuren

Richard Schuren, 94, of North Fort Myers, FL passed away at home on August 8, 2024, surrounded by his family. His fight against Alzheimer's disease took many things from him, but never his sense of humor.



Richard was born on June 7, 1930, in Newark, New Jersey to parents Herman and Lillian (Knowles) Schuren. He graduated from Appleton Academy and went on to serve in the US Navy on the USS Wisconsin from 1951-1953. He met his wife, Patricia, in Greenville, NH where they were married in 1956. They resided in Greenville for many years, during which time Richard built a home for them in Bloomfield, VT, where they spent summers. Winters were spent in North Fort Myers, FL prior to moving there permanently in 2021.

Richard spent his career with New England Telephone and Telegraph (Verizon). He was a member of the Bethel Souhegan Masonic Lodge in New Ipswich, NH and a lifetime member of the VFW. He was an avid hiker and backpacker, and spent years hiking and exploring the White Mountains and surrounding areas. He loved spending time in his garden, growing raspberries and blueberries, bird watching, working with his hands, and just enjoying nature.

Richard was a loving husband, father, and grandfather. He is survived by his devoted wife, Patricia (Dow) Schuren; Daughters, Dayle Schuren and Audrey (Bruce) Garcia; Grandchildren, Alicia Jahns, Michael (Adrienne) Blaine Garcia and Allison (Gabriel) Garcia Murtorff.

He was preceded in death by his brother, Herman Schuren and his sister Jean Arnold, as well as his two grandsons, Jeremy August Jahns and Brian Richard

Garcia.

A memorial service is scheduled for Saturday, October 12, 2024, at the Pleasant Street Cemetery, Greenville, NH at 11:00am.

In lieu of flowers, donations may be made to Friends of the Wapack, PO Box 115, West Peterborough, NH 03468 or tribute gifts can be made to the Alzheimer's Association.

Death Notice: Marion Henderson

It is with sad news I report, Marion Henderson passed away on Saturday August 10th, 2024

She is at peace and in heaven with her husband William Henderson.



QUILT CLUB

by Renee

The Quilt Club is still in summer mode. There are some members who are Year round and will be here to distribute our Friendship Quilts to folks who are struggling with new health issues and could use a hug from a beautiful quilt. If you know of someone please inform the office



because we have some members who will be delighted to deliver a special quilt to them.

Peaceful days my friends,
Renee Huck

DID YOU KNOW??

EXERCISE CLASS

By Jane Cullin

Exercise class will resume on Monday, November 11th, 8:30 am to 9:30 am. Meanwhile stay in shape by walking, biking, or triking.

GOLF CLUB COLLECTION

We have a golf club connoisseur here in the park. If you want to check out John Berg's golf club collection, just give the Golf Club Man a call 618-319-0642.



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TAI CHI CLASS

by Lenann Crisci

My Tai Chi class will continue next season, when I return to paradise in the fall. I am happy to answer any questions you may have. My cell phone is #207-705-7475. Can anyone do it? Yes, of course, Tai Chi's gentle movements, accessibility, and holistic approach contribute to overall well-being.



Whether you're seeking stress relief, better sleep, or improved mood, Tai Chi offers a harmonious path to health. ✨

CONTACT: LENANN CRISCI
207-705-2256

FOREST PARK VISITORS WRISTBANDS

Remember - Visitors unaccompanied by Forest Park residents must wear wristbands when using park recreational facilities (pool, mini-golf, etc.). If you see something, say something, let's all be vigilant. The wristbands are 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 and Regulations.



TRASH PICKUP



Please note that our maintenance workers are now scheduled to work 6:00 am-2:00 pm rather than 7:00 am-3:00 pm. Trash pickup will be on **TUESDAY only throughout the summer**. Given that, please have your garbage ready for pick-up **before 6:00 am** to assure that it does not get missed. You can put it out after 6:00 pm the night before as long as it is in a barrel.

And, once again, please ensure that your garbage bags are not more than 30 pounds. Dumping kitty litter into a plastic grocery bag will not work. The bags break and leave the kitty litter on the street. Please use a **Hefty** enough bag so it doesn't break. If too heavy, the bags will be left. Be mindful that all the garbage that is picked up must be thrown into the compactor and the weight of the bags when too heavy creates a risk of injury. If you have any broken glass please **DO NOT** put it in a plastic garbage bag. Our workers have been punctured when picking up the bag. Put the glass in a clearly marked cardboard box and set it out.



BULK PICKUP – WEDNESDAY only

For large furniture items or appliances, please call the office on Tuesday between 9:00 am and 12:00 pm so the maintenance workers can plan on picking it up.

RECYCLING BLUE BIN

WASTE PRO - FRIDAY is Recycle Day!!

The blue bin is used for all other types of recycling such as paper, metal, plastic, **CARDBOARD**, etc. This is a separate program from our regular trash that is picked up on **Tuesday's**. Recycling saves the park money from Waste-Pro.



ALUMINUM CAN RECYCLE - Monday

By the Social Club

REMINDER Aluminum Cans are still being collected on **Monday evenings only**.

Please **DO NOT** use the can as an ashtray. Beer Drinkers, please rinse out the can and turn it over to dry out. Please remember to put your aluminum cans in a bag and place **UNDER YOUR MAILBOX by 5:00 P.M. MONDAY EVENING** for pick up. **They will NO LONGER be picked up on Tuesday morning**. Please make sure your cans are rinsed **CLEAN and DRY**.

