



The Retreat Newsletter
January / February 2009
Volume 6, Issue 1



NEW YEAR'S RESOLUTIONS

ART LEAGUE'S LETTER TO SANTA FOR 2009

By Mary D'Avanzo

Dear Santa --- Define "GOOD"

I know this seems a little late to be asking, but we have washed our brushes and organized our studios. Stephen & Boshia Stone even let us tour their studio and home for the Relay For Life Home Tour. That's being GOOD! Right? And this is the season for giving - so Marsha Mark and Stephen Stone each donated artwork to D'Art for Art at the Lighthouse Center for the Arts, a fabulous party to raise funds for all the programs provided by the Lighthouse Center. Each guest could dart (run) to pick their favorite artwork and bring it home to enjoy. They were being extra GOOD!

And don't forget that Bettyann Dixson was helping you way up there in Keene Valley, New York at the High Peaks Artists Show. (It seems your elves needed a little

(Continued on page 2)

USEFUL COMPUTER LINKS

By "Cybrary Man" aka Jerry Blumengarten

www.cybraryman.com

New Years is a time for introspection and making resolutions for the coming year. Since everything I know now comes from the Internet, I did a search of the more popular New Year resolutions and found that the following appear on most lists.

Spend More Quality Time With Family And Friends

Lose Weight

Quit Drinking

(Continued on page 2)

ME and "O"

By Marlene Boobar

Who knew Oprah and I would have so much in common?

- > Oprah gained back 40 pounds after working hard to lose it...me too!
- > Oprah has an under active thyroid...me too!
- > Oprah struggles with eating too much food...me too!
- > Oprah doesn't exercise as much as she should...me too!
- > Oprah is going to put herself and her health first in 2009...me too!
- > Oprah wants her health to be her first commitment, rather than her weight...me too!

The difference between me and "O"...\$2,500,000,000.

However, our resolutions for 2009 are the same:

- > To exercise one hour each day five to six days each week
- > To take time to replenish my energy level

(Continued on page 2)

THE RETREAT ANNUAL MEETING

MONDAY, FEBRUARY 9, 2009, 7:00 PM

Doors open at 6:30 PM

SeaWind Elementary School

Election to fill 3 vacancies on the Board of Directors

(Continued from page 1) **ART LEAGUE'S LETTER TO SANTA...**

help with their watercolors.) I hope you'll agree that Jeanette Hayes should be put on the NICE list when you see the floral painting she just finished last weekend. It will really make you smile. Ken Dara said he's sorry that he got a little cranky at the Port Salerno Seafood Festival, but really Santa, explaining Gytaku (Japanese fish printing) 5,000 times in one day - why even you would get a little cranky. He's promised to do better in 2009! So, please don't put him on the NAUGHTY list.

Please, Santa, don't let your toy makers branch off into jewelry! Just call Dick Langbert for awesome precious metal and polished stone jewelry and, if beautiful fused glass pendants on the list . . . Don Hayes has them ready for the sleigh. Let Carol Stone know if you have special color orders for beaded necklaces, bracelets and earrings. Now, we're talking really GOOD!

Remember a while ago you gave Chuck Eschenburg some fantastic textured fibers and special clay? Well you won't believe what he has done. His mobiles and fiber arts should qualify him to be on your VERY NICE list. Oh, and by the way, Bob Mark needs a clarification on NAUGHTY for 2009 because he's been so busy helping Marsha and the rest of us that he hasn't had time to fix everyone's mixed-up pottery and glazes gone-wild.

Last year Mrs. Claus ordered a new cutting board with a carving of the North Pole house with the sleigh in front - well it's ready for delivery. Just stop by Dave and Laurie Meier's to pick it up. When you are in Hobe Sound and in the mood for an Art Stroll, you and the Mrs. can visit Mary D'Avanzo downtown on Jan 17th and Feb. 21st, 6 to 9 PM. Her collages and mixed media photo frames will bring Florida sunshine to the North Pole.

By the way Santa, if you run out of ideas for sharing, caring and helping, just ask Bosha Stone -- she's got wonderful plans for bringing art to everyone in 2009. She should be on your GOOD list for sure.

Thanks for your kind attention, Santa. Looking forward to your thoughts on this matter.

