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Forest Park Newsletter

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VOLUNTEER SPOTLIGHT

By Nancy Cooper

Ellen Heigham

Have you ever noticed that whenever you attend a Park event there is one special lady always smiling, always friendly, always working to make sure everyone has a nice time. That special lady is Ellen Heigham.

When Ellen moved into the Park eight years ago from Maine, she decided that she wanted to be a contributing part of the community. She has certainly reached that goal and much, much more. The list is long and impressive. In 2018 she started the Helping Hands program offering transportation to doctor's appointments, running errands, or helping with a home project. She herself has logged in many miles taking folks to appointments or picking up residents from airports who didn't have a ride. Two years ago a man, whose wife was recovering from an accident, asked if someone would clean their house. Ellen answered that request, then spent several hours doing house work. Recently a woman, who was away, asked if someone could go in her house to feed her cats. Ellen gladly said she would do it. She also volunteers delivering this Newsletter in her neighborhood, sells tickets for Park events at the Box Office, and has driven around the Park for Night Patrol for 5 years...many times all alone.

In 2018-2019 Ellen served on the Welcome Committee meeting residents new to the Park. Wanting folks to come together for an afternoon of music, she held Thursday Happy Hour in the Clubhouse, playing the piano while people sang along. A talented musician, she has played the piano at the Veterans Luncheon, Christmas parties, and other social events. When people asked about her dance routines, Ellen started teaching line dancing, filling her classes with fun and laughter.

Ellen is an organizer. Having spent over thirty years as a kindergarten teacher, she could probably succeed in herding cats. For three years she planned outings for the Red Hat Ladies. For the last two years she hosted Northeastern Club dinners and parties. Wanting to share the beauty of Christmas music, Ellen annually gathers carolers and walks the Park singing at the homes of folks needing a bit of cheer.

A self-proclaimed kitchen helper, Ellen has assisted in setting up, serving, or cleaning up after Craft Ladies suppers and Tool Club meals. Most often elbow deep in dish soap.

When the Social Club President retired, Ellen, then the VP, stepped forward and put together two years of great activities in the Park. For most of the events Ellen hired the entertainers, organized the dances or performances, shopped for the food, and assisted in setting up and cleaning up.

Last year she planned and organized a dream of hers...a Spring Fling. This day brought everyone together for a wonderful day of music, food, fun, and games.

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As I said, the list is long. Ellen has given Forest Park her all, and in doing so we have had many enjoyable moments. As her tenure as Social Club President winds down, someone asked her if she would finally step back and relax. "Oh no", she says, "I intend to stay on as VP and continue doing what I can to help". Ellen, you are one special lady and Forest Park is lucky to call you ours!

Next time you see this beautiful woman please take the time to say thank you.

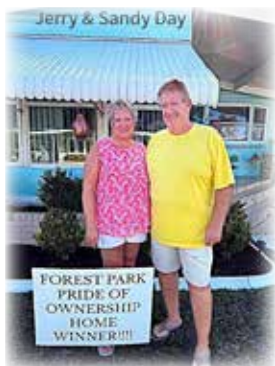
PRIDE OF OWNERSHIP AWARD WINNERS By Forest Park Compliance Committee

May Winners

Jerry and Sandy Day
558 Peace Lake Ct

Tim and Dottie Frender
303 Twig Court North

In the spirit of recognizing how far we have come and encouraging each other, we will highlight Forest Park homes displaying "Pride of Ownership." Don't forget to compliment the homeowners on their beautiful home or home improvements. The rest of us benefit not only by having our neighborhood improved, but we can also get ideas for our own homes from what others have done to enhance their property.



FROM THE PRESIDENT

By Barbara Batson Passos

Due to an error last month, the President's message was not printed in its entirety. The Newsletter apologizes and regrets this occurred. Here is the entire message from our President, Barbara Batson Passos.



I want to take a few minutes to discuss something that affects all of us — not just today, but the future of our community.

Our governing documents were written decades ago — in the 1970s. At that time, this community looked different. The world looked different. Laws were different. The way people live, rent, buy, and invest in property was different. Yet here we are in 2026, still operating largely under rules written nearly 50 years ago.

Our documents require such a high voting threshold to make changes that even when a strong majority of active residents support something, we can't reach the number required to pass it. We struggle to get a quorum at meetings. We struggle to get ballots returned. And because of that, needed updates simply don't happen.

What happens when that continues? We become stagnant. When we can't amend outdated language, we can't properly address modern rental practices. We can't strengthen safeguards that protect property values. We can't clarify gray areas that create disputes. We can't adapt to current laws without unnecessary legal expense. In short — we become stuck in 1975 while the rest of the world moves forward. And stagnation doesn't preserve a community — it slowly weakens it.

If our governing documents remain outdated and difficult to amend, serving on a volunteer board becomes increasingly complicated and legally risky. The workload grows. The gray areas grow. The liability grows. Over time, it may become harder and harder to find residents willing to serve.

continued on page 4

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And if a volunteer board is no longer viable, the alternative may be paid, professional management with expanded authority — something many in this community have made clear they do not want.

If we cannot govern ourselves effectively because our documents prevent reasonable change, that may ultimately be the direction we are forced into.

Every single resident signs an agreement, when they move into Forest Park stating that they will abide by the governing documents and the rules of this community. That is not optional. It is a commitment made at the time of purchase. It is each resident’s responsibility to obtain the current governing documents, to read them, and to understand them. If we expect rules to be enforced fairly, we must also accept personal responsibility to know what those rules are.

When committees are formed to help keep this park orderly and running smoothly, those volunteers should not have to endure interference, harassment, or disruption from other residents simply for doing the job they agreed to do. The same goes for board members and any resident who volunteers their time.

