



The Retreat Newsletter

March/April 2012

Volume 9, Issue 2



What made this past holiday season special for you?

A MERRY ANID MEANINGFUL CHRISTMAS

Anonymously Submitted

We all know the special feeling of the swelling of heart that we experience when having the opportunity to spend the holidays with loved ones. This year, however, we, along with two good friends here in The Retreat, were given the opportunity to experience that same wonderful sensation through the act of making the holiday a happier one for those outside of family---for seven families who were going to have no Christmas. With the help of so many of our Retreat friends and neighbors, we were able to not just provide gifts for the parents to give to their children, but gifts for the children to give to their parents as well. We had a pizza party for the children at which they could choose gifts for their parents and then we helped them wrap them. The delight which showed on the faces of these children would make anyone's heart soar! Simultaneously there was another party for the Moms at the library where they attend English Second Language (ESL) classes. When presented with gifts for their children and gift certificates for Wal-Mart to buy whatever was needed to complete their holiday celebration, the women had tears of gratitude running down their cheeks. But it didn't stop there because so many wonderfully kind Retreat residents wanted to help. We ended up with a garage full of donations of clothing, linens, dishes and glassware, TVs, vacuum cleaners, children's toys, etc, etc. Everyone opened up their hearts and the garage filled up! So thanks to the goodness of many of you, my husband and I were able to have one of the best Christmases we've ever had! There is nothing that can compare to knowing that you have made a difference---however small it may be---to make one's heart feel like it will burst with happiness.



DO YOU BELIEVE IN MIRACLES?

By Gail Blumengarten

Chanukah is a holiday of miracles. A small Jewish army, the Maccabees, fought the larger Syrian army for religious freedom. Against all odds they won and that was a miracle. The second miracle occurred when the Maccabees went to rededicate the Temple in Jerusalem and light the menorah over the altar. The olive oil used to light the menorah is supposed to burn continuously. The Jewish people found only enough olive oil for one day. Instead, miraculously, it burned for eight days, which was the time needed to make a fresh supply of oil.

The Torah tells stories of many miracles. Did these miracles happen exactly as described or do they have some truth but exaggerated? Perhaps they are a

(Continued on page 2)



January 18, 2012

8 lbs. 5 oz.

22" Long

Proud Parents -
Suzanne and
Michael Williams

Congratulations to our new grandparents, Dottie and Dave Williams, on the birth of their grandson, Everett Michael

(Continued from page 1) **Do You Believe in Miracles?**

phenomenon of nature that could not be explained in ancient times. Miracles are left to your own interpretation and beliefs.

Anyone who has recovered from a life threatening illness, serious accident or avoidance of a dangerous situation by lucky circumstances will most likely believe in miracles.

Personally I never gave miracles much thought. Bible stories were just that, stories! I did not totally reject them but looked for a meaning of what I was supposed to learn from the story.

However, recently I became a believer in miracles. After nearly two years of waiting, my daughter and son-in-law were able to adopt a beautiful two-week old baby girl. What a miracle! As testimony to that she will be given the Hebrew names for her two great grandmothers and miracle, **Ada Shaina Nasya!** She is truly a blessing and miracle.

Ada Johnson celebrated her first Chanukah with her parents and us.

A BIRTHDAY CRUISE CELEBRATION

By Marlene Boobar

The Boobar and Strong Family celebrated Marlene's 60th and Gerri's 70th by taking the Disney "Dream" on a five-day cruise in early January. Eleven in all attended. Marlene's two grandchildren had the best time having pictures taken with all the characters. Gerri's daughter particularly enjoyed the early morning room service! A fun time was had by all!!

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

A VERY SPECIAL CHRISTMAS 2011

By Lena Rublowsky

On Christmas Day our family gathered together for a traditional celebration with turkey dinner followed by the usual gift giving. However, for one family member, **Maria**, this year was different because she was not working and was not able to buy gifts. So, Maria spent a couple of weeks remembering how her relationships with each of us had affected her as she grew up.