RSVP: The Art League

PS: Almost forgot! You'll be pleased to hear of our New Year's Resolution for 2009 - Never drink and draw!! :-)

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TO ADVERTISE IN *THE RETREAT NEWSLETTER*, CONTACT CONI MC GUINN AT 545.3465.

(Continued from page 1) **ME and "O"**

- > To make a goal of being strong, healthy and fit
- > To be grateful for every day that I have and the body I have been given

As you watch Oprah, watch me. We'll both be putting what is most important first in our lives.

Eat right, exercise, rest. Simple. Spend time with yourself in quiet reflection, write down your goals and make a plan of action to achieve them. Kiss your husband, hug the kids, have coffee with your friends. Make each moment count and let it be memorable... the future is promised to none of us. When your time is up... and it will be for all of us...let it be a time of gladness rather than regret.

Way to go...O! Thanks for sharing your struggle... so many of us can identify.

Let's *do it* in 2009!! I take the dare...will you join me?

(Continued from page 1) **USEFUL COMPUTER LINKS**

- Quit Smoking**
- Get In Better Physical Condition**
- Be More Charitable, Volunteer And Help Others**
- Debt Reduction And Sticking To A Budget**
- Learn Or Try Something New**
- Get Organized**
- Find A Better Job**
- Enjoy Life More**

We have a tendency to make resolutions at this time. However, sticking to them is the real challenge. The key is to make realistic resolutions (limit the number), write them down and post them in a visible place, share them with others and enlist their support, do it now and stick to them, track your progress, allow for imperfection and make it become a habit.

Good luck and have a very Happy and Healthy New Year!

New Year LINKS

http://www.cybraryman.com/new_years.html

Valentine's Day LINKS

<http://www.cybraryman.com/valentine.html>

My New Year's Resolutions

By Lill Malinowski

I am the Event Chair for the Relay For Life of South Martin. I am honored to have this position to help in the fight against cancer.

I would like to share with you my New Year's Resolutions. The American Cancer Society sets goals for each Relay. There are three primary goals:

- **Sponsorship Goal**—This financial goal is set to offset the cost of the Relay. We ask businesses and individuals to provide us with funds. In turn, we offer them the opportunity to post their banners at the Relay and in the Relay program, have their business name on the back of our Relay t-shirts, have track markers made up with their business name, and so forth. Most businesses have their own goals to support community events or charities so this is a win-win situation.
- **Team Goal**—This goal is set to upgrade the number of teams that we had in the prior year so that our Relay continues to grow.
- **Fundraising Goal**—This financial goal is set so that our Relay continues to grow in our monetary fundraising. Each year this goal increases so that we can stretch our teams to do more fundraising.

One of my New Year's Resolutions is to meet or exceed these goals. How will I accomplish this? The most effective means is communication.

- I will plan and execute efficient meetings.
- I will meet face-to-face with each committee member to plan what will be done and how it will be done.
- I will continue to send out e-mails to keep everyone informed.
- I will encourage teams to:
 - Do year-round fundraising
 - To utilize the online fundraising tools that we have at our disposal
 - Recruit new teams
 - Customize their Relay WEB sites

Another one of my resolutions is to work closely with my Vice Chair, Donna Smith, to insure that Donna is prepared to be the Event Chair for next year's Relay. I also have another resolution to help Donna have half of her committee chair positions filled by mid-year.

You may ask why I am so passionate about the Relay. As many of you know, my husband, Wally, was diagnosed with cancer in 2005. He went through months of aggressive treatments—concurrent radiation and chemotherapy. For months his only way of being

nourished was via a feeding tube. That is the bad news of what we went through. The good news is that February 1st marks three years since his treatments ended. He continues to receive excellent reports from his doctors. If he was diagnosed ten years ago, he would not be with us today. The American Cancer Society through their research and development has made significant strides in the last decade. Many cancers are now on the decline. For more information on this decline, go to:

<http://www.relayforlife.org/relay/cancerratesdecline>

That is why I am so immersed in the fight against cancer.

Please join us and the Retreat team at the upcoming Relay For Life of South Martin on April 3 to 4, 2009 at The Pine School in Hobe Sound. If you wish to support us in our fight, just give me a call, 545.3732.

Have a happy and healthy New Year!