Everyone here has the right to enjoy their home and this park peacefully — including the people who step up to serve. Disagreement is normal. Not everyone will agree on every amendment, fee, or enforcement decision. That is part of community living. But the proper way to counter disagreement is not through interference, hostility, or rumor. The proper way is participation.

Volunteer for a committee. Attend meetings. Offer solutions. Or better yet — run for the board!

That is how self-governance works.

Property values are tied to stability and good governance. Buyers today look closely at how communities are managed. They want well-run associations with clear, enforceable, up-to-date rules. If we can’t modernize, we risk losing appeal to quality future owners — the very people who will one day sit in these chairs.

This is not about restricting good owners. It’s not about taking away rights. It’s about ensuring we have the ability to responsibly guide the community forward. A healthy community must be able to evolve. It must be able to adjust carefully and thoughtfully. It must be able to act when action is needed. Otherwise, we aren’t protecting the community — we’re tying its hands.

The goal is simple: safeguard what we love about this community while making sure it remains strong, desirable, financially stable — and governed by neighbors who are willing to serve, not forced into outside management because we could not adapt.

We owe that to ourselves — and to those who will call this place home in the future.

FROM THE PRESIDENT

By Barbara Batson Passos



Living in a homeowners association community comes with both benefits and responsibilities. When each of us chose to live here, we also agreed to follow a shared set of rules designed to protect our property values, our safety, and our overall quality of life. These expectations aren’t meant to restrict us—they’re meant to ensure that everyone can enjoy their home in a peaceful, respectful environment.

An HOA works best when there is mutual understanding and cooperation. That means maintaining your property, following community guidelines, respecting your neighbors, and recognizing that we all share in the success—or failure—of this community.

It’s also important to remember that your board is made up of volunteers. These are your neighbors—people who have stepped up, given their time, and taken on responsibility, often with little recognition. They are doing the best they can with the information, resources, and legal requirements they have. Not every decision will make everyone happy, but every decision is made with the intention of benefiting the community as a whole.

Volunteers are the backbone of any HOA. Without them, nothing moves forward. There would be no one to manage finances, maintain common areas, enforce rules, or plan for the future. Their role is not always easy, and it often requires making tough, sometimes unpopular decisions.

And that brings us to an important truth—things cannot always stay the same. Communities evolve. Infrastructure ages. Safety concerns arise. Laws and regulations change. What worked years ago may no longer be effective today. Growth and change are necessary to protect the long-term health and stability of our neighborhood.

Change can be uncomfortable, but it is often essential. The goal is not change for the sake of change, but improvement—making our community safer, stronger, and more enjoyable for everyone who lives here.

At the end of the day, we are all neighbors. We all want a community we can be proud of. That requires respect, involvement, and a willingness to work together—even when we don’t always agree.

Thank you.



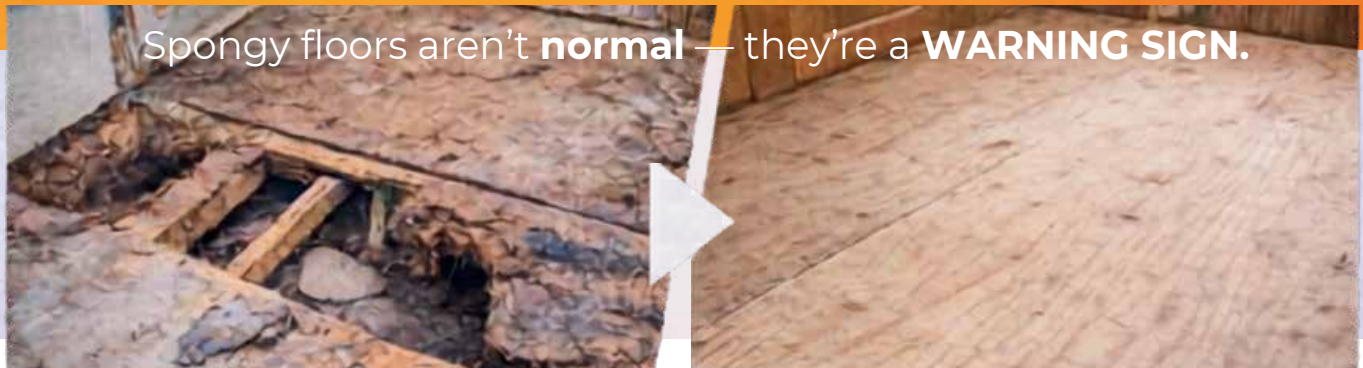
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- Musty smells coming from floor
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COMPLIANCE COMMITTEE REPORT

By Bob Charles

We have made great progress this past year in getting all the missing carpports replaced and the damaged ones repaired. Thank you to all who have made this possible. This is a big part of keeping our park looking in order. If you look around, you can see the dedication and pride our residents have for our beautiful park. The Pride of Ownership Awards has become very popular and inspiring to many. Thanks needs to go out to the organizers who put this award together and keep it going. As a committee, we want to recognize those who strive to work to keep our park top rated. Just another friendly reminder to all those going back home that we have residents in the park who can do things while you're away. Once again, your neighbors, the Board of Directors, and the *Compliance Committee* thank you all for doing such a great job keeping our park beautiful for everyone!

Bob Charles, Warren Starks, Lucinda King, Kevin Mann, and Bill Russell.

BOARD OF DIRECTOR & GENERAL MEETING DATES

From the Office



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. **Our By-Laws require 75 association members to attend to have a quorum.** Our next regular meetings are scheduled for

OCTOBER 15, 2026 Board Meeting 9 AM
OCTOBER 22, 2026 Membership Meeting 7 PM



Just a Friendly reminder regarding HOA payment methods.



