



# The Retreat Newsletter

January/February 2013

Volume 10, Issue 1



## An Ongoing Project for Local Children

By June, Susan, Anu and Marcia

This year's annual Christmas project to help eight local families provide toys and clothing for their eighteen children was a monumental success. This success was possible due to the loving, generous hearts of so many of our residents in The Retreat. The Tennis Group and the Women's Club spread the word and the donations of cash and used items rolled in. One resident paid for seven new bikes, two trikes and a new bed for a six foot tall sixteen year old boy who was sleeping in a youth bed. Another couple who used to live here donated a set of bunk beds for two young sisters, one with leukemia, who had been sleeping together on a thin mattress on the floor. Many Grandparents came up with terrific items that had been outgrown and the

*(Continued on page 2)*



## Neighbors on La Creek Court

By Karen Weiss

Jean Scerbo, Gail Blumengarten, Karen Weiss, Andrea Genua, Nancy Newbury

The cul-de-sac neighbors on La Creek Ct. would like

to wish all the Retreat residences a Happy and Healthy 2013.

As we reflect on 2012, we thought we would share some of the traditions we started on our cul-de-sac.

Every year, we start out in February, with a Super Bowl party at John and Andrea's house. From your first dip and chip to your last signature cocktail, it's a great way to kick off the

*(Continued on page 2)*

## A WONDERFUL FAMILY

By Fran Carpenter

Our visit this past summer in Orchard Park, New York, was wonderful in many ways. The great weather in the North made it possible for this Grampie and Grannie Carpenter to attend plenty of little league games, outdoor concerts, and picnics with family and friends.



However, the greatest thrill was when three beautiful children, ages 4, 6, 7 were added to the Carpenter family. On August 15, 2012, a formal adoption of three siblings took place. It was a most incredible day,

bringing the total of grandchildren for Rusty and me, to ten. Danny, Rose and Winter were fostered by our son and his wife for two years. They have a big sister, also 7 (our natural-born granddaughter, Haidyn). Our son and daughter in-law never doubted that the three children would one day be theirs, officially! This is truly a love story about a wonderful family.



**Amelia Haines** arrived on November 9, 2012, 1:32 PM 7lbs. 4oz. 21" long. Parents are Kath and Craig. Grandparents are Dottie and Dave Williams.

**CONGRATULATIONS!**

**ANNUAL MEETING**  
**MONDAY, FEBRUARY 4, 2013**  
**6:30PM SIGN-IN — 7:00PM MEETING**  
**SEAWIND ELEMENTARY SCHOOL**

list could go on and on! The words "Thank You So Much" seem indeed inadequate in expressing our gratitude to all of you!

However, our goal is larger than just providing these families with Christmas gifts and what most of us would consider living essentials. The ultimate goal is education for these families and their neighbors in the trailer park. The eight Moms and two of the Dads attend classes at the Hobe Sound Library. Some are still in the basic English Second Language (ESL) class taught by one of our group. Others have graduated to the next level which is a two-year course for which they have saved to pay the state fee to receive a GED upon completion.

We want to include as many of their neighbors as we can this Christmas, hoping that by doing so, we will encourage them to join in the ESL program. Each of these families that we have met are hard working individuals who are held back because of their deficiency in our language.

We are in many ways evolving the philosophy of our small group as we go along and encounter new needs and challenges. What is abundantly clear is that the Mothers, especially, are desperate to help their children become educated, productive citizens of their community and their country. They know that only through education will their children have the opportunity for a better life, capable of earning a decent living. They will do everything in their power to help them achieve that. We will do everything possible to help them as well. Therefore, we hope in the future we can continue to count on our friends, new friends and neighbors to aid these striving families in achieving their goal.

Once again, heartfelt thanks from not just us but also from all those whose lives you have enriched with your generosity .

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

New Year. John always organizes a football pool which makes it all the more fun if you win!!!