Then, Maria wrote each of us, all 11, a letter sharing those memories, i.e. swimming with the dolphins, getting her ears pierced, receiving her first roller skates, having intimate conversations, recalling stories she had heard of older relatives lives and thanking us all for taking good care of her grandparents. The letters were in envelopes created from colored magazine pages.

Everyone was very touched as they too remembered those shared experiences. As for Stan and I, we will cherish these notes and have put them where they will surely be safe forever.





Meema, Grampie, (a.k.a. Mrs. and Mr. Claus),
Georgia and Hobey

Our 2011 Special Christmas

By Patti and Dave Greaves

As many of you know we are from north of Boston. Our son and family live in Gloucester Massachusetts, with our adorable grandchildren, Georgia 5 and Hobey 4.

David and I decided to surprise them this year. We boarded our flight at 6:00 am (ugh) Christmas morning (didn't see Santa but lots of weary travelers). Our daughter picked us up in Boston (8:30 am) and we transformed into Mr. and Mrs. Claus. Needless to say in route to Jeff's house, we got many honks and waves from the oncoming cars.

10:00 the doorbell rang at 12 Lawndale Circle, Gloucester Massachusetts. "Stanley Cup" was barking as Georgia answered the door. Behind her was Hobey—totally stunned! Georgia poked me and said, "Meema is that you?" I said yes, then she asked, "But who is that?" I replied, "Who do you think it is?" She looked at David and laughed. Hobey kept looking at us not believing. Our daughter Amanda saved the day by saying. "Santa said because he was really busy this year it was ok for us to dress up and deliver your presents." Whew! Quick thinking on her part!

In about 10 minutes Hobey figured things out and the presents were opened. They both kept saying that this was the best Christmas present they had ever had. Us too!

Joey and Kelly

By Dottie Sacco

As always the things that made our holidays great involved our family. Our only grandson **Joey**, who is in the Coast Guard and living in Rockland, Maine met a wonderful girl and became engaged over the Christmas holidays. He took leave and brought **Kelly Williams** to Florida so we could celebrate their engagement. And celebrate we did.

We invited our family and the friends who knew Joey and had a great party. The timing was perfect because all our Christmas decorations were up and Santa and Mrs. Claus were able to attend.

We went to Sunday service at Christ Fellowship in Palm Beach Gardens where we took Joey when he was growing up. Kelly who is a member of a small Baptist church in Warren was amazed at the size of the church and the wonderful work they do in the community and other countries.

Joey and Kelly have planned a tent wedding at their church in May. Being Floridians, I hope we are seated next to one of the heaters. I imagine it will still be a little cool in Maine that time of year. Nick and I were there with Ken and Margaret Dara last year around that time and it was nippy. It will be so nice to see Kelly and her family again. We did not get to spend enough time with them last year. Vacations seem to go so fast no matter how long they are.

Life is wonderful and we are so blessed!



Sacco Family:
Dottie, Nick, Joey,
Kelly, Tony (Joey's
dad),
John, Nick, Mike

Kelly and Joey





Pharmacy Topics

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

ACETAMINOPHEN AND LIVER TOXICITY

If you look in your medicine cabinet, you will very likely have a bottle of acetaminophen (generic Tylenol®) on hand. It is the most commonly used medication for treating pain and fever for children as well as adults. Acetaminophen is generally regarded as safe and effective when taken within the dosing guidelines. The maximum dose recommended by manufacturers is 4 grams per day. If this daily intake is exceeded, hepatotoxicity (liver toxicity) and liver failure may occur. This is especially true if these larger doses are taken for extended periods of time.

Last year, the U.S. Food and Drug Administration (FDA) announced a change in product labeling for acetaminophen that includes a **Boxed Warning** highlighting the potential for severe liver injury. There are about 1600 cases of acute liver failure in the U.S. every year – and acetaminophen overdoses account for the majority of these cases. About 44% over these overdoses are intentional suicide attempts. However, 48% of these cases are **unintentional** – caused by patients taking more than one medication containing acetaminophen and not realizing the cumulative effects.

