



The Retreat Newsletter

Mar/Apr 2023

Volume 20 Issue 2



Meet Your Neighbor!



Irene Kramer in front of her home. She planted this flowering cactus when she moved here. It's beautiful, but it has painful barbs.

I met Irene on a bike ride several years ago. She mentioned that she was training puppies to be future guide or service dogs. Irene is seen every day walking her two Labs around the neighborhood. I was interested in that, so here we are, getting the rest of the story!

Q. How long have you lived in the Retreat?

A. Five years. I have some friends who already lived here.

Q. What do you like about living here?

A. I love it. My children thought I was crazy to move here from Long Island. I like the Retreat because it's quiet and laid back; the people are wonderful. Everyone that I meet is friendly. We're surrounded by nature and animals. I did not want to live in a 55-and-over community. I get up every morning and I thank God for letting me be here.

Q. Where are you from, originally?

A. Long Island, NY.

Q. Family? Children? Grandchildren?

A. My husband, who has passed, and I were married for 53 years. I visit my three sons and daughters-in-law on Long Island every year. I also have four grandchildren and two great-grandchildren.

Q. Are you a sports fan?

A. I did it all with the boys. We were Mets fans, Islanders fans and Jets fans. My middle son is a Yankees fan. My father was a big Yankees fan. He was raised in the Bronx.

Q. What is your favorite restaurant?

A. I guess the Dive Bar. I also like Jetty's, Utiki and Pirate's Cove.

Q. Would you rather eat out or cook at home?

A. I like a nice mix. I don't really like going out by myself or driving at night. I do belong to the Women's Club, and I enjoy going out to lunch and outings with them.

Q. What did/do you do for a living?

A. I was the office manager for a dental practice, first for the father, then for the father and son, and then the son took over the practice. I was there for 35 years, working a mile from home.

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Q. I know you walk your dogs. What else do you like to do?

A. I like to ride my bike six miles in the Retreat. I enjoy my own swimming pool. I also love to take care of my plants and flowers. I plant milkweed, dill and parsley to attract the butterflies.

Q. Speaking of dogs, can you talk about your dog training activities?

A. The dogs are trained to relieve themselves near the house, on command (the command is *get busy*), on the driveway or in the street. That makes it easy for them to become a guide or service dog. There may not be grass where they end up in service. When we walk, the dog leads; it doesn't heel. We don't stop and sniff or wander around. We walk in the middle of the sidewalk or in the street, and the dog is on my left, like a guide dog. My puppy doesn't meet other dogs; that would be a distraction. I often sit outside the Clubhouse to get the puppy used to people coming and going.



One of my puppies named Smalls

For More Information:

Guide Dog Foundation for the Blind, Inc.
371 East Jericho Turnpike
Smithtown, NY 11787-2976

1-631-930-9000
1-800-548-4337
(within the US)
Fax: 1-631-930-9062
info@guidedog.org

www.GuideDog.org
www.VetDog.org

Q. What agency do you volunteer with?

A. I am a volunteer puppy raiser for the Guide Dog Foundation; I don't work for them. I attended a one-day orientation at the Guide Dog Foundation for the Blind in Smithtown, NY. I raise and socialize the puppy following the Foundation's guidelines. The formal training to be a Guide Dog or Vet Dog is done at the Foundation.

That's also where the puppies come from. I've been volunteering since 2001, and Dorothy is my 22nd puppy. My own Lab is named Chloe.

Q. What breed(s) are used?

A. Labrador Retrievers, Golden Retrievers, Labrador/Golden crosses, Standard Poodles and some German Shepherds (for the Veterans).



Meet Your New Homeowners Association Board of Directors

Left to right:

Nora Bailey, Secretary
Jody Marino, Vice President
Deborah Pennington, Director
John Curren, President
Tom Hartnett, Treasurer

WHAT'S HAPPENING AT THE WOMEN'S CLUB??

By Mona Wiley and Maria Hallowich

A former president who, upon leaving the White House, spent some of his retirement time helping build homes with Habitat for Humanity - what an example Jimmy Carter set for giving back to a community. Last month, Mike Reading, Executive Director for Habitat of Humanity, spoke with a passion and a sprinkling of humor when educating us on the inner workings of the organization and the achievements and goals Habitat has for Martin County.