Photo by George Wurster

**THANKS TO
ALL
DONORS!!!**

By Kay Bowen-Smith

The Retreat Food Drive has collected almost 4,000 pounds of food in the eight months since we started in May!! Our good friends and neighbors who have contributed so generously made it possible to help feed those in need in our area. However, the questions often asked are:

1. Who is the "food thief" lurking around the food collection tub in the mailroom daily???
2. Where is he taking the food he carries away in bags each day?
3. Why is he doing all this work anyway???

It is our local hero, **GEORGE WURSTER**, who collects all the food donated each and every day as a "Labor of Love." Always generous with his time and talents, we would never have been able to accomplish this without him. He also creates and prints all the tallies showing the poundage we have collected..... as well as taking some of the photos shown on Channel 63 of the mounds of food that are delivered and temporarily stored in my garage. Each month a volunteer delivers it all to The House of Hope who are extremely grateful for our contributions to their worthy cause. Thanks again for all your work, **GEORGE WURSTER**.....It certainly is a job well done.

NEWS FROM OUR BOARD OF DIRECTORS

By Bill Cole

Thank you all for your help, ideas, comments and support in 2008. Enjoy the holiday season and best wishes for the new year.

Our Annual Meeting will be February 9, 2009. Please plan to attend.

Maintaining the Community-Wide Standard – the Goal of the Board of Directors and Architectural Control Committee

By Dave Williams

The Retreat documents, often referred to as the **Green Book**, outline the rules and regulations we all signed and agreed to abide by when we purchased a home in The Retreat. Living in a "Deed Restricted Community", as we do, requires residents to follow specified rules, regulations and procedures that they may not have been accustomed to prior to moving into The Retreat. It is the obligation and mandate of any Homeowners' Association (HOA) and its Board of Directors (BOD) to support its documents. The fundamental purpose of our covenants and by-laws is to provide a basis for maintaining the highest possible value for our homes and having a great place to live. This is accomplished by maintaining a consistent **Community-Wide Standard**. This standard relates to individual homes and to the common areas that are shared by all.

Since the developer turned over our community to the residents and their elected Board of Directors in December of 2004, it has been the Board's goal to achieve a consistent Community-Wide Standard as described above with the help of a mandated committee, the Architectural Control Committee (ACC). This 5-member panel is charged with developing and maintaining the "standard" as it relates to private residences. In essence, it is their job to review the required application for changes to a privately owned lot or residence. An owner may wish to install solar

panels, a generator, a play set, a satellite dish, paver blocks, house fixtures, an additional garden or a variety of other changes. The ACC must evaluate any change to the home's exterior or home's interior, if it affects the exterior appearance or its original 'as built' permits. They must evaluate if it affects the Community-Wide Standard not only for the neighborhood but also for all 555 homeowners. Will an owner's proposed change cause all other community members added fees to maintain it or perhaps affect the irrigation system or cause an unsightly problem for a neighbor? Will it affect access, set an undesired precedent, potentially lower property values, etc. You get the point - not an easy job but a necessary one that benefits all.

The ACC and BOD work hand-in-hand to try to help residents affect the changes they apply for that do not adversely affect the community as a whole. In the four year since inception, The Retreat has been served by many volunteer residents that work for our community. Although the members of the ACC and BOD may change, the outcome and objectives are the same and mandated by Florida Statutes and our Retreat Documents. It is our wish that community members familiarize themselves with **Article XII – USE RESTRICTIONS** in the Green Book and comply with our rules, procedures and regulations. They are there for the benefit of all 555 homes in our community.



CLUBHOUSE COMMITTEE

By Gail Pezzicola

The **Clubhouse Committee** has been monitoring the pool, tennis courts, gym, and Clubhouse. Generally all of these areas are very well maintained. Residents that use these facilities take good care of them. We see folks in the pool that clean out the drains during their swim. Others arrange the pool furniture so that it is always visually appealing. A group of tennis players headed by **Frank Ziegler** were kind enough to volunteer their time to put up the tennis court screens. Thanks guys!

Folks using the gym maintain the equipment, report any equipment problems for repair, and always wipe clean the machines they use for the next guest. Thank you to everyone who takes pride in these facilities and adds to the maintenance of our community. We hope to continue our good habits into 2009!



