



The Retreat Newsletter

September/October 2012

Volume 9, Issue 4



BEST DIVOSTA HOME IMPROVEMENT

Sliding Drawers and Accordion Shutters

By Marge Buschoff

I am a new resident to the Retreat. I sized down from a 3,500 square foot home in Hobe Sound. I moved into an extended Capri. It was a great move for me. Most of the improvements were made before I moved in by the previous owner. To make it even better and easier for me, I had put in Shelf Genie, sliding drawers through out the kitchen and the laundry room—so convenient. I also had accordion shutters put up. Now the home is more complete and so easy for me.

I am loving living in the Retreat.

IMPROVEMENT

By Chuck Eschenburg

The best DiVosta improvement we made was the extension of the lanai in our Oakmont to enlarge our "great" room. This has allowed space for our stone gorillas sculpture, a breakfast area to view the preserve and another sitting area.

The best improvement we made was the building of an arbor, limited in height by the permit committee to just over six feet. It is constructed of pressure treated 2x12 boards, set in concrete. It originally housed a small orchid collection but now, a decade later, hosts a spectacular petrea vine which, in the spring, covers it with a profusion of purple blossoms. A climbing rose, Don Juan, blooms from time to time with bright red blossoms. A mourning dove nest now is hidden between the vine and the cross beams. A philodendron has escaped and sent forth huge leaves all year.

Are we ever finished with our house?

By Dottie Sacco

Are we ever finished with our house? I think not!!! Unfortunately Nick does not always agree with me so I may have to whine and beg before going on to the next project. We live in an Oakmont and started our changes with the installation of plantation shutters on the sliding doors and kitchen window as protection from the sun and heat.

I love to decorate for Christmas. To save time and work, I built my "Dickens Christmas Village" into the wall space along the hall to the guest bedrooms. This gives me more time to bake which is second to redesigning my house. When that was finished, I painted a mural on the guest bathroom wall to match the shower drapery.

We moved on to the installation of wood flooring and cove moldings throughout the house except the bath and laundry rooms. Guess we should have held off on the floors because we then redesigned our kitchen. The door to the den was replaced with a wall and cabinets. The stove and refrigerator exchanged places and the dish washer found a new location to the left of the sink. We extended the granite work area, replaced the cabinets and added some under the granite on living room side for

(Continued on page 14)

Happy Anniversary!
Lois & Otto.
 We Love Ya!



Marlene's Maine daughter Jessica delivered little "**Landon**" on June 10th. Grammy Boobar is delighted to welcome another grandbaby. Number four grandchild is due to arrive by October 1st! Life continues to be exciting and full of fun!!

Happy 60th Wedding Anniversary to Lois and Otto Vernacchio!!! May 18, 2012

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



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:

September 7, October 5, November 2, December 1

Please mark your calendars



OUR GRANDSON'S WEDDING

By Dottie Sacco

Our grandson **Joey** joined the Coast Guard two years ago where he met a wonderful girl by the name of **Kelly** while stationed in Rockland, Maine.

They were married in May. The ceremony was held along the banks of the West Penobscot Bay. Their Pastor from the Baptist Church they attend preformed the ceremony which left me in tears—joyful of course. The wedding was followed by a reception in a large tent overlooking the river.

Kelly was breathtaking and Joey of course was the most handsome groom I had ever seen. No prejudice there. Joey married into a wonderful family and plans on settling down in Maine. A little nippy for us but a great place to visit in the summer.

We rented a house for a week where we stayed with our boys, my sister and her husband and their daughter. My brother, sister-in-law and their daughter along with Nick's sister and husband stayed at the local hotel. We all had meals at the house where Ronni and I cooked and baked.

We revisited the local winery we found last year on vacation, had lunches at the local eateries (for lobster rolls, of course) and did some sight seeing. It was a wonderful week.

Retreat Assistance Network (RAN) — Neighbors Helping Neighbors

FLU SHOTS—Wednesday, October 10, 10-12 AM

Visiting Nurses Association will be doing it again in the

Retreat Clubhouse. Mark your calendars!

Women's Club of the Retreat Officers 2012 to 2013

**Vice-
President
Mickey
Vernacchi**



**Treasurer
Gerri
Strong**



**PRESIDENT
Marlene
Boobar**



**Co-
Secretary
Emily
Mussatto**



**Co-
Secretary
Jean
Scerbo**



WOMEN'S CLUB OF THE RETREAT

By Mona Wiley

Welcome Back to All the Snowbirds!!

