Art Show News

Due to a regrettable error, Edith Fedeleem’s name was omitted from the list of artists at the Bay Forest Art Show. Thanks, Edith, for your valuable part in the Art Show!!

Bay Forest
Board Of Directors

New Members as of 2/28/14 organizational meeting:

President: Lanny Carroll
Vice President: Jim Carlson
Treasurer: Jerry Price
Secretary: Lorraine Tregde
Director: Bob Wood

Upcoming Board of Directors Meetings
April 16, 2014 General Meeting

Bay Forest Office

The Bay Forest clubhouse office is open Monday through Friday from 9 AM—3 PM.

Phone 239-597-5129
Fax 239-597-4431

Southwest (Florida) Chili Party

Our 'Farewell Party” will be held on April 12th. This year we will be having a potluck “Chili Party”. There will be no charge. We will have a 50/50 to cover the Social Committee’s expenses. Participants are asked to sign up in the office to bring either a pot of chili, corn bread or muffins of some type, salad or dessert. We are looking for all kinds of chili: beef and beans, chicken, vegetarian, beanless, white bean, etc. Sign ups will be from April 1 until April 10 at the Clubhouse. Please bring enough to feed 10 people. Come prepared to share some of the wonderful things that have happened at Bay Forest this season!!

Upcoming Events

Save the date for the following upcoming events in April! Check your bulletin boards for more details.

Water Aerobics Party 4/5
Tennis Cookout 4/6
Social Committee Mtg 4/8
Ladies Luncheon 4/10
Chili Party 4/12

PLEASE DO NOT FEED THE WILD LIFE IN BAY FOREST
Tennis Tidbits

By Martin Fallon

Difficult to believe that the tennis season’s coming to a close, participants threatening to return to the still-frozen North. Anticipating these departures, we held the Tennis Banquet on Sunday, March 23, at the Clubhouse. Earlier in the afternoon, there were two hours of blind-draw-mixed-doubles, giving most of us some real exercise, as the dinner was to take place at 6:00 PM. Once again, Sue Renzi did a remarkable job presenting the 44 attendees with a sumptuous array of appetizers, followed by an excellent main course. Although any thoughts of dessert would have been superfluous, the diners were able to consume a variety of cheese-cake slices and still exit without the need for gurneys.

The entertainment was varied, Al Caruso accompanied a wonderful vocalist, here on spring break from the University of Connecticut. He was followed by a skit, called the Sounds of Bay Forest, in which the players had to choose which phrase was best associated with a particular member. Since there were prizes for the least mistakes, strict rules had to be enforced. Among the winners were Hugh Nicholl, Maureen Neville-Michaud, Rudy Weber and Will St. Cyr.

Later, Keith Kurzka, and Will St. Cyr entertained the multitudes with an array of (mostly) new jokes.

Special thanks to all the banquet volunteers, Sharon Queen, Hugh Nicholl, Rudy Weber, Jim Barba, and Rita Watkins. Once again, our appreciation goes out to Mercedes Thomas for her thematic table decorations.

League play has concluded, both Steve Neville's over-60-3.0 team and Bob Watkins' over-70 group competing well against much larger tennis programs. We are looking for a volunteer to take over the older team, as Bob is retiring after five consecutive years of inspirational leadership.

In April, tennis play will continue on our wonderful courts, just with fewer people. We wish to thank Phil Murano and his workers for the outstanding job maintaining the tennis facility to the highest standards.

We wish everyone a happy and healthy summer.

The Bay Forest Book Group

The Bay Forest Book Group meets on the 2nd Monday of the month. Our last meeting of the year will be on April 14th at 1:00pm. We will be discussing Ivanhoe by Sir Walter Scott. The meeting will begin at 1:00pm as we will also be viewing the 1953 Film starring Elizabeth Taylor, Robert Taylor, and Joan Fontaine. All are welcome to join us. Please bring an appetizer or beverage to share. Any questions, call Pat Wodd at 597-8118.

Calling all Bone Builders

In April the morning bone builder sessions will continue meeting at 9:30 am on Tuesdays and Thursdays but the last afternoon session will end after the 1 pm gathering on April 10th.

The morning program is offered year round and new exercisers are always welcome. No charge for Bay Forest residents and renters. Please pick up forms in the office and fill them out prior to the first class. If you are using weights, it is necessary to have a signed release from the doctor for insurance purposes.

April Ladies Luncheon

Save the date, ladies. On Thursday April 10th we will visit the beautiful and expanded Miramar Design Center in Estero. There are over 45 exhibits with the latest in decorating trends. Following our visit we'll go to the Villages of Country Creed for lunch. Each lady will receive her own bill and prices range from $8-$11 dollars. You should plan to leave Bay Forest at 10am. We will plan to spend between one and one and a half hours at the design center and lunch will be at noon. Sign ups will be at the clubhouse between April 1st and April 8th. This is our last outing of 2014, Hope to see you there.
The Social Committee meets on Tuesday April 8, 2014 for the last time for this season. We are in the process of arranging next year’s calendar and social events. One of our long time members has said many times, “Whenever I ask someone for help, I always get a YES.” There are many people who help the chairperson create an event. The worker bees are many! We are in need of some specific talents, however, please consider how you can help.