Photo by Carol Stone



Photo by Jim Morrow



Photo by Jim Morrow



Photo by Carol Stone



SOCIAL COMMITTEE

By Gail Pezzicola

The Social Committee drew 2008 to a close with a fabulous Holiday Dinner Dance at the Lost Lake Golf Club. Ninety-six party hearty "Retreaters" were in attendance. The appetizers included scallops wrapped in bacon, bruschetta, Brie cheese with maple topping, and sweet sour meatballs. Everyone enjoyed either chicken franchise or prime rib dinners. Lucky and the Driftwoods inspired a great deal of dancing. Ten fortunate guests won door prizes. The evening ended with dessert, coffee, and one final dance. There was some Christmas magic throughout the evening!

Be looking for information about the January Barbeque being hosted by the Social Committee. We are hoping that some of you will volunteer to help or chair a dinner or event. Please call Sandy (545.1936) or Gail (545.0706) if you have an interest in this area. We want to keep an active social calendar for the residents of the Retreat. It is fun for all when we share an evening with our neighbors.

Happy Holidays to all!



COMMUNICATIONS COMMITTEE

Have You Changed Your E-Mail Address and/or Phone Number???

Please notify us if you have changed your e-mail address and/or phone number. We would like to include your changes in the upcoming 2009 Directory. All changes must be submitted by February 1, 2009. There is a form in the current Directory for changes. Forms are also available in the Retreat office during normal business hours.

E-Mail Blasts

If you wish to receive periodic updates from our BOD, please list your e-mail address in the Directory or notify the office to be included in the e-mail blasts.

**Happy New Year from your
Communications Committee!!**

WOMEN'S CLUB OF THE RETREAT

By Marlene Boobar and Joanne Estes

What a wonderful year it has been for the Women's Club of the Retreat! The 3rd Monday of the month, the Women's Club members met at the clubhouse at 7 PM. This year, each meeting featured a guest speaker and we were both enlightened and entertained by the presenters. A variety of topics were discussed and light refreshments were served at each gathering. It is truly an opportunity for catching up with each other, and welcoming new women into the Retreat family.

Every 3rd Thursday of the month, many of the members enjoyed luncheons at various area restaurants. It has been interesting trying a new cuisine at different venues each month. The last luncheon, and the highlight of the year, was held at the ever-popular Gazebo Café.

Activities enjoyed by members this past year included a salad luncheon held at the clubhouse in February. The club also sponsored CPR classes for the community in March. Several brave souls ventured out to the Savannah State Park for a kayak trip in April. And, of course, we enjoyed our annual Welcome Back Tea and Fashion Show in November. Other activities included bingo and some movie nights as well.

The Sunday before Thanksgiving, the Women's Club sponsored the third annual "Taste of the Retreat", with entertainment provided by the young musicians of the Treasure Coast String Quartet. The clubhouse was filled with favorite food items, which were shared with each other and the entire community. Our bake sale proved successful too, and provided additional funds for our charitable activities, such as the ongoing food drive.

The members had voted to support the Pink Tie Friends organization as our charity for 2008 and a donation totaling \$1,000.00 was made to this worthy organization. The Women's Club also helped to support the food pantry of the House of Hope this year. Dedicated volunteers regularly grocery shopped, made pick-ups from the mailroom and delivered the food. A few of the residents also made cash donations for the purchase of groceries.

We wound up the year with a very enjoyable Trim-a-Tree Pizza Party, decorated the clubhouse and participated in a gift exchange game that again proved to be nothing short of hilarious. Our contribution to the community this year was \$178.00, the replacement cost of ribbons and lights for the outside decorations.

We will be kicking off the New Year with the Ladies of the Preserve at their luncheon and fashion show on January 14th, at Mariner Sands. We joined them for last year's event and spent a lovely afternoon. All members and prospective members of the Women's Club are welcome to attend and further information will be forthcoming.

The officers who will be serving in 2009 are: **Joanne Estes, President; Nancy Kisslinger, Vice President; Rosemary Woundy, Secretary and Margaret Dara, Treasurer.** The following committee heads have graciously agreed to stay on again next year: **Helen Larcom, Membership; Lois Raska, Sunshine; Bernyce DeRibas, Luncheon and Lucille Sanchez has volunteered to head up the Refreshment Committee.** We will be asking for volunteers to head up and serve on the Events/Activities Committee and the Outreach Committee, and are confident that these requests will be met with the usual enthusiasm and cooperation of the membership.