I heard you had a hotter summer than we did, and we had air conditioning and a pool! But welcome back to "coooooo!" South Florida!

Our first Women's Club meeting will be **October 15th** at 7:00PM in the Clubhouse. The meeting will be "**Going Green....Cooking a New Way!**" Lee Cotton, owner of "pilatesandyourpalate" (www.pilatesandyourpalate.com) is a certified Pilates instructor and raw foods chef and health instructor. He along with our own Becky Freedman will be presenting at this meeting. Green smoothies for all! Everyone is invited to come and kick off our fall events.

Also in October: brunch at **TooJays** on the **18th** -- a **Thursday**. Meet at the restaurant at 10:00AM. Watch the bulletin board for sign up sheet.

Look for Chick Flicks – getting together for an afternoon movie. Once again watch channel 63 and the mailroom bulletin board for day, date and time!

On **October 26th** it's "Blue Water Garden Center" – **Make a Terrarium**. The cost is \$20 and includes breakfast! Want to try your hand at the casino? A bus will go to **Seminole Casino** in Coconut Creek on **October 29th, Monday**. The cost is \$33 and includes \$25 in free play and a buffet lunch! Can't beat that. Then on or around October 30th, there will be a **Diva Duck Tour in West Palm Beach**. There will be a bus going down, a tour, and lunch and shopping with Lost Lake Ladies. It promises to be a most interesting day with a history of West Palm and many interesting and beautiful spots to see. Also in the planning with Lost Lake Ladies is an upcoming trip to Savannah and Charleston. It will be four nights, October. 21st – 24th. If you want to sign up for this event, contact Marlene Boobar via email ASAP because deadlines are fast approaching.

November has a full slate of events also. On the 5th we are planning lunch at Lost Lake Golf Club—a **50's Dance Party!** Dress up or wear your old poodle skirt, which I'm sure still fits you!! The cost is \$25.00. Our own **Welcome Back Brunch** will be at our **Clubhouse** at 10:00AM on **Friday November. 9th**. There are many more fun things planned, so tune in to our posting locations – Channel 63 and the mailroom boards.

If you haven't joined the club and want to participate in these events, there is still time and we invite you to come to our meetings the 3rd Monday of every month.

Women's Club Meeting

**Monday, October
15th 7 PM**



**Going Green...
Cooking a New
Way!**

Presented by:

Lee Cotton & Becky Freedman

Green Smoothies for all!!

All Are Welcome!



Susan Barton demonstrating how to train your pets at the last Women's Club meeting.



Women's Club members went to hear the Treasure Coast Community Singers of which Dottie Williams is a member.





Pharmacy Topics

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

TWO NEW DRUGS FOR WEIGHT LOSS APPROVED BY THE FDA

Prescription weight-loss products have been fraught with issues due to their dangerous side-effect profiles. Many were taken off the market when it became apparent that some of these adverse effects were life-threatening. The best known tragedy was the "Fen-Phen" cocktail (a combination of **Fenfluramine** and **Phentermine**), which was pulled off the market in 1997 due to its association with permanent heart valve defects, pulmonary hypertension, and cardiovascular deaths. Fenfluramine, as a singular entity, was also banned. However, phentermine remained on the market, as it was considered to be the safer of two combination drugs.

Also on the list of debacles was Accutrim®, which was removed in 2000 because it was linked to strokes. And finally in 2010, the makers of Meridia® stopped production due to concerns of heart disease and strokes.

This summer, after over a decade of not approving any new products in this therapeutic category, the FDA approved **two** new drugs, **BELVIQ®** and **QSYMIA®**, within the span of a one-month time period. The main reason the FDA cites for this change in policy is that obesity has become a major public health concern in the U.S. – and it is now recognized that obesity itself is a disease. The government estimates that more than one-third of U.S. adults are now obese. After much deliberation, the FDA finally decided that the benefits that these drugs offer in treating obesity outweighed the potential risks associated with each drug.

Both **BELVIQ®** and **QSYMIA®** have been approved for people who are obese or overweight plus have one or more weight-related health problems (like hypertension, or high-cholesterol). They are both to be taken responsibly in combination with a healthy lifestyle that includes a reduced-calorie diet and exercise. I will review each new product below.

