



## The Retreat Newsletter

January/February 2012

Volume 9, Issue 1



# LET'S HEAR IT FROM THE KIDS!!!



### A Star Is Born!

By Sophie Emma McClung

I am **Sophie Emma McClung**, a proud resident of The Retreat and a fifth grader in the gifted program at SeaWind Elementary. I have a brother named **Christian**, a second grader at SeaWind, who is very talented at writing stories and wants to be a film maker when he grows up. I have been dancing since the age of three. I attend the Conservatory of Performing Arts at the Maltz Jupiter Theatre. I have taken my grade one Cecchetti ballet exam and performed as Carbuckety in the musical Cats last year. I wore one of the original costumes from the Broadway show. Last December, I performed in Joseph and The Amazing Technicolor Dreamcoat, having been

*(Continued on page 2)*

### WHAT WE LIKE MOST ABOUT LIFE IN THE RETREAT

By Zoe and Gage Glen

We like the neighbors because they are so nice and helpful. We love all the animals because they are so cool to look at. Some of our favorites are the birds and frogs. We like the Sandhill Cranes but our favorite is the Blue Jay. Once we found a Barking Tree Frog that was almost frozen to the sidewalk. We kept it in a tank for a month and it ate crickets. We let it go when it got warm again outside. We like swimming in the pool and going for bike rides. Sometimes it's fun to walk around the pond but look out for alligators!

Dear fellow Retreat residents,

There have been a number of daylight burglaries in Martin County. The criminals usually walk up to the house, ring the doorbell and, if no answer, break in. We are writing to ask all our residents to be aware of any and all visitors. If you see someone driving around, walking around, parked, knocking on doors, etc. and you feel uncomfortable or suspicious, please call 911 and ask the sheriff to investigate. You can help catch these people. Do not wait....do not call the management office or a board member. Call 911.

You can help keep the Retreat and Seabach Boulevard safe but only if you get involved. If you see anything out of the ordinary, call 911 at once. This is private property!

No one can wander around here. Please help keep this place safe. Call 911. Do not approach anyone....if you feel something is not right, call 911.

Thank you for your cooperation.  
Your Board of Directors



(Continued from page 1) **A Star Is Born!**

chosen during an audition called First Step To Stardom. I also performed in The Best of Broadway Revue, singing songs from Mama Mia, Kiss Me Kate, Once Upon a Mattress, Brigadoon and Little Shop of Horrors. I have been a member of the SeaWind Chorus for three years, representing my school at Disney. I model children's clothing with World of Kids in Miami and enjoy playing the piano. One of my best friends and classmate is **Anna Gorostiaga** who also lives in The Retreat. I love watching the wildlife in our community, especially the Sand Hill Cranes.



The **Women's Club of Lost Lake** was going on a bus trip to the Gaylord Palms Hotel in Kissimmee. They invited Retreat residents to join them. The main attractions were the **ICE!** sculptures. Artisans from China came over to create the magnificent ice art. The picture shows the nativity scene.

In addition, we had a VIP tour of the beautiful hotel and a scrumptious luncheon. There were eight of us from the Retreat. It was a delightful day! Thank you ladies for inviting us.

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## Let's Hear It from the Kids

By Bella Wiley

I'm almost three, but I've been living in the Retreat with my Grammy and Papa since I was born. My favorite part about the Retreat is that I have so many grammys and pappas who always say "Hi" to me. I love the pool and all the friends I see and meet there. I love to play in the puddles after a good rain. My grammy lets me wear my crocs and ballerina night shirt!

## YOUNG ARTISTS OF THE RETREAT

By Marsha Levine



**Ari Gorostiaga**, a first grader, was selected as one of the winners in the US Fish and Wildlife Service's 2012 South Florida's Endangered Species Calendar! All the winners received a \$100 Saving Bond. Ari's work is for the month of January.

**Ryan Borosky** and **Anna Gorostiaga**, both fifth graders have their art work submitted to the 6<sup>th</sup> annual children's art contest, which is part of the Hobe Sound Festival of Arts taking place in February, 2012. We wish them luck. Do attend this art show. It has a very fine display of artists both local and from around the country, as well as a large display of all the children's art entries.