We learned Habitat is not a giveaway program. Prospective homeowners must meet certain mortgage criteria and invest their time in building their homes and helping others. If you would like to help, there are volunteer opportunities, or you can donate to or shop at the ReStore on US 1 in Stuart. For more information, check them out at www.habitatmartin.org

AND SPEAKING OF FOOD..... This is always fantastic!!!

There will be an International Night - A Taste of Culture fundraiser on March 25th at 4:00 PM. Tickets (\$20 each) will be on sale on February 25 and March 2. This event is open to all residents. There will be a 50/50 raffle and a silent auction. See the flyer on page 10; emails will follow with more details. This event will benefit our chosen charity, Helping People Succeed. You can visit their web site at www.HPSFL.org

LOTS of volunteers are needed to cook and serve. You can choose a dish from your heritage or any international cuisine. The only prerequisite is no crock pots! Salad makers and bakers are needed, as well as help with setup and cleanup.

Donations are needed for the silent auction. Some suggestions include a round of golf, wine basket, theater tickets, a knitted piece, a themed basket or a maid for 2 hours. Contact Celia Love with **any** way you can volunteer. Celia's email address is Clovemd5683@gmail.com

Mar. 20th is our Club meeting featuring Pam Wilcox, an RN and a licensed herbalist. Pam is sister to Deb Benson, and both of them have been part of an *herb* group for many years. Pam has studied and spent a great deal of time learning about the use of and medicinal value of herbs in our daily functions – like making soap or lotion. Who knew?

April 17th will see the installation of new officers. We have a special candle lighting ceremony where we thank our present officers for a job well done and welcome new officers and bestow upon them our *good luck prayers*. Thank you all for sharing your leadership skills. There will be FOOD!! It's salad and dessert night. You will be asked to sign up and bring a salad or dessert. We can't wait; it's always a wonderful evening.

Now that we've eaten our way through March, there's an outside event that will help you drop any unwanted pounds! A private

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To advertise in the *Retreat Newsletter*,
contact Coni McGuinn at (772) 545-3465

News from the Retreat Bocce Courts

Bocce season is in full swing. Six of the 17 teams that are playing will be in the playoffs beginning March 31st, April 3rd, 4th and 5th. Playoff games will begin at 9 AM. Come and cheer for your friends!
—Nick Lombardi



Another Monday morning go on the courts



Tom watching who is going to be closer



... and throw



One person goes at a time

I want to thank the readers who contributed to this issue with stories of their work experience, whether you're actively working or happily retired. For next issue, please consider sharing your favorite picture. It could be a nature shot, a grandchild, a historic photo or a vacation memory, etc. As always, a photo and a paragraph or two would be appreciated!

Please email your contributions to: spyker.oles@gmail.com

Keep in mind that the deadline for the next issue is April 15th, 2023. Thanks! —Jack

What Goes Up, Must Come Down!

The elves have been busy removing the outside decorations. A great big thank you for all of their hard work.

Shown:

Tom Hartnett

Joanie Sofia

Arlene Hartnett

Not shown: Marlene Boobar



Got a question?

Looking for a form?

Not getting HOA email blasts?

www.retreatatseabbranch.com

Check out FAQ on the Home Page tab

Check out Members Only and subscribe to HOA Email

(Please, do not UNSUBSCRIBE if you want to stay informed)

RETREAT ASSISTANCE NETWORK

For short-term needs:

- Transportation to medical appointments
- Rides for grocery shopping or hair appointments
- Prescription drug, grocery and mail pick-ups
- Check-in phone calls or friendly visits
- Minimal meal preparation

Call: Nancy Strona at (772) 545-3993 or Chris Greenwood at (978) 3823-3165.

All RAN information is available online at retreatatseabbranch.com

Note: In consideration of the times, all residents requesting services must be vaccinated and wear a mask during any contact with volunteers.