BELVIQ® (lorcaserin)

Lorcaserin is a new chemical entity, manufactured by Arena Pharmaceuticals. It acts on a receptor in the brain and increases the levels of serotonin. This neurotransmitter makes people feel fuller and more satisfied. The result is that patients theoretically will eat less food. Clinical trials showed that patients were twice as likely to lose 5% or more of their weight than those patients taking placebo.

This drug was initially rejected by the FDA in 2010, citing concerns that the drug carried heart-valve risks, along with brain and breast tumor development. After new studies were submitted in May 2012, the FDA stated that the benefits of Belviiq® outweighed the potential risks when used in a population of overweight and obese people. It was approved in late June.

In clinical trials, the most common side effects associated with Belviiq® were headache, nausea and dizziness. Also, patients were twice as likely to have neuropsychiatric (i.e., mood swings) and cognitive side effects (memory loss). There is also potential for abuse associated with this product – so, it must also go through the U.S. Drug Enforcement Administration to rule on how to schedule the drug. Arena Pharmaceuticals expects their product to become available by early 2013.

QSYMIA®

Qsymia® is an extended-release combination of two older drugs, phentermine and topiramate.

Phentermine is an amphetamine approved for short-term weight loss. If this drug name sounds familiar, it is because phentermine was the “phen” part of the combination “fen-phen” discussed earlier in the article. Topiramate, is currently prescribed to prevent seizures and migraines. It also has the effect of making you feel full after meals – thus, acting as an appetite suppressant.

The most common side effects of Qsymia® were tingling of the hands and feet, dizziness, insomnia, constipation, a change in taste sensation and dry mouth. Qsymia® can also cause serious birth defects. Pregnant women should not take Qsymia®. The FDA also doesn't recommend the drug for patients with glaucoma and hyperthyroidism, or patients with recent heart disease or stroke, since the drug may also elevate heart rate.

Two placebo-controlled efficacy studies showed that after a year of taking the drug, patients lost between 7 and 9 percent of their body weight.

This product was initially to be called Qnexa® – but, was changed so as to avert potential medication mix-ups with drugs that had a similar name. Qsymia® was previously rejected by the FDA in 2010, under the name Qnexa®, because the drug was tied to elevated heart rate, psychiatric problems and birth defects. Back in February, a panel of advisors to the FDA voted in favor of approving the drug, but the group stressed that the drug maker should conduct follow-up studies to look at the pill's effects on the heart. Vivus, the manufacturer, then resubmitted the drug application with additional safety data to finally get approval.

The FDA approved this new combination weight-loss drug with a Risk Evaluation and Mitigation Strategy (REMS) which consists of a Medication Guide advising patients about important safety information and elements to assure safe use that include prescriber training and pharmacy certification. The purpose of the REMS is to educate prescribers and their patients about the increased risk of birth defects associated with first trimester exposure to the drug, the need for pregnancy prevention, and the need to discontinue therapy if pregnancy occurs. The drug will only be dispensed through specially certified pharmacies.

Due to the potential for abuse, Qsymia® is ruled a Schedule IV controlled substance. The manufacturer states that it should be available by 4th quarter 2012.

COMPARISON

There are no head-to-head comparison studies of Qsymia® versus Belviq® showing that one is more effective than the other. At a quick glance, one would surmise from the data cited in the prescribing literature, that Qsymia® has a modest weight-loss advantage. However, each of the clinical trials had different design elements making it impossible to draw a clear-cut assessment.

Both drugs have a multitude of side effects, and both were initially rejected by the FDA due to the severity of their side effects. They both also have warnings associated with their usage – and the potential for substance abuse. The risks of taking these drugs must be weighed against the benefits of the modest weight loss demonstrated in each of their efficacy trials.

No doubt that there will be a lot of marketing hype and excitement when these products are released to market. After all, who doesn't want to shed a few of those extra pounds? However, given the potential for serious adverse complications, and the history of these products, please proceed with caution if contemplating taken these medications. Make sure you fully understand all of the risks and warnings -- versus the benefits. And, of course, maintain the close supervision of your physician while taking either of these products.

NEWS FROM OUR BOARD OF DIRECTORS

By Bill Cole

Hope everyone is enjoying their summer. We need rain here at The Retreat.