In May, everyone gathers at Don and Karen's for the Kentucky Derby Party. The women look fabulous in their Derby hats. There is a hat contest and it is stiff competition. Everyone enjoys the famous signature drink of the derby, the mint julep. At post time, everyone has selected a horse and guests start rooting for the horse they drew to win for a big pay out!

Even though Jean and Joe are fairly new to the cul de sac, they jumped right in and made Fourth of July their party. We all had a wonderful time celebrating our country's freedom. Jean and Joe are excellent cooks and bakers so you know we certainly ate well.

A special thanks to John and Andrea for decorating the roundabout with American flags on each patriotic holiday.

Nancy and Steve always take October for their celebration. This year they kicked it up a notch and had their party at the Breaker's. We all had a wonderful brunch filled with caviar and champagne. They are a wonderful host and hostess whether it is a German theme, Duffy's or the Breaker's.

Gail and Jerry normally host December and share the tradition of Hanukkah (which we all have enjoyed throughout the years). This year, Gail celebrated her birthday with her ONE year old granddaughter, Ada. Her daughter hosted a tea at Gail's house and we all attended. It was a lovely afternoon. Gail and Ada wore matching Lily Pulitzer outfits.

We end the year with an outing to a restaurant to celebrate the holiday. We also end the year enjoying John and Andrea's Christmas display of lights. Please drive, walk or ride your bike to the end of our street to see the lights. They do a beautiful job!!!

We all feel very blessed to have bonded so quickly....thanks to the Hurricanes of 2004 and 2005.

2012 has been a fabulous year, we hope for you too! Wishing you all good things in 2013.



**TEXAS HOLD-EM** By Otto Vernacchio, Sr.

We play Texas Hold-Em every Wednesday evening from 6-9PM. All are invited to join our congenial group to play. Should anyone need further information, please call Otto Vernacchio, Sr. (564.7523) or Charles Raska (545.2733). The players in the photo going clockwise follow: Lois Vernacchio, Joyce Fordham, Rosemary Duffy, Tom Fordham, Otto Vernacchio, Sr., Carol Stone, Charles Raska, and Joe Scerbo.

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

**By Bill Cole**

We had a very busy year at The Retreat:

1. ValleyCrest started as our new landscape contractor. They have made real improvements to the appearance and health of our property. They have done a good job in all phases of their responsibilities in The Retreat and on Seabbranch Boulevard.
2. New lower speed limits have been posted by Martin County on Seabbranch. These limits are actively being enforced.
3. We are still involved in legal action against our neighbors at Double Tree (Lost Lake) over their non-payment of shared drainage expenses.
4. The Annual Meeting for The Retreat will be at SeaWind School at 6:30 P.M. on Monday, February 4, 2013. Please attend or if you can not, please mail your proxy and ballot so that we can assure a quorum. This is important. Please help us with this.
5. As we write this, Bill Cole, Pat Pezzicola and Dave Williams have all announced that they will be running for re-election to your Board of Directors.
6. Please remain vigilant and aware of what goes on in your neighborhood and The Retreat and Seabbranch. If you see vehicle or any one that you think does not belong here, please call the police at once. Dial 911. Do not call the office or a Board Member. This wastes time. Call the police at once. This is the best way you can help keep our community safe.
7. Thank you all for your support. Please call or write us anytime. Best wishes for the holiday season and a safe and enjoyable new year.

### **2013 RETREAT TELEPHONE DIRECTORY FORM**

If you are not currently listed in the 2012 Telephone Directory and wish to be listed in the 2013 Directory, please fill out the form below. If you are currently listed in the 2012 Directory and would like to update it, please fill out the form below with the updated information. **Please sign the form** and place it in the Drop Box in the Property Management Office located in the Clubhouse or mail it to Retreat Homeowners Association, 8700 SE Retreat Drive, Hobe Sound, FL 33455, ATTN: Communications Committee **no later than February 1, 2013**

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

#### **PLEASE PRINT CLEARLY**

LAST NAME(S) \_\_\_\_\_

FIRST NAME(S) \_\_\_\_\_

RETREAT ADDRESS \_\_\_\_\_

TELEPHONE \_\_\_\_\_

CELL TELEPHONE (optional) \_\_\_\_\_

EMAIL ADDRESS (optional) \_\_\_\_\_

\*Signature

\*Signature

\*Signature(s) are required to have information published in the Directory.

