



Bay Forest Bugle 2017

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Art Show News



What a beautiful and festive Sunday afternoon it was! Hats off to the 21+ wonderful Bay Forest artists who once again made the Annual Art Show a tremendous success!

Our thanks to the 400+ people who attended the show to enjoy Jane Kresky at the piano and the works of Cathy and Ed Anderson, Maureen Daley, Gisela Damandl, Edith Fedelem, John Fox, Dana Garrett, Mary Hesse, Bob and Joyce Hewitt, Ron Klett, Dave Knoebber, Richard McKillip, Gitte Mohr, Bob Munns, Patty Pino, Naomi Kahn-Ramliden, Gay and Philippa Ridley, Sheila Smith and Gloria Stewart.

A special THANKS to all the people "behind the scenes", setting up, tending to the food, helping with the silent auction and our fabulous bar tenders, Tony Ridley and Jerry Damandl, all of whom helped make this event possible and special.

This year, thanks to the overwhelming generosity of Bay Forest friends and visitors, we were able to donate \$1,300 to the Guadalupe Center for Children in Immokalee, enabling them to bring art to the children.

Next year's Art Show will take place on February 25, 2018. Mark your calendars.



Our end of season Farewell Party will be held on Saturday, April 8 at 6:00 PM. The theme will be "Family Favorites". It will be a potluck dinner and BYOB. Sign-ups will begin in the Bay Forest Clubhouse office on Monday, March 27 at 9:00 AM and end on Thursday April 6 at 3:00 PM. Please sign up to bring either a salad, main dish, or dessert. The dish should be enough to serve 8-10 people. There is no charge. A 50/50 will be held to cover any expenses.

Request for Meetings & Events

Please contact Donna Showalter to schedule meetings / and events for next Season
Email - dmshowalter@icloud.com
Phone- 765-969-3124

Bay Forest Board Of Directors

Upcoming Board of Directors Meetings

April 19, 2017 General Meeting

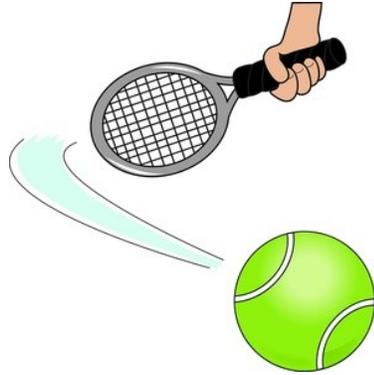
Bay Forest Office

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

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

Tennis Tidbits

By Martin Fallon



The finality of "double, secret probation" is echoed in the realization that, soon, the heart of our tennis community will be leaving for their spring and summer destinations. And not a moment too soon, if they want to catch those last snow drifts before mud season begins.

Levity aside, March has been our busiest tennis month. Steve Neville's traveling team's ascendancy was slowed temporarily by tougher matches, culminating in what could be a five-team cluster, all vying for the coveted first prize. The team's final placement will be determined on Wednesday, 3/22 at Island Walk, matches starting at 11:00 AM. Interested fans should meet at the tennis courts at 10:15 to get directions.

The end of season banquet took place Sunday evening, 3/19, players and guests arriving at 6:00 PM. Earlier in the afternoon, players took part in a blind-draw, mixed-doubles event that produced some excellent matches. The evening's festivities began with tasty hors d'oeuvres featuring real and faux sushi. The main course was chicken piccata with rolls and salad. Desserts included cheesecake minis, cream puffs and coffee.

The entertainment was provided by Will StCyr, telling jokes involving in-flight shenanigans. Steve Neville added more humor and the emerging poet laureate, Bill Adams recited an original poem. Steve Chansky highlighted the inaugural tennis tournament, giving credit to all the participants and the cheering onlookers. Steve organized the event, taking a chance with a format we haven't experienced for many years. We are thankful for his efforts in what promises to be an anticipated yearly event.

Special thanks go out to the banquet organizers, Sue Renzi, Sharon Queen and Marie LaLiberty. Janet DeSilva arranged the artistic flower displays. Marie Doering was a stalwart at the sinks, aided by the always cooperative Rita Watkins.

