

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, January 17th from 8:30-11:00 AM. Come meet your neighbors! Coffee, Tea and goodies at the Bay Forest Clubhouse. Just relax and have a cup of coffee on us!

Bay Forest Social Committee

El Idioma de Los Angeles

If there are angels and they do speak, which of our planet's 6,000 languages might it be? SPANISH, of course! Just a bit prejudiced, right? But in case you would like to check out this startling news, you may join us at 9 AM on Friday, January 6th. There, in a democratic process, we will organize the hours and dates of future classes. For more information please call 592-6383.

Bay Forest Social Committee

Tuesday, January 10th

Coffee at 9:30— Meeting at 10:00 AM

The first meeting of 2012!! Lots of planning to do. All new members are welcome. This is a good way to get involved and meet your Bay Forest neighbors. Come prepared for a fun year!

White Elephant Gift Exchange Sunset Cocktails

A white elephant gift exchange is planned for Sunset Cocktails on January 4th. Please bring one wrapped gift per person which fits Webster's definition: "an object no longer of value to its owner but of value to others". We draw a number, select a package according to the number drawn and then the fun begins. Where the package ends up, no one knows! Maybe this year our fish canister set will make another appearance. Join us!

Ladies Save the Date!!!

The first Ladies Luncheon for this season will be January 24th. It will be a bus trip to West Palm Beach with a visit to the Flagler Museum with shopping and lunch on Worth Avenue on your own. Sign up at the Bay Forest Clubhouse from January 9th-13th and the cost is \$65 and checks are payable to Trendy Tours. Men can sign up on the same dates on a space available basis.

Bay Forest Book Group

The January Book Club meeting is January 9th. The book for the month is a "Major Pettigrew's Last Stand" by Helen Simonson. The book for February is "Patriot's Heart" by Barbara Hambly.

All are welcome to join us. A list of this season's book 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 call Pat Wood of BBI.

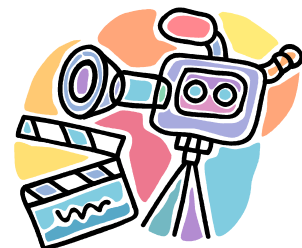
Movie Night

January 13th- The King's Speech with Colin Firth

January 27th—The Tourist with Angelina Jolie

And Johnnie Depp

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



Bay Forest Bugle



Published by the BFBOD

January 2012

A Big Thank You!!!

Let's all give a big "Thank You" to the social committee at Bay Forest. We are fortunate to have a very active and dedicated group of hard working members who do their best year after year to give us a calendar of events that has something for everyone. The committee gives us the very best parties, entertainment and events while keeping it very affordable for all. In order to accomplish this herculean task these committee members put in many hours of planning for the event and then after we all have gone home they are still at the clubhouse on clean up duty. All of our committee members are volunteer. Many other clubs and country clubs in Naples have commented that they don't have anything even close to the parties and events here at Bay Forest. Many ask if they can attend the Bay Forest events-but the answer is no! Bay Foresters should be especially proud of this since it is one of the big selling points for people buying retirement or vacation homes. It adds to the property values! Let's all take a moment and show our social committee how much we appreciate everything they do for all of us. Next time you see a social committee member say thanks!

Office Hours

The clubhouse office is open Monday thru Friday 9 AM-4PM

Phone: 239-597-5129

Fax: 239-597-4431

A 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. The theme will be "Show Tunes and Classics". 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 Friday, January 30th at 9 AM. Watch for flyers on your bulletin boards.

Board of Directors Meetings

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

January 18th	10:00 AM
February 15th	10:00 AM
February 28th	6PM Annual Meeting

Candidate applications are available at the clubhouse office for anyone that is interested.

Health, Wellness & Fitness for Feeling Fine

By Bill Mottice

Starting the new year means a new beginning and a new approach to wellness, the revolutionary act. After visiting my favorite chiropractic doctor because of severe pain in my back, I realized we all have neglected the very basic fitness and wellness problem and that is our POSTURE.