The Women's Club is a Retreat club, open to all women residing in the community. We are all looking forward to another successful year and invite you to come and meet your neighbors and make new friends.

Wishing Everyone a Happy and Healthy New Year. See you in January!



Left to right: Veronica Bartlett, Dottie Williams, Carol Flynn, Winnie Cotter, Marlene Boobar, Lois Raska, Patte Kessler, Joanne Estes, Anne Cole

Fashion Show Models

Women's Club Welcome Back Tea and Fashion Show was held on Friday, November 7th at the Clubhouse. Nine "Models" showed off clothing provided by Bon Worth, Jensen Beach.



Taste of the Retreat

By Marlene Boobar

Thank you one and ALL!!

To all who helped set up, serve, sell, clean up -
 all who cooked and baked - all who staffed tables
 - all who attended all who could not attend - but
 sent up items just the same.

To all who participated in any way. To all who
 came and welcomed our community.

What a gang we are!!! What a community this is.
 What a Thanksgiving it will be.

How blessed we are to live among friends who
 come out and "work" together in a common
 effort. It warms my heart to know you and to be
 among you.

Clubhouse tree
 was decorated
 by the
 Women's Club
 at their Trim-a-
 Tree Pizza
 Party



Photos by Marlene
 Boobar





Dottie & Nick

Paul & Betty

Mickey & Jack

Bosha & Steve

*The Retreat's 2008
Holiday Home Tour
Hosts and Staff*

Wally

Mona & Dan

Joy & Carol

Steve & Lynn

Sherry & Herschel

Anne, Coni, Margaret, Carol & Lill

Dave & Dottie

Page designed by Hank Stasiewicz

2008 Holiday Home Tour

By Lill Malinowski

December 7th was a great day at the Retreat. Eight Retreat couples opened up their homes and their hearts in the fight against cancer. There were 111 Retreat folks and their families and friends that went on the tour. We saw the most beautiful holiday decorations as well as amazing home decorating. One home had a Christmas Village which stays set up all year. Lanais had a tiled floor, had a planter wall, had an actual garden, had a tile-countered bar, were "awninged" and roofed. Floors were hardwood and re-tiled. There was a kitchen that was completely re-done. Others had new cherry cabinets. We saw countertops that were granite, Silestone, and Corian. One shower was glass-tiled, one had jets all over. We saw beautiful custom-made shelves, crown molding, chair rails, and wainscoting. In one room, a closet was replaced with a built-in computer and entertainment center. We saw beautiful custom-made cabinets in a formal red dining room.

Several of the Retreat residents that had their homes on this year's tour were artists so we enjoyed their magnificent art. There was also a professional seamstress and paper hanger who fabricated their entire home décor. Several homes had fire places and French doors. There were Murphy beds and office centers. One home had an artist's studio with vaulted ceilings and high windows and a year round enclosed dining room complete with indirect lighting, tray ceiling and beaded framed panels. Another home had a McKenzie-Child theme throughout the home.

Thank you **Mickey and Jack Harris, Basha and Stephen Stone, Mona and Dan Wiley, Sherry and Herschel Innis, Dottie and Dave Williams, Betty and Paul Kiddon, Dottie and Nick Sacco, and Lynn and Steve York!!!** A big thanks to all the workers that baked, shopped, checked folks in, sold chance drawing tickets, set up, cleaned up!!! Thank you **Joy Currier, Carol Stone, Wally Malinowski, Marlene Boobar, Margaret and Ken Dara, Anne Cole, Coni Mc Guinn!!!**

Thanks for the collage pictures that were taken by **Carol Stone, Wally Malinowski, and Ken Dara. Hank Stasiewicz** did a fabulous job in designing the collage.