ValleyCrest is doing a good job on our landscaping.

Seabranh Boulevard and The Retreat are receiving a great deal of new sod. Project will be completed by the end of September.

Clubhouse great room is getting a make over...new flooring, tables, chairs, sofa, valances...beautiful room for your use and to enhance your property values. The gym is getting new flooring as well. Work will all be completed by mid-September. Save **October 27, 2012** for a party to celebrate the new look.

We all want to thank Lena, Stan and Carol for all their hard work as Social Committee Chairs. This was much appreciated by us all. If any one wants to volunteer to help the Social Committee in 2013, please call Bill Cole, 546-5353.

All is well here. Welcome back to our seasonal residents.

Retreat Resident Reminder – Architectural Control Committee(ACC) Applications

Retreat residents are reminded that they must file an ACC application whenever they plan to make a change to the exterior of their home or to a planting bed, tree, yard, etc. The ACC meets the third Thursday of each month to review applications. The ACC form is available through the website or at the Retreat office. The deadline for turning in applications is the third Monday of the month (week of meeting) at noon and no applications will be accepted again until the Monday of the following week for ACC action the following month.

RETREAT SOCIAL COMMITTEE

By Lena and Stan Rublowsky and Carol St. John

The Retreat Holiday Dinner Dance will take place at the Lost Lake Country Club at 6:30pm on **Sunday, December 9th, 2012**. Dance'NSound will provide the music—the same as last year.

The Retreat Social Committee needs new leadership since Lena and Stan Rublowsky and Carol St. John are leaving the position.

We thank all those who have supported our events and participated in the preparation and cleanup over the past two years.

REPORT FROM YOUR CLUBHOUSE COMMITTEE

By Gail Pezzicola

Your Clubhouse Committee has had a busy summer researching ideas and materials for a Clubhouse “makeover.” After visits to several local furniture stores and the gathering of information, the committee recommended to the Board of Directors (BOD) a plan presented to us by the Yum Yum Tree in Jupiter. The BOD graciously put their sign of approval on the package!! In order for the makeover to take place, the Clubhouse will be closed the first week in September to install a new, commercial grade and very handsome, wood floor. The new “theme” is airy and tropical complete with five tables, twenty four padded chairs on casters that swivel, a sofa, and four side chairs. Matching end tables, a sofa table, and two coffee tables add to the beauty of the room. The color scheme of blue, green, and cream seems a perfect combination for our room with views of our pool. The valances and side chairs will have matching fabric that boasts palm leaves. Everything comes together with a beautiful tropical feeling and that warm Florida appeal.

We would like to welcome the community to the “official” unveiling on **Saturday, October 27, 2012 from 5:00-7:30**. Please bring your own beverage and join us for finger food and appetizers in our new living room. The Clubhouse Committee and the BOD will be your hosts. Hoping to see you then!!

PS In case you'd like to thank someone who worked hard on this project, here are the names of the folks on your clubhouse committee - **Mark Elliot, Joyce Fordham, Russ and Jean Lahey, Mary Reagan, Margaret Dara and Marguerite Badcock.**

WI-FI @ The Retreat



WI-FI is available in and around The Retreat Clubhouse. A new more powerful router has been installed. It requires all users to login as a “guest” with the password “retreat”*. Happy Surfing!

* please note “retreat” is in lowercase letters



BRIDGE SCORES

By Patsy Shattuck

It's hard to believe it has been almost four months since I last did our bridge scores. We will be glad to have our northern players return. We have had a slow

summer because of illnesses, travel and many things to hamper our play. We look forward to some new players. My number is still the same (546.2011), so call if you wish to play.

We would like to take this time to thank all of you great people that came to our aid. We had a bad car wreck May 5, 2012. We both had back injuries but we're glad to report we are mending. We were hit by a big truck on US 1. Your calls, cards, transportation and food were such a blessing and we thank you from the bottom of our hearts. - Alan and Patsy Shattuck

BRAIN STUDY

Received from Carol Stone

This is a good example of a Brain Study. If you can read this **OUT LOUD**, you have a strong mind.

