



The Retreat Newsletter

September/October 2009

Volume 6, Issue 4



Do you know these Retreat residents?

CAN YOU NAME THESE NATIVES?

By Dottie Williams



The following is a little quiz for all of you. I can't help it. It's the teacher in me. Below I have listed facts taken directly from articles I have written about the animals we observe in our community. How good are you? Can you name these Retreat residents?

A. Usually found around marshes, ponds, mangroves, river and lake edges and tidal flats, their diet consists of fish, frogs, insects, snakes, crayfish and other birds. Adults stand 36 to 41 inches tall and have white plumage, long black legs, long necks and yellow bills.

B. These animals are aquatic carnivores with long streamlined bodies, thick muscular tails and short

(Continued on page 7)

CAN YOU NAME THESE RETREAT RESIDENTS??



Who is this Retreat resident #1???



Retreat Resident #2

This "mad cyclist" is trying to conquer "The Separator."

Retreat Resident #3

What Retreat resident will skip a scheduled committee meeting if it is a good fishing day?

Match the Shih Tzu with the Owner

Retreat resident #4: Rocky 2

Retreat resident #5: Panda

Retreat resident #6: Maude

Retreat resident #7: Boogie

Retreat Resident #8

This Retreat resident is "out there" in our neighborhood tending to friends, animals (mostly dogs), and strangers alike. She cares for those who are ill, drives folks to the airport and picks them up, welcomes her large family into her home, and checks on the houses of many folks who go away for periods of time. This Retreat resident can be found power washing YOUR lanai (if you are lucky enough to have her as your friend), watering your plants, taking care of your hot tub, and even walking your dog!! She knows the name of EVERY dog living in the Retreat. She calls them by name and their tails wag with joy! This Retreat resident is a self-taught computer genius. There is not a computer glitch that she cannot fix. There is not a photo that she cannot duplicate, enlarge, or scan. There is not a movie that she cannot put on a DVD complete with the label. This Retreat resident will install a dimmer switch, trim your palm trees, and clean your grout at the drop of a hat. Her talents are many and

her “know how” is unbelievable. Abiding in the heart of this Retreat resident is generosity, kindness, and compassion enough to share with an entire community. All of us possess these special characteristics, but few of us have learned to share them with others the way this Retreat resident shares. If you know her, you will be the recipient of many good tidings and you will be a witness to exactly what service to others truly looks like. How fortunate we are to have a person such as this living among us.

Retreat Residents #9 volunteer in the Atlantic Ridge State Park

Retreat Resident #10: A “Pink Tie Lady” who drives a red Corvette

Retreat Resident #11: The Retreat’s own celebrity auctioneer

Retreat Resident #12: Full of boundless energy, she’s cruising along with fund raising plans for our Relay For Life team

The big yellow dog with the Gentle Leader belongs to Retreat Resident #13

The Eldorado Regatta queen is Retreat resident #14

This avid fisherman (Retreat resident #15) creates art with his catches.

Two baying beagles belong to Retreat residents #16

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

Our senior citizen who enjoys her morning visits with the local four-legged friends is Retreat resident #17

Retreat resident #18 takes bits, pieces and scraps from anything to create beautiful art

What Retreat resident #19 went on a round the world cruise for four months *without* her husband?

What Retreat residents #20 spend their summers in Venice, Italy?

Who is the early rising man (Retreat resident #21) of many talents who seems to be able to fix all sorts of problems in The Retreat, Hint--an F150

Retreat resident #22 keeps our WEB page going and still finds time to walk Molly

The bridge-playing saxophonist who lives on Angelina Court is Retreat resident #23

A dedicated gardener who also keeps the sun shining in the Retreat is Retreat resident #24

Retreat resident #25 is the amiable guy who keeps the Retreat wheels moving

This Retreat resident #26 is the ever-smiling lady whose committee keeps our Clubhouse area beautiful

This retiring “Prez” keeps the meals moving—Retreat resident #27

A Yankee fan, this friendly guy is responsible for the shady spots in many Retreat homes—Retreat resident #28

Bogart, the Scottie, belongs to Retreat resident #29

This peddling tennis player who is trying to say “goodbye” to his yellow bug—Retreat resident #30

Sudoku 101

By Lill Malinowski

One of the original Board of Directors she still continues to make our community a better place—Retreat resident #31

The “Channel 63 man” who is part of the team that makes financial suggestions for our community is Retreat resident #32

Mr. “Martin Volunteers” who serenades with the RSVP Singers is Retreat resident #33

The sexy-voiced vocalist who just celebrated 50 years of married bliss is Retreat resident #34

What avid gardener (Retreat resident #35) keeps their yard immaculately trimmed and still finds time to make frequent trips to their native Germany?