There are still tennis opportunities with the women's and men's round robins, Friday Après-midi, 4:00 PM, mixed doubles with a twist, and Sunday morning mixed-doubles under the more-than-able-and-affable Marie LaLiberty. And of course, individual play is encouraged at those times when there are no scheduled groups. We wish that all enjoy productive summers and those rehabbing from illnesses and surgeries return to play the best tennis of their lives.

The Bay Forest Book Group



The Book Group meets the second Monday of the month. All are welcome. The April meeting will be at 2:00PM on Monday, April 10. The book for April will be "Requiem" by Frances Itani. This will be our last meeting of the season. The books for next season will be published on the Bay Forest Web Site. Any questions call Pat Wood 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 March 30.

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 Movie Night



Wednesday April 19

“Sully”

The movies will continue twice per month during the summer and fall. The new day and time will be Wednesdays at 6:00 PM following Sunset Cocktails. No ice cream, but no charge either! Watch the bulletin boards inside and outside the clubhouse for the movie dates and titles.

Social Committee

Our last 2 events of the season are the Social Committee meeting on 4/4 and the Farewell Party on 4/8. The Social Committee meeting is an important one because we will be finalizing the calendar for next year. Your input would be very helpful.

Several items/food/crackers have been in the pantry for quite some time. Please claim them before they are put in the “circular file”. Thank you.

We will again celebrate our veterans in Nov. As many of you will be heading North soon, don't forget to bring back a photo of a veteran you'd like to honor.

Thank you to all the Social Committee participants who worked hard and contributed to the social events this season. Without you, Bay Forest wouldn't be nearly as much fun.

A fond farewell to those of you who will be leaving.

Safe travels and we'll see you in the Fall.



Our 15th Season was a memorable one. We again increased our attendance, 155 this year, and Frisco's came through with a dinner which was enjoyed by everyone. Side by Side did their usually great job. The singing and dancing went on until 9:00 with a good number still in attendance.

Our winning team, Mon-Wed, consisted of all first time winners - Donald Skinner, Paul Franks, and Ed and Sue Weilhoefer who were presented with trophies. The runner-up team from Tues-Thurs consisted of Eileen and John McDonagh and Claire and Dick McKillip and they were presented with gift certificates from the Royal Scoop. For those of you who have not seen them, we have two plaques with the engraved names of all winners beginning with the first season. These plaques are located behind the bar.

Thanks go to Ron Jordanek for the organizing he does and for the patience he has with all of us and to Pete Bizjak for his work on supplying us with schedules, team rosters and standings. Also thanks to the Bocce Board for helping in every way they can throughout the season.

When we come back for our 16th Season the courts should be in their best shape ever. Bay Forest has plans to do over the courts and we are really excited about their plans. 2018 has the beginnings of the best season yet. See you then.

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. Please check our website to learn how we market your property. Bay Forest becomes more popular every year-the secret is getting out and we need more rental units to keep up with the demand.

*HEALTH, WELLNESS AND
FITNESS FOR FEELING FINE*

by Bill Mottice

April is here and many are returning north while others are planning to travel this summer somewhere by plane, car or ship. So here are a few suggestions to make your travel or daily routine start off better. Movement of all body parts as much and as hard as possible and constantly is a beginning of functional fitness. [Golf cart riding does not qualify.]

Start either in the morning or at night and use the kitchen or bathroom sink for 5 to 10 minutes of stretching and exercise. Hold on to sink at arms length with feet about the same distance from the sink. Hold on and lean back stretching back and shoulders and keep heels flat on the floor. Next stand straight and swing legs in circles to loosen hips, then kick leg to side and across in front of you. Now move legs straight back. Holding on now you do knee bends dipping down a little at first and then farther down. Do as many as possible, not just a couple and now do heel raises to stretch the calves.

Next bend arms moving chest to sink and push away in push up motion. Keep heels flat on floor. You can now create your own additional movements to stretch and exercise other muscles. try it and you will feel better.

Another thing is check your posture. As we get older we start leaning forward and rounding our shoulders sticking our head out. When you walk try and stand straight ,shoulders back and head up looking forward with front of ears in line with shoulders and hips. Your head weighs about 10 lbs. normally but with every inch it pushes forward it adds 10 lbs. You could be carrying around as much as a 40 lb. bowling ball on your poor shoulders and spine.

Stretch your body in different places by creating your own movements. Round your back then pull. Pull your arms forward and back and bend side to side. Constantly stretch your legs while standing or sitting. This is really important but often neglected especially by men.