The unintentional overdoses are the focus of this article. The problem is that acetaminophen is not only used as an oral analgesic, it is also found in cough and cold products, nighttime sleep aids, menstrual products, and allergy preparations. In addition, it is very commonly added to prescription pain medications. To complicate matters, many times the acetaminophen is abbreviated on the prescription label with the acronym, **APAP** (which refers to its chemical entity, **N-acetyl-para-aminophenol**). Unless you work in the medical field, you probably would not associate “APAP” as being the same as acetaminophen. So, you can see how you may inadvertently be taking two or more products containing acetaminophen and not even realize it. These unintentional overdoses can be easily avoided just by being more aware that many combination products may also contain this product.

Case Scenario

To illustrate how easy it might be to unintentionally overdose on this medication, follow this case scenario. Let's say that you have been taking Tylenol® Arthritis Pain Gelcaps for years to help alleviate pain in your arthritic knees. Each Gelcap contains acetaminophen 650mg – and the directions on the label tell you to take 2 Gelcaps every 8 hours. This means that each day your total acetaminophen dose is 3,900mg (or 3.9 grams) – already very close to the maximum of 4 grams/day.

In this same scenario, let's say that one day you come down with a head cold – and your symptoms are nasal congestion, sore throat, and cough. You run into your local pharmacy and pick up a box of **Vicks Dayquil® Multi-symptom Cold & Flu Relief** LiquiCaps and start taking them right away. The directions tell you that “Adults and children 12 years and over should take 2 LiquiCaps with water every 4 hours.”

If you don't read the ingredients, you might not catch that each Dayquil® LiquiCap contains: Acetaminophen (325 mg), Dextromethorphan HBr (10mg), Phenylephrine HCl (5 mg). If you just take 1 dose (2 LiquiCaps) of this additional medication, you have added an additional 650mg of acetaminophen to your daily regimen. Already, you are over the maximum 4 grams per day.

There are more than 600 over-the-counter (OTC) and prescription preparations containing acetaminophen on the market. Below are just some common trade-names of products that contain acetaminophen alone and/or in combination with other products.

Common prescription medications containing Acetaminophen include:

1. Acetaminophen and Hydrocodone (Vicodin®)
2. Acetaminophen and Propoxyphene (Darvocet®)
3. Acetaminophen and Oxycodone (Percocet®, Endocet®, Roxicet®)
4. Acetaminophen and Tramadol (Ultracet®)
5. Acetaminophen and Butalbital and Caffeine (Fioricet®)

Common over-the-counter preparations containing Acetaminophen:

1. Acetaminophen (Tylenol®, Children's Tylenol®, Infants' Tylenol®)
2. Acetaminophen and Diphenhydramine (Excedrin® PM, Tylenol® PM, Tylenol® Severe Allergy, Anacin® PM Aspirin Free)
3. Acetaminophen and Pseudoephedrine (Sinutab® Sinus Maximum Strength Without Drowsiness, Sudafed® Cold and Sinus, Sudafed® Sinus Headache)
4. Acetaminophen and Aspirin and Caffeine (Excedrin®, Goody's® Extra Strength Headache Powder, Vanquish® Extra Strength Pain Reliever)
5. Acetaminophen and Pseudoephedrine and Chlorpheniramine (Alka Seltzer® Plus Cold, Children's Tylenol® Cold, Comtrex® Allergy Sinus, Thera-Flu® Flu and Cold, Sinutab® Sinus Allergy)



**Tips To Avoid Acetaminophen-Related
Liver Damage**

1. Read all medication labels carefully -- take into consideration all OTC and prescription medications that may contain acetaminophen.
2. Add up the total amount of acetaminophen that you would have to take on a daily basis to be sure that you are not OVER-dosing!
3. For adults, do not exceed 4 grams of acetaminophen in 24 hours.
4. For children, do not exceed 10-15mg/kg/dose of acetaminophen and do not exceed five doses or 2.6 grams in 24 hours.
5. Remember that APAP = acetaminophen.
6. If you suspect you have overdosed on acetaminophen, contact a healthcare professional or contact poison control at 800.222.1222 immediately.