- Payment methods include:
- ACH (automatic deduction)
- Check
- Money Order
- Cash in the EXACT amount due

The office no longer has any petty cash so if you elect to pay your dues with cash it must be the exact amount. Any overage will be kept in your account as a credit toward future payment as no change will be available

EDITORS THOUGHTS



By Monte Johnson

Another season is winding down and many of our friends have headed back up north. The Park will be quiet this summer without the normal weekly entertainment and activities that the Social, Craft, Northeast, and Tool Club's sponsor throughout the season.

The Keep & Share Calendar has already been set with the events and entertainers booked for next season. If you are reading this online, click on the link in the previous sentence to go to the calendar for next season. Start marking your calendars and planning for what will be a great 26-27 season of fun in our paradise.

This past season saw many changes to how our park is operated. Our maintenance personnel were injured so volunteers stepped up to fill in until the board was able to hire contractors for maintaining the grounds and collecting the garbage. We have many volunteers to thank for all the hundreds of hours that were donated to keep our park up and looking beautiful. The board has undertaken measures to ensure the safety of all our residents with the installation of speed humps, additional stop signs on Forest Park Drive, and the removal of the old, rotted out guard rail on Powell Creek.

Thank you to the men who volunteered to install the new posts, cables, lights, and rock along the bank. It looks great!

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Forest Park

The many volunteers that work tirelessly behind the scenes to plan the events, book the entertainers, set-up, tear down, clean-up, pick-up, patrol our streets, lead parades, deliver meals, help neighbors, serve on the Board, or committees, as officers or directors of the many clubs and organizations in our park. **THANK YOU!!!** It's the **PEOPLE** that make our Park the great place it is.

This past season has seen the Park make it through without any hurricanes or tornadoes to cause any damage. For that we are thankful!

Letter to the Editor

I would like to thank the two mystery angels who took down the shower curtain in the Ladies shower. It was covered with black mold for months and they replaced it with a sparkling new one. Thanks so much, Lenann

Lenann B Crisci

The Six Mile Cypress Slough Preserve

By Toni Foote

THE PRESERVE

Entrances at 7751 and 7791 Penzance Blvd, Fort Myers, FL 33966. Just off Six Mile Cypress Parkway.

The Six Mile Cypress Slough Preserve is a long, narrow wetland with slowly flowing freshwater. The entire Preserve is eleven miles long, one-third of a mile wide and is over 3,500 acres of intermingled wetland and upland within the Fort Myers city limits. The appearance of the Slough changes with the seasons from dry (October-May) to wet (June-September). The Slough catches and slowly filters rainwater on its way towards Estero Bay. Animals adapted to life in wetlands, like alligators, turtles, otters, and wading birds, live at the Slough year-round. Additionally, many types of migratory birds use the Slough as a rest stop and feeding area.

THE BOARDWALK

The preserve contains a 1.2-mile or 2 km boardwalk with an amphitheater, seating enclaves, shelters, observation decks, a photo blind, and educational displays.

Picnic tables are available in the parking area and around the butterfly garden.

Open daily from dawn to dusk.



Entrance is free with parking fee: \$1 per hour per vehicle with a maximum \$5 for the day. Lee County Annual Parking Stickers are accepted.

NO PETS ALLOWED

[Click here for a list of dog-friendly parks](#)

Guided Walks

Join an interpretive naturalist on a 45-minute walk along the boardwalk and learn about the history of the Slough and the plants and wildlife that call it 'home'.



Daily at 9:30 am
December - April

Wednesdays at 9:30 am
4th Saturday at 9:30 am
May – November

Registration opens 30 minutes prior to a guided walk at the Trail Host Station. Registration is NOT taken by phone or in the Interpretive center. Free with paid parking. Limit 10 people per guide. [Additional programs](#)

THE INTERPRETIVE CENTER

The Interpretive center is the first Green Building in Lee County. It houses displays and interactive exhibits that provide an introduction to the wonders of the Slough.

The center also has a nature store “*Friends Corner*” that offers Slough related items for purchase. All proceeds from the shop are used for the Friends mission to preserve, protect and promote the Slough and for use in providing exhibits and programs as needed by staff and volunteers.

Open Tuesday to Sunday
10 am to 4 pm
Closed on holidays.

Friends of Six Mile Cypress Slough Preserve is a not-for-profit advocacy and support organization committed to preserving, protecting and promoting Six Mile Cypress Slough Preserve for future generations through education and community partnerships, working together with Lee County and South Florida Water Management District.



MUSIC IN BONITA BEACH

By Kathy Revels

We are so fortunate to have so much entertainment available, not only in Forest Park, but also within driving distance in every direction. The Performing Arts Center, 10150 Bonita Beach Road, is home to the 400-seat Hinman Auditorium and the 200-seat Moe Auditorium & Film Center where patrons enjoy an ongoing array of live music, theatre, comedy, film, lectures, and youth & adult classes in art, music, theatre, and dance.

For those willing to drive the 34 miles to Bonita Beach, May is the time to visit if you enjoy “oldies” music. **Rocky and the Rollers will perform Saturday May 2 at 7:30 pm.** They bring the spirit of classic American rock and roll back to the stage with a fast-paced show filled with the hits, harmonies, and rhythms of the 1950s, '60s, and '70s. Led by drummer and frontman Gerry “Rocky” Seader, the band delivers early rock and doo-wop with the energy and style that made this music a lasting force in American culture. For audiences who know these songs by heart and still love the lasting power of classic hits, this is a lively tribute to one of the most influential sounds in American music.

The following **Saturday, May 9, at 7:30 pm** another era will be highlighted by **Peace of Woodstock.** Peace of Woodstock is a powerful tribute to the legendary music and spirit of the 1969 Woodstock Festival. Featuring a dynamic ensemble of seasoned musicians, the show recreates the sound and energy of artists who defined a generation, including Jimi Hendrix, Janis Joplin, Santana, The Who, Jefferson Airplane, Crosby, Stills, Nash & Young, and more.

