



The Retreat Newsletter

May/June 2021

Volume 18 Issue 3



Walk to End Lupus 2021

Thank you, Donna Retreat Resident

Last year in October, myself and a group of my friends/neighbors participated in a virtual Walk to End Lupus. I was able to raise over \$1,000 for The Lupus Foundation of America, (South Florida Chapter). This year I am walking again and have formed a team "Whitman's Walkers". Many of those same friends/neighbors have joined my team and will be walking again, along with helping me to fundraise.

1.5 million Americans have Lupus. 9 out of 10 people with Lupus are women (aged 15-44). Lupus is among the top 20 leading causes of death for females (aged 5-64). 1 out of 3 people with Lupus suffer from multiple auto-immune diseases, and 10-15% of people with Lupus will die prematurely.

Lupus is a chronic long-term anti-inflammatory disease caused when the immune system attacks its own tissue. It is one of the world's cruellest, most unpredictable and devastating diseases. People with Lupus can experience significant symptoms such as pain, extreme fatigue, hair loss, cognitive issues and physical impairment. Lupus can affect a person's joints, skin, kidneys, blood cells, brain, heart and lungs.

There are on average 16,000 new cases of Lupus each year. It takes an average of six years to get an appropriate diagnosis. That is a lot of time spent doing trial and error.

63% of Americans know little to nothing about Lupus.

I was diagnosed with Lupus in 2004. It took a little over a year to get diagnosed. I suffer from multiple auto-immune diseases, have chronic joint pain, dry eyes, dry mouth, hair loss and cognitive impairment. This disease has meant that my husband has had to learn to be a care-taker. Because I am on about 5 different medications, it is manageable right now. I have good days and bad days. I am one of the lucky ones. Many people suffer terribly from this disease. We need a cure!

I am asking you to kindly donate to the Lupus Foundation so that a cure might be found. I have included the link to our team page where you can make a secure donation. I, along with all the other Lupus warriors, thank you. Also, anyone interested in walking with us on 10/16/21 please email me at whitmandm@gmail.com I will give you the details.



Participants from the 2020 walk. David and Sherry Attride, Mike and Donna Whitman, Linda Spyker-Oles, Tom and Liz Condon, Leslie McGuirk, Luna and Skye

WHAT HAPPENED AT THE WOMEN'S CLUB???

By Mona Wiley

We've had our last 2 monthly meetings via Zoom and in person gatherings for those who feel comfortable gathering in the Clubhouse. Lots of kudos go out to those who have organized that and made it happen!! Audrey DeLoffi, Susan Arnold, Marlene Boobar and all their helpers were involved in that. Thank you! April is the first that we're officially meeting again in-person in the Clubhouse. We are still limited to 30 as per official guidelines, but there will not be ZOOM. Please be sure to sign up in the mail room if you wish to attend. Our last meeting for this season will be May 17th. We are planning a Question-and-Answer session with a few members of the HOA board.

The nominating committee presented the roster of new officers for the upcoming 2021-2022 year. They will be voted on and then in October they will be installed. A BIG thank you to our outgoing officers who have done a tremendous job. Dottie Sacco, President; Sue Arnold, Vice President; Meg Ochotorena, Secretary; and Treasurer Fran Spaulding.

The new roster will be Sue Arnold, President; Meg Ochotorena, Vice President; Fran Spaulding, Treasurer and Cindy Sibilia, Secretary. Thank you for volunteering. The Club still needs 2 volunteers: Someone to head up the fundraising arm and someone to put our directory together. Marlene Boobar has done this and now needs a break. Please consider helping out here. All the other committees have leaders in place.

MEMBERSHIP is due NOW!! Please fill out your form with any changes and your check for \$25 should be sent to Fran Spaulding, 9184 SE Hawks Nest Court.

My 80th Birthday! Dottie Sacco

I celebrated my 80th birthday with family. What a treat since Covid has kept us apart for so long. Margaret had a luncheon and Katie had a cocktail party for me the following week. I am so blessed and thankful to have so much love around me.