WOMEN'S CLUB OF THE RETREAT

By Mona Wiley

WHAT'S UP AT THE WOMEN'S CLUB?

January and February were busy months with activities at The Women's Club. I hope you didn't miss the events.

On January 27th twenty of us ventured down to the **Chesterfield Hotel** for a delightful lunch and make-overs. Who are these ladies!! A fun time was had by all.

The **Stuart Historical Tour** took twelve ladies to many historic homes, apartments and the newly renovated **Stuart Feed Store**. It houses a tremendous selection of photos and artifacts, some of which date back to the early settlers in the 1800's. The **Lyric Flagler Center** was originally known as the Service Men's Club and served as a recreational and social club for military personnel during World War II. It then became the Stuart Civic Center, a Youth Center and the Flagler Recreation Center. It is now operated by the Lyric Theatre for smaller theater productions. Other points of interest were the **Sunrise Apartments** – beautiful and filled with old charm -- and the Potsdam and Frazier Additions. Stuart was once known as "Potsdam" and was changed to Stuart in 1895.

I don't think many of you missed our delicious **Valentine pot luck salad luncheon**. **Pam Wilcox** spoke to us on how to better grow and use herbs in cooking.

Our meeting February 20th featured a lawyer speaking on elder care and estate planning. Officers were nominated, and in March the officers will be elected. At the March 19th meeting, Patti Kirk will give a presentation on how to search our **genealogies**. Should be interesting – whether for fun or health reasons, or just to know where your background originates.

On Friday, March 23rd there will be a tour of the **Flagler Museum** in Palm Beach. The Flaglers had a great deal to do with the settlement and development of Florida along its eastern coast. Afterwards, enjoy a lovely tea.

In April at our meeting, 3rd Monday of the month, there will be a social and **installation of officers**. Please come and support your new slate of officers. Also, on April 13th, some of you will want to take part in the **Airboat Ride** out of Vero with Captain Bob. Some participated last year and no one lost any limbs to gators, so come along for the wild ride!



My family and I wish to thank you for your wonderful Christmas present to my family and me. I thank the Army for setting this up. I wish to thank the Retreat people—each and every one. Christopher Sparks



The Sparks Family along with Alice Bernhart, Joy Currier, Bettyann Dixson (Women's Club President), Sue Behn and Carol Stone.

Joy, Alice, Carol and Sue organized this effort. \$1,400 was received in cash, checks, and gift cards. Three large boxes of presents were also collected. Thank you to all the Retreat residents that made this happen.



**CHESTERFIELD
HOTEL LUNCHEON
AND SAK'S
MAKE-OVERS**
(Missing picture of Lyn
Kennedy who looked
fabulous)



Join Us!

The Women's Club of the Retreat invites you to Join the Club!

The new membership year of the Women's Club is now:

April 1st through March 30th

Now is the time to join for the new year!!

Remaining meetings for our Seasonal (Activity) Year:

March Meeting: Monday, March 19th

April Meeting, Monday, April 16th

May Meeting, Monday, May 21st

Members can expect Monthly:

Meetings, Luncheons, Events & Activities each month.

The Women's Club is about: Fun, Food and Friendship!

Please join us! Make new friends and keep the old...

Meetings (3rd Monday of the month) are held at the Clubhouse at 7:00 PM

Annual Dues: \$25 payable to:
"Women's Club of the Retreat"

**Retreat Social Committee
St. Patrick's Day
March 17th, 2012**

**Corned Beef & Cabbage
Dinner
6pm in the Clubhouse
\$15 per person
BYOB**

**Sign up at the clubhouse
on Sat. February 25th
10: to 11:00 am**



**Lena Rublowsky: 546-1316
Carol StJohn: 545-4087**

NEWS FROM OUR BOARD OF DIRECTORS

By *Bill Cole*

Thank you to all who attended in person or by proxy/vote our 8th Annual Meeting at SeaWind School on February 6th. **Susan Hemmer and Coni McGuinn** were re-elected. The Board voted to keep all officers the same as the last Board. Of our 555 homes, only 40% of you were involved. We wish we could have higher participation but, once again, thank you to those who got involved.