## ATHLETE OF THE WEEK

By Arlene Hartnett



**Jacqueline Izzo**, seven year old granddaughter of Tom and Arlene Hartnett of SE Eldorado Way, received **Athlete of the Week** after being nominated this summer by the coaches at Southington Park and Recreation tennis camp for her outstanding focus, enthusiasm and accomplishment.

The coach described Jacqueline as a patient student who waited her turn before smashing the target in a perfect line drive across the net and returning to the back of the line with a satisfied grin.

Jacqueline kept it fresh for the coaches thru the third and final session of the annual tennis camp. She just loves tennis and the coaches loved to watch her work the court. Jacqueline's expressions and demeanor made their coaching experience a pleasant and easy job.

## Let's Hear It From The Kids!

By Patti and David Greaves

Summer 2010 we were visiting in Massachusetts. While out in our son's boat, I was sitting up front holding my four year old granddaughter, **Georgia**, with her life jacket on. It was very cumbersome. The waves were crashing over the bow and getting us wet. Our daughter (Auntie) was holding my grandson (2 1/2) while our son drove. We were talking, laughing, and having fun while getting wet. I had my sunglasses on and they were completely sprayed with the salt water. I said to Georgia, "I can't see." She yelled at me and said, "For heaven's sake Meema open your eyes!" We got to laughing so much that we couldn't stop, and then she said she was going to buy me new glasses.

May 2011 we had the experience of having our son and family for a week. We of course went out in our boat cruising north on the Intracoastal Waterway (ICW). Our grandson, **Hobey** wanted to drive so we said ok. He asked where we were going and we said to our "Private Island"....when we got close there was no-one there (it was a weekday) and he turned to my husband and said, "Grampie is this PIRATES Island?" We couldn't resist and said "Yup, it is now." From that day on, Mile Marker 44 North on the ICW is known as "Pirate Island." The name has stuck with our boating friends. You've got to love those kids!

## My Special Person

By Peter Croke (Grandson of Helen Larcom)

Let me tell you who my special person is. It's **my grandma**. She's my special person because she takes me places; we have fun; and we make food together. First, she's my special person because she takes me places. Like once she took me to Disney so I could ride Mount Everest. The yeti scared me and my brother to death! We had so much fun! Also she usually takes us out to eat at Big Apple. We get sausage or pepperoni. It's good! Next, she's my special person because we have lots of fun. We have fun because sometimes we watch movies. They're so funny! Also we play board games. We like to play monopoly.

Last, she and I bake food together. We usually make chicken pot pies, or sometimes cookies. Yum! Yum!! Chicken pot pies have peas, carrots, chicken, bread, and pie crust. Or we bake cookies, like a couple of days ago we made Halloween cookies with sprinkles. Yum!! Yum!!

That is why my grandma is my special person. She takes me places, we have fun, and we make really good food together.



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## OUR MOM—VICTORIA ZAKIAN

By Vicki Celio

**VICTORIA ZARIAN** WAS BORN ON AUGUST 31, 1911, IN ARMENIA. SHE HAD LOVING PARENTS AND SIBLINGS, BUT UNFORTUNATELY LOST THEM AT AN EARLY AGE OF FOUR DUE TO THE ARMENIAN MASSACRE AT THE HANDS OF THE TURKS.

VICTORIA WAS RAISED IN A CATHOLIC ORPHANAGE IN BEIRUT. AT THE OF AGE 14, SHE WAS FOUND BY AN AUNT AND UNCLE. SHE WENT TO FRANCE WITH THEM. THERE SHE MET OUR FATHER, OSCAR ZAKIAN, WHO WAS VISITING FROM AMERICA. HE TOOK ONE LOOK AT THIS BEAUTIFUL WOMAN AND SAID, "I WANT TO MARRY HER." THEY MARRIED WHEN SHE WAS 18 YEARS OLD, AND SHE MOVED TO THIS PLACE CALLED "AMERICA" (STATEN ISLAND).