7H15 M3554G3
53RV35 7O PR0V3
H0W 0UR M1ND5 C4N
D0 4M4Z1NG 7H1NG5!
1MPR3551V3 7H1NG5!
1N 7H3 B3G1NN1NG
17 WA5 H4RD BU7
NOW, ON 7H15 LIN3
YOUR M1ND 1S
R34D1NG 17
4U70M471C4LLY
W17H 0U7 3V3N
7H1NK1NG 4B0U7 17,
B3 PROUD! ONLY
C3R741N P30PL3 C4N
R3AD 7H15.
PL3453 F0RW4RD 1F
U C4N R34D 7H15.

April 3, 2012

- 1 - Barry Mussatto
- 2 - Kathy Majuski
- 3 - Patsy Shattuck
- 4 - Gerri Strong
- 5 - Alan Shattuck

April 10, 2012

- 1 - Steve Strong
- 2 - Barry Mussatto
- 3 - Muriel Barry
- 4 - Alice Bernhardt
- 5 - Kay Campbell

April 17, 2012

- 1 - Barry Mussatto
- 2 - Alice Bernhardt
- 3 - Patsy Shattuck
- 4 - Sue Behn
- 5 - Peggy Johnson

April 24, 2012

- 1 - Barry Mussatto
- 2 - Kay Bowen-Smith
- 3 - Marie Ferrandino
- 4 - Lena Rublowsky
- 5 - Alan Shattuck

May 1, 2012

- 1 - Carol Flynn
- 2 - Patsy Shattuck
- 3 - Kay Campbell
- 4 - Anne Falcone
- 5 - Muriel Barry

May 8, 2012

- 1 - Anne Falcone
- 2 - Alan Shattuck
- 3 - Kay Bowen-Smith
- 4 - Barbara Moore
- 5 - Steve Strong

May 15, 2012

- 1 - Lena Rublowsky
- 2 - Stan Rublowsky
- 3 - Peggy Johnson
- 4 - Steve Strong
- 5 - Lyn Kennedy

May 22, 2012

- 1 - Lyn Kennedy
- 2 - Peggy Johnson
- 3 - Stan Rublowsky
- 4 - Lena Rublowsky
- 5 - Barbara Moore

May 29, 2012

- 1 - Kay Bowen-Smith
- 2 - Peggy Johnson
- 3 - Muriel Barry
- 4 - Carol Flynn
- 5 - Lena Rublowsky

June 12, 2012

- 1 - Alan Shattuck
- 2 - Lyn Kennedy
- 3 - Alice Bernhardt
- 4 - Carol Flynn
- 5 - Kay Bowen-Smith

June 19, 2012

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

June 26, 2012

- 1 - Carol St John
- 2 - Jane Schultzberger
- 3 - Peggy Johnson
- 4 - Muriel Barry
- 5 - Stan Rublowsky & Carol Flynn (tie)

July 3, 2012

- 1 - Lena Rublowsky
- 2 - Barbara Moore
- 3 - Stan Rublowsky
- 4 - Alice Bernhardt
- 5 - Kay Bowen-Smith

July 10, 2012

- 1 - Muriel Barry
- 2 - Alan Shattuck
- 3 - Patsy Shattuck
- 4 - Carol St John
- 5 - Stan Rublowsky

July 17, 2012

- 1 - Alice Bernhardt
- 2 - Stan Rublowsky
- 3 - Alan Shattuck
- 4 - Patsy Shattuck
- 5 - Lucille Sanchez

July 24, 2012

- 1 - Patsy Shattuck
- 2 - Peggy Johnson
- 3 - Bill Burns
- 4 - Lena Rublowsky
- 5 - Stan Rublowsky

July 31, 2012

- 1 - Alan Shattuck
- 2 - Carol Flynn
- 3 - Stan Rublowsky
- 4 - Lyn Kennedy
- 5 - Patsy Shattuck



Coyotes

By Dave Williams

I caught these Coyotes out back on our lake. There were seven to eight of them having a great time. This is the first time I've seen them this close; usually I only hear them.

GLACIER TERRACE VISITORS

By Judy Fischer

We are The Fischer's in the Retreat and our cat Princess Petunia had lovely visitors this week. I also included a picture of Petunia praying for lizards.



Eastern Diamondback Rattlesnake

By Hank Stasiewicz

This 47" Eastern Diamondback Rattlesnake was spotted sunny itself on my neighbor's driveway this morning about 9:30 or so. It is the 7th one he has found on his property since we have lived here. It seems that they come from the wooded area in the rear of his home.

