

Monday Night Bridge Group

We meet every Monday Night at 7PM in the clubhouse. All level of players are welcome! If you would like to play please call Gene VonArx at 566-3726.

Coffee on the Patio

Tuesday, Feb. 28th 8:30 - 11:00

Everyone welcome! Have a cup of coffee or tea with your Bay Forest friends, on us!

Bay Forest Social Committee

Bay Forest Book Group

The February meeting is Monday, February 13 at 2:00PM. The book for the month is "Patriot Hearts" by Barbara Hambly. The March book is "The Weird Sisters" by Eleanor Brown. All are welcome to join us. A list of this season's books can be found on the Bay Forest website (www.bayforestnaples.com) under the news and information header and to the events calendar. If you have any questions please contact Pat Wood of BB1.

Trust Seminar

March 6, 2012

DORCEY AND ASSOCIATES will be hosting an educational presentation on Living Trusts at the Bay Forest Clubhouse. It will begin at 9:00 am and end at 10:00 am on Tuesday March 6th. Dr. Randolph B. Dorsey will speak on the Living Trust and the necessary supportive documents to complete your estate plan. Avoiding probate is a wonderful way to pass your estate on to your heirs without interference. Come listen and learn how to retain 100% control of your estate and maintain privacy. Fresh doughnuts and coffee will be provided. Please sign up in the office.

Ladies Save the Date!!!

On February 17th Bay Forest Ladies will have the chance to enjoy an outing to Sanibel Island. We will have lunch at the elegant Thistle Lodge. For more than a century this restaurant has offered an elegant beach front setting and innovative cuisine. The manicured grounds are extensive and the beachfront setting is unmatched. Ladies will have a choice of 2 entrees; Spinach w/grilled chicken or the Sanibel Sampler – 3 croissant Sandwiches, chicken, tuna and egg salad. Included in the lunch will be iced tea, dinner rolls/breads, main course, key lime cheese cake, and tea or coffee. After lunch we will visit the nearby Sanibel Historical Museum and Village. We will begin with a half hour lecture in the schoolhouse with the President of the museum who will reflect on the lives of Sanibel settlers from the 1880' to the 1940's and the eight period buildings on the grounds. Docents will be on the property to answer questions about the buildings and settlers. The village is a tribute of the past and a delight to visit. Also on the grounds is a small art gallery open to the public free of charge. Sign-ups will be from Wednesday February 1st to Wednesday the 8th at the Clubhouse. We will carpool and provide rides for those who need them. The cost for lunch and the museum is \$29.00 or for lunch only \$24.00. There is a toll on the causeway to the island. If we have full cars the cost will be \$1.00-\$1.50 per person (total round trip is \$6.00 per car). This should be a great trip and a wonderful chance to experience the genteel life of old Florida.

Ladies Tea Party

Tuesday, March 20th

Save the date!!! Get your talented people together and plan your theme. Tables of 6 or 8.



Bay Forest Bugle



Published by the BFBOD

February 2012

Mardi Gras is Coming to Bay Forest

Tuesday, February 21st
1:00 PM

Come and have a great day with your Bay Forest neighbors. Entertainment will commence with our own Al Caruso on the piano accompanying the Bay Forest Rockers. The entertainment will continue with a barbershop quartet, a trumpet soloist, a ventriloquist and a roving banjo player from Las Vegas. Maybe a jam session will ensue! Food stands will serve hot dogs, hamburgers with all the fixins, together with Royal Scoop Ice Cream, soft drinks, cotton candy and clowns. Coffee, tea and homemade desserts will be served inside the clubhouse.

BYOB and beer is available with a donation. Beads and masks are available at the door. Ticket donation is \$15.00 per person for adults and \$3.00 per person for children under 10. Tickets go on sale Thursday, February 9th at 9 AM.

Dance- Dance- Dance!!!!

Saturday, February 11th

Bill Jollie is back to dazzle us with his charming wit and musical talent. You don't want to miss this evening of fun and dancing. A light dinner will be provided with coffee and dessert. Tickets on sale Wednesday Feb 1 at 9AM at the clubhouse. Ticket donation of \$15 per person with a maximum of four tickets per person. Checks preferred made out to BFHOA. BYOB or beer with donation.