IN HER LIFETIME SHE HAD FIVE CHILDREN—JOHN, JACK, CHARLIE, LUCY AND VICKI. WE WERE HER FAMILY. TENDING TO HER HUSBAND AND CHILDREN AND HER HOME PLUS HER VEGETABLE AND FRUIT GARDEN WAS HER WHOLE WORLD. SHE SPOKE ABOUT HER GARDEN WITH SUCH LOVING THOUGHTS AND PRIDE TO ANYONE WHO LOVED TO LISTEN. OUR MOM WAS AN EXCEPTIONAL LOVING AND GIVING MOTHER. SHE NEVER RAISED HER VOICE OR BERRATED US. SHE JUST GAVE OF HERSELF. MOM ALWAYS BAKED CAKES, COOKIES AND OTHER SWEET FOR US EVERYDAY THAT WE CAN REMEMBER AS WE WERE GROWING UP. SHE WAS AN ACCOMPLISHED SEAMSTRESS AND AS SHE AGED LOVED TO CROCHET AND TATTER. MANY OF US HAVE BEEN BLESSED TO RECEIVE A SAMPLE OF HER AMAZING WORK.

IN 1986 VICTORIA MOVED TO JUPITER FLORIDA WITH HER DAUGHTER VICKI AND SON-IN-LAW FRANK. ON HER 75th BIRTHDAY, VICKI AND FRANK BOUGHT HER A THREE WHEEL BIKE AND TAUGHT HER HOW TO RIDE IT. ONE DAY SHE HAD AN ACCIDENT AND RETIRED HER BIKE AT THE AGE OF 86 YEARS OLD.

**"God be  
with you."**

AS VICTORIA AGED, SHE MOVED IN WITH HER DAUGHTER VICKI AND LIVED IN HOBE SOUND.

THERE SHE WAS KNOWN AS THE LADY WHO ALWAYS SAID, "GOD BE WITH YOU." SHE WAS ALSO LOVED BY THE FOUR LEGGED ANIMALS AND TREATED THEM ALL TO DOG BISCUITS. HER NEIGHBORS LOVED TO SAY

"HELLO" TO HER WHERE SHE HELD COURT IN THE GARAGE.

ON GLACIER TERRACE NEAR HER HOME A BENCH IS IN HER HONOR AND ALL WHO WISH TO CONTINUE HER MORNING HELLO'S CAN SIT FOR A SECOND AND REMEMBER THIS WONDERFUL WOMAN WE CALLED MOM, GRANDMA, GREAT-GRANDMA AND FRIEND.

IN HER LAST FOUR YEARS OF LIFE WHEN THINGS GOT HARD AND HER HEALTH WAS RAPIDLY DEMISHING, SHE WAS SURROUNDED BY LOVING ANGELS WHO HELP HER BY THE NAMES OF **PAT O'NEILL, RITA MARTIN, KATHLEEN KINDSTEDT** AND A SPECIAL ANGEL, HER LOVING DAUGHTER-IN-LAW **ADELE ZAKIAN**.

MOM'S DEVOTION TO JESUS CHRIST KEEP HER SAFE AND WE ALL KNOW SHE IS IN HEAVEN LOOKING DOWN ON US ALL AND PRAYING FOR US.

MAY GOD BLESS HER SOUL AND GOD BLESS YOU FOR HAVING TOUCHED HER LIFE.

Our beautiful Mother, Victoria Zakian, left us to be with the Lord on October 20th. She loved her neighbors, and they loved her. Even the four-legged animals gravitated towards her.

We want to extend a special thanks to Lill and Wally Malinowski for coordinating the luncheon after the funeral at the Clubhouse. Also, a special thanks to Pat O'Neill for making all the wonderful desserts.

### TO ALL OUR FRIENDS AT THE RETREAT

Thank you for your prayers and kindness during Bill's illness. A special thank you to Becky Freedman for dedicating her 5K run to Bill.

Bill is doing well.

God bless all of you!

Bill and Martha  
Tarquine





# Pharmacy Topics *By Connie Bandy, R.Ph., Doctor of Pharmacy*

## DRUG INTERACTIONS

Senior citizens are the biggest consumers of prescription medications, over-the-counter medications, and dietary supplements. It is estimated that one-third of this population uses 5 or more prescription medications regularly, and about half regularly use over-the-counter medications and dietary supplements. Thus, the use of prescription medications along with over-the-counter medications and/or dietary supplements among this population (also known as polypharmacy) is fairly common.

When many combinations of medications are taken, the probability that a drug interaction may occur is also increased. The elderly are the most vulnerable to medication adverse effects and drug interactions. Studies show that at nearly 1 in 25 older adults used a regimen posing a risk of a major potential drug-drug interaction; half of these potential interactions involved the use of nonprescription medications.

