



The Retreat Newsletter

Jan/Feb 2023

Volume 20 Issue 1



Meet Your Neighbor!

In May, I crashed my bicycle on SE Hawks Nest Ct. A fellow bike rider, Abel Soares, noticed I was down, all scraped up, checked to make sure that I was OK, and walked me home. He even called the next day to check up on me. I want you to meet this great neighbor!

We started out talking about the World Cup. Abel told me that his mother was Irish, and his father was Portuguese (West Africa), so of course he played soccer (the real football) in high school in Springfield, MA. In fact, he went to school with Nick Buoniconti (NFL Hall of Fame). Nick was the captain of the football team and Abel was captain of the soccer team. Nick drew larger crowds, much larger.

Abel and his wife Karen, who he lost four years ago after 51 years of marriage, were runners in their 30s, later graduating to the bicycle. He ran one 10K averaging 7 minute miles! Turns out we both ran one of the races in Westfield, MA sponsored by Oleksak Lumber, a local lumber company. We both remembered a huge hill called Hungry Hill. Small world!

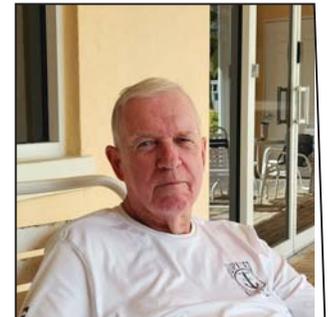
After high school, Abel studied at Holyoke Community College while working, after which he enlisted in the US Army in 1961, training in Army Intelligence (an oxymoron - old joke). After training he was assigned to Okinawa. He took a train across country, boarded a troop ship and headed for Okinawa after a one-day stop in Pearl Harbor. Abel remembers visiting the USS Arizona Memorial. Next stop was Guam, then on to Okinawa via Yokohama. After his military service, Abel taught school for a while, returned to finish his undergraduate degree on the GI Bill at American International College in Springfield, MA. Abel worked for McGraw Hill Publishing for 36 years, selling textbooks. He and his wife raised two daughters and a son, and Abel also has five grandchildren; no great grandchildren (yet).

The Soares family moved to the Retreat 20 years ago. They bought their house on Retreat Drive a year before it was built. He watched the houses go up, five a day! They paid \$190,000, including the wall unit and extended lanai.

Abel spoke proudly and lovingly about his brother John, who was three years younger than Abel. John trained as an Army helicopter pilot. He served in Vietnam during the Tet offensive, was shot down six times but was never injured. John was an American hero, highly decorated for his skill and bravery in service to his country. The only two medals he did not earn were the Purple Heart and the Congressional Medal of Honor. John developed Parkinson's disease from his exposure to the defoliant Agent Orange and died nearly four years ago.

Abel's favorite restaurant is Ke'e Grill in Juno Beach. He cooks more than eating out. He likes everything about living in the Retreat, especially the people. He loves tennis, walking the neighborhood and riding his bike. He wears a distinctive red helmet. He's a big fan of the Portuguese soccer team. He grew up a Yankees fan, but ended up cheering for the Red Sox. So sad. It was a pleasure speaking with Abel, and I thank him for spending some time with me.

—Jack



Abel Soares

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

by Mona Wiley



Beautiful presents waiting the Yankee Swap



Sue Arnold, Cindy Sibilia, Meg and Marlene admiring the lovely tree



Former president, Joanne Estes, Deb Benson, Audrey DeLoffi, Priscilla Kessler, and Nancy Kisslinger (standing).

The Women's Club Elves and many helpers did a fantastic job, yet again, to make the Retreat a festive place to be in December. Joan Sofia led the charge to hang lights at the Clubhouse and in the traffic circle. And look what fun everyone is having after decorating the tree in the Clubhouse. A Yankee Swap took place, along with a pizza lunch, but the most fun was picking a gift and then seeing how far the swap went before it finally settled on a happy winner's lap!

Happy New Year! 2023 will bring a lot of opportunities for us to gather, have lunch together and go on excursions. Hope you'll put every 3rd Monday on your calendar and plan to join us in the Clubhouse for our meetings. In January, Mike Riebling from Habitat for Humanity will be our guest speaker. He'll be sharing the extent of Habitat's involvement in our community as well as all over the U.S.