The Retreat at Seabbranch for Pickleball



The Retreat Sizzlers here at The Retreat make long-lasting friendly relationships. This was certainly evident on a recent weekend, as dear friends returned to visit and to join many Pickleball players for laughter, stories, breakfast snacks, and, of course, this great game. It is true that many “snow birds” cannot wait to get back to rousing exercise and the joy of a little competition on the courts. This season welcomes quite a few new faces hoping to take up this sport. All are welcomed.

Unique Features of this Game

Two-Bounce Rule: After the ball is served, each side must make one ground stroke before volleying the ball.

Non-Volley Zone (NVZ): An area that extends seven feet from the net on each side, within which a player is not allowed to strike the ball without it first bouncing.

Dink Shot: A soft shot that is intended to arc over the net and land within the non-volley zone.

Lob: A high and deep shot that is intended to force the opposing side back to the baseline.

Overhead Slam/Smash: A hard overhand shot.

Volley: During a rally, a strike of the ball out of the air before the ball has bounced.

Doubles: Both players on a team will serve before a side out is declared, except at the start of each game, when only the starting server will serve. 11 points is a win.

The Retreat Sizzlers welcome new resident players. We play as mixed doubles in our matches, with many players on our courts. Players enjoy healthy competition on Tuesday, Thursday and Saturday morning, from 8:00 AM until about 11:00 AM.



Ron Doucette

Pickleball Representative to the Clubhouse Committee

ronald@sunkist2.com (772) 245-8484



Pickleball Ladies of The Retreat and our Visitors



Meg Ochotorena, Susan Arnold and Lorna Moodie



Joyce Ohrman and Mark Ochotorena



Scott Ohrman (front) and Dr. Richard Lisi



Special gathering of Pickleball Players and Friends on Court, thanks to Ms. S. Arnold and Ms. J. Scerbo

All Photos by Ron Doucette and Susan Barton

Women's Club Excellent Culinary Adventures



Natalie, Chef Carla O'Donnell and Heidi Curren entertained and instructed 22 Women's Club members on the sous vide cooking method



A lovely sampling of quiches and a Caesar salad with Boursin cheese cucumber bites



Chicky, Mickey Harris, Jean Scerbo, Maria and Audrey were some of the ladies enjoying a beautiful luncheon hosted by Heidi Curren

"A great time had by everyone who went to Heidi's house for the chef teaching/cooking presentation. We now have at least 18 new and improved cooks in the Retreat. Perhaps we should start a dinner club and let them share their new skills!"

—Mona Wiley



Chef Carla O'Donnell prepared roasted cauliflower with an orange pistou at a recent culinary event. Chef O'Donnell is available for catering large and small parties

A Career in Law Enforcement.



Law enforcement is a family affair. My uncle was a New York City Police Officer, and my father-in-law was Director of Corrections for Palm Beach County. I graduated from the Police Academy at Palm Beach Jr. College in Lake Worth in 1979.

I went to work as a Palm Beach County Parks Ranger from 1979 to 1981. In March of 1981, I joined the Palm Beach County Sheriff's Office as a road patrol deputy and while there, I was transferred to the Parks Enforcement Unit where I remained until I retired in July of 2008.

I met my wife Deborah while I was a Ranger in 1979. She was a Deputy Sheriff working road patrol. She started out as an airport deputy. She was only in for a short time (three years) before leaving to be a stay-at-home mom to our three children.

After retiring, I went to work for Martin County Sheriff's Office as a crossing guard for five years. Now I am fully retired and enjoying life. –Gary Haugen, SE Hawks Nest Ct.



Getting an award



MCSO Crossing Guard



Sheriff's Office, Marine Unit



Behind the wheel of my patrol car



Deborah in uniform



PBC Park Ranger

– continued from page 3 –

group lesson of line dancing will be offered at the Clubhouse. It's a fun way to enjoy some good country music and swing those legs around. Date and location will be posted in the mailroom when everything is finalized. Some time in April we plan to go to the VFW as a group and show off our line dancing skills

In April, you can sign up for the Tiki Taxi harbor cruise out of Stuart. What a beautiful ride around our waterways and a chance to see our beautiful area from the waterside. Again, watch for details which will be posted in the mailroom – sign up, pay up and show up!