There are basically three kinds of drug interactions:

**Drug-drug interactions** can be defined as a modification of the effect of a drug when administered with another drug. The effect may be an increase or a decrease in the action of either substance, or it may be an adverse effect that is not normally associated with either drug alone.

For example, both blood thinners (like warfarin) and aspirin help to prevent blood clots from forming. However, using both of these medications together may cause excessive bleeding.

Certain antacids can prevent many medications from being absorbed into the bloodstream. The overall effect may be that the medication may not work as well or it may not work at all when taken together.

**Drug-food interactions** occur when a medication interacts with something that you eat or drink. An example here is that grapefruit juice increases the absorption of some medicines. If more medication is absorbed than expected, the drug will have an increased effect. For example, a drug to help reduce blood pressure might lower blood pressure too far and cause hypotension. Having more of a drug absorbed also increases the risk for side effects.

The last type of drug interaction is the **Drug-disease interaction** – this occurs when a medication interferes with a disease or an ongoing condition. For example, taking a decongestant (found in many cold preparations) for a runny nose may cause your blood pressure to go up.

The good news is that most of these interactions can be prevented. Taking the following precautions can help you avoid a serious problem:

1. **Use a Personal Medication Record** – write down all of the prescription medications, over-the-counter medications, vitamins, and /or herbal products that you are taking. Be sure to share your record with your doctors and pharmacists.
2. **Read the package and labels** for all over-the-counter medicines carefully – especially the precautions and/or drug-interaction sections.
3. **Before taking a new medication**, ask your doctor or pharmacist if there are any foods, drinks, or medications that should be avoided. Never use another person's prescription medications.
4. **Don't combine prescription medications**, over-the-counter medications, herbal preparations, and/or dietary supplements before consulting with a doctor or pharmacist.
5. **Consider using only one pharmacy** for all of your prescription, non-prescription, vitamins, and herbal product needs.



## NATIVES IN THE YARD

### THE CRY OF THE HOUNDS

By Dottie Williams

Have you heard the hounds and the horn on Saturday mornings? The foxhunting season has opened. Although hounds, horses and riders are not really natives in the yard, we have spotted red-coated riders and the hounds behind our home and so I thought I would make it the topic for this newsletter.

Organized foxhunting has been in existence for centuries. The first organized American hunt was in Virginia in 1840. Foxhunts today are very structured and still follow many of the traditions and guidelines of early hunts. All the participants are highly trained. The dogs

(foxhounds) are trained to hunt, follow the scent of the prey and be obedient. The horses are strong and experienced in jumping and the riders are horsemen with strong riding skills and stamina.

Foxhunting even has its own vocabulary. A few examples are: **cry** means the sound of the hounds when hunting; **line** is the trail of the fox and **fixture** is the time and place of the hunt. There are even a variety of horn blasts each with its own meaning.

The club that uses the State Park as one of its **fixtures** is the Palm Beach Hounds. They have been using the preserve around our homes long before our community was built. Their season runs from November to March and two hunts are scheduled in the Atlantic Ridge State Park in January. If you are up early on Saturday mornings, listen for the **cry** of the hounds and the signals of the horn. You might also have the opportunity to see some of those red-coated riders.



### SUNRISE IN THE NEIGHBORHOOD

**MARYON AND MEL GONZALEZ CELEBRATED THEIR 30TH ANNIVERSARY WITH FAMILY AND FRIENDS IN NOVEMBER**





## HOLIDAY FAIR

The Holiday Fair fundraiser for the Relay For Life raised over **\$2,500** for the American Cancer Society!!! The Fair was held on the first Sunday in November. The Knot Just Knitting Group made so many items for this Fair. There were baby booties and hats, afghans, scarves, book markers, blankets, head bands, pot holders, sweaters, and much more! Thank you, ladies, for all your time and work!

We had several businesses that donated gift certificates:

Treasure Coast Estate Buyers - Stuart

Massey-Yardley Bump Shop – Hobe Sound

Joe Scerbo Window & Mirror Cleaning – Hobe Sound

Ken Dara Fish Printing – Hobe Sound

Marsha Levine-Artist – Hobe Sound

Delfino's Full-Service Salon - Stuart

Anita's Skin Care – Tequesta

Thank you for your donations!