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

# WOMEN'S CLUB OF THE RETREAT

By Mona Wiley

## WHAT'S UP AT THE WOMEN'S CLUB????

Whirrrr!! That's the sound of December coming to an end. It was a busy month, but I know everyone enjoyed all the events, sights, smells and sounds of the holiday season. A very special thank you to those from the Women's Club who decorated the Clubhouse and set the ambiance for the season. It was beautiful. The trim-a-tree and pizza party and gift exchange made a lot of work go much faster. Hope everyone who travelled over the holidays had an enjoyable holiday.

"Fun, fun, fun til my daddy took the T-Bird away" 50's and '60's party was tooooo much fun – even without the T-Bird. It was fun to dress up like we did in the "olden" days and dance to music we know and love.

### Now on to January Events

**January 5<sup>th</sup>** we will leave from the Clubhouse at 12 noon to enjoy the play "Jersey Boys" at The Kravis Center. I have heard many say that this is the best play they have ever seen!

How about a chick flick movie **afternoon on the 16<sup>th</sup>**? Sounds like a nice "treat yourself" time. Then **January 21<sup>st</sup>** is our usual monthly Women's Club meeting at 7:00pm. Come at 6:30 for refreshments and then "Stamp with Emily." She's going to show us how to make our own cards. Cards are expensive and with a little creativity, we can do our own.

**Lunch on the 25<sup>th</sup> of January** will be at Thai Bistro, rather than Bubba Shrimp Co. It is right across from Toyota on U.S. 1. Sign up in the mailroom by Tuesday, January 22nd for lunch. Contact Sue Behn for any additional information.

Our Outreach Committee has been working very hard to sponsor a fundraiser for our charity. It will be a fabulous **international food fest** at the Clubhouse on **January 26<sup>th</sup>**. Many foods from around the world will be served. A not to be missed event. Bring your neighbors and friends.

### February Events

**February 8<sup>th</sup>** will be a "House of Hope Tour." Come tour their newly renovated distribution center and consignment shop. Bring a food donation and meet at the Clubhouse at 10am. Following the tour, we'll have lunch at a nearby restaurant. For this and all other events, please sign up in the mailroom.

**Friday, February 15<sup>th</sup>** will be our luncheon love fest. Join us at the Clubhouse for our annual pot luck salad

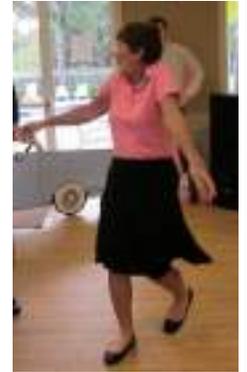
luncheon. And of course wear red.

**February 18<sup>th</sup>** will feature a "Latin Party" in the Clubhouse! What! you don't know how to Salsa or Samba or Merengue??? There will be dancing lessons! Just bring your shaking mood. Gotta come for refreshments at 6:30 and Marlene's quick meeting at 7:00, then we'll boogie on.

**February 22nd** will be the **Barley Swamp Walk and lunch at the Seminole Inn** at noon in Indiantown. Check the board and sign up. **February 24<sup>th</sup>** is a Sunday and you get to make your own Sundae! At the Clubhouse at 3:00pm – select your favorite flavor and topping. Sign up in the mailroom, so an accurate amount can be ordered!

Whew! That's it for those months of our new year. Hope everyone will have a Happy New Year!! If you live here, **YOU ARE BLESSED!** There is so much to participate in and many new friends to brighten your life.