The American Journal of Pain Management states "To live a long active energetic life few things matter more than good posture. Poor Posture issues are a great contributor to many aches, pains and injuries." Lets now look at ourselves and our lifestyle. Being depressed, inactivity, sitting at the computer and watching TV have caused much of this. Key signs of poor posture are rounded shoulders and neck or chin protrusion. Others are hands that hang with their backs facing forward, a protruding stomach and an arch in our back with our butt sticking out. We are basically collapsing causing an imbalance in our muscle and skeletal structure resulting in poor balance called asymmetry. This can result in the possibility of falling and breaking a hip, a reason few medical people mention or try to explain. Sounds bad but true so lets try and correct it. Changing our poor self image if that is a problem is a start so lets begin by thinking TALL SPINE. Stand or sit up straight, chin in, chest out and up and shoulders back. Tighten the stomach muscles and tuck in your butt. Hold it and then do it again and again. Shortened chest muscles should be stretched by pulling our shoulders and elbows back. There are many exercises that can be done and you can improvise your own. It is not easy to changes years of habit but it could very well help eliminate some pain and actually extend your life. One last thought. Find a good chiropractor (mine is great). Tell them your problem and they will help you stand tall. No pill can do that. It's yours for the fixing. Try it!

Tennis Tidbits

By Martin Fallon

As the year ends we are reminded that physical activity is a gift that requires some due diligence. The tennis players are committed to maintaining fitness, but that doesn't mean we don't like to socialize. There will be sign-up sheets posted for the next events, starting with the eat and greet festivity, the only one not preceded by tennis. The following party is on January 22; the February Frolic on 2/19 and the March Madness gala taking place on 3/18. We have scheduled an informal, farewell munch-out, featuring hot dogs, hoping the departing players maintain their digestive equilibriums. The fall, Col-Lee-Just-For-Fun League lived up to its billing, providing our small team any number of hilarious, athletic encounters. We finished in a solid third place, the contests featuring as many tie-breakers as anyone could remember highlighting the closeness of many of the matches. On the third court, Rudy Weber's uncanny, baseline lobs were the difference in three close wins. We anticipate the arrival of our winter members and a competitive team for the upcoming contests beginning in January. Good luck to all.

Bocce

Mark your calendars with the following three important dates!!!
Thursday, January 12th- draw for teams at 11AM at the bocce courts followed by a hot dog lunch.
Monday, January 16th- The 2012 season starts. All time slots on Monday and Tuesday -please arrive a few minutes early to meet and greet your team mates and for a short greeting from Ron.
Sunday, March 25th- 2012 Bocce Banquet.

Again, if you have not already done so, please sign up at the clubhouse office so Ron can get an accurate count. If you played last year and DO NOT plan on playing this year please let Ron know. He can be reached at 239-597-8280 or by e-mail to pigfarm@aol.com
See you all on the 12th!!!

Tropic Topics

By Phil Murano



Happy New Year and Welcome home! I am excited to announce the future addition of a new garden feature. Unique plants will be utilized, including bromeliads and epiphytes. Bromeliads are tropical favorites, especially when considering their heartiness, and diversity in color and shape. When complete, this garden attraction will provide a unique place to enjoy a quiet moment, while enhancing the lush tropical landscape Bay Forest is known for. A location has recently been approved, and we begin the installation soon.

Main Entrance Gate The gate house has been freshly painted, and has a new color. Due to recent malfunctions and for the safety of all residents, a new gate system is being considered. We will update you on the progress and your patience is appreciated.

Bocce Ball Courts Please be aware the steps onto court #4 have been removed for safety concerns. Fresh paint has been applied to all court walkways. The top layers of clay have been removed and replaced on all courts, and they are ready for seasonal play. We have also added a new game for your entertainment called Corn-hole. It is located in the shuffleboard area, including the rules and regulations if you are not familiar with it.
Tennis Courts All four tennis courts have fresh clay, and the old layers have been removed.

Boardwalk There is a new flooring section on the boardwalk from the canoes to the tiki-hut, as well as a section at the entrance. The first phase of staining the replacements is complete. The second phase will be completed later this year. Bids are currently being considered to replace the tiki-hut roof thatch at the end of the boardwalk.

Real Estate

By Ruth Wertenberg



Now we can all settle down after the holidays and let the good times roll here at Bay Forest! I do have some very nice rentals still available for season. Remember-no smoking and no pets allowed!! Check the bulletin board in the lobby of the clubhouse for the latest list of homes for sale. I will be happy to show any of your friends or relatives the homes we have for sale. Welcome back and hope we all have a fun season!
Sincerely,

Ruth Wertenberg
Realtor®

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. The games does need some instruction to play. In January we will begin another few weeks of lessons. If you were discouraged in other years from trying the game, please try again. Please drop over to the club house on Monday or Thursday afternoon to get your name on the list for lessons.