So many Retreat residents donated items for the Fair. Thank you to all!

A special thank you goes to **Marlene Boobar**, our Holiday Fair organizer, and to all the workers that helped make this happen.



KNOT JUST KNITTING LADIES

## RELAY FOR LIFE HOLIDAY HOME TOUR

By Lill Malinowski

What a day we had at the 2011 Holiday Home Tour!!!! There are no words to express how magnificent the homes were. We heard nothing but praise from those attending. A special thanks goes to our Tour participants: **Coni Mc Guinn, Sherry and Herschel Innis, Dottie and Nick Sacco, Mickey and Otto Vernacchio, Tim Ward and John Schultz, and Pat and Gil Williams.**

Retreat resident and business owner of **Dimar Florist, Elizabeth DuBois**, created a beautiful floral arrangement which we enjoyed in the Clubhouse. After the Tour, those present in the Clubhouse each received a ticket for the arrangement. The lucky winner of the centerpiece was **Patte Kessler!!!** Thank you, Elizabeth!

The beautiful David Yurman necklace and bracelet set which was donated by **Kay Bowen-Smith** was won by Retreat resident **Bea McCallion!** Congratulations, Bea!

The grape garnet gold ring which was donated by **Treasure Coast Estate Buyers** was won by Retreat resident and Relay For Life team member **Lucille Sanchez!!** Congratulations, Lucille!!

Thank you to **Carol Stone** for creating the Christmas angel and snowmen earrings which were sold during the Tour.

Thank you to **Mona Wiley** for creating the Tour Program.

**The Grand Total was \$3,440!!!**

Thank you to all that made this possible—the Tour participants, the donors, the workers, and those that brought refreshments.

**ALL** proceeds go to the American Cancer Society. We need to find *the* cure so that none of our family or friends will ever have to hear those three dreaded words—"You Have Cancer."

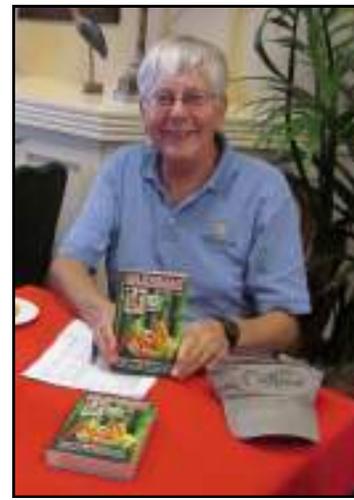
Thank you from ***The Retreat Remembers...***  
Relay For Life team!!!!

## THE WORKERS



Carol Stone,  
Becky  
Freedman,  
Ruth Dudziak,  
Jean Scerbo,  
Joy Currier

Those not in  
pictures:  
Joanie Sofia,  
Dottie Williams



THE TOUR PARTICIPANTS



# WOMEN'S CLUB OF THE RETREAT

By Mona Wiley

The holidays are almost over, but what a beautiful celebration of all the special events during November and December. The Clubhouse was especially beautiful this year. Does it look like the ladies were decorating, eating pizza or having fun at the "trim-a-tree" party? All of the above! This coming year promises another package of fun things going on at the Women's Club.

**January 11<sup>th</sup>** at noon at Mariner Sands, there will be a fashion show sponsored by The Preserve. This has always been a well attended event. Details will be forthcoming.

**On January 16<sup>th</sup>** at our regularly scheduled meeting, a **genealogist** will give a presentation on how to research your history. There have been many interesting stories from others who have traced their past back to royalty or soldiers who fought in the Civil War. Should be very informative and interesting!

In **February**, we will have the nomination of officers and election of officers will be **March 19<sup>th</sup>**, followed by the installation of officers on **April 16<sup>th</sup>**. Thank you to all who have served for 2 and 3 years, and thank you to all those willing to accept the roll of leadership for our club this next year.

In addition to the regular meetings, which meet every 3<sup>rd</sup> Monday at 7:00pm in the clubhouse, there are other activities planned. **Friday, January 27<sup>th</sup>** is an outing to the Chesterfield Hotel or SAKS for lunch and a makeover. Watch the posting in the mailroom for time and exact location and sign up! If you don't want to be "made over," come anyway for lunch. You'll probably be automatically made over with a few extra pounds!!