The charity we voted for is Helping People Succeed, so our speaker in February will be Glenna Parris, gifts director. She is going to tell us all about this organization that provides services for not only mental health needs in Martin County, but also the organization's mission to transform lives by realizing the potential of adults, children and adolescents and by creating hope and building futures through education, counseling, training and employment. This organization accepts Medicare. People needing help sometimes find paying for mental health a hardship. Contributions help to defray those costs for those needing help, but unable to afford a private source.

There will be a lunch outing January 11th and February 8th. Watch the bulletin board for further information and location, and sign up in the mailroom. Looking forward to good times in 2023! —Mona Wiley



Of course you want that lovely Santa pitcher, Cindy!!

Editor and Publisher

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



The gathering enjoying pizza lunch

HOW TO DISPLAY

THE AMERICAN FLAG



DISPLAYING THE AMERICAN FLAG

1 When displayed with another flag cross-staff, place above the other on the flag's own right (the viewer's left).

2 When displayed on an angled staff from a window or the front of a building, the union should be placed at the peak of the staff.

3 When hung horizontally or vertically against a wall or in a window, the flag must be flat and the union should be uppermost and to the flag's own right (the viewer's left).

4 No state or city flag may be placed above or to the right (the viewer's left) of the United States flag. Flags of other nations are to be flown from separate staffs of the same height.

5 If displayed after dark, the flag must be lit.

6 On vehicles, the flag should be fixed to the front, right fender.

Etiquette: The customary code of polite behavior in society or among members of a particular group.

Flag etiquette, then, is the way polite society treats the American flag; Old Glory; The Stars and Stripes; The Red, White and Blue.

Did Betsy Ross sew the first flag? History suggests that Francis Hopkinson of New Jersey, a naval flag designer and a signer of the Declaration of Independence, may have been first, in 1777. Descendants of Betsy Ross tell an apocryphal story that credits Betsy Ross with sewing one of the first flags from a pencil sketch handed to her by George Washington. History does not support this claim, but it's a great story!

It looks like the American flag design developed over time. Researchers now accept that the United States flag evolved — it did not have one design or designer. Marla Miller, a historian of early American women and work, writes: "The flag, like the Revolution it represents, was the work of many hands."

—The Internet

AMERICAN FLAG DON'TS

Don't use the flag as clothing or drapery.

Don't place any mark, letter, number or drawing on the flag.

Don't let the flag touch the ground.

Don't display a faded, torn, or tattered flag. Synthetic flags can be washed in cold water with mild detergent, while older flags can be hand-washed with Woolite. Flags damaged beyond repair should be disposed of in a dignified manner, such as burning.

Don't put your flag away unfolded.

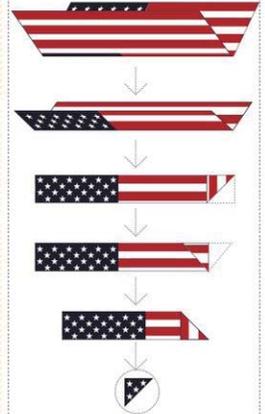
HOW TO HOIST THE FLAG

Raise the flag briskly, but lower it slowly and ceremoniously.

On Memorial Day, fly the flag at half-staff until noon, then raise it.

When flying at half-staff, hoist the flag to the peak for an instant then lower it to a position halfway between the top and bottom.

HOW TO FOLD A FLAG



CountryLiving

I want to thank the readers who contributed to this issue with stories of their military service. For next issue, please share your work experience, whether you're actively working or happily retired. Please share a paragraph or two about your working life and, as always, a picture or two would be great!

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

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

The Retreat at Seabranh for Pickleball

The Retreat Sizzlers opens another great year for the books, here at The Retreat, as the Florida pickleball season starts to unfold. We have always looked forward to our team of great competitors and their enthusiasm on the courts each year. And, the group is growing!

Let us congratulate Retreat resident and our pickleball friend, Leslie McGuirk, for having won the Bronze in her group at The World Pickleball Open right here in West Palm Beach, FL. She is truly one of our great competitors.