What Retreat resident #36 is rarely seen without their large coffee mug in hand?

What Retreat resident #37 always dresses in combinations of black and white?

What Retreat resident #38 normally doesn't start their day until noon?

What Retreat resident #39 refused to go back into the pool after a four foot **friendly** corn snake was removed from the community pool?

What Retreat resident # 40 spends most of his free time looking into the sky?

What Retreat resident #41 is considered the "fastest glider" on our gym's elliptical glider?

A collector of giraffes of every size, shape and form, Retreat resident #42 makes great biscotti.

Have you ever wanted time to go by fast like when you are waiting for a doctor's appointment or on a plane? If so, you need to get hooked on Sudoku puzzles. What is a classical Sudoku? It's a grid 9 squares wide and 9 squares deep. The lines of squares running horizontally are called rows, and the lines running vertically are called columns. The grid is further divided by the darker lines into nine 3 X 3 square 'boxes'.

Some of the squares already have numbers in them. Your task is to fill in the blank squares. There's only one rule:

Each row, column and box must end up containing all of the numbers from 1 to 9.

This rule has an important side-effect which is the basis of all solving techniques:

Each number can only appear once in a row, column or box.

Let me share some beginner rules with you:

➤ **Never** guess—always use logic.

Until you feel confident to move onto more challenging puzzles:

➤ Check your answers as you insert numbers in a square. It is very discouraging when you get to the end of a puzzle and find out that you have the duplicate numbers in a row, column or box.

Are you ready to try Sudoku? Remember, this may become addicting. If you can solve this “easy” puzzle in 15 minutes or less, you are ready to move onto more challenging puzzles:

5			4	7				
			8	9				
8	2	7			3			4
2			6	5		4		
6	4			1			2	9
		3		8	2			5
3	7				1	9		6
				7	6			
		4	5					1

Daily SuDoku: Tue 27-Jan-2009 easy

5	3	9	1	2	4	7	6	8
4	7	6	8	9	3	1	5	2
8	1	2	7	6	5	3	9	4
2	8	1	6	5	9	4	3	7
6	4	5	3	1	7	8	2	9
7	9	3	4	8	2	6	1	5
3	5	7	2	4	1	9	8	6
1	2	8	9	7	6	5	4	3
9	6	4	5	3	8	2	7	1

Daily SuDoku: Tue 27-Jan-2009 easy

Go to the Cybrary Man's Sudoku WEB site and find out the different logical ways to solve Sudoku puzzles. If there is a Retreat resident that is willing to give us hints on how to solve these puzzles, we would be very grateful. Enjoy!!!



SOCIAL COMMITTEE
By Gail Pezzicola

Since our last get together in May your Social Committee has been on a short hiatus.

Plans are beginning to take shape for the fall. On **September 26th** Anne Cole, Margaret & Ken Dara, Coni McGuinn, Nancy Galihier and Dottie Sacco are preparing an **Italian Night** for the Retreat. Sign ups will be on Saturday September 12th in the Clubhouse. Look for more details in the mailroom and on Channel 63.

October is gearing up for **Oktoberfest** at the Knights of Columbus, Saturday, **October 10th**. Once again check the mailroom for information as well as Channel 63 as we approach the date.

Our **Holiday Party** is scheduled for Saturday, **December 5, 2009** at the Lost Lake Country Club. Lucky and the Driftwoods will be entertaining again. It was a sold out success last year. We are hoping you will mark your calendars and join in the spirit of the season with us. More details to follow as the date gets closer.

Anyone interested in hosting a party should contact Sandy (545.936) or Gail (546.0706). We will be glad to work with you. Maybe you have an idea for a new theme or you'd like to try out a few new recipes. Get together with a few neighbors or friends and make it a team effort. Give it some thought and watch the folks from the Retreat come out to support your event.



BOCCE OR SHUFFLEBOARD ANYONE?



Over the past three to four years, residents have approached the management or board members asking about the possibility of outside games that the community members and families could participate in. Two that keep being mentioned are bocce and shuffleboard.