Practice balance by focusing on a certain spot and lifting one foot off the ground. Use a chair or counter top to steady yourself and prevent falling. Last stoop to pick up things. Do not bend over with straight legs and hurt your back.

Make all these thing just a part of your everyday activity and they will become habit forming and you will feel and look better. Have a great spring summer and fall and remember just keep on doing it all.



Classes run through April

Monday, Wednesdays , and Fridays

11am at the Clubhouse

Every level welcome

Results of Inaugural (after many years) Bay Forest Tennis Tournament

The tennis community in Bay Forest is an enthusiastic and fun loving group, that came out in mass to cheer on the competitors for this inaugural event spanning the first ten days of March. There were three competitive categories: Mixed Doubles, Men's Doubles, and Men's Singles. In total there were 14 participants competing, some in more than one category.

MIXED DOUBLES: Winners - Brother/Sister Combo of Maureen and Steve Neville

In the 1st round there were two matches. Marie LaLiberte and Steve Chansky teamed up against Rette Stockin and Bob Watkins. Rette and Bob dominated the 1st set (6-1) and were ahead 4-1 in the 2nd set when Marie and Steve stormed back to 6-6 to force a 7 point tie breaker. There the momentum shifted back to Rette and Bob who handily won the tie breaker 7-1. WINNER: Rette Stockin and Bob Watkins.

The other 1st round match featured the brother/sister combo of Maureen and Steve Neville against the husband and wife team of Jan and Rob Keogh. This was fiercely competitive, with the Neville's winning the 1st set 6-4 and the Keogh's coming back to take the 2nd, also at 6-4. The 10 point tie breaker was touch and go with the crowd cheering each point. The Neville's clutch play prevailed at the end, winning 11-9. Wow!! WINNER: Steve and Maureen Neville

The finals between Rette/Bob vs Maureen/Steve drew the biggest crowd of the tournament. Maureen and Steve won the 1st set 6-4, while Rette and Bob fought back from an early deficit to win 7-5 in the 2nd. The 10 point tie breaker was also hard fought, with Maureen and Steve winning 10-6.

MEN'S DOUBLES: Winners – Rob Keogh and Andy Guti

The 1st round match featured Ray Martin/John Nugent vs Andy Guti/Rob Keogh. Andy and Bob won their 1st set 6-3 although Ray and John gave them all they could handle. The second set was not as close with Andy and Rob winning 6-0 (only Bagel of the tournament!). WINNER: Andy Guti and Rob Keogh

In the other 1st round match, Bill Booth/Bob Watkins took on John Desrosiers/Steve Neville. This match was one of the most hard fought and competitive in the tournament. John and Steve prevailed in the 1st set 6-2, but in the 2nd Bill and Bob played inspired tennis, forcing the set to 6-6, and winning the 7 point tiebreaker 7-4. The 10 point tie breaker that followed was as competitive, with John and Steve finally winning 10-8. WINNER: John Desrosiers and Steve Neville.

Unfortunately, the team of Desrosiers and Neville had to bow out of the finals because of a scheduling conflict. Instead, an exhibition match between Andy/Rob against Steve Chansky/Steve Neville was played, with Andy and Rob winning 6-4, 6-4.

MEN'S SINGLES: Winner – Steve Chansky

There were two 1st round matches scheduled: Steve Chansky vs Bill Stopps and Andy Guti vs Steve Crane. Bill Stopps had to bow out due to an injury so Chansky got a bye into the finals.

The match between Steve Crane and Andy Guti was hard fought. Andy seemed to return every ball, but Steve Crane's arsenal of "slice and dice" shots finally prevailed 6-4, 6-4. WINNER: Steve Crane.

The men's singles finals between Chansky and Crane drew a sizeable and enthusiast crowd. It was the last match of the tournament that featured 8 matches between March 3rd and 10th. Chansky won a highly contested 1st set 7-5 and was well ahead in the 2nd, 5-1, when Crane picked up his game and stormed back to 6-6, taking the 7 point tie breaker 8-6. This set up the deciding 10 point tie breaker. At this point the match had exceeded 2 hours in 80+ degree heat so both players' stamina was being tested. Somehow Chansky regained the focus and determination he showed earlier in the match and won the tie breaker 10-3.