Leslie McGuirk, second from right. Photo courtesy of the USA Pickleball Association



Wintertime group photo on Retreat courts. Photo courtesy of Sharon Julius-Doucette

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



Satie and Me

I first heard Eric Satie's *Trois Gymnopédies* on the second Blood, Sweat & Tears album, and I was mesmerized. It was unlike anything I'd heard before. Little did I know that I was hearing very early ambient, even minimalist, music. Then I looked for this music in the original piano arrangement, which was even more sparse than the jazz/rock brass arrangement in BST. It was quiet, haunting, without traditional musical structure. Later, I discovered the setting by the jazz pianist Jacques Loussier, who arranged Satie's music for jazz piano trio. These musical connections are what make music so enjoyable to me. —Jack



Satie in 1920 by Henri Manuel

Eric Alfred Leslie Satie (17 May 1866 – 1 July 1925) signed his name Erik Satie after 1884. He was a French composer and pianist. He composed his *Trois Gymnopédies* (a nude dance, accompanied by song, which youthful Spartan maidens danced on specific occasions) for piano in 1888.

At the time of its composition, *Gymnopédie No. 1* broke just about every single musical rule there was. There is no specific harmonic structure; there is no story in the music. The simple melody does not really develop. Instead, Satie created a new, reflective world in *Gymnopédie No. 1* – one that today might be called ambient. He used what he knew; long and sustained rhythms with a slowly rocking theme, to invite the listener to get lost in the music.



Released 12/11/1968

Blood, Sweat & Tears The first and second *Gymnopédies* were arranged by Dick Halligan for the group Blood, Sweat & Tears under the title “Variations on a Theme by Erik Satie” on the group’s eponymous album, released in 1968. The recording received a Grammy Award the following year for Best Contemporary Instrumental Performance.



Loussier in 2008

Jacques Loussier (26 October 1934 – 5 March 2019) was a French pianist and composer. He arranged jazz interpretations of many of the works of Johann Sebastian Bach (such as the *Goldberg Variations*), Eric Satie's *Gymnopédies*, Mozart, Handel, Scarlatti, Vivaldi, Beethoven, Chopin, Debussy, Ravel, and Schumann.

The Jacques Loussier Trio, founded in 1959, played more than 3,000 concerts and sold more than seven million recordings—mostly in the Bach series. Loussier composed film scores and a number of classical pieces, including a Mass, a ballet, and violin concertos. His style is described as third stream, a synthesis of jazz and classical music, with an emphasis on improvisation. —Wikipedia

The Adventures of Mr. Carson up in Michigan

Wally and Lill Malinowski spend their summers in Michigan. Their home is near a beautiful arboretum, across a busy highway, where they like to hike the trails and let Mr. Carson run off-leash, smelling and exploring. He will run ahead, then come back to join Wally and Lill.

One day, Mr. Carson didn't return. Wally and Lill went to the spot where he was last seen, but there was no sign of Mr. Carson. They called and called his name, but there was no response.

Finally, they headed for home, worried about Mr. Carson, hoping he wasn't hurt or lost. With heavy hearts they got home to find Mr. Carson, wagging his tail, waiting for them to come home. He had found his way back, safely crossed the busy road, and Wally and Lill could not have been more relieved!



Mr. Carson is a mellow fellow

—Wally & Lill

Happy Valentine's Day to all our readers. May your lives be full of love!

Did You Know?



Mom and dad teaching their colts how to search for food

Our much-loved Florida Sandhill Cranes are non-migratory. There are only 4– 5,000 Florida Sandhill Cranes left, so they are endangered and protected. Migratory cranes, in contrast, are plentiful (25,000+), and many states allow hunting cranes with a special permit. The breast is edible, and cranes are referred to as the “Rib Eye of the Sky.” I can't imagine!

Cranes stand three to four feet high, weigh from six to 12 pounds, have a wing span of six to seven feet, and have an expected lifespan of 20 to 40 years. Sandhill cranes mate for life. The colts leave the nest at about ten months old. Widowed cranes are often



Cincinnati Zoo and Botanical Gardens

adopted by a mating pair. What a sweet idea.

Young cranes are called colts. A group of cranes is called a sedge. Both adult males and females have a featherless red cap; the female cap has the shape of a heart.

Their chattering, clattering prehistoric call (also called trumpeting or bugling) can be heard for miles. The male call consists of one note, and the female call has two notes, just like with people!

Sandhill cranes are omnivorous; they eat a variety of plant and animal matter. Some of their favorite meals include seeds, plant tubers, grains, berries, insects, earthworms, mice, snakes, lizards, frogs and crayfish. Unlike other wading birds, sandhill cranes do not “fish.”