DON'T MISS THIS FUN EVENT!!!

A Lovely Night at the Phil in Bay Forest

Tuesday, February 7th

Save this date for an evening to remember!!! We will be entertained by the talented quartet for the Naples Philharmonic Orchestra. Ming Gao and Gregg Anderson on the violin, Si-Cheng Lin on the cello and Richard Bosworth on the piano. Wine, Champagne and hor d'oeuvres will be served at this classy event. Doors open at 6 PM and show time is at 7 PM. Ticket donation is \$22.00 per person. Tickets are available at the clubhouse Monday, January 30th at 9 AM.

Super Bowl XLVI, 2012

Sunday, February 5th at 5:30pm

Tickets are available at the BF clubhouse. Come to enjoy; grilled hot dogs, yummy chili and good company. Check your bulletin boards for more information.

Board of Directors Meetings

Mark your calendars to attend the monthly Bay Forest Board of Directors meetings in the clubhouse. The scheduled meetings are:

February 15th	10:00 AM
February 28th	6PM Annual Meeting

Health, Wellness & Fitness for Feeling Fine

By Bill Mottice

Last month's column on Posture was about standing up straight, pulling in your chin and pressing out your chest just like when you were a kid and mom said "eat your vegetables". Both were right but not easy to do. These were actually our first lessons in being healthy but as we got older many of us continued to ignore that good advice and eat those big macs and french fries and proceed to round out in the middle. Danger zones are 36 inches for women and 40 inches for men. Another misconception was "do not lift weights" as you will get muscle bound and that has proven to be just another myth on the road to poor fitness. Let's now return to these three because doing them has proven to be very important. 1. Eat vegetables and fruit by the plate full and have little to no meat, white flour and sugar. Think about nutrition not calories. 2. Work on good posture to prevent injury, weak and painful back aches and looking at the ground. 3. Strength training is a very important one. This is to help prevent aging, reduce muscle loss, prevent injuries to bone, prevent osteoporosis and to just look and feel better as we face the tasks of life. In addition let's add some stretching every morning. All this is not a one time thing but a revolution of wellness. It is not just a leisurely stroll or swinging a very light weight like a pendulum. So let's get to our fitness and rehab. center and bike, jog, walk fast, and use the weight resistance machines. They are all user friendly and just waiting to be touched, One last thought. Use the room for your rehabilitation as many people are doing. It will save you time, money and help your recovery. Don't forget the seminar on Feb. 16th mentioned in another part of the newsletter and join the wellness revolution.

Tennis Tidbits

By Martin Fallon

Hurling headlong into the new year, the tennis program has many new participants. Fifty-two of the faithful were present at the Meet-Greet-and-Eat party on January 22, at the Bocce courts. This represented twenty more adherents than at last year's party. The group feasted on Italian and Turkey submarine sandwiches ordered and delivered by Rudy Weber. The lettuce, sliced tomatoes and other condiments were prepared and displayed artfully by Sue Renzi, who also arranged a well-received dessert table. Beer, wine, soda and water were available, and everyone had a great time. The next party takes place on February 19, immediately after an afternoon of amicable, blind-draw, mixed doubles. This will be a cookout, however those not playing can still eat and those on the courts are not required to consume the prepared food, allowing participants to leave early or come late. As in other social events, there will be sign-up sheets available in the main tennis enclosure detailing choices and costs. The men's over-70, 3.0, traveling team has started the Col-Lee, winter season. Currently, the squad, under the able leadership of Bob Watkins, has split the first two matches, between Pelican Landing and Bonita Beach and Tennis, respectively. The schedule of home and away action is on the bulletin board at the tennis center. Come out and enjoy some of the friendly competition, the home contests on Tuesdays, starting at 2:30.

Bocce

Again, a wonderful start to the bocce season. Our draw/hot dog cookout was a rousing success. We had our biggest attendance at a draw and everything went without a hitch. Our season started on January 16th and was also a success; in fact, the best yet since all teams and all time slots were full. We have a substitute list of more than 30. Please remember that when looking for a sub you need to use the list as any individual already playing on a team cannot be a sub. Our thanks again to Ron Jordanek as without his time and organization we would not have such a smooth running league. Mark your calendars for Thursday, February 23rd for the first pot luck of the season. More details will be provided at the courts. Enjoy the season!