ValleyCrest is off to a good start to improve our landscaping at The Retreat and on Seabranh. They thought it would take 6 to 8 months to turn the property around so please be understanding.

ValleyCrest has put ribbons on some palms they are watching that may possibly have a palm disease. If they conclude that the tree is in fact diseased, it will most likely have to be removed to hopefully save other palms from a similar fate. Please do not remove the ribbons. They will take off the ribbons in due course.

Sod replacement through out The Retreat and on Seabranh will not be started until rainy season in June. ValleyCrest wants to be sure irrigation systems are all running properly and we are still in a severe drought condition.

As always, thank you for your help and support. We welcome you comments and ideas.

Mark your calendars for upcoming Board of Director Meetings.

Tues. Mar. 13 @ 7:00 PM
Tues. May 8 @ 9:00 AM
Tues. Sept. 25 @ 7:00 PM
Tues. Nov. 13 @ 9:00 AM



SOCIAL COMMITTEE

By *Carol St. John and Lena Rublowsky*

The Committee is in real need of additional volunteers to join us in planning activities that will appeal to the community at large. More members equal more brainstorming, more creative ideas, more fun things for all of us to enjoy together. If you can add some creative energy and event planning skills, please call:

Lena @ 546 1316 or

Carol @ 545 4087

Just to let you know that no grass is growing under our feet. We have booked Lost Lake Restaurant and the DJ for our 2012 Annual Holiday party. You don't have to polish your dancin' shoes just yet but...



Thanks to **Wally Malinowski** for installing chair racks in our Clubhouse closet. This results in a better organized closet.

RELAY FOR LIFE

RUNNING FOR BOB

By Becky Freedman and Kate Kingsley

"Running For Bob" participated in the first annual Run For Compassion Treasure Coast 5K, Halpatiokee Park, January 14, 2012. Compassion International is a child advocacy ministry that releases children from spiritual, economic, social and physical poverty. All proceeds benefited the purchase and delivery of Water For Life filters to families who do not have access to clean drinking water.

"Running For Bob" is a part of the Retreat Remembers... Relay For Life team. We exist to promote awareness of ways to sustain and improve healthy living and are dedicated to eliminating cancer once and for all.

Our mantra. **"Get out there! Do something positive to raise the level of health for all of us!"**

In loving remembrance of our brother Bob.



ENJOYMENT BOOK RESULTS

Thanks to **Wally Malinowski** and his helpers, **Dotti Wurster**, **Dottie Williams**, and **John McGuire**. Together they sold 80 Enjoyment Books and raised \$845 for the American Cancer Society!

A special thank you to all that purchased the books and made this fundraiser so successful.

MARK YOUR CALENDARS
2012 RELAY FOR LIFE OF SOUTH MARTIN
THE PINE SCHOOL
FRIDAY, APRIL 27TH AT 6 PM TILL
SATURDAY, APRIL 28TH AT NOON
PLEASE SUPPORT OUR TEAM



SOUNDS FISHY!!!



The Retreat Remembers... Relay For Life Team is proud to announce that **Captain Norm Isaacs** will be making a presentation on his fishing adventures and experiences. The event will take place in the Retreat Clubhouse on **Sunday, April 15th**. This will be a fundraiser for our team with all proceeds going to the American Cancer Society.

Norm was the host of "Raymarine's Inside Big Game Fishing the World" for 17 years on ESPN. Starting in April, he will host a new program on NBC Sports. Norm has traveled around the world spending 20 years off the Kona Coast of Hawaii. He has racked up an impressive record of wins and placings in fishing tournaments. He has been written up both nationally and internationally numerous times for his notable catches and innovative ideas pertaining to offshore fishing. Norm is also a published writer with monthly articles in a variety of publications.

Norm's presentation is not only for the anglers but for all that like to hear interesting, funny, and true-adventure stories.

