

LAKE FOREST NEWSLETTER

JUNE 2010

NEWS FROM THE BOARD OF DIRECTORS

This will be the last newsletter until October. Now that the hot weather is here not much will be going on.

Please check your irrigation system. There are many lawns turning brown. If you do not know how to set your irrigation clock, please call the office at 772 878 1944.

There are a number of driveways and mail boxes that need cleaning. Also, **there are a number of front doors that are painted with unapproved colors.** You will be receiving a letter to

have the door repainted. Please contact the office for an Architectural Committee application for the approved color.

A reminder: as August approaches, you should have GRUB control applied to your lawns.

The patio is finished with tables and fans, and is available for rental.

Have a safe and wonderful summer! We'll see you in the fall.

**Board of Directors;
Jack, Jane, Jim, Maria & Frank**



TREASURERS REPORT For the Month Ending April 30, 2010

HOA Funds are held in the following accounts:

\$ 84,108.00	in our Operating Account
\$ 504,108.00	invested in various CD's and CDAR's
\$ 261,080.00	in Reserve Accounts
\$ 168,793.00	is owed to the HOA by residents.

There are currently one-hundred and seven (107) known rented properties in the community.

Legal action is pending on sixty-eight (68) homes in Lake Forest.

There were seven (7) homes sold in Lake Forest in April. There have been fourteen (14) homes sold in the last two months.

During the last HOA meeting, the Board raised the application fee, the fee that each family moving into the community must pay, to \$150.00 from \$100.00.

Regards

Jim Russello, Treasurer

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THE FIVE MINUTE ESCAPE

The hurricane season is upon us. **If you had to leave your home quickly in an emergency, would you know what valuables to take with you?** What if there was some other kind of emergency? Would you know what to take?

What if you had to leave your house in **five minutes**? Would you be able to find the items most important to you? What if you couldn't get back into your house? What do you need? The time to plan is now!

Locate and store your escape items in such a way that you can retrieve them in **five minutes**.

Papers:

- Official Documents
- Deeds
- Wills
- Bank Information
- Credit Card Information
- Car Titles
- Birth Certificates
- Social Security Cards
- Passports

Personal Stuff:

(Things to get you through the day)

- Medicine
- First Aid Kit
- Baby/Child Items (Leave a spare diaper bag packed for an emergency)
- Toiletries
- Change of clothing
- Eyeglasses, contact lens & solution
- Hearing Aids
- Cell Phone, Charger

Suggestions:

1. Decide which items are your highest priorities.
2. Where are they located?
3. How are they stored?
4. Store essential papers in one place so that they can be transported easily.
5. Store essentials and valuables in a safety deposit box.
6. Prepare a 72 hour kit for each family member.
7. Post your **Five Minute Plan** in a special spot.
8. Review the plan with your family.
9. Assign roles to all family
10. Practice a Five Minute Escape with your family
11. Pray that you never have to use your plan
12. Sleep well

Money:

- Credit Cards
- Bank Cards
- Extra Cash

Valuables:

- Jewelry
- Computer Hard Drive or Back Ups (Disks or Flash Drives)
- Pictures
- Genealogy
- Letters

Clothing:

- Jacket or Coat
- Blanket/ Binky for Baby, Child

Emergency Backpack and/or 72 Hour Kit

- Your choice of emergency supplies. Keep in the garage, closet or in your car.

Would you be able to find the items most important to you?

Store essential papers in one place so that they can be transported easily

Practice a Five Minute Escape with your family

INTERESTING TIDBITS

The first couple to be shown in bed together on prime time TV were Fred and Wilma Flintstone