NATIVES IN OUR YARD



If you care about the future of your Planet



*Surfrider
Foundation*
San Diego Chapter

**STICK YOUR
NECK OUT
WHEN
IT COMES
TO TRASH ON
THE BEACH**



Time Taken For Littered Items To Breakdown

| | | | | | |
|--------------|------------|---------------|--------------|---------------------|---------|
| Cotton Rags | 1-5 months | Aluminum Cans | 80-100 years | Cigarette Butts | Forever |
| Paper | 2-5 months | Glass Bottles | 1M years | Plastic Bottles | Forever |
| Orange Peels | 6 months | Nylon Fabric | Forever | Plastic 6-pack ring | Forever |

RELAY FOR LIFE

2012 Relay For Life of South Martin

By Lill Malinowski



On April 27, 2012 at The Pine School in Hobe Sound, *The Retreat Remembers... Team* participated in their 8th Relay For Life event. Our camp site was awesome! Our team's theme was DISCO and the Bee Gees song "Staying Alive" was blaring from a battery-operated cassette player. Our cancer message was to eat healthy and exercise. Team members wore glittering caps, and Elton John showed up several times. Our camp site was a glitter!

What a great night this was. The Retreat had ten survivors that walked survivor lap and were joined by their caregivers. The Luminaria Ceremony was touching as we walked the track with the luminaria bags lit by candles remembering those that lost their battle and honoring others.

For the 2012 Relay, our Retreat team raised **\$11,000!!!!** Our total for the eight Relays is **\$83,000!** We thank all those that have helped us raise this amount via our fundraisers throughout the year. An extra special thanks goes out to the greatest team. Everyone worked so hard with our fundraising. And we all had FUN! Thanks to all those team members that created our incredible camp site.

Our team has a host of FUNraisers set up for the 2013 Relay. We ask for your continued support. Thank you!





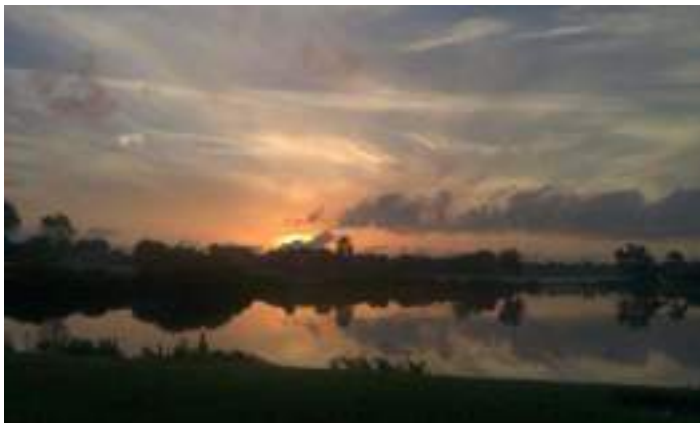
Running For Bob

By Becky Freedman



"Running For Bob" and The Retreat Remembers... Relay For Life team is deeply grateful to **Betty Kingsley** for her generous donation of an antique heirloom quilt for this year's fundraising efforts. Proceeds from raffle tickets sales earned more than \$600. All proceeds went to the American Cancer Society in honor of Bob Kingsley, Sr. and Bob Kingsley, Jr. It is through the loving spirit and generosity of individuals like Betty that we are able to fight on toward finding the cures for cancer.

Celebrating Memorial Day, "Running For Bob" participated in race in memory of Anabel Morales Magnate. dedicated to her family, Captain Elmer Magnate, Patrick, Christopher, Hailey, and Andrew. We are honored to race in celebration of our brother, Bob Kingsley, and our father, Bob Kingsley Sr. and all brave souls lost to cancer. Monday, May 28, 2012.



Gorgeous morning for Green Paw Adventure's 5K. "Running For Bob" dedicates race to Bob and Sally Troiani in memory of their son, Joe. Saturday, June 10, 2012.

(Continued from page 1) Are we ever finished with our house?

added storage.

Our sons and their friends come to the house for pasta dinner every week, and we sit around the table for hours. That gave me another idea. Why not convert our patio into a TV room. Now they get to watch football and baseball and still get to sit at the table with their coffee and Sambucca. Since the glass sliders are hurricane proof, we get to watch any tropical storms that may develop too.