The band captures the raw musicianship, extended jams, and cultural impact that made Woodstock one of the most influential moments in rock history. Built around authentic arrangements and period-inspired instrumentation, Peace of Woodstock delivers the grit, soul, and improvisational fire that characterized the era. From searing guitar solos to soaring vocal performances, the production reflects the movement that reshaped American music, honoring a festival that remains a symbol of artistic freedom more than five decades later.

Inquire about tickets by calling the Performing Arts Center at (239) 495-8989 or search ArtsBonita.org.



WOOF, WAG, & WIGGLE

By Paula Batson

Often referred to as the Mayor of Forest Park ‘Teddy ‘ is a happy go lucky little guy that can be seen spreading cheer throughout the park on his daily walks. Teddy is an absolute love bug who is adored by his parents Deb and Monte Johnson. After losing the family dog of 17 years, who was a huge part of the Johnson family, and all throughout the kids' childhood, Deb says they took a break from owning a dog as both of them were still working. In 2018 Deb was retiring and Monte saw an ad for Shitzu Bichon crosses (Teddy Bear Breed) in a nearby Iowa town. He called and set up a surprise appointment to pick up a new family member. Upon arriving the Johnsons realized that this was no small breeding kennel but a huge puppy mill. Deb was definitely surprised, but once there, they were committed to basically saving a sweet pup



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QUIET HOURS IN THE PARK HAVE CHANGED. QUIET TIME BEGINS AT 10:00 PM AND ENDS AT 7:00 AM.



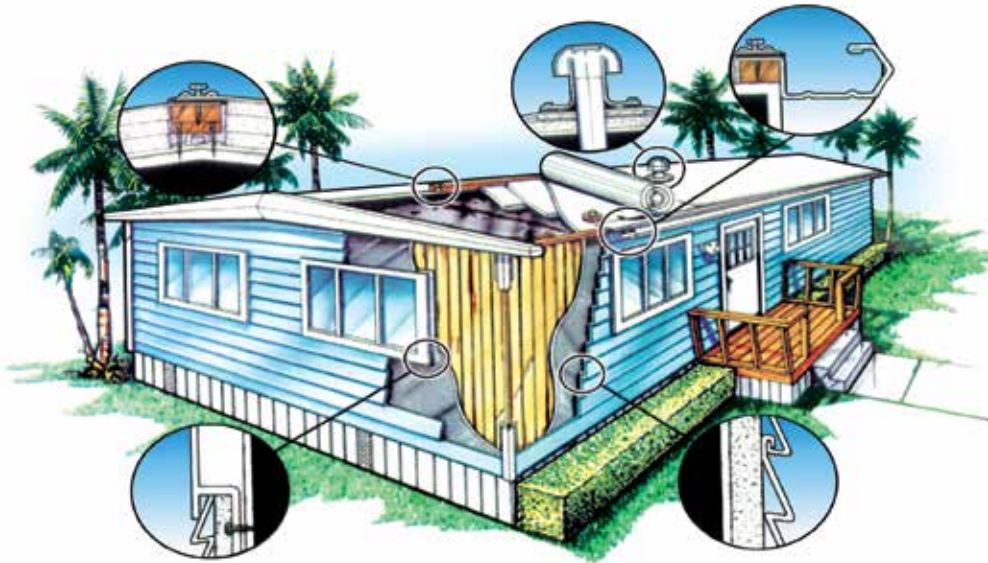


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from this facility. The original puppy Monte had picked out was already sold, so they were shown two pups from the same litter. I'm pretty sure Teddy picked them, by outshining his littermate with his lovable outgoing personality. Although he is not a "Trick" dog he loves his daily walks and the great home he is provided. As a young puppy he had never been outside or touched grass. Deb said he used to hop all around till he got used to the feeling. Since moving full time to Florida in 2020, Teddy has acclimated well to our sunny and sometimes extremely hot weather but not over exerting himself, lol. He is definitely an easy going sweet soul and has fit into Deb and Monte's retirement life perfectly. He has flown and traveled by car through 21 states vacationing. Most mornings Teddy can be found in his dog pack with friends on Forest Park Drive. He makes me smile every time I see him. If you're considering a new best friend visit our local Humane Society or Shelters, they always have plenty of dogs waiting for a new chance to live a life like Teddy a blessed one! ❤️



pavers, the water from DampRid works well to kill the weeds that pop up between the pavers.

The Board of Directors thank you for your cooperation in this matter.

FOREST PARK CRAFT CLUB

By Carole Beconder, President



May Craft Club News

Our Meatloaf dinner was our last one for this season. Thank you for your support and a great big thank you for supporting the Calendar Girls. They do such a great job for the Veteran Guide Dog program. We will be back in December for our Holiday Breakfast. See you in the Fall, have a wonderful Summer.

Koffee Klatch News



The **Joynt** Koffee Klatch is over for the season. See you next fall at 9:00 am to 10:00 am in the Clubhouse. Coffee and Donuts are provided. As always, bring your own coffee cup or mug. (1st Friday each month)

The **Men's** Koffee Klatch is over for the season. See you next fall at 8:00 am to 9:00 am in the Clubhouse. Coffee and Donuts are provided. As always, bring your own coffee cup or mug. (2nd Friday each month)

The **Women's** Koffee Klatch is over for the season. See you next fall at 9:00 am to 10:00 am in the Clubhouse. Coffee and Donuts are provided. As always, bring your own coffee cup or mug. (3rd Friday each month)

Hazardous Waste in the RV Park

Effective immediately, the Forest Park Board decided we **will not** be processing any hazardous waste in the RV Park. This includes but is not limited to paint, batteries, oil, solvents, etc. Due to State regulations, we would be required to provide a covered structure that is raised off the ground to continue collecting hazardous materials. Lee County offers a viable alternative.