Every day more money is printed for Monopoly than the US Treasury

The first novel ever written on a typewriter was Tom Sawyer

The State with the highest percentage of people who walk to work is Alaska

SCHEDULE OF EVENTS

Tuesday	June 1	1:00pm	Poker
		6:30pm	International Food Club
Wednesday	June 2	9:00am	Water Aerobics*
		12:30pm	Mah Jongg
		7:00pm	Relay for Life
		8:00pm	Poker
Thursday	June 3	1:00pm	Poker
		7:00pm	Architectural Committee
		7:00pm	Mah Jongg
Friday	June 4	9:00am	Water Aerobics
		12:30pm	Mah Jongg
Monday	June 7	9:00am	Water Aerobics
		7:30pm	Mah Jongg
Tuesday	June 8	9:30am	Board of Directors Workshop
		1:00pm	Poker
		7:00pm	Covenants and Restrictions
Wednesday	June 9	9:00am	Water Aerobics
		12:30pm	Mah Jongg
		7:00pm	Poker
Thursday	June 10	1:00pm	Poker
		7:00pm	Mah Jongg
Friday	June 11	9:00am	Water Aerobics
		12:30pm	Mah Jongg
Monday	June 14	9:00am	Water Aerobics
		7:30pm	Mah Jongg
Tuesday	June 15	1:00pm	Poker
Wednesday	June 16	9:00am	Water Aerobics
		12:30pm	Mah Jongg
		7:00pm	Poker
Thursday	June 17	1:00pm	Poker
		7:00pm	Architectural Committee
		7:00pm	Mah Jongg
Friday	June 18	9:00am	Water Aerobics
		12:30pm	Mah Jongg
Monday	June 21	9:00am	Water Aerobics
		7:30pm	Mah Jongg
Tuesday	June 22	9:30am	Board of Directors Workshc
		1:00pm	Poker
		7:00pm	Covenant and Restrictions
Wednesday	June 23	9:00am	Water Aerobics
		12:30pm	Mah Jongg
		7:00pm	Poker
Thursday	June 24	1:00pm	Poker
		7:00pm	Mah Jongg
Friday	June 25	9:00am	Water Aerobics
		12:30pm	Mah Jongg
Monday	June 28	9:00am	Water Aerobics
		7:30pm	Mah Jongg
Tuesday	June 29	1:00pm	Poker
Wednesday	June 30	9:00am	Water Aerobics
		12:30pm	Mah Jongg
		7:00pm	Poker



June



Flag Day
June 17



Father's Day
Sunday, June 20

* Please note
time change for
Water Aerobics

SUMMER HAPPY HOURS

Cocktail Parties and Fun Evenings

**SPONSORED BY THE
LAKE FOREST
RELAY FOR LIFE TEAM**

SATURDAY, June 19, 2010 at 7:00pm

HOSTED BY

**Clint and Susan Tiffany
330 SW Lake Forest Way**

SATURDAY, July 24, 2010 at 7:00pm

HOSTED BY

**Carl and Barbara Monge
295 SW Lake Forest Way**

**FOR INFORMATION CALL
871 1572**

**\$3.00 per person donation. BYOB and an
appetizer. Raffles, 50/50, Treasure Table**

***SNACK A LITTLE,
LAUGH A LITTLE
MAKE NEW FRIENDS...
HELP A WORTHY CAUSE***

**Come see what the
Relay for Life Team
is all about**



All Proceeds Benefit the American Cancer Society's Relay For Life!

Enjoy your dinner then come join us for
coffee and a....

FAMILY HAPPY HOUR

SPONSORED BY THE
LAKE FOREST
RELAY FOR LIFE TEAM

SATURDAY, August 21, 2010 at 7:00pm

AT THE
LAKE FOREST CLUBHOUSE

FOR INFORMATION CALL
Carl and Barbara Monge
871 1572

IF YOU'VE NEVER ATTENDED OUR HAPPY HOURS,
YOU'RE MISSING OUT ON A WONDERFUL EVENING.
MEET YOUR NEIGHBORS, MAKE NEW FRIENDS
AND HAVE FUN!

\$3.00 per person donation.
Chance Drawings
50/50, Treasure Table

See what the Relay team is all about

SNACK A LITTLE,
LAUGH A LITTLE
MAKE NEW FRIENDS...
HELP A WORTHY CAUSE



All Proceeds Benefit the American Cancer Society's Relay For Life!

Need someone to help you
"step away from the cheesecake"
or to just keep you on track
with your food program?

I am not a doctor or nutritionist
just someone who has been there.

It helps to have someone you
can confide your food cravings to.
We'll work together to help you
conquer this addiction!

I want to be your diet buddy.

**For a free consultation
or more information**

772-785-8790

Shelley Garcia

a Lake Forest resident

Just think of me as your own
personal weight watcher!!

RELAY FOR LIFE NEWS

The annual St Lucie Relay for Life event on April 30, 2010 at Digital Domain Park was great!! **The theme for this year was “Relay Around the World.”** I am not sure if all the countries were represented, but there were quite a lot. **Lake Forest was France.** We sold filled crepes and refreshments and made our booth like a little bistro. All our team members wore berets and we all looked just magnifique!! **The weather was very cooperative, even kind of hot until the sun went down,** since the weather forecast for that day said 50% chance of rain. There was not one drop. There were all sorts of activities to get

involved in to keep you up for the night, because at all times, someone from your team must be walking laps.