# RELAY FOR LIFE

## 2012 Holiday Home Tour

By Lill Malinowski

Our eighth Holiday Home Tour held on December 2nd raised \$2,100 for our fight against cancer! The Tour this year included six amazing homes. We were treated to a variety of home décor. We saw renovated kitchens, a host of bathrooms that were redone, fabulous pools, chandeliers, beautiful landscaping, wood ceiling in the entry way and lanai, pavers, tile, crown molding, artists' work shops, and so much more. As happens with each Tour, the "honey do" lists get longer.

Our Tour participants this year were Helen and Paul Larcom, Pat and Gil Williams, Mickey and Jack Harris, Mary and Tom D'Avanzo, Rose and Dick Langbert, and Dottie and Nick Sacco.

We especially thank the participants, those that went on the Tour, and our amazing team that always goes 110% to make this event so successful. The refreshments were

yummy. Many team members brought such wonderful appetizers and sweets. Thanks to Becky Freedman and Anne Mojo for heading up this part of the Tour. The check-in ladies, Jean Scerbo, Coni McGuinn, and Martha Tarquine, did an efficient job of getting folks off on the Tour quickly. Mona Wiley did another wonderful job on the Tour brochure. Thank to Gene Gillis for creating the map for us. The cleanup was swift with so much help—thanks to Anne and Yank Mojo, Becky Freedman, Wally Malinowski, several others. Thanks to Mickey Vernacchio for selling 50-50 tickets—the lucky winner was Nancy Galiher. I also thank Wally for continuing to raise money selling Enjoyment Books and Dottie Williams for heading up the sales of Retreat logo items.

If you are interested in being in next year's Tour or know of a home that you would recommend for our Tour, please let me know.

We wish all of you a Merry Christmas, Happy Chanukah, and a peaceful and Healthy 2013!





## TOUR PARTICIPANTS

Top row: Helen and Paul  
Larcom, Dick and Rose  
Langbert, Gil and Pat Williams  
Center: Nick and Dottie Sacco  
Bottom row: Mary and Tom  
D'Avanzo, Jack and Mickey  
Harris



## RUNNING FOR BOB



Participation in 5K, Sat., Sept. 13, 2012, Amy's Walk, Geneseo, NY, in memory of Bob Kingsley



Gear from East Avenue Grocery Run, Rochester, NY, Saturday, Nov. 3, 2012 in memory of Bob Kingsley, and warriors against cancer.

## RETREAT SOCIAL COMMITTEE HOLIDAY DINNER DANCE 2012

By Lena Rublowsky

On December 9th, 48 Retreat revelers gathered at the Lost Lake Country Club to celebrate the holidays with music by Dance 'N Sound and delicious food. While most people delighted in the Prime Beef, there were also choices of Chicken Cordon Bleu and a vegetarian selection followed by Blueberry Crisp and ice cream.



Barry Mussatto gets recognition for the most outstanding outfit with his bright turquoise jacket. The most energetic dancers were Mary and Tom D'Avanzo who lasted to the very end and the classic dancers were Mona and Dan Wiley.



Emily Mussatto continued her raffle of 27 items which were donated by Retreat members and community businesses and raised \$900 for the House of Hope. Door prizes of champagne, the same choice as Prince William and Kate Middleton for their wedding, were won by Wally Malinowski and Barry Mussatto.

Lena and Stan Rublowsky and Carol St John now say 'Goodbye' to the Social Committee and thank everyone for their support over the past two years. We had fun.