Lee County provides free disposal of hazardous waste for all residents. Otherwise, it costs the park to handle and transport this waste to the county facility. You may take your hazardous waste to the following location:

Household Chemical Waste and Electronics Recycling Facility

6441 Topaz Court,

Fort Myers, FL.

An alternative for paint is to stir in cat litter and let stand until a solid is formed. Once this happens, the paint is considered a solid waste and can be safely disposed of in our construction bin. DampRid is not considered hazardous if the water is discarded and only solids are left which can be put in the construction bin. If you have

NORTHEAST CLUB

By Deb Johnson

The season has come to an end for another year. It sure has been a busy one. We want to thank all of you that hosted a delicious dinner each month and entertained us with some fun games. We thank all who joined the Northeast Club this last year as well. We hope you had a wonderful time each month. To all of you who were not members, but bought a ticket to join us in April for our end of the year picnic and music in the park, we thank you. We hope you enjoyed yourself so much that you will consider joining us next year. It's only \$5 per person to join. We also said goodbye to our good friends Kenny and Joyce Parcels. We are sad to see them leaving us, but totally understand. We wish you all a happy safe summer and look forward to seeing you again in the fall.

SOCIAL CLUB NEWS!!

By Monte Johnson

The Social Club held its regular meeting on Friday, March 27th at 1:00 pm in the Billiards room of the Activities Building. Ellen Heigham called the meeting to order for the last time as President. Paula Batson has resigned as a 2nd Vice President. Bob Carson volunteered to fill the vacant 2nd Vice President position and Kathy Carson volunteered to fill the vacant Co-Secretary position. Moe Hesketh resigned as Keep & Share Calendar Coordinator so we need someone to step up to handle the Keep & Share Calendar schedule for our Main, Clubhouse, and Billiards Room calendar schedules. Those calendars have already been loaded into the Keep & Share Calendar for the next twelve months. The only responsibility for next year will be to make any changes to the calendar when notified.



FOREST PARKS HOME CHURCH “THE LIGHT”

By Roberta Rizas

Forest Park home church, “The Light” Sunday at 6 pm at 457 Jacaramba Ct. We meet you, feel free to come, all are welcome.



Have you seen all the May flowers? I did bring the flowers! Here we are in May. In my May Newsletter article, I am going to share a story I wrote when I was 29 years old. That would have been 60 years ago. I hesitated to put it in here but several people that had read it encouraged me to share it with others. It is about our daughter that God brought back home, in May, when she was 6 years old.

OUR PRECIOUS ANGEL

By Roberta Rizas

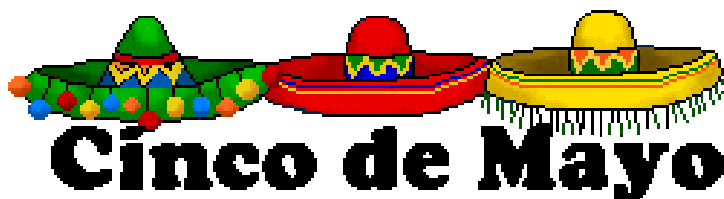
To me was born a precious child, whom dearly I did love. She came from just a tiny seed, transplanted from above. Through me, she lived her first nine months. Through her, I lived six years. Six years, so filled with happiness.... But has ended now in tears. Tears of joy or sorrow, I do not really know- I used to think just sorrow, but joy will surely grow! It has to grow, I know it will, for God’s been telling me- that He’s created one great plan, “For us to follow Thee”. He’s told me how He loves us all and how our wounds He’d heal, If only we would listen, when on our knees, we kneel. He’s told me, “ Now your heart will ache-because your child I had to take. Your child you loved and cherished so, who hardly had the time to grow.” Although I know of all these things, I still have one regret. He does not choose to let me know what type of life she’s met. Is she happy way up there, in the Kingdom of our God? Or would she rather be back home, playing in her yard? Is she scared and crying, like I am doing here- Or is it true she’s in a life that does not know of fear? If only I could see her once, and know that she’s content, then I could go on living LIFE, understanding His intent. Her life was full for those six years and happy I am sure, He gave her health and love and charm, who could ask for more? He molded her face with great perfection, a beauty she was no doubt. He shaped her lips in such a way, she’d smile right through a pout.

Social Club Officers

President	Arline Bennett
Sambear2@yahoo.com	860-227-0563
1st Vice President	Ellen Heigham
eheigham@gmail.com	617-448-1748
2nd Vice President	Bob Carson
roc1617@verizon.com	607-857-0320
Co-Secretary	Kathy Revels
kathy.revels@gmail.com	517-243-2755
Co-Secretary	Kathy Carson
roc1617@verizon.com.....	607-857-7673
Co-Treasurer	Mary Kurucz
kuruczmary@gmail.com	740-310-3002
Co-Treasurer	Monte Johnson
fpsocialclubtreas@gmail.com	319-415-2816

SNOWBRIDS HEADING NORTH

If you have non-perishable canned food goods that may expire before you return next season, why not donate them for our residents in the Park who are shut in? There is a box inside the sliding door to the Clubhouse for you to deposit your cans and boxes of food. Thank you in advance!



...continued on page 12

I guess I'll always question Him with that eternal "WHY"?
 Why my child did you have to take, why did she have to die?
 I know I shouldn't question, our wondrous Lord above.....
 But this is hard not to do, when you've lost a child you love.
 I know the answers I will get, perhaps I shouldn't ask-
 t's fact, He has His reasons behind each given task.
 We all must carry crosses He has given us to bear,
 so I will try to carry mine enveloped in His care.
 I'll carry mine, I'll try so hard... Tho' rough the road will be.
 I'll hide the tears and fight the fears and strength He'll give
 to me!
 For if He sees I've tried my best, the Lord has promised me,
 That I WILL See my child again, as she'll be there with Thee.