Watch the mail room bulletin board and Channel 63 for details on this event. Please mark your calendars!

DUFFY'S
SPORTS GRILL

Join us for
**RELAY FOR LIFE
FAMILY DAY**
at
Duffy's of Stuart South
5421 SE Federal Highway • Stuart
772.781.1388

**Every Tuesday
In March
ALL DAY**

BRING THIS FLYER AND 10% OF THE PROCEEDS WILL BE
DONATED TO RELAY FOR LIFE

DUFFY DAYS EVERY TUESDAY IN MARCH

Each Tuesday in March will be our Relay For Life Team's Duffy Days. All you have to do is eat and hand in this flyer to your waiter along with your bill. 10% of your total bill prior to taxes will be donated to the American Cancer Society in our Team's name. Tuesdays are also double point days at Duffy's. This is an easy fundraiser—all you have to do is eat any time during their normal hours, turn in the flyer, and get double points on your Duffy MVP Card. Flyers will be available in the mail room, from any team member, or call Lill at 545.3732. Thank you for your continued support in our fight against cancer.



From left standing:
Tom Parrini, Marge
Buschhoff, Mary Lou
Musser, Stuart
Hayter; Sitting:
Rickie Hayter holding
Dino, Heidi on the
sidewalk, Carol
Arbour, Wyatt,
Richard Musser
(Patriot of the
Group) holding
Frosty

RETREAT DRIVE BENCH GROUP

Have you ever driven by the bench on Retreat Drive near the school and seen a congregation of folks and canines gathering there? They call themselves the **Retreat Drive Bench Group**. A number of years ago several neighbors in the area purchased this bench so that they could gather there frequently and enjoy camaraderie. There is also an additional benefit with these gatherings. They help control the speedy drivers. The Group waves at the vehicles going by, and the drivers think that they are signaling them to slow down. The Group welcomes one and all to join them.

Recycling Fundraiser

Donate Your Used Electronics & Unwanted or Broken Gold, Silver or Platinum Jewelry

Collect & Recycle

Electronics:

- Cell Phones
- Inkjet Cartridges
- Laptop Computers & Netbooks
- iPads & Tablets
- iPods & MP3 Players
- Digital SLR Cameras & Lenses
- Digital Cameras & Camcorders
- Handheld Game Systems
- Game Consoles (Xbox, Wii, PS3)
- Range Finders & Sky Caddies
- GPS Devices & Radar Detectors
- Ebook Readers
- Mobile Hotspots & MIFI Devices
- 4G USB Air Cards
- TI Graphing Calculators

Gold, Silver and Platinum Jewelry

Brought to You By: **RECYCLING FUNDRAISER**

GO GREEN

By Lill Malinowski

Our local National Public Radio station, WQCS, has a recycling fundraiser in place. See the flyer above for items that they recycle. If you don't want to make the trip to Fort Pierce, call the station. They will send you a pre-paid address label. All you have to do is pack up the item, paste the label on the package, and take it to the post office.

Phone: 772-465-8989

Toll Free: 888-286-8936

3209 Virginia Ave, Fort Pierce, FL 34981

In addition, they will also pick up automobiles and other vehicles. Let's keep our landfills free of items that can be recycled!

Editorial comment: Our 2009 November/December Retreat Newsletter had lots of information on recycling. Go to our WEB site and review the helpful recycling tips.



BRIDGE SCORES

By Patsy Shattuck

Well, our new year has started off with a bang! Can't believe we are in the middle of February already. As usual we have a good turn out and have added some new people to our list. We welcome anyone that would like to play. Please call Patsy Shattuck at 546.2011.