You might have noticed the byline that included Maria Hallowich. She has graciously stepped in to replace me after 13 years of writing for the newsletter. Thank you to all who have seen me around and commented on the articles I have written over the years. I hope I have educated, entertained and informed you. Maria will have a different style and she will be fabulous at this post.

The Retreat Social Committee Presents

SAINT PATRICK'S Breakfast

Friday, March 17th

from 9:30 AM to Noon

coffee, tea and Irish treats!
Please bring your neighbors



Daylight saving time for 2023
will begin at 2 AM EST
on Sunday, March 12.
Spring Forward!!

This issue's proofreaders: Tom Stine, Coni McGuinn, Mona Wiley, my sister Jean and my lovely wife Linda.



International Night/Taste of Culture

Sponsored by the Retreat Women's Club

Come join us on Saturday, March 25, 2023 at 4:00 PM at the Clubhouse.

Dinner ~ Dessert ~ BYOB ~ Silent Auction ~ 50/50 Raffle

Tickets , \$20.00 per person, will be sold at the Clubhouse on:
Saturday, February 25 from 10-12 and Thursday, March 2 from 2-4

All proceeds from this event will be donated to a local Martin County charity, Helping People Succeed (hpsfl.org). Their goal is to help each person reach their potential for a successful future and to participate as a productive, tax-paying citizen.

Call for Volunteers

Looking for chefs, bakers and volunteers for setup & cleanup. Please contact Celia Love at clovemd5683@gmail.com

I've had a number of jobs over the years, but my main career consisted of 36 years with IBM, starting in 1967. I carried a tool bag as a field engineer; repairing a range of hardware products from keypunches to mainframes and peripherals; did final test on several mainframe System/360 models; created test patterns for logic circuits; wrote, edited and produced technical manuals; provided hardware and software tools support for a group of information development departments; and was a first line manager for a technical illustration department and a national language support department. Not a bad career for a high school graduate! —Jack



The Mystery of the Seabbranch

On Saturday, February 11th we set sail on the SS Seabbranch for an evening of fun and mystery! Thanks to the incredible decorating skills of Darlene Greene and Janet Ross, with much assistance from Phil Seiman and Bob deMoustes, the clubhouse was transformed into a cruise ship, complete with Lido deck!

Fran Massey was our food coordinator, director and detective. We truly couldn't have done this without her guidance. Thankfully, she was on board when the murder took place.

Our thanks go out to the cast: Stu Levy as Captain Stubling, Maureen MacNamee, his estranged wife, Pam Levy, the Captain's girlfriend and murder victim, Curt Quinter, the bartender, John Curren as the purser, Bob DeMoustes the towel boy who showed mad towel skills, as well as Elaine Quinter, Marie West and myself who were contestants in the Ambassatrix contest, along with Audrey & Tom Deloffi who portrayed a couple on their Anniversary Cruise. Last but not least, Fran Massey who alternated between MC and Officer Bullet, the detective.

Needless to say, most of us stayed on script, and a fun evening was had by all. Thank you to everyone who came and supported us. See you on St. Patrick's Day!

—Diane Meagher and the Social Committee



The Captain and his wife



The Cast



Betty-Ann Dixon, Sandy Morrow, Carol Flynn, Lorraine Perry and Coni McGuinn



Bob's mad towel skills



Nick & Ann Falcone and Sally & Dave Dunmire



50/50 table with Alan Benson, Janet Ross and Darlene Green

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	Secretary	Nora Bailey	772.475.3804	rbailey93@gmail.com
	Director	Deborah Pennington	561.252.3566	dzignsbydeborah@gmail.com

RETREAT PROPERTY MANAGER	Carlos Albert Signature Property Management carlos@signaturepropertymgmt.com	LCAM, Community Association Manager
	3171 SE Dominica Terrace Stuart, FL 34997 Office Hours: 8:00 am to 4:30 pm	Office Phone: 772.219.4474 Office Fax: 772.219.4746 Emergencies: 772.219.4474

RETREAT COMMITTEES	ACC Board Liaison			
	Clubhouse	Deborah Pennington	561.252.3566	dzignsbydeborah@gmail.com
	Communications	John Curren	508.954.0827	johnc.rasbod@gmail.com
	Social	Fran Massey	772.546.6768	fmassey1954@gmail.com

Retreat Activities and Contacts

Retreat members and residents enjoy a number of social groups engaging in entertaining activities. Get involved! Meet your neighbors! Have fun! Here are some of the groups with their contact information. See the Activities Calendar for schedules.