RECIPE OF THE MONTH

By *Kathy Revels*

Vegetable Lasagna

Laura in the Kitchen - laurainthekitchen.com

Vegetables

- Coat skillet with 2 T olive oil
- Add 1-2 Shallots, thinly sliced
- 1 med zucchini, diced or handful of minis, cut in circles
- ½ bunch, half pound, of Asparagus, trimmed and cut into 1 inch pieces
- 10 oz box Frozen chopped spinach, thawed and squeezed of liquid
- ½ c fresh or frozen peas
- Fresh chopped parsley and basil
- Salt
- Saute in skillet

Bechamel

- | | |
|---|---|
| • 8 T unsalted butter | • Cheese |
| • 8 T flour | • 2.5 C whole milk ricotta |
| • Melt butter, add flour, stir to mix well. | • 1 egg |
| • Saute until heated through. Add milk | • Mix together |
| • 4 C milk | • 3 C Mozzarella, brick of low moisture (vacuum sealed), freshly grated |
| • Salt and pepper | • Grated Parmesan |
| • Nutmeg | • No boil lasagna noodles |

Assembly

- Grease a 9x13 pan. Put a thin layer of Bechamel (½) on the bottom. Layer of noodles, slightly overlapped. Layer of Bechamel. Layer of vegetables (half). Layer of ricotta (half). Layer of mozzarella (1 cup). Layer of parmesan. Repeat layers. Finish with noodles, remaining bechamel, mozzarella, parmesan.

Bake

- Preheat the oven to 375 degrees. Cover the dish with foil for 45 minutes. Remove foil and bake an additional 20-30 minutes or until golden. Remove from the oven. Let sit for 1 hour before cutting.

Keep&Share

How many of you know about our Forest Park Calendar. It is called the **Keep & Share Calendar (K&S)**. If you are reading the print version of this newsletter, go online to the Forest Park website and click on **News**. From there you can read this newsletter. Scroll down to this article and click on the Forest Park

Calendar. You will see and under that is **FOREST PARK MAIN CALENDAR**.

The board determined during its February 19th meeting that the Social Club would be in charge of scheduling the Keep&Share Calendar. **The Social Club needs someone to volunteer** to manage the Main, Clubhouse, and Billiards room K&S calendars. The schedule for the next twelve months is already on the calendar. To schedule or change a previously scheduled event, contact the office. You also may choose the calendar for the **Clubhouse** or the **Billiards room**. If you are reading this online, just click the underlined link at the top of this article.

For more info call the office at **239-543-1155 between 9:00 am and 12:00 pm**.



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LIBRARY NEWS

By Maureen Hesketh

The Forest Park library is open everyday. Come in and find your favorite authors and adventure stories.



Lots of movies, too.

Come and browse at your leisure.

Your librarian,

Maureen Hesketh

508-962-5979

LINE DANCE CLASSES

By Ellen Heigham

The season has flown by and all my special line dancing friends have done an amazing job! This season we have worked on Ah Si, Fireball, Cowboy Charleston, Wagon Wheel, Uptown Funk, King of the Road and most of the line dance steps. I look forward to starting up again in the fall.



See you on the dance floor!

For more info call Ellen 617-448-1748

SHUFFLE BOARD

Contact Bill Madill 519-634-5619

We have completed another year of league play in our park. Many thanks to Ellsworth Heating and Cooling, for their sponsorship of our different functions through the year. We had 24 active players with Robin Mann being the most improved player by winning the most games through the year. She along with Carol Tolbert won the draw doubles.

I will not be looking after the shuffleboard next year due to health reasons. It is time to let someone else take the helm as I am getting old and crotchety. I have only been old for a week and I don't like it already! Next year, 2027, we should have our first meeting on Monday, Jan 4th to decide who will run the league. Posters should be up in December for players to sign up for next season. I will help with the initial organizing, if needed. It has been fun, and that's what it is all about. Ex Captain Bill

CARING HEARTS & HELPING HANDS CLUB

By Lenann Crisci & Rebecca Tybor



CARING HEARTS & HELPING HANDS is a new volunteer

organization being formed this year. We meet in the Clubhouse at 7:00 pm on the second and fourth Monday of every month between December and May.

We are an arm of the Forest Park Social Club that believes there are Angels among us. Becki Tybor will be working with Lennan Crisci to make Forest Park a park where no one feels left out. Park residents help or assist our residents who are shut-in by just stopping by to visit, run an errand, or pick up a prescription. We are in **dire need of volunteers** to join the Caring Hearts & Helping Hands.

If you would like to assist a neighbor, or if you need support or help, reach out to Lenann at 207-705-2256 or Becki at 630-441-6279. We are excited about being involved with our Caring Hearts Club-- Hoping to make Forest Park the park with a BIG Heart.

Some things we are working on include: The **Mobile Physician Services**, will assess your needs and will appoint you a family care physician. This physician will come to your house so there is no need to make Senior Bus appointments or find rides! They also have Specialists like Audiologists, Podiatrists, X-Rays, Bloodwork, etc. **Please call 855-232-0641 and dial 1 for intake.** They will check your insurance, as most health advantage plans are accepted for this service. Please call Lenann if you need help with this.

We are also checking with churches – Youth Groups, Service hours for Confirmation Students, etc. for volunteers helping with yard work and around the house; Fur Factor Mobile Pet care 239-233-6803 for pet grooming that comes to your home; and Mobile Hair Care Services. Becki is contacting Walmart to see if they will make a delivery to Forest Park for free to the Clubhouse at least once a month for all that would like to make online orders. We encourage you to share any further suggestions, which could be included in a Senior Brochure featuring useful details and essential phone numbers, and distributed to all households. If you offer a discounted service and wish to be included in this brochure, please contact Becki. Let us do it. Together.