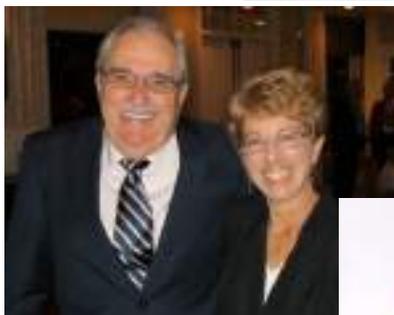
**Sunday, January 13<sup>th</sup>**  
**4 PM**  
**Retreat Clubhouse**

The Retreat Remembers Team  
is sponsoring:

**Bingomania!!!**

Relay For Life Fundraiser

**GREAT PRIZES...y'all come!!!**





# Pharmacy Topics

By Connie Bandy, R.Ph., Doctor of Pharmacy

## THE HEALTH BENEFITS OF WALKING

It's that time of the year again – we are all making those New Year's resolutions. At the top of most people's list (including mine!) is losing weight and/or getting in better shape. One way to achieve both is to add or increase the amount of walking that you do. There are a multitude of added benefits as well!

In an article co-written by Dr. Mehmet C. Oz, he itemizes the "Top 10 Benefits of Walking":

- 1. Fends off Heart Disease:** Studies show that regular walkers have fewer heart attacks and strokes, have lower blood pressure, and have higher levels of the "good" HDL cholesterol than do their couch-potato counterparts.
- 2. Decreases your "Real Age":** Starting a regular walking program can produce age-reducing effects, which can be measured in as little as 90 days. "Real Age" is a unique calculation of your body's health age. To find out how more about this measurement and how it is calculated, please visit [www.realage.com](http://www.realage.com).
- 3. Decreases your risk of diabetes:** Thirty minutes of walking a day makes your muscles more sensitive to insulin production. This allows glucose to remain inside your cells for metabolic activity, rather than accumulate in your bloodstream and cause vital organ damage.
- 4. Helps you kick the smoking habit:** Taking a daily 30-minute walk is one of the keys to the success of cutting down on cigarette cravings. Walking engages your brain's emotion centers, unleashing mood-enhancing hormones that decrease cravings and take your mind off that cigarette. An added benefit is that establishing a walking habit proves to you that you have the discipline to stick with your stop-smoking plan.
- 5. Burns calories and helps to take the weight off:** If you burn more calories than you eat, you lose weight! I know it's easier said than done, but walking will definitely help with those unwanted pounds that you have been trying to shed. Plus, walking can help squelch chocolate and sweet cravings and nix the stress and anxiety that often leads to overeating.
- 6. Keeps your mind sharp:** The increased blood flow associated with physical activity nourishes your brain tissue and stimulates its production of neurons, synapses, and blood vessels. Some studies have found that walking can counter faltering memories in people over age 50.
- 7. Reduces your stress level:** Taking a walk puts you in a better frame of mind. Studies back up that walking benefits your mood -- and may even ward off depression and anxiety.
- 8. Increases your energy level:** A walk can perk you up when you need it most. It also helps to improve the quality of your sleep, so you have more energy all day long.
- 9. Boosts your immune system:** Walking regularly can lower your risk of arthritis, macular degeneration, and even cancer by an astonishing 50% compared with people who don't exercise.
- 10. Keeps you going:** Walking has the highest compliance rate of any type of exercise.

I know, all of these benefits sound too good to be true. However, statistics show that walking 30 to 60 minutes a day can reduce your risk of breast cancer by 20%, decrease heart disease by 30-40%, and lower your chance of diabetes and stroke by 50%.

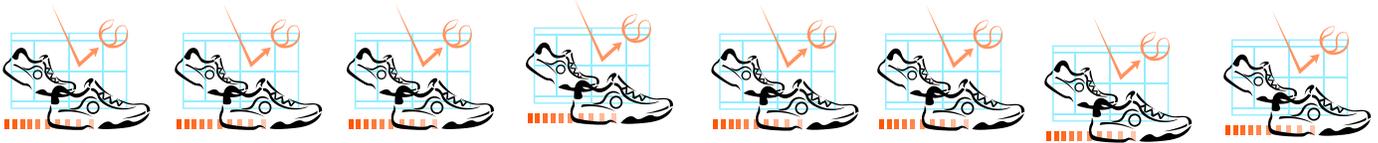
The key to a successful walking regimen is to be consistent with your walking – aim for walking at least 3 times a week for 30-60 minutes each session. Some other tips to remember include:

- Find a partner or group to walk with you. Encouragement and support go a long way in helping to keep you on a regular walking schedule.
- Wear a good quality pair of walking shoes – with proper arch support. This is an area in which you should never skimp or cut corners. Walking affects your ankles, knees, hips - your whole body. Good shoes will cushion your feet and absorb shock, protecting your joints.
- Be sure to warm-up and stretch before a walk. After your body warms up, increase your walk to a brisker pace. There is a great pamphlet available from the National Institutes of Health on walking –

with a section that illustrates some stretches that you can perform that will help loosen you up to ensure a safer workout. Go to: [http://win.niddk.nih.gov/publications/PDFs/WIN\\_Walking.pdf](http://win.niddk.nih.gov/publications/PDFs/WIN_Walking.pdf) to download this pamphlet.

- Equally important is to be sure to cool-down after your walk – this will help get your heart rate back to normal slowly and safely.
- Of course, if you have a heart condition or other health issue, you should check with your doctor before starting a walking regimen.

Once you start on a walking program, you'll feel so much better. Walking is an amazing way to achieve and maintain good health! **Best wishes for a happy and HEALTHY New Year!**



## **THIRTEEN THINGS YOUR BURGLAR WON'T TELL YOU**

Received from Ginny Carr

1. Of course I look familiar. I was here just last week cleaning your carpets, painting your shutters, or delivering your new refrigerator.
2. Hey, thanks for letting me use the bathroom when I was working in your yard last week. While I was in there, I unlatched the back window to make my return a little easier.
3. Love those flowers. That tells me you have taste... and taste means there are nice things inside. Those yard toys your kids leave out always make me wonder what type of gaming system they have.
4. Yes, I really do look for newspapers piled up on the driveway. And I might leave a pizza flyer in your front door to see how long it takes you to remove it
5. If it snows while you're out of town, get a neighbor to create car and foot tracks into the house. Virgin drifts in the driveway are a dead giveaway.
6. If decorative glass is part of your front entrance, don't let your alarm company install the control pad where I can see if it's set. That makes it too easy.
7. A good security company alarms the window over the sink. And the windows on the second floor, which often access the master bedroom - and your jewelry. It's not a bad idea to put motion detectors up there too.
8. It's raining, you're fumbling with your umbrella, and you forget to lock your door - understandable. But understand this: I don't take a day off because of bad weather.
9. I always knock first. If you answer, I'll ask for directions somewhere or offer to clean your gutters. (Don't take me up on it.)
10. Do you really think I won't look in your sock drawer? I always check dresser drawers, the bedside table, and the medicine cabinet.
11. Here's a helpful hint: I almost never go into kids' rooms.
12. You're right: I won't have enough time to break into that safe where you keep your valuables. But if it's not bolted down, I'll take it with me.
13. A loud TV or radio can be a better deterrent than the best alarm system.

**Sources:** Convicted burglars in North Carolina, Oregon, California, and Kentucky; security consultant Chris McGoey, who runs <http://www.crimedoctor.com//> and Richard T. Wright, a criminology professor at the University of Missouri-St.



## BRIDGE SCORES

By Patsy Shattuck

Our group is in full swing for the winter! We will lose some for the holidays but will return next year. Can't believe another year has come and gone. Hope everyone

has a great holiday season and we'll see you in 2013! Thanks to all you loyal players!!