Tropic Topics *By Phil Murano*



The new garden mentioned in last month's Bugle has been put on hold till the summer months due to scheduling conflicts. In the next couple of months the grounds maintenance department will be focusing on the annual removal/control of exotic or evasive plants in all Natural areas in and around Bay Forest. This will include some of the association's natural areas as well. This will be a slow process due to the vast amount of work to be done plus our weekly maintenance that we provide. Our boardwalk final phase board replacements will begin this summer. Staining of the previous installed wood floor will be scheduled around the same time. With all the foot traffic, bicyclist and maintenance carts sharing the roads please remember to help keep the community safe by observing the speed limit and stop signs. If you ever have any questions or concerns regarding the common areas or landscaping, feel free to give me a call at 239-431-7730 (Mon-Fri 7am to 3:30pm).

Men's Col-Lee Tennis League

Come on out and cheer for our men's 70+ league. Matches start at 2:30 PM. The remaining home game schedule is:

February 21st
February 28th
March 6th
March 13th

Real Estate *By Ruth Wertenberg*



Welcome back to all of our returning homeowners and renters. And a sincere welcome to all of the new renters and homeowners. In the lobby of the clubhouse is a list of homes currently for sale here at Bay Forest. Keep in mind that if the unit is rented-we cannot view the property. Also, if you plan to stay here at Bay Forest in 2013 please let me know so that I can reserve your unit for next year's visit. Let us know if we can help you in any way during your visit here at Bay Forest. Sincerely,

Ruth Wertenberg
Realtor®

Exercise Seminar

A special presentation on fitness and wellness will be given on February 16th at 7:00 P.M. in the clubhouse. Fitness areas to be covered in the 2 hour session will include Stretching, Strength Training, Flexibility, and Nutrition. It will be presented by Will St. Cyr who has a B.S. degree in Physical Education from Springfield College and a Masters from Boston college. He will be assisted by Bill Mottice a Kent State Grad. All those who are interested in improving their health are invited to attend. Come dressed for a relaxing and informative evening.

Bay Forest Charity Walk

We will be having a Bay Forest "Charity Walk" on Saturday, February 25th with a rain date of Sunday, February 26th. Walkers do not have to gather pledges but will be asked to write a check to one of three charities-contributing whatever they choose.

The charities will be: the Guadalupe Center of Immokalee (which provides tutoring and scholarships to children); The Shelter for Women and Children (which provides shelter and other services for abused women and children); and St. Matthew's House (which provides a soup kitchen and other services for homeless and others in need). Walkers will have a choice of one of three distances. We will have a short half mile route for those not use to walking, a one mile route and a one and one-half miles (with an option of two miles) route, for the walkers in our community. Donations will also be accepted from non-walkers. Walks will begin from the patio of the clubhouse. Walkers will be asked to check in and pick up a bottle of water and a map. Start times are as follows:

1 and 1/2 or 2 miles – 9:30 AM

1 mile – 9:50 AM

1/2 mile – 10:10 AM

At the end of the walks, coffee, orange juice and doughnuts or munchkins will be available at the clubhouse for walkers. Registration begins at the Bay Forest Clubhouse beginning on Wednesday February 15 at 9:30 AM and continues until Friday, February 24 at 12:00 PM. Please bring a check made out to one of the three charities listed above to registration. Please join us. The walks are not too strenuous and we can enjoy spending time with our neighbors walking our beautiful community while helping those less fortunate than us. Any questions contact Pat Wood of BB1.

2012 Men's Golf Outing

Thursday, February 9th

This Bay Forest tradition starts with a 12 Noon shotgun start with prizes and a great time for all. The cost is \$65.00 which includes golf, prizes, hot dogs and burgers, beer and soft drinks. Contact Gene VonArx at 239-566-3726 to sign up. Singles or teams are welcome.