There was Relay Idol... which of course was a singing competition, and the famous *“The Dude is a Lady”* which really was the funniest thing of the night. One of our own team members participated. He did not win, but we all had a ball cheering him on.

It is nice to know that at the end of our fundraising year we can celebrate all the support we received. To start this year’s efforts, our first happy hour was Saturday, May 22, 2010

**Shelley Garcia, Member,
Relay for Life Team**



Our bistro with a beautiful view of the Eiffel Tower



Crepe’s anyone?!? JR Trespel and Captain Barbara Monge



POTPOURRI... AND OTHER ITEMS

RELAY FOR LIFE

We all have useful junk.... you know what they say, one man's junk is another man's treasure!! **Wondering what to do with your leftovers from the garage sale?? Donate them to The Lake Forest Relay for Life team's treasure table.** You will be getting rid of stuff you don't want and have the satisfaction of making a contribution to your community's efforts in raising money for a very worth cause.

For more information please contact: Carl and Barbara Monge at 871 1572.

All Proceeds Benefit the American Cancer Society

THANK YOU, MR LOMBARDI

The Board of Directors would like to give a huge **THANK YOU** to Carmine Lombardi, proprietor of the Big Apple Pizza, who has time and again come through for Lake Forest with gifts for our children at the Christmas and Easter celebrations.

Hat's off to Mr Lombardi, a perfect example of the small business man, who gives back to his community. **Thank you, Mr Lombardi.**

The Lake Forest Board of Directors

THANK YOU, MARYANN

The Lake Forest community would also like to thank Maryann Borie for her diligent work on keeping our book and movie libraries at the clubhouse in order. This is no small task considering the number of books and movies we have. Books and movies are free for your use. You are on the honor system to return them. It is when these items are returned that Maryann goes to work in putting them in their rightful places... no small task. **Thank you, Maryann.**

The Lake Forest Community

CONGRATULATIONS

Congratulations to Miss Casey Mow, graduating Class of 2010 of St Lucie West Centennial High School, and also this year's Prom Queen! Good Luck at IRSC!

FROM THE EDITOR

With this issue of the newsletter, it will be the last one until October. As we have done in the past, my wife and I will be heading to New Hampshire for the summer. We expect to be back in the middle of September in time to publish the October newsletter. Because there will be no July, August or September newsletters, we have included the events calendars for those months.

My wife and I wish for all of you a great summer.

Frank Gomes, Newsletter Editor

INFORMATION FROM NATIVE CONTROL

Irrigation is only to supplement the rain fall. Certain homes are extremely over irrigated and it seems to be feast of famine with the rain fall. Both of these conditions, too wet or too dry, promote excessive weed growth in the turf. **With your help in monitoring your irrigation systems** adjusting your timers and making sure your systems are working properly, we can work together to keep the turf in much better shape. Your lawn can only consume, during photosynthesis, about an inch of water every seven days under normal growing conditions. Any more saturation than

that promotes weed growth and insect infestation.

Please check to be sure that your irrigation clocks are set to the proper time and day according to the sticker placed on them by St Lucie West Services District. **If it starts raining, reset your timer to only supplement the rain fall,** or consider installing a rain sensor to do it for you. If you have any questions or concerns, please feel free to contact us through use of the work order system located at your clubhouse.

**Tiffany L Scarmardo
Native Control Services, LLC.**

FOR JUNE ONLY

DUFFY'S
SPORTS GRILL'S

790 SW ST. LUCIE WEST BLVD PORT
ST. LUCIE FL, (772) 873-8150

SUPPORT OUR COMMUNITY
**LAKE FOREST
FAMILY NIGHT**
TUESDAY, JUNE 1st
5:00pm to 9:00pm
10% OF ALL BILLS WILL BE
DONATED TO
THE LAKE FOREST COMMUNITY

PRINT AND BRING THIS COUPON WITH YOU

FOR JULY ONLY

DUFFY'S
SPORTS GRILL'S

790 SW ST. LUCIE WEST BLVD PORT
ST. LUCIE FL, (772) 873-8150

SUPPORT OUR COMMUNITY
**LAKE FOREST
FAMILY NIGHT**
TUESDAY, JULY 6th
5:00pm to 9:00pm
10% OF ALL BILLS WILL BE
DONATED TO
THE LAKE FOREST COMMUNITY

PRINT AND BRING THIS COUPON WITH YOU

FOR AUGUST ONLY

DUFFY'S
SPORTS GRILL'S

790 SW ST. LUCIE WEST BLVD PORT
ST. LUCIE FL, (772) 873-8150

SUPPORT OUR COMMUNITY
**LAKE FOREST
FAMILY NIGHT**
TUESDAY, AUGUST 3rd
5:00pm to 9:00pm
10% OF ALL BILLS WILL BE
DONATED TO
THE LAKE FOREST COMMUNITY