To the right is a simple survey form. Please check the appropriate boxes, cut the survey from the newsletter and return it to the mailbox outside the Retreat office door. One survey per household, please.

NEWS FROM OUR BOARD OF DIRECTORS
By Bill Cole

The big news from The Retreat is that we have signed a cost sharing agreement with our Doubletree (Lost Lake) neighbors. They will pay 46% of the drainage related costs that we incur for three of our lakes and our ditch system. This will save The Retreat some \$30,000.00 per year or roughly \$60.00 per home.

This agreement was based on the amount of usage of our system assigned to Doubletree. This cost sharing took several years to get resolved. They paid us \$68,000.00 for costs prior to 2009 and will pay us their share of our actual costs for 2009 and beyond in perpetuity.

Landscaping around the Clubhouse was repaired and enhanced. Looks great!

Clubhouse interior was painted and some furniture refinished. New TVs in the gym and a new machine, too.

Our plans call for constant preventive maintenance and updating of your common property. This keeps the place operating well, looking fresh and beautiful and maintaining your property values.

All systems are operating properly and on budget at The Retreat and on Seabranh Boulevard.

Please send us your comments and suggestions.

Thank you.

I think a bocce ball court located in the Clubhouse area would be beneficial.

[] YES
[] NO

I think that shuffleboard courts set up on one of the four tennis courts would benefit our community.

[] YES
[] NO

IMPORTANT INFORMATION FOR THE COMMUNITY FROM THE BOARD OF DIRECTORS

The Board of Directors has a problem that seems to be getting worse or maybe said another way, "is out of control" and must be addressed with preventative action. The problem originates from the fact our Documents require Architectural Control Committee (ACC) approval for any changes to the exterior of a home or on the exterior grounds of any home. This procedure of applying for approval for any change or alteration exists in some form for virtually any homeowners association or condominium association in Florida. It is standard operating procedure. Residents who do not complete an application, apply late, after the work is complete or wait to be caught for the oversight cause the property manager, the BOD and all other residents of the community problems.

So you say, "What's the big deal?" Well, it puts management in the position of having to "chase" homeowners after the fact to be sure that their alteration has not affected their neighbors, irrigation, work load of vendors, property values, etc. We then are forced to be the devil and possibly ask that the project be altered once completed, or it may require more work prior to ACC approval, or in some cases, direct an owner to remove or dismantle an entire project at the owner's expense. This results in some form of confrontation, bad feelings, and can and has led to court arbitration that costs all community residents money. In addition, the time Board members and our property manager are forced to spend on these preventable situations is unacceptable.

For the above reasons and others that are not stated here, the Retreat BOD has decided to institute an automatic mandatory fine to any resident that does not properly apply for ACC approval **prior** to starting the project. Yes, our attorney has assured us that the HOA is within its rights to fine households up to \$1,000.00 for failing to apply in advance through the ACC. The actual fine will be determined by the BOD and the Covenant Committee.

Residents are again reminded that by purchasing a home in our community, they signed into a Deed Restricted Community with Covenants and Rules and Regulations. It is the mandate of Florida law that requires the BOD to enforce their document provisions for the protection of all homeowners.

Documentation of support for the above is contained within our Green Book, on our website at www.retreatatseabbranch.com, or by contacting our Property Manager during office hours.

Some of the most common things that require **prior** ACC approval are listed below. If you have any questions, please check in advance with Ron, our property manager. (The ACC holds regular meetings on the third Thursday of each month.)

COMMON ITEMS THAT REQUIRE ACC APPROVAL

**Changing
Installing**

Shutters & Door Glass
Fence
Dish
Generator
Play Set
Paver Blocks
Pools
Cages
Slabs/Patios
Water Softeners

Add tree or shrubs outside approved plant bed

Remove tree or shrub from existing plant bed

Construction work

Any appearance change to the physical home, Driveway or walkways

Yard decorations (See guidelines on website)



**CLUBHOUSE
COMMITTEE**
By Gail Pezzicola

The Clubhouse Committee was busy this summer working in conjunction with the Board of Directors to improve the Clubhouse and related areas. We hope the snowbirds will enjoy the new paint through out the entire interior of the clubhouse building. In addition, all of the tables and chairs in the Clubhouse were sent out for a "facelift." Everything is now "wiggle free" and sanded and varnished to perfection.