FOREST PARK TOOL CLUB

By Monte Johnson



Just a few years ago the tool club had around 20 members who dreamed of a facility large enough to store tools but also to work on small projects and give back to the community. That dream is closer to a reality today than it has ever been. The FPPOA BOD voted to approve an application to apply for a Type "B" Limited development order to place a mobile construction office trailer or similar type structure on the McDaniel Property.

The over 60 Tool Club members would like to **thank the Board of Directors and everyone** who came out this season to our dinners, breakfasts, and 50/50 raffles. Our residents' support is essential in the continued success of the Tool Club.

We meet the second Tuesday of every month at 10:00 am in the Billiards room of the Activities Building from October through May. We will again be hosting a dinner prior to Karaoke **every first and third Monday of the month beginning next fall**. We are accepting new members and will be purchasing new tools for our members to borrow at no cost. **Dues for the year are only \$10.00**. We currently have the normal yard, gardening, hand and power tools used for home or construction projects. But we also have a wet tile cutter, concrete mixer, mig welder, two generators, a chain saw, buffer/polisher, and an assortment of nails, screws, bolts, washers, and nuts.

If you have any questions, wish to join, donate cash, or tools you no longer use, please reach out to Bob Carson 607-857-0320, Jerry Waters 217-361-7736, Mark Snyder 716-939-0237, or Monte Johnson 319-415-2816.

VOLUNTEERS NEEDED!!!

ATTENTION: FULL TIME RESIDENTS.

Many of our snowbirds continue to leave for up north. We have switched to our full time resident night patrol roster for May. Please consider **VOLUNTEERING for Neighborhood Watch/Night Patrol**. It's only **one night per month**. If you are **full time or new to the park**, feel free to pick up information and a **volunteer** form at the office. Keeping a watchful eye on our park residents and residences is vitally important to the safety and security of everyone in our Park. In the past we have had bicycles, golf carts, and tools stolen, as well as squatters moving into vacant homes. We have also had drug activity. No one wants that in our Park. **Info you see something suspicious or you will need to call: Sheriff # 239-477-1000 if an emergency call 911.**

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 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 8:00 pm.

BE SURE YOU PICK UP THE BACKPACK IN THE ACTIVITY BUILDING AND RETURN IT BY

NOON THE NEXT DAY. INSIDE YOU WILL FIND AFLASHING 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 🚔 The Night Patrol Coordinator for the Park is **Gloria Restko**. Gloria has been a full time resident of the Park for many years. You may see Gloria and Mr. Bill in her white golf cart out and about.

THANK YOU TO ALL OUR RESIDENTS WHO ARE VOLUNTEERING 🚗

Gloria Restko 813-841-9920

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RED HAT LADIES

Contact Pam Salk 260-385-6407



Another season has come to an end. Such a good time we had exploring new and different locations ! Looking forward to next season; starting with the second Tuesday in December. In the plans for next year is a wonderful idea by Joy to attend a Tea Party, hosted by “Le Petit “ (A Tea Room Experience) she says that it is a total delight!! It is located in the Cape; 2301 Del Prado Blvd, South. They can host a group of up to 30 at one time . You can also make a reservation for any size . I am always open for help in choosing locations ! See you in December ☺ or the season; so come out and Enjoy The Island Vibe.

Pam Salk

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. (fpoainc@gmail.com) If you need further information, contact me at japrovence@gmail.com

RV STORAGE PARK

By John Hill



Remember to keep your info up to date and your item tagged, insured, and in working order. **If you have not moved your RV, trailer, boat, etc. in the last 9 months, you are depriving someone else of a spot in our park.** Our rules state that if you have not used your spot for 9 months, your spot may be reassigned to someone else. If you have not moved it in 9 months, it may be considered not using your spot. You are abusing the privilege of a **FREE** spot (for now). Other residents may be waiting for a spot. 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 FOR OVER 48 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.

Thanks,
John Hill
330-268-0066

NEWSLETTER ARTICLES

by Monte Johnson

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

Remember, newsletters are printed year-round for all residents and always available for snowbirds online at forestparkonline.com. Your Forest Park Newsletter is totally run by **volunteers** who gather the information and photos, write the articles, request articles from others, proofread, arrange the articles, proofread, work with the publisher, proofread, distribute the newsletter and put it online. The newsletter is free because the advertising pays the expenses. Printed Newsletters usually arrive by the end of the previous 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. The editor has no control over the filler puzzles or games!**

KARAOKE

Karaoke with Chris Tybor is held on the 1st and 3rd Mondays of the month, **from 7- 9 pm Note the time!!** BYOB and snacks!! We need more talented people to come out and enjoy an evening of free entertainment with your friends in the park. Bring your singing voices and a list of songs that you would like to sing, or just sit back and listen. Forest Park has many good singers. Hope to see you there.



Birthdates for May

Nicholos Filonovich	2		
Charlie Sheridan	2		
David Nobile	7		
Eddie Teresi	8	Sandy Kidder	17
Robert Rackers	9	Janet Richardson	18
Marcos Passos	10	Diann Marunowski	19
Doug Starkey	10	Paula Evans	19
Jeffrey Pierce	11	Janet Suchecki	21
Matthew Clouse	11	Linda Starks	21
Paula Chapin	12	Jan Provence	22
Alfred Pandola	12	Shirley Woods	23
Barbara Altizer	12	Karen Nash	23
William Wittig	12	Cyndy Glover	24
Sandi Walts	13	Connie Mooney	25
Chad Henning	15	Gregory Pike	25
Carol Dirago	15	Robert Chapin	29
Kathy Fanning	17	Bob Grix	29



TAI CHI CLASS

by Lenann Crisci

I am proud to be awarding Certificates of Achievement from the UNITED MARTIAL ARTS ACADEMY to the following Senior students who have been studying this beautiful Art for 2+ years: Congratulations to: Charleen Boyle and Debbie Mieman...Pictures of the award presentation will follow in the June Newsletter.