Please place it away from trash bags. **DO NOT** place plastic, glass or metal cans in the bag, **aluminum cans only!** All the others go in the blue recycle bins. If you are putting your aluminum cans out on Friday for the recycle truck, **PLEASE** consider putting your cans in a bag on Monday evening for pickup. Money collected from can recycling helps pay some of the costs of Social Club activities. It benefits all residents of Forest Park.



YOGA BALL w/Jane

Every Saturday at 8:00 a.m. just before the 9:00 am exercise class.

A yoga ball, also known as a stability ball or exercise ball, offers a wide range of benefits for both fitness and overall well-being. Let's explore its advantages:

● **Core Strength and Balance:**

- Yoga balls engage your core muscles effectively.
- When you sit or perform exercises on the ball, you activate the deep muscles in your abdomen, pelvis, and back.
- This constant engagement helps improve balance and stability.

● **Posture Improvement:**

- Sitting on a yoga ball instead of a chair is thought to promote better posture.



- However, it's essential to maintain proper alignment even when using the ball.
- While it doesn't guarantee good posture automatically, it encourages you to be more mindful of how you sit.
- **Back Pain Relief:**
- Some studies suggest that using a yoga ball chair may help with lower back pain.
- However, evidence is limited, and it's crucial to use the ball correctly.
- Avoid prolonged sitting on the ball, especially if it leads to slumping or poor posture.
- **Versatility in Exercise:**
- Beyond sitting, yoga balls are excellent tools for various exercises.
- They improve coordination, balance, and flexibility.
- You can use them for stretching, strengthening, and even full-body workouts.

Remember that while yoga balls offer benefits, they are not a one-size-fits-all solution. Use them mindfully, incorporate them into your fitness routine, and enjoy the advantages they bring!

Yoga ball will resume on Saturday, November 2nd when I return to Paradise. ✨



COFFEE KLATCH

The **Men's** Coffee Klatch will return on Friday, November 8th at 8:00 am to 9:00 am. In the clubhouse. (the 2nd Friday each month)

The **Women's** Coffee Klatch will return on Friday, November 15th at 9:00 am to 10:00 am in the clubhouse. (3rd Friday each month)



WATER AEROBICS

Water Aerobics is held daily Monday through Friday at 10:30am !!

COME AND JOIN THE FUN!

RED HAT LADIES

By Heather Flavin

Red Hats next activity will be on Tuesday, December 10th at the clubhouse for the annual holiday luncheon... more details to follow in the fall.

Enjoy your autumn ladies...

Heather Flavin 508-612-6386



FOREST PARKS HOME CHURCH "THE LIGHT"

By Roberta Rizas



Hello all our Friends that live here in Forest Park. Can you believe we are in September already? Really excited to hear that they have started redoing our pool already. They say we will be able to use it sometime in October. We all miss it so much, especially in this really hot weather! Welcome September!

We continue to invite you to FOREST PARK'S HOME CHURCH, "THE LIGHT". We are located at 457 Jacaramba Court and We meet every Sunday night at 6 PM. Just walk right in and we will welcome you to join us.

This month I would like to share with all of you the 23rd Psalm. This is an eye-opener; some probably never thought, or looked at this Psalm this way, even though they say it over and over again.

Here it is: The Lord is my shepherd-That's relationship! I shall not want-That's supply! He maketh me to lie down in green pastures-That's rest! He leadeth me beside the still waters-That's refreshment! He restoreth my soul-That's healing! He leadeth me in the paths of righteousness-That's guidance! For His name sake-That's purpose! Yea, though I walk through the valley of the shadow of death-That's testing! I will fear no evil-That's protection! For thou art with me-That's Faithfulness! Thy rod and thy staff, they comfort me-That's discipline! Thou preparest a table before me in the presence of mine enemies-That's hope! Thou anointest my head with oil-That's consecration! My cup runneth over-That's abundance! Surely goodness, and mercy shall follow me all the days of my life-That's a blessing! And I will dwell in the house of the Lord-That's security!

Forever-THAT'S ETERNITY!!

I thought this was pretty special, just like all of you reading this are. What is most valuable is not what we have in our lives, but WHO We have in our lives.

Pray you enjoyed reading this and it has helped you to understand the wording better. Send this to all who would appreciate learning this. God bless all of you, see you next month.



Forest Park September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 pm Forest Park Box Office Open in season 6:00 pm Home Church 6:00 pm Hand and Foot	8:00 am Men's Pickleball 9:15 am Ladies Pickleball 9:00 am Dominos – Clubhouse 2:30 pm Bocce Ball	8:00 am Men's Pickleball 9:15 am Ladies Pickleball 11:00 am Forest Park Box Office Open in season 6:00 pm Texas Holdem 6:45 pm Bingo - Clubhouse	8:00 am Men's Pickleball 9:00 am Craft Club - Clubhouse 9:15 am Ladies Pickleball	8:00 am Men's Pickleball 9:15 am Ladies Pickleball 10:00 am Ladies Bible Study 2:30 pm Bocce Ball 6:00 pm Hand and Foot	8:00 am Men's Pickleball 9:15 am Ladies Pickleball	10:00 am Open Bocce Ball
1	2	3	4	5	6	7
8	9 <i>Labor Day</i>	10	11	12	13	14
15	16	17	18 <i>Patriot Day</i>	19	20	21
22	23	24	25	26	27	28
29 <i>First Day of Autumn</i>	30					

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