The gym is proud of a new elliptical which has been nicknamed "The Separator". It provides a variety of

programs and levels for you to complete a personalized workout. There is nothing easy about it. Consider it a challenge in the months to come. For your entertainment as you workout, take note of the two new flat screen televisions mounted in each corner of the room. Thanks to Dallas Eaton these televisions were placed on the existing mounts used for the old TVs. Both the gym and Clubhouse carpets have been professionally cleaned as well.

One Source, our landscape company, has replaced some of the plantings in the front of the Clubhouse. A stone border and white railing will finish out the job. The same stone has been placed around areas near the pool. It gives us a neat, clean look and will hopefully help prevent dirt from escaping to our sidewalks during heavy rains. Our public areas are pristine because of projects such as these, supported by our Board of Directors.



The Retreat was recently honored with a third place finish in a statewide contest conducted by the Florida Community Association Journal and the Becker & Poliakoff organization. Congratulations to the many residents who create/contribute to the many forms of COMMUNICATION in the community.

(Continued from page 1) **Can You Name These Natives?**

legs with clawed and webbed feet. They are dark brown to black in color with lighter shades of brown around their face.

C. This bird has a long neck and a thin pointed bill. It is sometimes called a "snake bird" because when swimming in the water, its body is completely submerged and only his neck and head are above water.

D. These animals we hear in the evening and they live in the preserve that surrounds our community. They resemble a small short-legged German Shepherd with grayish-brown to yellowish-gray coats with buff or white on their throat and belly.

E. These shy mammals are known for their great agility and grace and their main defense is speed along with excellent senses of smell and hearing. They are so alert and quick that sometimes you only see their "white flag" as they run off.

F. These unique birds are raptors (birds of prey) that plunge into the water to catch fish. They are capable of hovering over the water several seconds before diving into the water feet first to snag their prey.

G. These animals are reptiles and found only in the southeastern part of the United States from North Carolina to Texas. The largest population is found in Louisiana and Florida. They have a wide range of habitats from swamps, lakes, ponds, and rivers to roadside ditches.

H. The name of this animal indicates it is a smaller snake but is much more aggressive than its venomous relative. It will strike at the slightest provocation but because of the size of the fangs and amount of venom, the snake is not considered as dangerous as other venomous snakes.

I. They stand about two and a half feet tall with a wingspan of four and a half feet. Both male and females have long red legs, red eyes, baldheads and bright pink wings but the male is slightly larger than the female.

J. This bird has blunt bill that's hooked at the tip. Its body remains above the water while swimming. The adult plumage is all black with a greenish gloss and the bare skin around its face is orange.

50th WEDDING ANNIVERSARY

By Dottie Sacco

Nick and I had our 50th Wedding Anniversary in April. We celebrated at the New York Bar & Grill in Palm Beach Gardens where our sons, John, Nick, Mike and Tony and our grandson, Joey arranged a party for us.



Dottie and Nick Sacco - Happy 50th Wedding Anniversary

We renewed our vows with my sister, Ronni, (my Maid of Honor) and Sean (the Best Man) as witnesses once again.

Tony's girlfriend, Jennie Marie, decorated the lounge and helped plan the menu. The lounge looked great and the food could not have been better. The boys invited 60 of our friends and family. Unfortunately, that was the room capacity. We would have liked to have seen more of our Retreat friends.

I sang "My Guy" to Nick with family and friends doing back up. We were completely out of sync. It was great! My brother, Ray, and I sang together and it wasn't much better, but **we** had fun. I guess we needed our old band to back us up. Ray played a recorded message from them wishing us a Happy Anniversary. What a nice surprise! We ate, drank and danced to the 50's and a fun time was had by all.

We had brunch at our home the following morning for our family and out-of-town guests. Since many of our family and friends came down from the North, we had three weeks of company. It was wonderful!



Our boys enjoying our 50th Wedding Anniversary party.

I to r: Nicky, Mike, Nick, Tony and John.

THE WOMEN'S CLUB RESUMES ACTIVITIES

By Joanne Estes

The Women's Club will be resuming activities after its summer hiatus. Most of the members have been off on various trips and vacations and are ready to get back to their normal routines. Thanks to the Luncheon Committee, in August we did have a scrumptious six-course tea at the **Diamond Tea Room & Bistro**, as I'm sure everyone who partook would agree.