We Need:

1. A chairperson or couple to run the Friday Night movie twice a month, January thru March. This person would pick the movie, advertise on the community bulletin boards and show the movie. The Royal Scoop Ice Cream crew are still coming back to help. We need a chairperson.

2. We need new officers for the Social Club. The chairman runs the monthly Social Club meeting. She guides the event chairperson to get answers for questions which may come up when chairing an activity. The Secretary records the minutes of the monthly meeting. She may respond to correspondence at times.

3. We need a Chairman for the Christmas Party to be held in December of 2014. As chairperson you may run an event with your own ideas and theme. Some of our separate communities run social events for their own communities, the events done for Bay Forest are just on a little larger scale.

Have you enjoyed the Wednesday Sunset Cocktails, the Philharmonic concerts, the parties with catered meals, the pot luck suppers, the Mardi Gras, The Fish Fry the White Elephant Exchange, Mah Jongg, Bride, Art Show, Art Classes, Line Dancing, Water Aerobics? All of these events are started by someone with a fresh idea and a desire to give it a try.

We hope we get the YES, I CAN DO THAT! From some of you willing to help carry on the active life we enjoy at bay forest.

The Social Committee
**Real Estate**

By Ruth Wertenberg

Farewell to all of our seasonal renters and owners! We had another wonderful season and hope to see all of you back at Bay Forest soon. For our renters, be sure to check out our website for available units for next season and call me to set up your stay for next season! To our owners, we are always looking for more units for the rental program. Bay Forest becomes more popular every year—the secret is getting out and we need more rental units to keep up with the demand.

**BOCCe**

Since it’s April that must mean the 2014 Bocce Season has come and gone and did we go out with a bang. Our playoffs began the week of March 17th with the final on Friday, March 21st and it lived up to our expectations. The winners were Team 4 (Mon-Wed) Ernie and Inga Savoia, Giacomo Kustera and Mike Broderick (with help from Mike Lanik) and the runner ups were Team 18 (Tues-Thurs) Ruth and Larry DeFuge and Craig and Sue Pihl. Congratulations to all the teams who participated in the playoffs and also to those teams who did not. We all had a great season.

Our Bocce Banquet on March 25th was a winner also. This year it was catered by Frisco’s and they did a great job. Alex kept us entertained well into the night and the dancing helped melt the calories from too much dinner and dessert, not to mention wine and beer. Enjoy the rest of 2014 and look forward to our 2015 season.

Starting April 1, 2014, Returning & New Players please sign up at the office for the 2015 Season. For those of you who are not on a team, a new time slot is being entertained Mon/Wed 12:00 (Noon). For now this is just a possibility. Please come to the office and sign up for your preferred time slot.

**HEALTH, WELLNESS AND FITNESS FOR FEELING FINE**

by Bill Mottice

I would like to correct a mistake in last months column. Dr. Alex's Chiropractic office is located on Vanderbilt Dr. and is The Bonita Chiropractic Center. Several people have found it and have had good results.

As we head into the summer and many will be returning north let's take with us a few tiny tidbits for a more fit tomorrow.

1. Remember to create your own ongoing functional body movements that will increase your strength, balance, and flexibility.

2. Constantly check your body’s posture and the way you walk. No forward head posture. Line your ear with the middle of your shoulder and walk with your thumbs pointed forward not the back of your hands.

3. Tighten your stomach muscles when you are standing or sitting and especially when you are in your car waiting for the light to change. Tighten and relax over and over again. It will really help.

4. Keep trying to do more and more exercise. Cardio, resistance training, stretching, and balance. Make it fun! Remember it is easy to do too little but hard to do too much.

5. Remember it is strength or resistance training that speeds up your metabolism and helps you lose weight. Bigger muscles burn more calories than little muscles.

6. Try some interval training which means while walking, jogging, or on the treadmill, bike or elliptical you go at a faster speed for a short period of time. For example, go at your regular speed for two or up to five minutes and then go at a much faster speed for 10 to 30 seconds. It really works but you have to keep at it.

Most of all, get your heart rate up for a minimum of 20 or 30 minutes. It's called Target Heart Rate. Take 220 minus your age. That equals 100%. heart rate. Multiply that number by 65% and 85%. That gives you your low & high target heart rate. For example if you are 70 years old that equals 150 you then multiply 150 by 65% & 85% which equals the numbers that you need. 97 would be the lowest and 128 would be your highest. Now you have a great exercise program. Last its not calorie counting but nutrition checking that works. Check your food addictions and change them. Try all this and I guarantee you will look and feel better and if not try harder.

See you in the fall for another great & healthy time in God's paradise.
The Bay Forest Social Club wishes to thank all of the volunteers (men and women) that made our Mardi Gras and Ladies’ Tea and Style Show so successful. The attendance by the community was overwhelming. We look forward to another super season next fall. Stay healthy and happy over the summer and come back ready to party.