**Saturday, February 11<sup>th</sup>** is the Stuart Historical Tour of buildings and homes. On the **17<sup>th</sup> of February – a FRIDAY** – there will be a salad lunch (in place of the Thursday outside luncheon). This will have a Valentine theme. Watch the bulletin board for the sign up sheet. This has always been a delicious lunch with an amazing variety of salads.

A quick mention of other activities, with details to be worked out and announced are a Designer showcase house tour in February. **March 23<sup>rd</sup>** there will be a visit and tea to the Flagler Museum and in April, we hope to have another **airboat ride** with Captain Bob.

Please join us, ladies of the Retreat! You will meet a lot of wonderful women. You will have a good time. You will learn from our speakers and you have an opportunity to volunteer and do good for our community. Our meetings are every 3<sup>rd</sup> Monday at 7:00pm.

**Cheers and good health and wealth to all in 2012!!**

## Women's Club Welcome Back Breakfast

Veteran's Day—November 11, 2011



# WOMEN'S CLUB TRIM-A-TREE PARTY





## Note for the KNOT JUST KNITTING Ladies

Thanks to all for my beautiful homemade basket of baking goods! It was truly a surprise, and I appreciate each and everyone of you. I look forward each week coming with my baked treats and sharing friendships that are special.

Sincerely, Priscilla

*Editorial Comment: The former **Needlecraft and Knitting Group** has a new name, **Knot Just Knitting**.*

## SEABRANCH ART LEAGUE'S FESTIVAL OF TREES

By Bosha Stone

Over 325 attended the **Festival of Trees Gala Event**, filled with Contemporary Art & Art Trees auctioned to benefit the **Martin County Boys & Girls Club of Martin County ART Program**. This NYC SoHo style Art Gallery exhibited ART from the Seabbranch ART League artists and WOWED the entire crowd! Five of the exhibitors were Retreat residents. Some comments heard that evening as guests toured the gallery were:



Tree to the left of the ladder tree was created by Marsha Mark and Joan Sofia

*"This is what Hobe Sound needs, a SoHo style Gallery with new, fresh art!"*

*"Inspirational, I'm, blown away."*

*"What a space filled with great, current art!"*

*"The Art Trees were so creatively designed."*

The event was held at THE COMMONS in Hobe Sound in a 11,000sq ft facility, donated by Jan and Bob Webster from Hobe Sound Sprinklers, Inc.

Prior to the event, ten of the league's artists went to the five Boys and Girls Club facilities to hold a class on making and decorating ornaments. These ornaments were then exhibited and donations were made when one was taken. The Boys and Girls Club kids saw their work displayed right along with the Seabbranch ART League artists' work at this fabulous exhibit. The message - **"Support young Art."**



**SOCIAL  
COMMITTEE**  
By Carol St. John  
and Lena Rublowski

**Chilifest Was Hot Stuff!**

Perhaps leaves are not falling and the neighborhood is not ablaze in the brilliant hues of autumn, yet fall was definitely in the air on Saturday, October 22<sup>nd</sup> for a small cadre of diners. As Chilifest enthusiasts entered the Clubhouse, each could imagine being in a cooler clime. Tables festooned with harvest colors, miniature gourds, and mini chili peppers got everyone in the mood to enjoy some hearty fare.

Different areas of the country typically tout their particular chili concoctions. While Cincinnati may brag of serving chili five ways, the Retreat topped that by offering **three** varieties: traditional beef; chipotle turkey; and vegetarian, **each** of which could be topped off five ways. (Hmm, perhaps that gives us some bragging rights!) While chili was the main attraction, there were menu items for every taste preference, including a great baked ziti for the calmer palates. Since all of the entrees were so good, every contender shared the honor of "Best".

In hindsight, prizes could also have been awarded for splendid desserts because there were some diet busting goodies not to be missed. The only dilemma was what to choose: fresh baked mixed berry pie a la mode; chocolate fudge cake; rich, dense cheesecake - --- oh my!!!

While our dining group may have been small in number, it was great in enthusiasm and that always makes an event fun and fulfilling. Thanks to all who participated and made it so enjoyable.