The club's officers and committee heads have been busy planning for the fall and finishing off the year with a bang. We will start with our September meeting by appointing a committee to nominate officers for 2010. After business is concluded, we will spend the rest of the evening playing Bingo since so many of our members seem to enjoy that activity. All the women in the community are welcome to join us for Bingo on the evening of September 21st.

Our Events Committee is arranging an outing on the **Palm Beach Princess**, which again, has been requested by the membership. This is being planned for some time in October. In October we will also have a delightful speaker at our monthly meeting by the name of **Terry Rieger**. Terry is the proprietor of Diamonds by Terry, and the Diamond Tea Room & Bistro. She will share some of her remarkable life experiences with us, and will also be happy to appraise any antique jewelry you may care to have with you (as time allows).

November will be another fun-filled month and brings more wonderful events such as the **Welcome Back Tea and Fashion Show**. The ladies will be modeling clothing bought at thrift shops and a prize will be given for the best and least expensive outfit. Please be thinking about a theme for your table setting, another category for which a prize will be given. One of our newer residents, **Elizabeth DuBois**, proprietor of Dimar Florist, will be giving us some tips on decorating our tables, the week prior to the Tea. We have also scheduled a very unique guest speaker for the November meeting, **Ms. Audrey Michele**, who is a "Certified Laughter Leader". It promises to be a hilarious evening not to be missed. The Luncheon Committee is also planning a special luncheon in November at the **Gazebo Café**, one of our favorites.

We will wind up the year with a **Trim-the-Tree Pizza Party and gift exchange** game that was such a hit last year. This will take place on the afternoon of Friday, December 4th. Anyone wishing to participate in the gift exchange will be asked to please give something valued between \$10 and \$15.

Women's Club



Welcome Back Tea

&

Fashion Show

Friday, November 13th Noon

Clubhouse

Look for sign up in mailroom!

Questions: Marlene Boobar

Marleneboobar@hotmail.com

772.545.1043

USEFUL COMPUTER LINKS

By "Cybrary Man" aka Jerry Blumengarten

www.cybraryman.com

Back to School Help for Students, Parents and Teachers

<http://www.cybraryman.com>

Solving Sudoku and Games & Puzzles

<http://cybraryman.com/gamepuzzle.html>

September Holidays and Celebrations

<http://cybraryman.com/september.html>

October Holidays and Celebrations

<http://cybraryman.com/october.html>



Front row: Bernyce DeRibas, Margaret Dara, Dottie Sacco, Marty (our tour guide), Gerri Strong, Lissy Hardt, Dottie Williams, Marlene Boobar, Lois Raska **Back row:** Marian Spengler, Bettyann Dixson, Lill Malinowski, Wally Malinowski, Lena Rublowsky, Veronica Bartlett, Greta Graff, Arlene Hartnett, Virginia Darcy.

An Outing to the John D. MacArthur State Park

By Marlene Boobar

On Friday, May 15th, seventeen from the Retreat gathered at the clubhouse to venture down to the John D. MacArthur Beach State Park. Dottie Williams, who has volunteered for many years at the park, arranged for our group to be guided first into the Nature Center followed by a tour along a trail arriving at the beautiful, two mile, pristine, sandy beach. All who attended, enjoyed a most special adventure and learned about an "island in time" located on Jack Nicklaus Drive in North Palm Beach.

MacArthur Beach State Park is located just about 25 miles south of the Retreat and takes just over 30 minutes to get there. Follow Route 1 South and take a left at PGA Boulevard. The park is located at the North end of Singer Island and is open from 8 AM until sundown 365 days a year. A variety of activities are offered including kayaking, fishing, bird-watching and snorkeling.

On a regular basis, programs are given to adult and student groups, as well as to the general public on many nature topics. Included in the park is an amphitheatre area that can be rented. A playground, picnic tables and grills are open for public for use as well. For more information, go to: www.macarthurbeach.org

If you want to take advantage of one of the most beautiful beaches in Florida and visit a park offering extremely interesting natural habitats, take a trip to the MacArthur Beach State Park. *Tell 'em Dottie sent you!!!*

Thoughts for Today

The real art of conversation is not only to say the right thing at the right time, but also to leave unsaid the wrong thing at the tempting moment.

The easiest way to find something lost around the house is to buy a replacement .

The sole purpose of a child's middle name is so he can tell when he's really in trouble.