A special thanks to **Joy Currier** for obtaining all the donations for our chance drawing. We also thank the businesses that donated the prizes. The prizes

and winners are:

\$150 gift basket from Carmine's – Paul and Carol Lytle

\$50 Duffy's gift certificate – Laurel Strong

\$50 Duffy's gift certificate – Ollie Davis

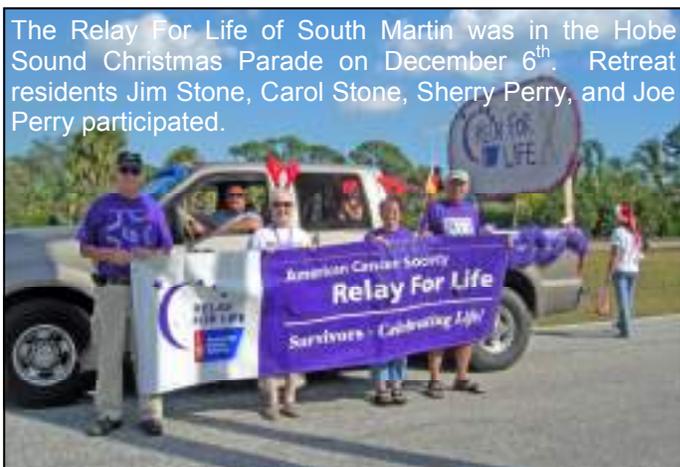
\$40 bottle of champagne – Mickey Harris

\$20 Supreme Meats gift certificate – Laurel Strong

\$15 bottle of champagne – Ollie Davis

\$6 chocolates – Carol Stone

This year's Tour raised **\$2,350** for the American Cancer Society! A special thank you to all that made this possible.



The Relay For Life of South Martin was in the Hobe Sound Christmas Parade on December 6th. Retreat residents Jim Stone, Carol Stone, Sherry Perry, and Joe Perry participated.

New Retreat Logo Item

By Dottie Williams

The Retreat Remembers... Relay For Life team has added an "all purpose" towel with the Retreat logo to its list of items for sale. The khaki towel has a variety of uses – golf, exercise, fishing or general clean up to name a few. It makes a great gift and sells for \$18.00.



Photo by Dottie Williams

Don't forget we also sell Retreat shirts, hats, visors and bags. The shirts come in navy, white, maize and cactus and are \$35.00. Hat colors are navy, green, pink (Breast Cancer Awareness) and stone and cost \$15.00. Visors are also \$15.00 and come in one color, taupe. Bags come in hunter green and sell for \$20.00.

All profits from the sale of these items go to the American Cancer Society. If you're interested in purchasing something, contact Dottie Williams at 546.3866.



NATIVES IN THE YARD By Dottie Williams

My topic, I know, will not be one of the most popular. Many people do not like or are afraid of snakes, but in keeping with our newsletter's theme of New Year's resolutions, I thought maybe I could persuade some people to resolve to change their attitudes towards these slithery reptiles. Keep in mind that they were here before we were and the construction of our community took away their habitat. There are many different varieties of snakes in our community but I'd like to talk about the two types of rattlesnakes that I have observed. They are the **Eastern Diamondback** and the **Dusty Pygmy**.

Although the **Eastern Diamondback** is the most dangerous venomous snake in the state, there have been few hostile encounters with humans. This is due to their propensity for remaining below the ground in animal burrows and their nonaggressive behavior. If disturbed or alarmed, the snake will coil raising the front of its body off the ground and give a warning rattle of the tail that can be heard for a long distance. The length of these animals ranges from two to four feet. They have bulky bodies with large heads with smoky gray backs and broad dark brown diamond-shaped blotches bordered with black and white. They are slow moving and do not actively search for prey but instead wait for their prey to come to them.

Diamondbacks have adapted to long periods between kills and eat about twelve meals a year. Their diet consists of rabbits, squirrels, gophers, quail and other birds. Because of their sparse diet and slow growth, females reproduce every three or four years. They bear their young alive and have an average of fourteen seven to ten inches long offspring.

The **Dusty Pigmy** as its name indicates is a smaller snake but is much more aggressive. It will strike at the slightest provocation but because of the size of the fangs and amount of venom, the snake is not considered as dangerous as the Diamondback. Their length is usually less than 2 feet and they not as heavy bodied or slow moving as the Diamondback. Their backs have black spots with burnt-orange stripe running down the center. Since the rattle on this snake is so small, it sounds more like the buzz of an insect instead of a rattle-like sound.

The pigmy rattler is seldom seen in the open. They are usually well hidden under the ground cover or fallen

palmetto fronds. Their diet consists of insects, lizards, frogs and small snakes. They too bear their young alive. Each of these animals is reclusive and only occasionally seen. They sometimes will sun themselves on sidewalks or the street's black pavement. Being cautious and observant when working in your yard or walking in heavy brush will help prevent an unpleasant encounter with them. Remember we took over their space. If you do encounter a rattlesnake, treat them with respect and let them go on their way.