CONTACT: LENANN CRISCI

207-705-2256

EXERCISE CLASSES

By Jane Cullin and Carole Beconder

Jane's Cardio, Weight and Core Exercise has ended for this season. Please join Jane next fall when she returns.



Carole's Walking, a little Yoga and light weights. Exercise class is every Tues. and Sat. from 9-10 AM. In the clubhouse.

HAPPY ANNIVERSARY

John & April Gelesko	May 2, 1970
David & Debra Wood	May 3, 2013
William & Nancy Campbell	May 12, 1984
Paul & Pam Malone	May 20, 1989
Bob & Ann Charles	May 21, 2009
Ronny & Dana Lee	May 22, 1977
Michael & Nanette Gray	May 28, 2019
Robert & Paula Chapin	May 30, 2008



Notes of Cheer

By Robyn Johnson

Did you know that Social Club has a cheer person that sends out cards to residents that have been ill, had surgery, or have lost a loved one. Social Club provides the stamps and relies on residents to donate blank, get well and sympathy cards.

Karen Nash happily fills the position. If you know of anyone in need of some cheer, please reach out to Karen at 859-462-2280 or you may email her at knash@blueone.net.

Also, if you have any of the cards listed above and would like to donate them, please bring them to Karen Nash, or you may drop them off at the office.

Thank you

Karen Nash 859-462-2280

or

Robyn Johnson 651-341-8346

WELCOME TO FOREST PARK

Mark & Ramona Boyd 734 Knotty Pine Circle 712-262-7070 (M) 712-260-2588 (R) Home State IA	David & Gay Wellman 803 Hollyberry Ct 907-259-4545 (D) 907-259-3418(G) Home State : AK
---	--

Lee Kennedy Kathryn Sallone 215 Shrub Lane N 860-483-0548(L) 203-592-8727(K) Home State: CT	Samir Jaber & Li Fu 5191 Forest Park Dr 617-548-3922 Home State MA
--	---



MAY 2026

ALL EVENTS ARE IF ENOUGH RESIDENTS ARE HERE TO PARTICIPATE

APRIL
S M T W T F S
1 2 3 4
5 6 7 8 9 10 11
12 13 14 15 16 17 18
19 20 21 22 23 24 25
26 27 28 29 30

JUNE
S M T W T F S
1 2 3 4 5 6
7 8 9 10 11 12 13
14 15 16 17 18 19 20
21 22 23 24 25 26 27
28 29 30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	7:00 Pm Karaoke With Chris, At Clubhouse	5 CINCO DE MAYO	6	7 National Day of Prayer	8	9
10 MOTHERS DAY Mother's Day	11 7:00 Pm Caring Hands And Helping Hearts Meeting, At Clubhouse	12 10:00 Am Tool Club Meets, At Activities Building	13	14 Ascension Day	15	16
17	18 7:00 Pm Karaoke With Chris, At Clubhouse	19	20	21	22	23
24	MEMORIAL DAY 25 7:00 Pm Caring Hands And Helping Hearts Meeting, At Clubhouse Memorial Day	26	27	28	29 1:00 Pm Social Club Meeting, At Activities Building	30
31 Pentecost						

Forest Park
Forest Park - May 2026 Calendar

- Every Monday
- 8:00 am Competitive Co-ed Pickleball
- 9:00 am Dominos – Clubhouse
- 9:15 am Relaxed Co-Ed Pickleball
- 10:00 am Co-Ed Shuffleboard
- 10:30 am Pool Exercise
- 2:30 pm Bocce Ball

- Every Tuesday
- 8:00 am Competitive Co-ed Pickleball
- 9:00 am Walking and Weights with Carol B - Clubhouse
- 9:15 am Relaxed Co-Ed Pickleball
- 10:00 am Ladies Shuffle Board
- 10:30 am Pool Exercise
- 6:00 pm Texas Holdem Tournament - Activities Building
- 6:45 pm Bingo - Clubhouse

- Every Wednesday
- 8:00 am Competitive Co-ed Pickleball
- 9:15 am Relaxed Co-Ed Pickleball
- 10:30 am Pool Exercise
- 2:30 pm Tai Chi Class - Clubhouse
- 6:30 pm Euchre - Activities Building



- Every Thursday
- 8:00 am Competitive Co-ed Pickleball
- 9:15 am Relaxed Co-Ed Pickleball
- 10:00 am League Shuffle Board
- 10:00 am Ladies Bible Study
- 10:30 am Pool Exercise
- 2:30 pm Bocce Ball
- 6:00 pm Hand and Foot, Domino's - Clubhouse
- 6:30 pm Mixed Shuffleboard

- Every Friday
- 8:00 am Competitive Co-ed Pickleball
- 9:15 am Relaxed Co-Ed Pickleball
- 10:30 am Pool Exercise

- Every Saturday
- 8:00 am Competitive Co-ed Pickleball
- 9:00 am Walking and Weights with Carol B. - Clubhouse
- 10:00 am Open Bocce Ball

- Every Sunday
- 8:00 am Competitive Co-ed Pickleball
- 2:00 - 4:00 pm Forest Park Box Office
- 6:00 pm Home Church
- 6:00 pm Texas Holdem Tournament- Activities Building
- 6:00 pm Hand and Foot - Clubhouse

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