WALLY and LILL
40th Anniversary

October 11th

ART LEAGUE NEWS

By Mary D'Avanzo

WHEN IS A CHAIR NOT A CHAIR?? When it is a "CHAIRity"!!!

The Art League members transformed ordinary chairs, with paint, embellishment and various medias, into "CHAIR ART". The CHAIRity event was sponsored by The Lighthouse Center for the Arts in Tequesta. This exhibit of 39 chairs was auctioned off by Tim Luke on August 27th, 2009 after being on display for 6 weeks. The proceeds of the auction will benefit children's art scholarships at the Lighthouse. Please be sure to view some of the "CHAIRity chairs" on Channel 63 and the Retreat Web site (www.retreatatseabranh.com).

WHEN IS A CAN NOT A CAN?? When it is a CANstruction!!!

September 9th begins our building of the Art League's entry for the 2009 competition. We have designed an eight-sided structure entirely of cans weighing nearly one ton to read.

"WE CAN FEED THE HUNGRY 1 CAN AT A TIME"

All the food from approximately seven different structures will be donated to the Treasure Coast Food Bank. CANstruction will be open to the public September 14 to November 5, 2009 at the Lighthouse Center for the Arts, 373 Tequesta Drive, Tequesta, FL (561.746.3101, www.lighthousearts.org). You can visit the web site www.canstruction.org to see many amazing structures. Last year, events were held in 56 cities across the country and over 1.5 million pounds of food were donated to local food banks.

Coming this fall, the Art League members, sponsored by The Arts Council of Martin County, will be presenting S.A.L. @ C.C.G. This will be an exhibit of their work at the newly renovated Cultural Center Gallery in downtown Stuart. The building is classic, the gallery is beautiful and the art will be great!!

Please save the date: TUESDAY, NOVEMBER 17TH
Opening Reception 5:30-7:30.

The show will run until Saturday, December 12th, 2009. The Cultural Center Gallery is located at 80 East Ocean Boulevard., Stuart, FL (772-287-6676). Please visit www.martinarts.org for more information.

ONE STEP LEMON POUND CAKE

Received from Helen Larcom

I made this cake for one of the Retreat dinners and, people wanted the recipe. Here it is:

Preheat oven to 325 - grease and flour 12 cup tube pan.

2 1/4 cups flour

2 cups sugar

1/2 tsp. salt

1/2 tsp. baking soda

1 tsp grated lemon peel (optional)

1 tsp. lemon extract

1 cup butter or margarine

1 carton lemon yogurt or 1 cup sour cream

3 eggs

1 can Comstock lemon pie filling

Combine all ingredients in large bowl. Blend at low speed. Beat 3 minutes at medium speed. Pour into pan.

Bake 325 for 60-70 minutes until top of cake springs back when touched lightly in center. Cool cake upright in pan 25 minutes. Remove from pan, cool completely. Slice cake in half horizontally and spread with lemon pie filling (enough for two cakes, one half can be frozen). Before serving, sprinkle with powdered sugar.



SAVE THE DATE

AUCTION FUNDRAISER

Sunday, March 21, 2010

Retreat Clubhouse

Going...Going...**Gone** !!!!

More details will follow in the
next newsletter, Channel 63,
Retreat web site and mailroom

Don't miss the fun and bargains!!!

Sponsored by: *The Retreat Remembers...*
Relay For Life Team

RAN

Retreat Assistance Network

Neighbors Helping Neighbors

Volunteers always available to assist you with:

Check-In Phone Calls

Prescription Pick-Ups

Transportation

Grocery Shopping

Home Visit Companionship

Meals

Other services available upon request.

Call volunteer coordinators:

Muriel Barry 545.1919

Marie Ferrandino 546.5476



FLU AND PNEUMONIA VACCINATIONS

The Retreat Assistance Network (RAN) is also working on plans to bring the Visiting Nurse Association of Florida to our community to administer flu and pneumonia vaccinations to the residents some time in the beginning of October. The shots would be at no cost to those Medicare-eligible and for others \$25.00 for the flu and \$45.00 for the pneumonia shots. Please watch for notices in the mailroom, on Channel 63 and our web site for the announcement of the date, time and place. There are no plans to have the H1-N1 vaccinations available. Local health authorities will make them available. For further information, contact Alice Bernhardt 600.5226, Marie Ferrandino 546.5476 or Muriel Barry 545.1919.