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

Results of Fall Bocce League

The Fall Bocce League came to a close with a party at Duffy's. The Fall Classic had an exciting finish with three teams tied for first place. Those teams had a one game-roll off to determine placement for the playoffs. When all the dust settled, Team Four won 1st place. Team members were Phil Siemens, Janet Ross, Nick & Anne Falcone. Second place finish was Team Seven with members Joe & Sherry Perry, Norm & Lily Wall. Third place finish was Team Three with members Louie Andrade, Ed Majewski, Janet Richmond & Bruce Balenseffer. Fourth Place finish was Team Eight with its members Chickie Woolfenden, Sandy Morrow, Lee Ferreri & Phil Staglino.

This Fall Classic was a warm-up for the Winter League which will begin January 9th and end on April 5th. We presently have 17 teams consisting of 68 players, all competing for the bragging rights of being Number One in 2023.

I want to thank all the players who competed this past fall, and we'll be looking forward to the Winter League with 11 new players.

—Nick Lombardi
Tom Hartnett



Pouring a victory drink



Two teams ready for the playoffs



Bocce playoffs



Fall bocce winners Nick and Ann, Janet and Phil

BUNNIES AND ELEPHANTS AND BEARS —OH MY!

A year ago, December 2021, the knitters in the Knot Just Knitting group at the Retreat at Seabranh began a charitable endeavor. They started knitting bunnies for the children at SafeSpace Florida in Stuart. SafeSpace provides assistance and temporary shelter for victims of domestic violence.

In the past year the knitters have delivered 195 knit bunnies, baby bunnies, elephants and bears to SafeSpace. The recent December delivery consisted of 40 animals. The knitters hope that children who often arrive in the middle of the night will be comforted with a new handmade snuggly.

This year a few women will continue to knit for SafeSpace. Others plan to knit lap robes or prayer shawls to be donated. The Knot Just Knitting knitters continue to use their needles to stitch items to help others.



The knit critters shown were made by many

knitters. It was a collaborative effort, sometimes like piecework as there were several women who sewed pieces together, stuffed the animal and /or embroidered the faces. Some knitters loved making the baby bunnies once we discovered that pattern. Dottie Schaefer and I made the bears and I knit the elephants.

—Joanne Kelcourse



Got a question?

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www.retreatatseabranh.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)



Latest delivery of 40 knit animals to SafeSpace

Retreat Resident Participates in War Veterans Honor Flight

Gary Goldfarb, long-time resident of The Retreat, was honored to participate on the November 5th, 2022 *Honor Flight* to Washington, DC. The Stars and Stripes Honor Flight honors veterans with a life-changing trip to Washington, DC to visit the memorials and experience a full day of honor and thanks. Gary said it was the best day of his life!

The Honor Flight Network was formed in 2005 by Jeff Miller and Earl Morse with a mission of honoring our nation's veterans by bringing them to Washington, DC to visit the memorials and monuments dedicated to their service and sacrifice. While originally focused on honoring our nation's World War II veterans, the Honor Flight Network now also honors those who served in the Korean War, Vietnam War, intermediary operations, and in special cases of terminal illness or injury, veterans from more recent service eras.

Since its formation in 2005, the Honor Flight Network has taken more than 245,000 veterans to Washington, DC. Today, the Honor Flight Network is comprised of over 128 hubs throughout the country dedicated to carrying out the Honor Flight mission, and the Network, as a whole, serves over 22,000 veterans each year.

Who is eligible to apply for an Honor Flight? Veterans who have served during wartime are eligible to apply with HFDFW. To be considered by the VA to have served during wartime, a veteran need not have served in a combat zone, but simply during one of these designated periods. We highly recommend any resident who qualifies to apply for this wonderful experience.

They also are in need of contributions and volunteers to accompany the veterans. Information can be found online at <http://honorflightsofthefl.org>



Honor Flight Group Photo



Dr. Raja Talati (L), Honor Flight Guardian, with Gary Goldfarb (R)

Service Record - August 1966-1970
 Rank: Sergeant USAF
 Worked in Material Control and as B52 Crew Chief
 Stationed:

- Westover AFB Chicopee, MA
- Anderson AFB, Guam
- Thailand U-Tapao AFB, Thailand
- Pleiku AFB, Vietnam