**Glad Tidings...**

The holiday season was launched in grand style at the annual dinner-dance at Lost Lake Restaurant, on December 7<sup>th</sup>. Sparkling lights and a ceiling to floor Christmas tree set the mood for a fun evening of dining, dancing and whooping it up. More than fifty "Retreaters" attended and report that they had a great time. The celebration began with hot hors d'oeuvres enjoyed with cocktails prior to being seated for the holiday feast. Both the Prime Rib and Chicken Saltimbocca were delicious and enormously satisfying. However, if guests had known how spectacular and decadent a dessert awaited them, they might have

saved a little extra dietary space. Yet, there was going to be a lot of dancing so... Chocolate Napoleons are forevermore on our holiday menus!

Fabulous as the dinner was, the tone for the evening was really set by the DJ. **Rich of DANCENSOUND** had a real feel for what the group wanted. He played soft dinner music as everyone dined, and then got the party rolling and kept it rocking with great dance tunes for the rest of the night. It seemed that everyone got up and got their groove on, even those of us who didn't know we still had one! Who could resist the Twist, YMCA (gestures required) and the Electric Slide! Ya Gotta Love It! Energetic as everyone was, Dance Champ awards went to the "Chick" table, captained by Marlene Boobar. They never stopped moving to the music. Indeed, Cindy Lauper credits them as her inspiration because those "Girls Just Wanna Have Fun!"

There was another special celebrant that night also. As if the food, the music, the company weren't enough, **John McGuire** lucked out and got an extra measure of fun. He won the special holiday door prize, a coveted bottle of Montaudon Brut Champagne, the vintage chosen by Will and Kate (yes, that Royal pair) for their wedding celebration. We hope he toasted the New Year with it and we also hope that the rest of the holiday season was as joyous, celebratory, and satisfying for all of you as this special night was for those who attended.



## **NEWS FROM OUR BOARD OF DIRECTORS**

*By Bill Cole*

1. One Source, our landscaper, is being replaced. On January first, **ValleyCrest** will start as our new landscaper for The Retreat and Seabranched Boulevard. You will see the red trucks and red shirts again. We believe that the revamped ValleyCrest will do a great job for us. Please make them feel welcome.

If you have old issues with One Source, please contact Ron in our office right away. We will be sorting these out to arrive at a final settlement with One Source.

2. We can not stress enough the need for all of us to be aware of strangers in The Retreat and on Seabranched. If you do not feel comfortable with something you see, call 911 at once.

3. We have an election and Annual Meeting on 2/6/12 at SeaWind School. Sign-in at 6:30. Please plan to attend or send us your proxy and ballot. ValleyCrest will be the guest speaker to give you an update on landscaping issues and answer your questions.

4. Thank you all for your help and support in 2011. Special thanks to Ron for all his hard work and devotion to us. Call or write us with your ideas.

5. Best wishes for the holiday season.

**RETREAT ANNUAL  
MEETING  
TUESDAY, FEBRUARY 6  
6:30PM SIGN-IN  
SEAWIND  
ELEMENTARY SCHOOL**

## **THE RETREAT DIRECTORY 2012**

Updates to the Retreat Directory 2012 must be submitted to the Retreat office by February 1st. The form is on page 42 of the current directory or can be obtained from our property manager. Please review your current information and submit an update if required.

### **CHANNEL 63**

When submitting an event that you wish to put on our community Channel 63, do not use too many words as less words are easier to read in a short period of time.



### **BRIDGE SCORES**

By Patsy Shattuck

Here we all are at the close of another year in our "beautiful Retreat." We have had a very good year for bridge. Hope 2012 goes as well and we continue to have all our loyal

players and some new ones joining us. Have a happy, healthy New Year! Call Patsy Shattuck at 546.2011 if you would like to join. Thanks to all of you!

#### **October 4, 2011**

- 1 – Laura Rothman
- 2 – Sally Troiani
- 3 – Carol Flynn
- 4 – Lyn Kennedy
- 5 – Alice Bernhardt

#### **October 11, 2011**

- 1 – Alan Shattuck
- 2 – Carol Flynn
- 3 – Laura Rothman
- 4 – Peggy Johnson
- 5 – Jeanne Sopelsa

#### **October 18, 2011**

- 1 – Muriel Barry
- 2 – Jeanne Sopelsa
- 3 – Kay Bowen-Smith
- 4 – Alice Bernhardt
- 5 – Anne Falcone