Retreat Assistance Network (RAN) Update

Neighbors Helping Neighbors

RAN and the many resident volunteers have had a very busy summer as evidenced by the following:

Plans are complete for two [community health seminars](#) - Nutrition in November '09 and Skin Disease Prevention & Treatment in January '10. A third seminar is planned for March '10 with the subject TBD.

Volunteers have logged over 90 hours of assistance to residents the past couple of months. This [assistance has](#) included [transportation](#) to doctor [appointments](#), meal preparation, assistance with financial items and light housekeeping. We know that residents provide many more hours of assistance "off the books". Further evidence of our great community.

Your ideas and options are sought to provide a way for residents to make or receive a [check-in phone call with the frequency of such calls determined by the resident](#). Our goal is to prevent complications from prolonged un-assistance. If you have any suggestions to [keep our residents safe](#) or desire to participate in such a program, please contact any RAN member or drop a note in the RAN box provided in the mailroom.

For more information on RAN go to www.retreatatseabranche.com and click on Retreat Assistance Network under the Resident Activities section.

Dear Friends and Neighbors:

*We want to thank you for your kind words, phone calls, and visits while we coped with the loss of our son, **Charles Thompson**. The love shown to us by our neighbors has helped us to get through this most difficult time. We are overwhelmed by the number of people, both friends and strangers, who reached out to offer us comfort. We are so very grateful for your friendship and support.*

*With Sincere Gratitude,
Mickey and Otto Vernacchio
and Becky Thompson*

The Parting Hour

**There's something in "the parting hour" will
chill the warmest heart —
Yet kindred, comrades, lovers, friends, are fated
all to part;
But this I've seen — and many a pang has
pressed it on my mind —
The one who goes is happier than those he
leaves behind.
No matter what the journey be — adventurous,
dangerous, far
To the wild deep, or black frontier, to solitude,
or war —
Still something cheers the heart that dares, in
all of human kind;
And they who go are happier than those they
leave behind.
The bride goes to the bridegroom's home with**

**doubting and with tears,
But does not Hope her rainbow spread across
the cloudy fears?
Alas! the mother who remains, what comfort
can she find
But this — the gone is happier than the one she
leaves behind.
Have you a trusty comrade dear — an old and
valued friend?
Be sure your term of sweet concourse at length
will have an end.
And when you part as part you will, oh take it
not unkind,
If he who goes is happier than you he leaves be-
hind.**

**God wills it so, and so it is: the pilgrims on
their way,
Though weak and worn, more cheerful are than
all the rest who stay.
And when, at last, poor man, subdued, lies down
to death resigned,
May he not still be happier far than those he
leaves behind!**

Author Unknown

This poem was read at Charles Thompson's memorial service



The November/December 2009
Retreat Newsletter's theme is:

*"How do Retreat residents
recycle?"*

*Let us know what you recycle in addition to the
curbside recycling.*

Thank you from your newsletter staff!

DO YOU KNOW THESE RETREAT RESIDENTS?

- | | | | | |
|-------------------------------|--|---------------------------|--------------------|------------------------|
| A. Great Egret | 1. Wally Malinowski | 13. Pat O'Neill | 26. Gail Pezzicola | 39. Bob Church |
| B. River Otter | 2. Carol Flynn | 14. Dottie Williams | 27. Joanne Estes | 40. John Kelly |
| C. Anhinga | 3. Hank Stasiewicz | 15. Ken Dara | 28. Tom Hartnett | 41. Jerry Blumengarten |
| D. Coyote | 4. Betty Loomis | 16. Jeff & Erika Yanora | 29. Kitty Reading | 42. Anne Cole |
| E. White Tail Deer | 5. Tom Wigen | 17. Victoria Zakian | 30. Frank Ziegler | |
| F. Osprey | 6. Bill & Billie Krone | 18. Mary D'Avanzo | 31. Muriel Barry | |
| G. Alligators | 7. Bev & Ken Gregory | 19. Lois McGill | 32. Jim Morrow | |
| H. Dusty Pigmy
Rattlesnake | 8. Cindy Eaton | 20. Dodi & Jeanne Sopelsa | 33. Roger Jesse | |
| I. Roseate Spoonbill | 9. Randy & Ryan Hoefling
& Wally Malinowski | 21. Joe Boucher | 34. Dottie Sacco | |
| J. Cormorant | 10. Patti Greaves | 22. Gene Gillis | 35. Heidi Wichmann | |
| | 11. Tim Luke | 23. Lena Rublowsky | 36. Susan Hemmer | |
| | 12. Marlene Boobar | 24. Lois Raska | 37. Alice Rinaldi | |
| | | 25. Ron Barrow | 38. Kaz Kasuboske | |

Thanks to Dottie Williams, Chuck Eschenburg, Gail Pezzicola, Jan Kasuboske, and Hank Stasiewicz!