Gary Goldfarb (L), with Dr. Raja Talati (R), Honor Flight Guardian



Honor Flight members at Arlington National Cemetery

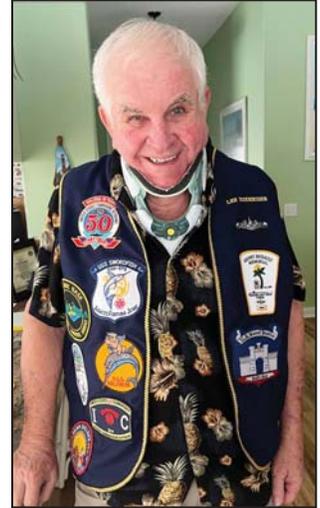
Cold War Submariner



Lee as a young sailor

Lee Huenniger served on the USS Swordfish (SSN-579), a nuclear-powered submarine, from 1956 to 1961. During this time he spent many days submerged, collecting intelligence on our adversaries.

One of the most memorable events from the military days is when the Swordfish was instrumental in furthering relationships between our country, the Republic of China and the Republic of the Philippines. The Swordfish and her crew made extremely favorable Impressions on General Chiang Kai-shek and President Garcia during their introduction to nuclear submarines. They cruised on board the Swordfish in 1960.



Lee today, proud member of Treasure Coast Base, U.S. Submarine Veterans

Two Sub Sailors in the Retreat? Who Knew!!



A proud day; qualified to wear the dolphins

Jack Spyker served in the US Navy from 1962 to 1966 on board the two boats on the right. The Raton was a WWII diesel boat, and the Sargo was a nuclear fast attack.

After a year of training, I spent another year “learning the ropes” on the Raton, traveling Western Pacific ports in The Philippines, Hawaii, Japan, Taiwan, Thailand and South Korea.

The real work began when I reported for duty on the Sargo, where we were submerged for two months at a time, performing operations in the Sea of Japan. I was an electronics technician trained in cryptography, so I learned more about these operations than the average sailor. These operations were in support of both the Cold War and the Vietnam War.

My time in the Silent Service was exciting, challenging and sometimes frightening, and I’m forever proud to be a member of a very small, exclusive club of submarine sailors.



The USS Raton (AGSS-270) underway



The USS Sargo (SSN-583) off Pearl Harbor



The monthly birthday club

What's in a Word?

I've been going to Google search a lot lately, looking up words that seem familiar, but I'm not sure what they mean. Can you match these words with their definitions? Good luck! The answers are on page 14.

- | | | |
|---------------|----|---|
| Littoral | 1 | Overwhelmed with wonder, surprise, or shock: astounded. |
| Bespoke | 2 | Clear and obvious, easy to see or understand. |
| Consort | 3 | A member of the clergy engaged as assistant to a vicar, rector, or parish priest. |
| Busker | 4 | Covered with coarse, stiff hairs. |
| Writ large | 5 | Made or fitted to the needs or preferences of a specific customer. |
| Lie in state | 6 | The tradition in which the body of a deceased person, often of high social stature, is made available for public viewing. |
| Antiquated | 7 | Old-fashioned or outdated. |
| Lie in repose | 8 | The period between a person's death and being buried. |
| Lie in rest | 9 | The tradition in which the body of a deceased official is placed in a state building, either outside or inside a coffin, to allow the public to pay their respects. |
| Curate | 10 | A husband or wife; spouse, especially of a reigning monarch. |
| Gob-smacked | 11 | The part of a sea, lake, or river that is close to the shore. |
| Hirsute | 12 | A person who entertains in a public place for donations. |



Mystery of the Seabran



Cruising for **MURDER**



*Let's Retreat to the
"Mystery of the Seabran" for an evening of
Fun, Intrigue & Murder!*

*Please Join us for the
Captain's Cocktail Reception
Saturday, February 11
at 6:00 p.m.*



*Tickets \$10.00 ea person
on sale at Clubhouse*

Tue 1/10 - 10:00-12:00 or Sat. 1/14 - 1:00-3:00

*Reception to be held in the
Mystery of the Seabran clubhouse*

*Bring your own drinks, mixers will be provided
Attire is cruise wear casual*



Brought to you by the Retreat Social Committee

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| | 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 | |

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| | 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 |

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| 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 |

Answers for **What's in a Word?** from page 11.

- Littoral **11** **1** Overwhelmed with wonder, surprise, or shock: astounded.
- Bespoke **5** **2** Clear and obvious, easy to see or understand.
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- Hirsute **4** **12** A person who entertains in a public place for donations.



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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 Seabran 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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Thank you Retreat Residents for your continued support!



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