#### **October 25, 2011**

No Bridge

#### **November 1, 2011**

- 1 – Alice Bernhardt
- 2 – Sally Troiani
- 3 – Marie Ferrandino
- 4 – Jeanne Sopelsa
- 5 – Carol Flynn

#### **November 8, 2011**

- 1 – Marie Ferrandino
- 2 – Stan Rublowsky
- 3 – Lyn Kennedy
- 4 – Lena Rublowsky
- 5 – Peggy Johnson

#### **November 15, 2011**

- 1 – Sally Troiani
- 2 – Laura Rothman
- 3 – Gerri Strong
- 4 – Marie Ferrandino
- 5 – Muriel Barry

#### **November 22, 2011**

- 1 – Lena Rublowsky
- 2 – Joanne Cichon
- 3 – Gerri Strong
- 4 – Peggy Johnson
- 5 – Kay Campbell

#### **November 29, 2011**

- 1 – Stan Rublowsky
- 2 – Kay Bowen-Smith
- 3 – Peggy Johnson
- 4 – Gerri Strong
- 5 – Laura Rothman

# RETREAT BOARD OF DIRECTORS

President	Bill Cole	546.5353	wcole2b@yahoo.com
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Treasurer	Susan Hemmer	349.0030	syacht@comcast.net
Director at Large	Dave Williams	546.3866	davedottie@gmail.com

# RETREAT PROPERTY MANAGER

<b>Office Hours:</b> Monday Wednesday Friday 8 am to 11 am 772.546.6112	<b>Ron Barrow</b>	<b>Clubhouse Fax:</b> 546.1699 <b>Capital Realty</b> for Work Orders, General Questions, Emergencies: 1.800.940.1088	retreathoa@comcast.net
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## Retreat Activities and Committees

*All Retreat residents are invited to take part in our Retreat Activities.  
Retreat Homeowners are also invited to participate in the Retreat  
Committees. For more information, please call the contact person.*

<b>Architectural Review Committee</b>	Dave Greaves	545.2664
<b>Channel 63</b>	Jim Morrow	545.1936
<b>Clubhouse Committee</b>	Gail Pezzicola	545.0706
<b>Communications Committee</b>	Lill Malinowski	545.3732
<b>Finance Committee</b>	Larry Anderson	546.9357
<b>First Fridays</b>	Mary Paukstys	546.8054
<b>Mah Jongg</b>	Angela Bibby	545.9195
<b>Knot Just Knitting</b>	Sandy Morrow Liz Plourde	545.1936 546.5673
<b>Poker—Men's Straight</b>	Joe Ciocia	545.9767
<b>Poker—Texas "Hold—Em"</b>	Lois & Charles Raska Lois & Otto Vernacchio	545.2733 546.7523
<b>Red Hat Society</b>	Rita Lariviere	546.9744
<b>Relay For Life</b>	Lill Malinowski	545.3732

<b>Retreat Assistance Network (RAN)</b>	Muriel Barry Alice Bernhardt Marie Ferrandino Sally Troiani	545.1919 600.5226 546.5476 872.6053
<b>Retreat Directory</b>	Coni McGuinn	545.3465
<b>Retreat Newsletter</b>	Lill Malinowski Dottie Williams	545.3732 546.3866
<b>Social Bridge</b>	Patsy Shattuck	546.2011
<b>Social Committee</b>	Lena Rublowsky Carol St. John	546.1316 545.4087
<b>Tennis</b>	Tom D'Avanzo	545.7229
<b>WEB Master</b>	Gene Gillis	545.9304
<b>Welcome Committee</b>	Susan Hemmer	349.0030
<b>Women's Club of the Retreat</b>	Bettyann Dixson Mona Wiley Margaret Dara Emily Mussatto Jean Scerbo	546.2663 546.9545 546.8467 546.2774 545.3592

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Pg. 2—ICE! Wally Malinowski

Pg. 6—Sunrise Beck Freedman

Pg. 7—Holiday Fair Marlene Boobar

Pg. 8-9—Holiday Home Tour Wally Malinowski, Marlene Boobar

Pg. 10—Welcome Back Breakfast Marlene Boobar

Pg. 11—Trim a Tree Party Marlene Boobar

Pg. 12—Festival of the Trees Leo J. Arbezniak

Pg. 13—Glad Tidings Lena Rublowski, Marlene Boobar, Pat Brown

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Linda Kosmala, PA, Broker

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