PRINT AND BRING THIS COUPON WITH YOU

FOR SEPTEMBER ONLY

DUFFY'S
SPORTS GRILL'S

790 SW ST. LUCIE WEST BLVD PORT
ST. LUCIE FL, (772) 873-8150

SUPPORT OUR COMMUNITY
**LAKE FOREST
FAMILY NIGHT**
TUESDAY, SEPTEMBER 7th
5:00pm to 9:00pm
10% OF ALL BILLS WILL BE
DONATED TO
THE LAKE FOREST COMMUNITY

PRINT AND BRING THIS COUPON WITH YOU

SCHEDULE OF EVENTS

Thursday	July 1	1:00pm 7:00pm 7:00pm	Poker Mah Jongg Architectural Committee
Friday	July 2	9:00am 12:30pm	Water Aerobics Mah Jongg
Monday	July 5	9:00am 7:30pm	Water Aerobics Mah Jongg
Tuesday	July 6	1:00pm 6:30pm	Poker International Food Club
Wednesday	July 7	9:00am 12:30pm 7:00pm 8:00pm	Water Aerobics Mah Jongg Relay for Life Poker
Thursday	July 8	1:00pm 7:00pm	Poker Mah Jongg
Friday	July 9	9:00am 12:30pm	Water Aerobics Mah Jongg
Monday	July 12	9:00am 7:30pm	Water Aerobics Mah Jongg
Tuesday	July 13	9:30am 1:00pm 7:00pm	Board of Directors Workshop Poker Covenants and Restrictions
Wednesday	July 14	9:00am 12:30pm 7:00pm	Water Aerobics Mah Jongg Poker
Thursday	July 15	1:00pm 7:00pm 7:00pm	Poker Mah Jongg Architectural Committee
Friday	July 16	9:00am 12:30pm	Water Aerobics Mah Jongg
Monday	July 19	9:00am 7:30pm	Water Aerobics Mah Jongg
Tuesday	July 20	1:00pm	Poker
Wednesday	July 21	9:00am 12:30pm 7:00pm	Water Aerobics Mah Jongg Poker
Thursday	July 22	1:00pm 7:00pm	Poker Mah Jongg
Friday	July 23	9:00am 12:30pm	Water Aerobics Mah Jongg
Monday	July 26	9:00am 7:30pm	Water Aerobics Mah Jongg
Tuesday	July 27	9:30am 1:00pm 7:00pm	Board of Directors Workshop Poker Covenants and Restrictions
Wednesday	July 28	9:00am 12:30pm 7:00pm	Water Aerobics Mah Jongg Poker
Thursday	July 29	1:00pm 7:00pm	Poker Mah Jongg
Friday	July 30	9:00am 12:30pm	Water Aerobics Mah Jongg

July ★★



SCHEDULE OF EVENTS

Monday	August 2	9:00am	Water Aerobics
		7:30pm	Mah Jongg
Tuesday	August 3	1:00pm	Poker
		6:30pm	International Food Club
Wednesday	August 4	9:00am	Water Aerobics
		12:30pm	Mah Jongg
		6:00-8:00pm	COP Night Out
		8:00pm	Poker
Thursday	August 5	1:00pm	Poker
		7:00pm	Architectural Committee
		7:00pm	Mah Jongg
Friday	August 6	9:00am	Water Aerobics
		12:30pm	Mah Jongg
Monday	August 9	9:00am	Water Aerobics
		7:30pm	Mah Jongg
Tuesday	August 10	9:30am	Board of Directors Workshop
		1:00pm	Poker
		7:00pm	Covenants and Restrictions
Wednesday	August 11	9:00am	Water Aerobics
		12:30pm	Mah Jongg
		7:00pm	Poker
Thursday	August 12	1:00pm	Poker
		7:00pm	Mah Jongg
Friday	August 13	9:00am	Water Aerobics
		12:30pm	Mah Jongg
Monday	August 16	9:00am	Water Aerobics
		7:30pm	Mah Jongg
Tuesday	August 17	1:00pm	Poker
Wednesday	August 18	9:00am	Water Aerobics
		12:30pm	Mah Jongg
		7:00pm	Poker
Thursday	August 19	1:00pm	Poker
		7:00pm	Architectural Committee
		7:00pm	Mah Jongg
Friday	August 20	9:00am	Water Aerobics
		12:30pm	Mah Jongg
Saturday	August 21	7:00pm	Relay for Life Meet and Greet
Monday	August 23	9:00am	Water Aerobics
		7:30pm	Mah Jongg
Tuesday	August 24	9:30am	Board of Directors Workshop
		1:00pm	Poker
		7:00pm	Covenant and Restrictions
Wednesday	August 25	9:00am	Water Aerobics
		12:30pm	Mah Jongg
		7:00pm	Poker
Thursday	August 26	1:00pm	Poker
		7:00pm	Mah Jongg
Friday	August 27	9:00am	Water Aerobics
		12:30pm	Mah Jongg
Monday	August 30	9:00am	Water Aerobics
		7:30pm	Mah Jongg
Tuesday	August 31	1:00pm	Poker