Unfortunately, that room created another problem. No covered lanai. Problem solved, we covered the patio with a roof out to the pool and added pavers. Now that we have tinted doors across the back of the house and the roof installed, we no longer need the plantation shutters as protection from the sun and heat. They are now for sale at a very reasonable price. Wish we had thought to do this phase before the house was built ten years ago. We could have saved a lot of mess and expense.

We are currently undergoing our latest project. The master bathrooms are being remodeled. All the mirrors were removed and a wall was installed closing the entrance to the shower from my bathroom. This gives both bathrooms more privacy. Nick and I painted the walls and the tile and vanities will be in tomorrow.

The following day the tile in the guest bath and laundry room will be replaced and a new vanity will be installed in the bath.

Nick will use all the cabinets we removed in the garage for his storage.

I think I will have to stop for a couple years as it will take me that long to clean up the plaster dust and get the house back to livable. Most of this article says "we" but Nick will argue it should say "I". Whatever !!!

If we have over developed, I figure it will be our boys problem since we plan to live out our lives in the Retreat. "God willin and the creek don't rise".

We love this community, the people who live here, our home, our God and our country. Not necessarily in that order.

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.



Overhaul your linen cupboard, store bed linen sets inside one of their own pillowcases and there will be no more hunting through piles for a match.

DON'T MESS WITH SENIORS

We went to breakfast at a restaurant where the "seniors' special" was two eggs, bacon, hash browns and toast for \$1.99.

"Sounds good," my wife said. "But I don't want the eggs."

"Then I'll have to charge you two dollars and forty-nine cents because you're ordering a la carte," the waitress warned her.

"You mean I'd have to pay for not taking the eggs?" my wife asked incredulously.

"YES!!" stated the waitress.

"I'll take the special then." my wife said.

"How do you want your eggs?" the waitress asked.

"Raw and in the shell," my wife replied.

She took the two eggs home.

DON'T MESS WITH SENIORS!!! We've been around the block more than once.



For those who can't stand the scrunching and bunching: how to perfectly fold a fitted sheet.

Thought You'd Like To Know

Received from Kathleen Kindstedt

Florida is Spanish for flowering and the peninsula was so named by Juan Ponce de León on April 2, 1513. He landed in the territory on that day and named it after the Easter season or *Pascua Florida* which was being celebrated at the time.¹

¹[Webster's Third New International Dictionary](#), edited by Philip Babcock Gove (Springfield, MA: Merriam-Webster, 1993), 874; [Illustrated Dictionary of Place Names](#), edited by Kelsie B. Harder (New York: Van Nostrand Reinhold Company, 1976), 179.

**RETREAT
BOARD
OF
DIRECTORS**

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| Treasurer | Susan Hemmer | 324.8670 | syacht@comcast.net |
| Director at Large | Dave Williams | 546.3866 | davedottie@gmail.com |

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PROPERTY
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| | | | |
|--|-----------------------|---|------------------------|
| 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 | | | |
| 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 | Marlene Boobar Mickey Vernacchio Gerri Strong Emily Mussatto Jean Scerbo | 545.1043 546.4236 545.9963 546.2774 545.3592 |

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SAFETY HINT

By Coni Mc Guinn

To reinforce the sliding glass doors from being pushed open, there is a clear plastic hinge, I believe its called "**Bandit Bar**" available from Home Depot. It's easy to install on the door, not offensive to look at and really prevents anyone from being able to push open the door. Several people in the Retreat have installed them to help prevent a break in.

Dear Retreat Residents,

We thank all our contributors to this newsletter. Your input makes this newsletter what it is.

The theme for the November/October newsletter is:

"MEET THE RETREAT—VOLUNTEERING AT THE RETREAT."

The deadline is October 15th.

Thank you from your newsletter staff!

Photo Credits

Relay For Life: Carol Stone, Becky Freeman, Marlene Boobar, and photographer from American Cancer Society

Coyotes: Dave Williams

Snake: Hank Stasiewicz

Petunia: Judy Fischer

Women's Club: Marlene Boobar

Running For Bob: Becky Freedman

Natives in Our Yard: Dave and Dottie Williams



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Linda Kosmala, PA, Broker

I Live, List and Sell in the RETREAT !!!

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