December 6, 2011

- 1 – Barry Mussatto
- 2 – Mimi Burns
- 3 – Jeanne Sopelsa
- 4 – Carol Flynn
- 5 – Alan Shattuck

December 13, 2011

- 1 – Kay Bowen-Smith
- 2 – Jeanne Sopelsa
- 3 – Laura Rothman
- 4 – Alan Shattuck
- 5 – Stan Rublowsky

December 20, 2011

- 1 – Carol Flynn
- 2 – Marie Ferrandino
- 3 – Steve Strong
- 4 – Lyn Kennedy
- 5 – Stan Rublowsky

December 27, 2011

- 1 – Patsy Shattuck
- 2 – Kay Bowen-Smith
- 3 – Lena Rublowsky
- 4 – Gerri Strong
- 5 – Jeanne Sopelsa

January 3, 2012

- 1 – Carol Flynn
- 2 – Patsy Shattuck
- 3 – Alan Shattuck

- 4 – Stan Rublowsky
- 5 – Alice Bernhard

January 10, 2012

- 1 – Barry Mussatto
- 2 – Laura Rothman
- 3 – Peggy Johnson
- 4 – Gerri Strong
- 5 – Carol Flynn

January 17, 2012

- 1 – Lena Rublowsky
- 2 – Barry Mussatto
- 3 – Sally Troiani
- 4 – Patsy Shattuck
- 5 – Marie Ferrandino

January 24, 2012

- 1 – Laura Rothman
- 2 – Barry Mussatto
- 3 – Stan Rublowsky
- 4 – Sally Dunmire
- 5 – Sally Troiani

January 31, 2012

- 1 - Laura Rothman
- 2 – Kay Campbell
- 3 – Alice Bernhard
- 4 – Sally Troiani
- 5 – Marie Ferrandino

IDEAS TO MAKE LIFE EASIER

Why didn't I think of that?! We guarantee you'll be uttering those words more than once at these ingenious little tips, tricks and ideas that solve everyday problems.



Hull strawberries easily using a straw.



Rubbing a walnut over scratches in your furniture will disguise dings and scrapes.

Editorial Comment: We received an e-mail from resident Becky Brown with *many* Ideas to Make Life Easier. We will be including more in future newsletters. Thank you, Becky!



FIRST FRIDAY

Come and join other Retreat residents for a casual get-together

Bring your beverage and an appetizer to share

ALL ARE WELCOME!

Upcoming dates:

March 2, April 6, May 4, June 1

Please mark your calendars

Ever notice, the older we get, the more we're like computers?



We start out with lots of MEMORY and DRIVE then we become outdated, and eventually have to get our parts replaced...;)

**RETREAT
BOARD
OF
DIRECTORS**

President	Bill Cole	546.5353	wcole2b@yahoo.com
Vice-President	Pat Pezzicola	545.0706	pezzicolap@comcast.net
Secretary	Coni McGuinn	545.3465	conimcguinn@aol.com
Treasurer	Susan Hemmer	324.8670	syacht@comcast.net
Director at Large	Dave Williams	546.3866	davedottie@gmail.com

**RETREAT
PROPERTY
MANAGER**

Office Hours: Monday Wednesday Friday 8 am to 11 am 772.546.6112	Ron Barrow	Clubhouse Fax: 546.1699 Capital Realty for Work Orders, General Questions, Emergencies: 1.800.940.1088	retreathoa@comcast.net
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**RETREAT
COMMITTEES**

Architectural	Dave Greaves	545.2664	david.greaves@globalriskconsultant
Clubhouse	Gail Pezzicola	545.0706	gpezzicola@comcast.net
Communications	Lill Malinowski	545.3732	wallylill@comcast.net
Covenant	Nick Sacco	546.0654	nicktherealtor1@yahoo.com
Finance	Larry Anderson	546.9357	llea22@bellsouth.net
Social	Lena Rublowsky Carol St. John	546.1316 545.4087	rublowskys@bellsouth.net carstjohn@msn.com
Welcome	Susan Hemmer	324.8670	syacht@comcast.net

Retreat Activities

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

For more information, please call the contact person.