SCHEDULE OF EVENTS

Wednesday	September 1	9:00am 12:30pm 7:00pm	Water Aerobics Mah Jongg Poker
Thursday	September 2	1:00pm 7:00pm 7:00pm 9:00am 12:30pm	Poker Architectural Committee Mah Jongg Water Aerobics Mah Jongg
Friday	September 3	12:30pm	Mah Jongg
Monday	September 6	Closed	Labor Day
Tuesday	September 7	9:30am 1:00pm 6:30pm 7:00pm	Board of Directors Workshop Poker International Food Club Covenants and Restrictions
Wednesday	September 8	9:00am 12:30pm 7:00pm	Water Aerobics Mah Jongg Poker
Thursday	September 9	1:00pm 7:00pm	Poker Mah Jongg
Friday	September 10	9:00am 12:30pm	Water Aerobics Mah Jongg
Monday	September 13	9:00am 7:30pm	Water Aerobics Mah Jongg
Tuesday	September 14	1:00pm	Poker
Wednesday	September 15	9:00am 12:30pm 7:00pm	Water Aerobics Mah Jongg Poker
Thursday	September 16	1:00pm 7:00pm 7:00pm	Poker Architectural Committee Mah Jongg
Friday	September 17	9:00am 12:30pm	Water Aerobics Mah Jongg
Monday	September 20	9:00am 7:30pm	Water Aerobics Mah Jongg
Tuesday	September 21	9:30am 1:00pm 7:00pm	Board of Directors Workshop Poker Covenant and Restrictions
Wednesday	September 22	9:00am 12:30pm 7:00pm	Water Aerobics Mah Jongg Poker
Thursday	September 23	1:00pm	Poker
Friday	September 24	9:00am 12:30pm	Water Aerobics Mah Jongg
Monday	September 27	9:00am 7:30pm	Water Aerobics Mah Jongg
Tuesday	September 28	1:00pm	Poker
Wednesday	September 29	9:00am 12:30pm 7:00pm	Water Aerobics Mah Jongg Poker
Thursday	September 30	1:00pm	Poker
Thursday	September 30	7:00pm	Board of Directors Meeting at the Clubhouse



LABOR DAY

**Monday,
September 6th**



AVON

Visit my web site for great products at great prices

Hello,
If you are interested in ordering or becoming a representative you may contact me at the information below. I am a resident of Lake Forest. For more information, contact:
Alice Lunt, Independent Sales Representative
772 618 5210, or simply go to:
www.youravon.com/alicelunt

The Sweet Life

Specializing In Handmade Chocolates For All Occasions


- * Sporting Events * Weddings * Engagement Parties * Baby Showers * Graduation Parties *
- * Bridal Showers * Christenings * Communion * Mother's Day * Father's Day * Birthdays *
- * Valentine's Day * Easter * Halloween * Thanksgiving * Christmas *

For more information contact:

Alice Lunt

A Resident of Lake Forest

772-618-5210

**TENDER TOUCH
CAREGIVERS, LLC**

Andrea Davis

In Home Care & Companionship
*5-24 Hrs In-Home Care

P: (772)-626-4969
F: (772)-343-1076
email: davisandrea@bellsouth.net

The Lake Forest Clubhouse office is open Monday thru Friday from 8:30am to 12:30pm

Lake Forest at Saint Lucie West HOA, Inc.

249 SW Lake Forest Way

Port Saint Lucie, Florida 34986

Office: (772) 878 1944 Fax: (772) 878 6461

Email: lakeforestatslw@comcast.net

or

directors@lakeforestatslw.com

Web site: www.LakeForestatSLW.com

The Newsletter will not be published during the summer months. Publication will begin again in October. Please have articles to the editor by Friday, September 24th

Send articles to Frank Gomes at: fbgomes@comcast.net