Sunday Brunch

Sunday, January 29th, 11 AM

Tickets for the Bay Forest tradition are available starting Monday, January 23rd at 9 AM. Ticket donation is \$10.00 per person and children under ten are free.

SW Florida Bocce League

Our BF Bocce travel team won the South Division championship for 2011, in the 2 division, 16 team SW FL Bocce League. This coming season begins on January 6th, away at our rival Carlton Lakes. To prepare for the games we have had some practice sessions in December so far. There have been "pick-up" games as well as practice. **WE ARE LOOKING FOR A FEW NEW PLAYERS TO JOIN OUR TEAM.** If interested, please join our practices posted on the court reservation board or call Colin Ball. All residents- renters and owners and their families are welcome! First year players have "made the team" -so experience is not essential. All the league scheduled games are on Friday mornings unless moved due to court or weather conditions. Some special events are to be added including the playoffs and a one-on-one tournament.. The SWFLBL will also be hosting a "Bocce for Blue" fundraiser for the Prostate Cancer Foundation on Saturday, February 25th at Village Walk off Bonita Beach Rd. E . Each community can enter at least one four person ALL MALE or ALL FEMALE team to compete for prizes in the Battle of the Sexes! There will be sponsor booths, raffles and drawings. Entry donations of \$25 per player to the foundation will give each player refreshments and drawing tickets in their goody bags. BF League players are welcome to participate . Call Colin Ball for details and entry forms. A new area "social" league is forming. These games will be less competitive than the travel team, with the goal of meeting people in other communities. Each community group will host in turn on days moving to fit the home schedules. Interested? Call Colin Ball. Attractive new SWFLBL collared shirts, embroidered with the league crest and Bay Forest can be purchased for \$30 each. As you can see, Bocce is alive and growing in Lee and Collier Counties!

Viva Bay Forest!!! January 21st, 2012

You don't want to miss this one!!! January 21st-Entertainment by The Legends of Las Vegas and a delicious dinner catered by Wynn's. Tickets go on sale January 11th at 9 AM at the clubhouse and seating is limited so get your tickets. The ticket donation is \$20 per person and each person can purchase up to 4 tickets. This will be a terrific evening so don't miss out!!!!

Super Bowl Party

February 5th will be our annual Super Bowl Party. Watch for flyers on your bulletin boards for information to sign up. As always, there will be "Super" food and cheering for your favorite team.

Bay Forest Writer's Group

Looking for writers who would like to receive and give supportive critique on work you and others have written. Try to bring no more than one page of your writings that are in the process of development. All genera are welcome. Depending on how many participants we have, we may limit to reading one page per writer. Bring copies of your work to share. Contact Sal Marici at 596-4603.

Bay Forest Revue DVD's on Sale!!!

Those of you living at Bay Forest during the years 2000 thru 2004 will remember the Annual Bay Forest Revues, sponsored by the Social Committee, which featured many of our residents at the time.

3/22/00	"Showtime"
3/27/01	"The Music of Irving Berlin"
3/19/02	"Way Off Broadway"
3/28/03	"Snowbird Seasons"
3/26/04	"The World in Song & Dance"

For those of you were not lucky enough to have been here then these hour-long productions were put on, or if you had seen them you would have recognized many of your friends and neighbors today who donated their talent and time to entertain us! Now, DVD's of all five of these shows will be available for sale beginning Wednesday, January 11th. On the 11th, the revue from 2002 -Way off Broadway will be shown at Sunset Cocktails between 5-7 PM. All five Playbills will also be available. Orders will be taken for these five DVDs plus copies of playbills for each revue. To cover production costs, the charge will be \$50 for the set. No individual DVD's will be available. Payment is required when ordered. Delivery is expected approximately 2 weeks later. Show your children and grandchildren what we do in retirement (an incentive for them)!!!

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. Season Program begins in the clubhouse on January 2nd. 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 starting January 6th 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. See you on January 6th!