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Bye to Lois and Priscilla Audrey DeLoffi

Neighbors and knitters said goodbye to Lois McGill & Priscilla Kessler as they prepared to return north. Lois and husband Bob are original owners in the Retreat since 2004. Active with the Women's Club & Knot Just Knitting, Lois will be returning to PA, where she has lived since she was first married. Priscilla has been in the Retreat over 10 years and has also been involved with the Women's Club & Knot Just Knitters. She and husband, Dick will be living in their lake house in Maine but plan to return to a rental in our area for the next winter season. Lois & Priscilla and their husbands will surely be missed.



Our Worst (or Most Fun) Snow Storm Experience!

Jack Spyker-Oles

Growing up in Rochester, NY, right on Lake Ontario, we were familiar with heavy snowstorms. Several times the snow was so deep, we had to leave the house through an upstairs window. After one series of storms dumped many feet of snow, we had no place to throw the shovels of snow high enough to clear the banks. The path to the road was more like a tunnel. Years later, Linda and I lived in the mountains in upstate NY. Our driveway was a steep rise from the house, and halfway up it took a sharp right turn. This made it hard to leave the house in the morning, especially if the snowplow guy hadn't arrived yet. The right turn also made it tricky to plow. After one heavy snowstorm, the snow was so deep that the truck-mounted plow couldn't move it. We waited for days for a front-end loader to open up the driveway. In our last house, Linda left for work very early in the morning, often before the plows went through to clear our road. This picture describes exactly why we live in Florida! Linda's car, an all-wheel drive Subaru, is stuck at the bottom of our road, unable to move forward or back. It took a lot of hard digging to clear the snow from the front of the car. But Linda was able to show off her very fashionable white boots.



I did learn to ski, and spent many happy hours taking ski lessons at Greek Peak, then going on ski vacations in all the beautiful ski resorts in the Northeast. I skied one week at Mont Tremblant in the Laurentians, northwest of Montreal. It was -35 one morning, but there were no ski lifts! Linda and I also got snowshoes, poles and gators, and we spend some amazing times in deep snow exploring a local power line, and some of the smaller trails at Minnewaska State Park, a beautiful park in the Shawangunk Mountains near our house. But whether we were working in the snow, digging out a stuck car or carrying firewood to the house; or skiing, snowshoeing or trail running — it was always COLD!! It turns out we're much happier with sunshine and 80 degree winters, T-shirts and shorts.

The Worst Snowstorm of

By Mona Wiley

The Worst Snowstorm of my Life

By Mona Wiley

It was 1962 and I had just arrived in George, IA from West Africa. Quite an environmentally different setting. George, IA is a farming community in northwest Iowa. The farms are sectioned off in neatly surveyed parcels called "sections." You could always tell where there was a farm because there was a large stand of trees protecting the house, the chicken coop, the hog yard and the barn from the pelting winter winds and snow. Most of the rural farm roads were not and are not paved – just gravel. Everyone knew everyone in this community of about 1000 people.

One Friday I went home with Cousin Laura to spend the night. On the farm you did chores – whether you were a guest or not, you slopped hogs, milked cows or fed sheep. On this Friday night, the weather set in with winds and a light snow flurry. As the evening progressed the snow came down harder. By morning, the 100-yard drive from the main house to the main road was impassable. I could not go home. By the end of the first week, the snow drifts reached the top of the telephone poles. Food was helicoptered in to us. Because we were on a farm, we had plenty of milk and well water, and we made our own bread.

Laura, her brother and I started playing a monopoly game. We played all day. No winner. The snow continued. The game continued! Three weeks later, the game of monopoly was not over, but the snow had diminished enough for Laura's dad to take me by tractor the 4 miles into town where my parents rescued me from the never-ending game of monopoly!