Bay Forest Writer's Group

The writers group meets most Tuesdays at 9 AM in the clubhouse. All interested writers are invited to attend. For more information contact Sal Marici at 596-4603.

Social Committee Meeting

Tuesday, February 14th

Coffee 9:30 - Meeting 10:00

We are into a busy, fun, season. We welcome all to come and be a part the social committee. What a great way to get involved and meet your neighbors. See you there!

Hasta Manana

See ya later alligator. Upon departing, we most often mean that we'd enjoy meeting soon again, don't we? Now if you're still determined to pick up a bit of SPANISH, us faithful gather at the clubhouse every Friday. That would be por la manana at 9:00 for the veterans and 10:00 for the novices. The telephono gratuito (toll-free) numero is 592-6383. Gracias!

Water Aerobics

Tired of Walking by Yourself? Come and enjoy the company of your neighbors at WATER AEROBICS! We meet at 10 AM every Monday, Wednesday and Friday at Pool Commons II, by the North Lake at Sandy Pines. This is a coed affair, so couples are encouraged to participate. Join us for good exercise in a casual, relaxed format with a congenial group. So come on down and enjoy the fun. A bathing suit is requested—we're not THAT casual! Any questions please call Roger Clapp at 594-5937.

RSVP Bone Builders

This program protects against fractures by increasing muscular strength and bone density. The RSVP Bone Builders class is special because not only are participants improving their strength through controlled exercises, but their progress is tracked by the instructor. Classes are held:

9 AM Mondays and Thursdays

1 PM Tuesdays and Thursdays

A doctor's note is required to participate.

Please pick up the necessary paperwork in the clubhouse office before starting the class if you are a beginner. This program is offered to Bay Forest residents at no cost.

Calling all Line Dancers!!!

Get your dancing shoes on for a fun season of line dancing! We will be dancing from 9AM–10:30 AM on Fridays at the clubhouse. Note the time change from previous years. This is a beginners class, so the basic steps will be taught. We dance to many kinds of music—country, pop, classical and Broadway, so there's something for everyone! We'll be doing the old dances as well as the new popular ones. Line dancing is a fun co-ed social event that is good exercise for both our bodies and our brains! Wear comfortable clothes and shoes with smooth soles that you can turn in.

The Bay Forest 17th Annual Art Show

Sunday, February 26th at 2 PM

It's time again to sip wine, nibble hors d'oeuvres and listen to lovely music while we enjoy the talents of Bay Forest artists and crafters at the 17th Annual BF Art Show.... Just another perfect afternoon in Bay Forest. Painters, photographers, weavers, sculptors, carvers, knitters, whatever your interest—all Bay Forest residents are welcome to show their work and/or attend this event. Again this year, there will be a silent auction of artwork. Applications are now available at the office and are due by February 16th. If you'd like to help with the show, please contact Gisela Damandl at 254-9104.

A Brush with Watercolors

"A Brush with Watercolors"-Lessons by Dave Knoebber begin February 3rd at the clubhouse. There will be five classes-Feb. 3, 10, 17, 24 and March 3. All levels are welcome. There is a maximum class size of 18 and there is no charge. There is an information sheet available at the clubhouse listing the supplies needed for class. Depending on the weather, Dave will try and plan as many classes as possible out on the clubhouse patio. Join Dave in having some fun and learning about watercolor.

Movie Night

7:00 PM

February 10th- "Temple Grandin"

February 24th—"The Sentinel" with Michael Douglas

\$3.00 per person—with that you get "Royal Scoop" ice cream to make your own sundae.

Fish Fry

Saturday, March 10th

The Bay Forest Annual Fish Fry is set for Saturday March 10th. Save the date and watch for the flyers to be posted, with all the pertinent information as to the time, menu and other facts of interest.

Mah Jongg

Mah Jongg is on the schedule for most Monday and Thursday afternoons from 1 PM to 4 PM in the clubhouse. We have a nice group going as we begin our fourth year of playing the ancient tile game. Everyone is welcome to join the group.