Bocce	Nick Lombardi	914.815.1571
Bunco	Marie West	910.327.0556
Duplicate Bridge	Carol Flynn	722.359.8274
Knot Just Knitting	Sandy Morrow Liz Plourde	772.545.1936 609.618.4626
Ladies Bible Study Wednesday 10-11:30 AM	Kate Stine	561.762.6966
Monday 1 PM Mah Jongg	Ginny Franklin	561.339.4409
Morning Mah Jongg	Carol Flynn	772.546.4118
Pickleball	Ron Doucette	772.245.8484
Poker - Guys & Gals Fri. Nights	Otto Vernaccio Sr.	772.546.7523

Poker - Texas Hold 'Em	Joe Ciocia	772.545.9767
Retreat Newsletter	Jack Spyker-Oles	845.481.0581
Social Bridge	Carol Flynn	722.359.8274
Social / First Friday	Fran Massey	772.233.3102
Tennis	Tom D'Avanzo	772.545.7229
Women's Club of the Retreat	Pres: Sue Arnold Vice Pres: Meg Ochoterena Sec: Cindy Sibilila Treas: Fran Spaulding	216.409.1480 516.457.0476 908.295.6658 937.657.0249



All bridge players are welcome!

Please call for details:

Barry Mussatto
772.932.9790
Gerri Strong
772.545.9963

Duplicate Bridge Scores

January 5, 2023		January 12, 2023		January 19, 2023	
1. Ann & Nick Falcone	58.7%	1. Gerri & Steve Strong	60.7%	1. Barry Mussatto Dick Kessler	68.8%
2. Barry Mussatto Dick Kessler	55.5%	2. Barry Mussatto Dick Kessler	59.5%	2. Helena Spano RoseMarie Savino	57.5%
3. Kay Campbell Ann Sterling	51.6%	3. Emily Mussatto Kathy Majewski	56.0%	3. Ann & Nick Falcone	47.5%
4. Carol Flynn Helena Spano	50.8%	4. Ann & Nick Falcone	53.6%	3. Sally Dunmire Loretta Sfridis	47.5%
January 26, 2023		February 2, 2023		February 9, 2023	
1. Ann & Nick Falcone	66.6%	1. Carol Flynn Phyllis Sibilis	66.7%	1. Ann & Nick Falcone	67.9%
2. Sally Dunmire Loretta Sfridis	65.4%	2. Sally Dunmire Loretta Sfridis	57.1%	2. Barry Mussatto Dick Kessler	61.9%
3. Debbie Benson Sue Behn	61.9%	2. Gerri & Steve Strong	57.1%	3. Kay Campbell Ann Sterling	58.3%
4. Carol Flynn Helena Spano	58.3%	4. Debbie Benson Sue Behn	52.4%	4. John Smundin Phyllis Sibilis	56.0%



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Please Call, Text, or Email so we can help with all of your Real Estate needs

Continuing to serve the Retreat, Lost Lake and Seabbranch Communities with tremendous integrity for over 20 years. If you are looking to Sell your Home, and if you want to Reduce the Stress, allow us to help you in this Exciting Sellers Market. We do have Buyers contacting us looking to Purchase.

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Real Estate Consultant
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Ron Balsamo
Real Estate Consultant
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Business Owners: The Retreat Newsletter is a great place for you to reach local customers. Ads are business card size in black and white. The ads appear in color on our web site: www.retreatatseabbranch.com. Cost for each ad is \$200 for the year. Double ads are \$400 for the year. A yearly contract is requested. Please contact Coni McGuinn at 772.545.3465 or conimcguinn@aol.com. The revenue from the ads is used to defray our newsletter printing expenses.

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WILLIAM RAVEIS

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