Winter Memories from Elaine Brunelli





2021 The Retreat Pickleball Awards Event

The Retreat Sizzlers Pickleball Players hosted our annual Awards Event on court with much cooperation for social distancing and safety practice in this era. On Saturday, March 13th, many came together to join in ample breakfast treats and a bit of OJ and bubbly to celebrate a Pickleball year to remember. And, after some team play, all gathered to welcome awards for The Retreat players of this sport that gained recognition in 2020 to 2021.

After opening remarks, and reviewing a turbulent year for players, we awarded several honors: Newest Improved Player of the Year: Bob Redican, Come-Back Player for 2021: Frank Ziegler, Player with the Most Heart: George Arnold, Player with the MOST Energy on Court: Gerry Caputo, AND: Players of The Year 2021: Cindy Sibilis & Fred Richmond, engraved on our trophy.

Concluding with Closing Remarks, play resumed, and all looked forward to a healthy year for all.

The Retreat Sizzlers welcome new players. We play as mixed doubles in our matches with many players on our courts. The courts enjoy healthy competition on Tuesday, Thursday and Saturday morning, from 8:00 AM until about 11:00 AM.

Ron Doucette

Pickleball Representative to the Clubhouse Committee

ronald@sunkist2.com

(772) 245-8484









Today's Date: _____

ANNUAL RESIDENT DIRECTORY LISTING ONLY

If you are not currently listed in the Annual Resident Directory, and wish to be -

Please complete & sign the form. Place in the Property Management Drop Box located in the Mail Room.

List your information *exactly* as you want it printed in the Directory.

PLEASE PRINT CLEARLY

First Name(s): _____

Last Name(s): _____

Retreat Address: _____

Telephone: _____

Cell Phone: _____

Email Address for Directory: _____

DISCLAIMER: Information contained in Directory is confidential and not for dissemination outside the Retreat community.

Signature(s) * _____

Signature(s) * _____

***Homeowner(s) Signature is required to have information published in the Directory.**

Today's Date: _____



NOT GETTING HOA EMAILS?

If you are NOT currently receiving HOA Email Blasts, and wish to:

Complete below and place in the Property Management Drop Box located in the Mail Room.

Email for HOA Blasts: _____

Name(s): _____

Retreat Address: _____



RETREAT ASSISTANCE NETWORK

For short-term needs:

- ♦ Transportation to medical appointments
- ♦ Rides for grocery shopping or hair appointments
- ♦ Prescription drug, grocery and mail-ups
- ♦ Check-phone calls or friendly visits
- ♦ Minimal meal preparation

Audrey DeLoffi, 245.8420

Marilyn Patterson, 932.4340



Got a question?

Looking for a form?

Not getting HOA email blasts?

www.retreatatseabbranch.com

Check out **FAQ** on Home page tab

Check out **Members Only** and **Subscribe to HOA Email**

(Please do not UNSUBSCRIBE if you wish to stay informed)

Happy to live in The Retreat

When I was looking to buy a home, I remember the first time I drove around the Retreat. All the homes were landscaped nicely but as I drove, I felt like I was nestled under a canopy of beautiful oak trees. The trees impressed me. They were stately, well cared for, trimmed, shaped and full. I was drawn to come back and take a second and third look at the Retreat neighborhood before I ever met anyone. When I found the home that met our needs, I was happy to find not just a beautiful neighborhood but neighbors that are so warm, friendly and caring of each other. I am touched when I go for my daily walks how neighbors smile and happily nod and greet each other so effortlessly and so warmly. To me this is what makes the Retreat a special place.

Jean Pawlik
Diamond Hill Terrace

BRIDGE SCORES By Carol Flynn



There are no bridge scores for this edition.

Everyone is staying home and staying safe.