BRIDGE SCORES By Patsy Shattuck **WOW!**

What a great summer of bridge we have had at the Retreat. The loyalty every week is amazing, and we all look forward to our Tuesdays. Again, I thank all of you for making this job a pleasure. We welcome **Allison Metcalf** and **Carol Flynn** to our group. Call Patsy Shattuck at 546.2011 if you are interested in playing!

<p>April 7, 2009 1 – Susan Harris 2 – Alan Shattuck 3 – Sally Troiani 4 – John Bendonis 5 – Patsy Shattuck</p> <p>April 14, 2009 1 – Laura Rothman 2 – Peggy Johnson 3 – Maryon Gonzalez 4 – Susan Harris 5 – Louise Bendonis</p> <p>April 21, 2009 1 – Kay Campbell 2 – Kay Bowen-Smith 3 – Patsy Shattuck 4 – Susan Harris 5 – Alan Shattuck</p> <p>April 28, 2009 1 – Lena Rublowsky 2 – Marie Ferrandino 3 – Alan Shattuck 4 – Kay Bowen-Smith 5 – Muriel Barry</p>	<p>May 5, 2009 1 – Laura Rothman 2 – Stan Rublowsky 3 – Kay Bowen-Smith 4 – Alan Shattuck 5 – Patsy Shattuck</p> <p>May 12, 2009 1 – Alice Bernhardt 2 – Jane Schultzberger 3 – Susan Harris 4 – Alan Shattuck 5 – Doris Shirk</p> <p>May 19, 2009 1 – Stan Rublowsky 2 – Marie Ferrandino 3 – Alan Shattuck 4 – Peggy Johnson 5 – Allison Metcalf</p> <p>May 26, 2009 1 – Alice Bernhardt 2 – Muriel Barry 3 – Peggy Johnson 4 – Laura Rothman 5 – Kay Bowen-Smith</p>	<p>June 2, 2009 1 – Joanne Cichon 2 – George Harris 3 – Laura Rothman 4 – Allison Metcalf 5 – Alan Shattuck</p> <p>June 9, 2009 1- Stan Rublowsky 2 – Lena Rublowsky 3 – Kay Bowen-Smith 4 – Laura Rothman 5 – Alice Bernhardt</p> <p>June 16, 2009 1 – Patsy Shattuck 2 – Lena Rublowsky 3 – Laura Rothman 4 – George Harris 5 – Susan Harris</p> <p>June 23, 2009 1 – Laura Rothman 2 – Lena Rublowsky 3 – Kay Bowen-Smith 4 – Alan Shattuck 5 – Peggy Johnson</p>	<p>June 30, 2009 No Bridge</p> <p>July 7, 2009 1 – George Harris 2 – Alice Bernhardt 3 – Lena Rublowsky 4 – Stan Rublowsky 5 – Alan Shattuck</p> <p>July 14, 2008 1 – Allison Metcalf 2 – Patsy Shattuck 3 – Muriel Barry 4 – Susan Harris 5 – Alice Bernhardt</p> <p>July 21, 2009 1 – Peggy Johnson 2 – Laura Rothman 3 – Kay Bowen-Smith 4 – Stan Rublowsky 5 – Allison Metcalf</p> <p>July 28, 2009 1 – Stan Rublowsky 2 – Patsy Shattuck 3 – Allison Metcalf 4 – Kay Bowen-Smith 5 – Alan Shattuck</p>
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**HAPPY BIRTHDAY,
VICTORIA!!!!**

98 YEARS YOUNG

August 31st

God be with you!



The **Knitting Club** meets every Tuesday (except the last Tuesday) of the month at 6:30 PM in the Clubhouse. All are welcome.

Atlantic Ridge State Park News

A new ranger has been assigned to the state park that surrounds our community. His name is **Jay** and his phone number 772.263.1246. He is always looking for volunteers. If you're interested, give him a call.



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