BE A PART OF SOMETHING BIG

By Amy Price

Martin County has some of the best schools in Florida but they don't exist in a vacuum. Quality education succeeds with the help and support of the entire community. Some of your neighbors at The Retreat are giving their time to those Martin County students who are not meeting academic expectations. **Marsha Prevost** has been a mentor for two years at SeaWind Elementary. She said, "The best thing about being a Big Sister is giving the child one-on-one attention, eye-ball to eye-ball. My time with my Little Sister was very special." Another Retreat resident, **Amy Wexler**, is a new Big Sister who has started this year working with a 5th grader at Hobe Sound Elementary. She is enjoying herself so much that she wants to start working with another "Little".

Big Brothers Big Sisters of Martin County has opportunities for you to help elementary school students achieve academic success. For one hour once a week meet with a "Little" and work together on school assignments, reading together, or playing educational games. Each match is made based on interests and needs of both the Bigs and the Littles. Match plans are individually created so that each child can achieve their highest potential. You don't have to be a scholar to be a Big Brother or Big Sister. All you need is the desire to help a child. As a "Big" you will trained and supported by a member of our professional case management staff.

LITTLE moments of your time can make BIG magic and a HUGE impact. Contact us to begin the process of Being Part of Something Big!

BIG BROTHERS BIG SISTERS of Martin County

5033 SE Federal Highway, Stuart, FL 34997

772.283.8373

www.mentorbig.org

YOU ARE INVITED TO A HEALTH SEMINAR

YOUR COMMUNITY WORKING FOR YOU

MONDAY, JANUARY 12TH

7:30 PM

RETREAT CLUBHOUSE

LEARN ABOUT

WHAT YOU CAN DO FOR YOURSELF

WHAT YOU CAN DO TO HELP YOUR NEIGHBORS

GUEST SPEAKERS

CALVIN PATTERSON

DEVCON

PERSONAL ALERT HOME SYSTEM

Ties into your existing security system

DIANE SCOTT, R.N.

**COMMUNITY LIASON OF TREASURE
COAST HOSPICE**

MARY JONES

INTRODUCTION TO THE VIAL OF LIFE

AMERICAN RED CROSS

REFRESHMENTS WILL BE SERVED

THIS EVENT SPONSORED BY THE RETREAT
ASSISTANCE NETWORK (RAN)

ALL ARE INVITED

A CHANCE TO LEARN WHAT SERVICES
ARE AVAILABLE IN OUR AREA

NO CHARGE

RSVP PREFERRED

PLEASE CALL - Sally Troiani 545-2889

CRANBERRY-APPLE CASSEROLE

By Dottie Sacco

4 C. APPLES, PEELED & CHOPPED

2 C. CRANBERRIES, PLUS FEW FOR GARNISH

2 T. FLOUR

1 C. GRANULATED SUGAR

COMBINE APPLES & CRANBERRIES; TOSS WITH FLOUR AND SUGAR. SPOON MIXTURE INTO A GREASED BAKING DISH. DRIZZLE ON 3OZ. BRANDY

1 C. CHOPPED PECAN

½ C. BROWN SUGAR

½ C. FLOUR

½ C. MELTED BUTTER

MIX INGREDIENTS AND SPOON OVER APPLES

BAKE 350 DEGREES FOR 30 TO 40 MINUTES TURNING DISH ONCE TO HAVE APPLES COOK EVENLY.

Banana Split Brownie Pizza

[Recipe courtesy Paula Deen](#)

Submitted by Hank Stasiewicz

Ingredients:

- 1 (20-ounce) box fudge brownie mix (recommended: Duncan Hines Chewy Fudge Brownie Mix)
- 1 (8-ounce) package cream cheese, softened
- 1 (8-ounce) can crushed pineapple, drained, juice reserved
- 2 tablespoons sugar
- 2 bananas, sliced and tossed in lemon juice to prevent browning
- 1 cup fresh strawberries, sliced
- 1 cup chopped nuts

Chocolate ice cream topping or chocolate syrup, for drizzling

Directions:

Preheat oven to 350 degrees F.