February 2012 Calendar of Events

**** SUBJECT TO CHANGE****

Please check the calendar in the lobby for latest updates!!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 1:00 Carinosa Chimes (new) 3:00 Table Tennis</p> <p>5:00 Sunset Cocktails 10:00 Water Aerobics</p>	<p>2 10:30 Chilrington Annual Mtg. (new) 1:00 Mah Jongg (old)</p>	<p>3 9:00 Line Dancing (new) 9:00 Spanish (old) 10:00 Spanish (old) 10:00 Art Class 1:00 AED training (by invitation) 10:00 Water Aerobics</p>	<p>4 7:00 Private Party (new)</p>
<p>5 Super Bowl Party</p> 	<p>6 9:00 Bone Bldg (new) 1:00 Mah Jongg (old) 2:00 Carinosa Annual Mtg (new) 4:15 Tennis Meeting 6:00 Plantation Annual Mtg. (new) 7:00 Bridge (old) 10:00 Water Aerobics</p>	<p>7 Philharmonic Piano & String Quartet</p>	<p>8 1:00 Carinosa Chimes (new) 3:00 Table Tennis (new) 5:00 Sunset Cocktails 10:00 Water Aerobics</p>	<p>9 9:00 Bone Bldg (new) 1:00 Bone Bldg (new) 1:00 Mah Jongg (old)</p>	<p>10 9:00 Line Dancing (new) 9:00 Spanish (old) 10:00 Spanish (old) 10:00 Art Class (old) 7:00 Movies 10:00 Water Aerobics</p>	<p>11 Bill Jolie Music Party</p>
<p>12</p>	<p>13 9:00 Bone Bldg (new) 1:00 Mah Jongg (new) 2:00 Book Club (old) 7:00 Bridge 10:00 Water Aerobics</p>	<p>14 9:00 Social Comm. Meeting (old) 9:00 Writer's Group (new) 1:00 Bone Building (new) 2:30 Sandy Pines Annual Mtg 6:00 BBII Party</p>	<p>15 10:00 Bay Forest Board Mtg (new) 1:00 Carinosa Chimes (new) 3:00 Table Tennis 5:00 Sunset Cocktails 10:00 Water Aerobics</p>	<p>16 9:00 Bone Bldg Ladies Luncheon -Sanibel 1:00 Bone Bldg (new) 1:00 Mah Jongg (old) 3:00 Storrington Mtg (new) 7:00 Exercise Class</p>	<p>17 9:00 Line Dancing (new) 9:00 Spanish (old) 10:00 Spanish (old) 10:00 Art Class (old) 10:00 Water Aerobics</p>	<p>18 Naples Walk Party</p>
<p>19 Tennis Party</p>	<p>20 9:00 Bone Bldg (new) 10:30 BBII Board Meeting (old) 1:00 Mah Jongg 7:00 Naples Walk Annual Meeting 10:00 Water Aerobics</p>	<p>21 9:00 Writer's Group Mardi Gras Party</p>	<p>22 10:00 Sea Pines I Annual Mtg 1:00 Carinosa Chimes (new) 3:00 Table Tennis 5:00 Sunset Cocktails 7:30 Sea Pines II Annual Mtg. 10:00 Water Aerobics</p>	<p>23 9:00 Bone Bldg (new) 1:00 Bone Bldg (new) 1:00 Mah Jongg (old) 7:00 Naples Cove Annual Mtg</p>	<p>24 9:00 Line Dancing (new) 9:00 Spanish (old) 10:00 Spanish (old) 10:00 Art Class (old) 7:00 Movies 10:00 Water Aerobics</p>	<p>25 Walk For Charity 10:30 Buttonwood Annual Mtg (new) 2:00 Art Show Set-Up</p>
<p>26 Art Show</p>	<p>27 9:00 Bone Bldg 1:00 Mah Jongg 7:00 Bridge 10:00 Water Aerobics</p>	<p>28 8:30 Coffee on the Patio (old) 9:00 Writer's Group (new) 1:00 Bone Bldg (new) 1:00 Belle Mer Annual Mtg (old) 6:00 Bay Forest Annual Mtg</p>	<p>29 1:00 Carinosa Chimes (new) 3:00 Table Tennis 5:00 Sunset Cocktails 10:00 Water Aerobics</p>			