### Oct. 16, 2012

- 1 – Alan Shattuck
- 2 – Stan Rublowsky
- 3 – Kay Bowen-Smith
- 4 – Lena Rublowsky
- 5 – Carol Flynn

### Oct. 23, 2012

- 1 – Muriel Barry
- 2 – Lena Rublowsky
- 3 – Kathy Majewski
- 4 – Patsy Shattuck
- 5 – Bill Burns

### Oct. 30, 2012

- 1 – Lyn Kennedy
- 2 – Bill Burns
- 3 – Joanne Cichon
- 4 – Marie Ferrandino
- 5 – Kathy Majewski

### Nov. 6, 2012

- 1 – Muriel Barry
- 2 – Diane Dempsey

- 3 – Marie Ferrandino
- 4 – Kay Campbell
- 5 – Jane Schultzberger

### Nov. 13, 2012

- 1 – Kay Bowen-Smith
- 2 – Kay Campbell
- 3 – Barry Mussatto
- 4 – Kathy Majewski
- 5 – Emily Mussatto

### Nov. 20, 2012

- 1 – Kathy Majewski
- 2 – Jeanne Sopelsa
- 3 – Kay Campbell
- 4 -- Patsy Shattuck
- 5 – Sue Behn

### Nov. 27, 2012

- 1 – Barry Mussatto
- 2 – Lyn Kennedy
- 3 – Diane Dempsey
- 4 – Joe Elson
- 5 – Kay Bowen-Smith

## PHOTO CREDITS

Holiday Dinner Dance: Nick and Anne Falcon, Lena and Stan Rublowsky, Pat and Becky Brown

Relay For Life: Wally Malinowski, Becky Freedman

Women's Club: Marlene Boobar, Carol Stone

## FROM YOUR NEWSLETTER STAFF

Thank you to all that contributed to this newsletter. Keep those articles coming! They make the newsletter so special.

Many of us are the original owners of our DiVosta homes. We closed on our homes in 2002, 2003 and 2004. Some of us have already celebrated our 10th anniversary in our "built solid" homes. Others will be celebrating their 10th anniversary in 2013 and 2004.

It was an incredible experience to have entire blocks of homes move in at the same time. There were moving vans lining up our streets. The Adelphia trucks, GE trucks, and furniture trucks were frequently visiting our community. This was a time of many friendships being formed. This was truly a unique experience!

Our theme for our March/April 2013 newsletter will be: "**10th Anniversary in the Retreat.**" Go through your photos and find pictures that you took of the Retreat, the early landscaping, and your new home. With each picture, include a brief description of where the photo was taken and any other information about it. If the photographer is known, please include the name as well. Digital photos sent via the Internet is the best way to send these to us. Otherwise if you can scan your photo and send it to us, that will work. Or you can give us a photo, and we will scan it and return it to you.

Peace and blessings to all.



## Household Tip

By Jan Kasuboske

This is how I clean the filters from our microwaves. I filled a big soup pot a little over half

full of water and let the water come to a boil. Then I gradually added 1/2 cup of baking soda. It bubbles up, so you must add it gradually. Then remove the two filters by pulling on the little circle tabs. Put both in the water and continue for at least five minutes. Then turn them around to get both sides. I could see a big difference when I turned them around and cook another five minutes. I then just rinsed them in the sink with hot water. Once again I was amazed how much came out. Try it! The pan cleaned up easily with a little Dawn. The new Martha Stewart - January

**RETREAT  
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OF  
DIRECTORS**

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Vice-President	Pat Pezzicola	545.0706	pezzicolap@comcast.net
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Treasurer	Susan Hemmer	324.8670	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  
COMMITTEES**

<b>Architectural</b>	Dave Greaves	545.2664	david.greaves
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<b>Covenant</b>	Nick Sacco	546.0654	nicktherealtor1@yahoo.com
<b>Finance</b>	Larry Anderson	546.9357	llea22@bellsouth.net
<b>Social</b>	Sandy Morrow Gail Pezzicola	545.1936 545.0706	sandymorrow7@gmail.com gpezzicola@comcast.net

**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>Channel 63</b>	Jim Morrow	545.1936
<b>First Fridays</b>	Mary Paukstys	546.8054
<b>Mah Jongg</b>	Angela Bibby	545.9195
<b>Duplicate Bridge</b>	Carol Flynn Alice Bernhardt	772.359.8274 600.5226
<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>Tennis</b>	Tom D'Avanzo	545.7229
<b>WEB Master</b>	Gene Gillis	545.9304
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