Grease a 15-inch pizza pan. Prepare the brownie mix according to box directions. Pour into the prepared pan. Bake for 17 minutes, or until done. Remove from the oven and cool. Beat the cream cheese, pineapple, and sugar together in a bowl. Use any reserved pineapple juice at this time, if needed, to soften the mixture to a good spreading consistency. Otherwise dispose of or save the juice for another use. Spread the mixture over the cooled brownie crust. Arrange the banana and strawberry slices over the cream cheese mixture. Sprinkle with the chopped nuts and drizzle with chocolate and caramel ice cream topping. Refrigerate. To serve, slice as you would a pizza, and enjoy!

THANK YOU

By Helen Larcom

Ellen Martha Larcom, beloved twin sister of my husband Paul, passed away on Wednesday, October 15th. She was battling cancer for 18 years.

While she was in the hospital, rehab and then Hospice, the people in the Retreat were always expressing their concern. It was so comforting for us.

When we came home from the funeral in New Jersey, there was a stack of sympathy and Mass cards from our friends and neighbors in the Retreat. I would like thank you for your concern, prayers and sympathy.

On November 8th, Paul's brother's wife Helen passed away after a long illness. She was a wonderful person and we will miss her.

We always thought we were living in paradise, now I know we are.

RETREAT ART NEWS

By Marsha Levine

There are more than 425 entries for the Children's art contest which is part of the Hobe Sound Festival of the Arts, taking place the week-end of February 7 and 8, 2009.

From all those entries, our young resident artist, and art student, **Ryan Hoefling**, was selected for Honorable Mention and will receive a certificate. The children's art will also be exhibited at the Hobe Sound Library after the show.

Congratulations to Ryan!



Theme for the 2009 March/April Newsletter

The theme for our next newsletter is **TRAVELING RETREAT RESIDENTS**. Let us know about a recent trip that you went on. What were the highlights of your trip?

The deadline is February 15, 2009. We look forward to hearing about your fabulous trips!

BRIDGE SCORES

By Patsy Shattuck



As we embark on a new year here in the Retreat, I hope 2008 was a good year for one and all and that the holidays were all you anticipated.

We had another great year with our Bridge day, and we look forward to 2009. There are many loyal players and we do have fun. Again if anyone would like to join, please call Patsy Shattuck at 546.2011. Thanks again to everyone.

October 7, 2008

- 1 – Kay Bowen-Smith
- 2 – Laura Rothman
- 3 – Alan Shattuck
- 4 – Susan Harris
- 5 – Marie Ferrandino

October 14, 2008

- 1 – Jane Schultzberger
- 2 – Sally Troiani
- 3 – Susan Harris
- 4 – Kay Bowen-Smith
- 5 – Laura Rothman

October 21, 2008

- 1 – Patsy Shattuck
- 2 – Maryon Gonzalez
- 3 – Laura Rothman
- 4 – Doris Shirk
- 5 – Kay Bowen-Smith

October 28, 2008

- 1 – Sandy Goldfarb
- 2 – Alan Shattuck
- 3 – Kay Bowen-Smith
- 4 – Peggy Johnson
- 5 – Alice Bernhardt

November 4, 2008

- 1 – Peggy Johnson
- 2 – Alan Shattuck
- 3 – Sally Troiani
- 4 – Laura Rothman
- 5 – Marie Ferrandino

November 11, 2008

- 1 – Laura Rothman
- 2 – Doris Shirk
- 3 – George Harris
- 4 – Peggy Johnson
- 5 – Marie Ferrandino

November 18, 2008

- 1 – Alan Shattuck
- 2 – George Harris
- 3 – Sally Troiani
- 4 – Marie Ferrandino
- 5 – Kay Bowen-Smith

November 25, 2008

- 1 – Kay Bowen-Smith
- 2 – Joanne Cichon
- 3 – Susan Harris
- 4 – Joyce Hill
- 5 – Alan Shattuck

December 2, 2008

- 1 – George Harris
- 2 – Kay Bowen-Smith
- 3 – Peggy Johnson
- 4 – Kay Campbell
- 5 – Alan Shattuck

December 9, 2008

- 1 – Alan Shattuck
- 2 – Sally Troiani
- 3 – Jane Schultzberger
- 4 – Muriel Barry
- 5 – Sandy Goldfarb

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