Art Show News

The Bay Forest Art Show will be held on Sunday, February 26th from 2-4 PM. We hope to see all of you at this lovely event. There will be a short meeting in preparation for the show on January 23rd at 1 PM at Gisela's house in Belle Mer. All people interested in helping are welcome!

Don't Miss It!!! Saturday, February 11th

Another fun night at Bay Forest!! Enjoy an evening of music and dancing to the sounds of Bill Jolie. Bill is multi-talented and plays a variety of music to please everyone. Watch for flyers for all the information.

Bay Forest Charity Walk

We will be having a "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 Guadeloupe Center, St. Matthews House and The Shelter for Women and Children. More information will follow in February's newsletter. Mark your calendars and save the date!

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.

Mah Jongg Classes

Have you always wanted to learn to play Mah Jongg? Classes begin this month at the clubhouse. You can stop in the clubhouse office to sign up or call Lori Massering at 514-1338 for more information.

2012 Men's Golf Outing

Gentlemen, save the date! Thursday, February 9th. Twelve Noon Shotgun start at Quail Village Golf Club. This will be a 4 man scramble with prizes for: low score, longest drive and closest to the pin. The cost is \$65 and covers Golf, Cart, Hot Dogs, Hamburgers, Beer and Soft Drinks and prizes. Contact Gene VonArx at 566-3726.



January 2012 Calendar of Events

**** SUBJECT TO CHANGE****

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00 Bone Bldg 1:00 Mah Jongg 7:00 Bridge 10:00 Water Aerobics	3 9:00 Writer's Group 1:00 Bone Building 5:30 BBI Party	4 3:00 Table Tennis 5:00 Sunset Cocktails- White Elephant Gift Exchange 10:00 Water Aerobics	5 9:00 Bone Bldg 1:00 Bone Bldg (new) 1:00 Mah Jongg (old)	6 9:00 Line Dancing 9:00 Spanish 10:00 Water Aerobics	7 Plantation Party
8	9 9:00 Bone Bldg 1:00 Mah Jongg 2:00 Book Club 4:15 Tennis Meeting 7:00 Bridge 10:00 Water Aerobics	10 9:00 Writer's Group 9:30 Social Committee Meeting 1:00 Bone Building 2:30 Sandy Pines Meeting 5:00 BBII Party	11 1:00 Carinosa Chimes 3:00 Table Tennis 5:00 Sunset Cocktails 10:00 Water Aerobics	12 9:00 Bone Bldg 1:00 Bone Bldg 1:00 Mah Jongg 7:00 Las Vistas Mtg.	13 9:00 Line Dancing 9:00 Spanish 7:00 Movie- King's Speech 10:00 Water Aerobics	14 BBI Party
15 Naples Walk Party	16 9:00 Bone Bldg 1:00 Mah Jongg 7:00 Bridge 10:00 Water Aerobics	17 8:30-11:00 Coffee on the Patio 9:00 Writer's Group 1:00 Bone Building 5:30 BBI Party	18 10:00 Bay Forest Board Mtg. 1:00 Carinosa Chimes 3:00 Table Tennis 5:00 Sunset Cocktails 10:00 Water Aerobics	19 9:00 Bone Bldg 1:00 Bone Bldg (new) 1:00 Mah Jongg (old) 3:00 Storrington Mtg (new)	20 9:00 Line Dancing 9:00 Spanish 10:00 Water Aerobics	21 Viva Bay Forest Party
22 Tennis Party	23 9:00 Bone Bldg (new) 10:30 BBII Board Meeting (old) 1:00 Mah Jongg 7:00 Bridge 10:00 Water Aerobics	24 9:00 Writer's Group Ladies Luncheon- Palm Beach Trip 1:00 Bone Bldg 5:30 BBI Party	25 1:00 Carinosa Chimes 3:00 Table Tennis 5:00 Sunset Cocktails 10:00 Water Aerobics	26 9:00 Bone Bldg 1:00 Bone Bldg (new) 1:00 Mah Jongg (old)	27 9:00 Line Dancing 9:00 Spanish 7:00 Movie-The Tourist 10:00 Water Aerobics	28
29 Bay Forest Brunch	30 9:00 Bone Bldg 1:00 Mah Jongg 7:00 Bridge 10:00 Water Aerobics	31 9:00 Writer's Group 1:00 Bone Bldg 5:30 BBI Party				