Channel 63	Jim Morrow	545.1936
First Fridays	Mary Paukstys	546.8054
Mah Jongg	Angela Bibby	545.9195
Knot Just Knitting	Sandy Morrow Liz Plourde	545.1936 546.5673
Poker—Men's Straight	Joe Ciocia	545.9767
Poker—Texas "Hold—Em"	Lois & Charles Raska Lois & Otto Vernacchio	545.2733 546.7523
Red Hat Society	Rita Lariviere	546.9744
Relay For Life	Lill Malinowski	545.3732

Retreat Assistance Network (RAN)	Muriel Barry Alice Bernhardt Marie Ferrandino Sally Troiani	545.1919 600.5226 546.5476 872.6053
Retreat Directory	Coni McGuinn	545.3465
Retreat Newsletter	Lill Malinowski Dottie Williams	545.3732 546.3866
Social Bridge	Patsy Shattuck	546.2011
Tennis	Tom D'Avanzo	545.7229
WEB Master	Gene Gillis	545.9304
Women's Club of the Retreat	Bettyann Dixson Mona Wiley Margaret Dara Emily Mussatto Jean Scerbo	546.2663 546.9545 546.8467 546.2774 545.3592

Dampering You with Quality Services

- ❖ Permanent Makeup
- ❖ Nails
- ❖ Pedicure
- ❖ Facials

Alyce
and company

- ❖ Massage
- ❖ Waxing
- ❖ Tanning
- ❖ Hair

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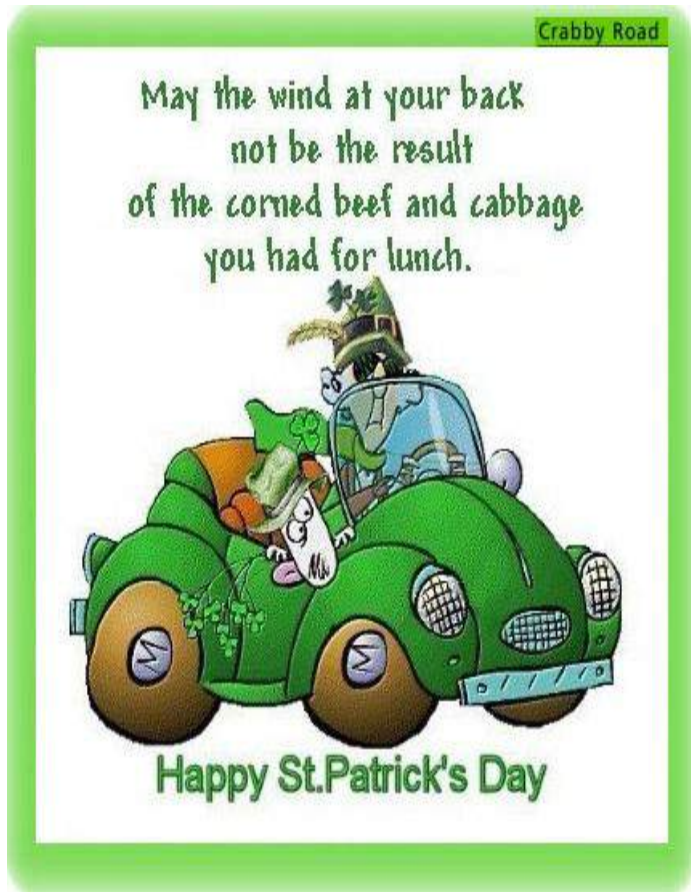


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Household Tip

How many times have you gone into your DiVosta home attic and bumped into the nails which secure the roof? Several Retreat residents have a great solution—drink more wine! Why you ask? Use the wine bottle corks to cover the nails. What a great idea!

Beware of Raccoons

By Becky Brown

Pat found bits of Styrofoam from the insulation on the garage floor and in the bushes around the downspout. Then he saw a raccoon on our roof. So we called Critter Control, and they set traps. Pat could see where the raccoon had tried to get into the attic (claw marks). Critter Control did not catch the raccoon. Pat has repaired the damage, and the raccoon hasn't been back that we can tell. So we will keep our fingers crossed. Pat had to get up on the roof to repair the damage though!!!

**The theme for the May/June
Retreat Newsletter is:
PERSONAL SPORT STORIES.
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