RETREAT BOARD OF DIRECTORS

| | | | |
|----------------|--------------------|--------------|------------------------------|
| President | Karen Tyree | 561.339.9255 | retreat.karent@gmail.com |
| Vice-President | Rick Renshaw | 772.546.1940 | retreatrickrenshaw@gmail.com |
| Treasurer | Mary Anne Fiduccia | 864.517.5556 | retreatmaryannefiduccia@ |
| Secretary | Stephanie Milazzo | 772.245.8615 | retreat.stephanie@gmail.com |
| Director | Tony Caserta | 561.373.1787 | retreattonyc@yahoo.com |

RETREAT PROPERTY MANAGER

| | | | |
|---|--|--|--|
| SCOTT MONTAGNA Signature Property Management scott@ signaturepropertymgmt.com | LCAM, CMCA Vice President of Management Support | 3231 SE Dixie Highway Unit B Stuart, FL 34997 Office Hours: 8:00 am to 4:30 pm | Telephone 772.219.4474 Facsimile 772.210.4474 Emergencies: 772.219.4474 |
|---|--|--|--|

RETREAT COMMITTEES

| | | | |
|-----------------------|----------------|--------------|---------------------------|
| Architectural Control | John McGuinn | 545.9704 | |
| Clubhouse | Joyce Fordham | 545.0081 | fordham48@msn.com |
| Communications | Marlene Boobar | 561.889.4445 | marleneboobar@hotmail.com |
| Finance | Tom Hartnett | 545.3107 | tmhartn55@gmail.com |
| Landscape | Linda Wolf | 932.7969 | lwolf33455@icloud.com |
| Neighborhood Watch | Bill Burns | 546.6990 | burnsjro@aol.com |
| Social | Fran Massey | 546.6768 | fmass1954 |

RETREAT ACTIVITIES AND CONTACTS

All Retreat residents are invited to take part in our Retreat Activities.

For more information, please call the contact person.

| | | | | | |
|-------------------------------------|---|--|----------------------------------|-----------------------------|----------------------|
| Bunco | Darlene Greene | 561.578.0615 | Mah Jongg Mon. & Fri. 9:30 AM | Carol Flynn | 546.4118 |
| Relay For Life | Lill Malinowski | 545.3732 | Mah Jongg Mon. 1 PM | Ginny Franklin | 561.339.4409 |
| Retreat Assistance Network (RAN) | Audrey DeLoffi Marilyn Patterson | 245.8420 932.4340 | Duplicate Bridge | Carol Flynn | 546.4118 |
| Retreat Directory | Coni McGuinn | 545.3465 | Knot Just Knitting | Sandy Morrow Liz Plourde | 545.1936 546.5673 |
| Retreat Newsletter | Lill Malinowski Dottie Williams | 545.3732 546.3866 | Pickleball | Ron Doucette | 245.8484 |
| Social Bridge | Carol Flynn | 546.4118 | Poker—Men's Straight | Joe Ciocia | 545.9767 |
| Tennis | Tom D'Avanzo | 545.7229 | Poker—Texas "Hold— Em" | Otto Vernacchio | 546.7523 |
| WEB Master | Marlene Boobar | 561.889.4445 | | | |
| Women's Club of the Retreat | Pres. Dottie Sacco Vice Pres. Sue Arnold Treas. Fran Spaulding Sec. Meg Ochotorena | 546.0654 216.409.1480 937.657.0249 516.457.0476 | | | |

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From Your Retreat Newsletter Staff

We hope you are enjoying the Retreat Newsletters. If you have any suggestions for future themes or other ideas to improve our newsletter, please let us know.

As in prior years, we are taking a break for the summer. The next newsletter will be the September/October 2021 edition. The deadline is August 15th.

Stay safe, stay healthy and have fun!!

Dottie, Marlene, Jack and Lill

Photo Credits

Bye to Lois and Priscilla—Audrey DeLoffii

Pickleball—Ron Doucette



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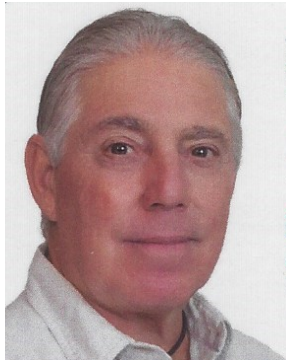
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We are original Retreat owners and residents with over 30 years combined real estate experience.

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You get two great agents for the price of one!

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