

# The Retreat Newsletter

January/February 2022

Volume 19 Issue 1



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

by Mona Wiley

**Happy New Year!** Hope you had a refreshing season and you're now ready to roll into 2022 with renewed vigor.

In addition to the Women's Club's long tradition of decorating the clubhouse for the holidays we held a *donation in a jar* Yankee Give to benefit the **Treasure Coast Hospice Foundation's Camp Good Grief and Treasured Pets** programs. On December 9<sup>th</sup>, WC President, Sue Arnold, VP Meg Ochotorena, along with Pam Levy, chair and Mary D'Avanzo of Outreach/Charity met with TCHF's Craig Perry, Community Outreach, Christine Birkett, Dir. of Development, and Ashley Haughton, CFRE, their Annual Giving Officer at their Indian Street location to deliver our wonderful donation of **\$850.00**. Treasure Coast Hospice was decorated for



the children's holiday party scheduled for that evening. (Santa was scheduled for a special visit!) During our visit, we were treated to a demo of their latest therapy, Virtual Reality...imagine immersion in an adventure you've never experienced, a memory you'd like to relive, a place you always wanted to tour. Incredible!

**TCHF and your Retreat Women's Club would like to extend a heartfelt thanks for all participants involved in the success of this small, poignant fundraiser. Thank you!**

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The House of Hope *mini* fundraiser in November was phenomenal!! You ladies brought in food and grocery items totaling about 258 lbs., **including 12 turkeys!!** **Thank you, Heidi Curran**, for this fabulous donation! In addition, donations of money totaling \$185.00 was collected. You ladies are so generous and never cease to amaze the directors at HOH with your generosity. Thank you!

**An event for January includes an outing to the Indian River Lagoon and Swampland Boat Tour** in Fort Pierce. It will be a guided educational and entertaining scenic eco boat tour (about 1.5 hours) on the Indian River Lagoon and Estuary. Our boat will depart on **Thurs., Jan. 27<sup>th</sup> at 10:30 a.m.** so plan on being there by 10:00 a.m. (Rain date is Friday, January 28<sup>th</sup>.) We have reserved 20 seats at a cost of \$20 per person.

Lunch is on your own. There are many good restaurants in the area. Also, please plan on carpooling. Those needing a ride should contact event coordinator Joanne Kaufman at (617) 285-5313. Payment must be made by January 15th to Joanne Kaufman at 8296 SE Angelina Ct.

**February** will take us to Busch Wildlife Sanctuary in Jupiter. This will be on **Feb. 25<sup>th</sup>** from 10:30 a.m. to 12 noon. The cost is \$6.00 per person to be paid upon entry. Please plan to be there by 10:20 a.m. because this is a guided tour, and everyone needs to be present. If you need a ride, please call a friend or JoeAnn Demore or MaryJean Redican to arrange a ride. We will not meet at the clubhouse first. When you get to the Sanctuary, check in at the Welcome Center. There will be a notice posted in the mailroom, so sign up. We have made reservations for 15-20 people. Directions to the Sanctuary will be on the email blast.

Our regularly scheduled meetings are the 3<sup>rd</sup> Monday of every month. Newcomers are welcome somewhere between 6:00 and 6:30 p.m. Refreshments and chit chat are abundantly available. Then on **Jan. 17<sup>th</sup>** will be our own local resident, Ken Dara. He's done some amazing painting with fish! No, he doesn't paint *with* fish – he paints fish!! He's going to instruct us on the art of fish painting.

Editor and Publisher

**Jack Spyker-Oles**

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Then on Feb. 21<sup>st</sup> will also be our own resident, Kristen Kroen, from Decorative Interiors. She's going to enlighten us on trending décor for our homes. Who wouldn't want to spruce up their living space from time to time?

Look on the bulletin board in the mailroom for lunch outings. As always, sign up if you want to have lunch with some of the most delightful ladies around!

## A Tribute to Lill Malinowski

Lill Malinowski has had a huge part in unifying this community over the years as editor of the Retreat Newsletter! Lill is retiring. This is a tribute to her and Wally, but mostly to Lill!

They are well known in this community and have offered many hours of their time working on the newsletter, promoting Relay For Life, decorating the inside and outside common spaces at Christmas and participating in social events and caring for others. Congratulations, Lill, on your retirement!

Lill and Wally lived in the same neighborhood in Michigan. Wally drove by her house daily on his way to school. You'll have to read how they finally got together. You'll also have to read what happened to her diamond. They worked for competing auto companies in Detroit, and somehow they managed to put their discussions aside when it came to buying a new Ford – OR – a new Chevy! In the end, they bought something with wheels. God blessed them with twin girls, Jennifer and Jody. Jody and Dave live near Pt. Huron, MI and Jennifer and Tom live in CA with their 2 children, Landon and Avery.

As the writer for the Women's Club, I, along with all our members, congratulate and thank Lill for all she has done to bring our community together. From the beginning, the newsletter has served as an instrument to announce events, feature people and their interests, call attention to the wildlife in our area, and promote activities like bridge, tennis, pickleball and now bocce ball. There has always been a section dedicated to the many activities of the Women's Club. Lill has led the Relay For Life Team and spent many hours and nights sleeping and walking on high school track fields in support of the American Cancer Society. The newcomers to the Retreat will only hear about the *Tour of Homes* held before Christmas. Lill put this together annually, and it was always amazing to see how our cookie cutter homes were decorated so differently. This was just one of the many fundraisers she put together for Relay For Life. A whopping \$121,000.00+ has been raised from this team alone.

Lill, in reading the past newsletters, I note that you have been the Retreat Historian, documenting when the Clubhouse was built, when Phase II and III were in the build process, when the tennis courts were added, as well as many other Retreat additions and changes. Every new slate of board members brought another picture and list of names. The history and names of Women's Club officers is chronicled. All the articles comprised a very professional, well laid out newsletter.

Your dedication to individuals in helping them achieve their goals has not gone unnoticed. When your neighbor, Molly, immigrated here from China, you and Wally spent many, many hours researching, and driving her to Miami to help her get her papers together so that she could set up her own business as a massage therapist. She is successful today just down the street as *Molly's Massage Therapy*.

You and Wally have kept busy over the years. Aren't you glad Wally spotted that cute little girl at the end of your street? You have stayed dedicated to each other and have been an example to many. It takes a lot of love and patience to balance what you love to get involved in and still take time for each other – even if it is eating dinner at Duffy's every Tuesday night in March to support ACS!

For all you have done, given us and taught us, the Women's Club thanks you. We have missed you because you've been so busy with other projects. We hope to see you at our luncheons and gatherings in the New Year.

—With love and best wishes, Mona Wiley for the Women's Club

One month before my sixth birthday, my parents, two brothers, one sister and I landed in New York aboard the Queen Elizabeth. We emigrated from Bavaria, Germany and made America our home.

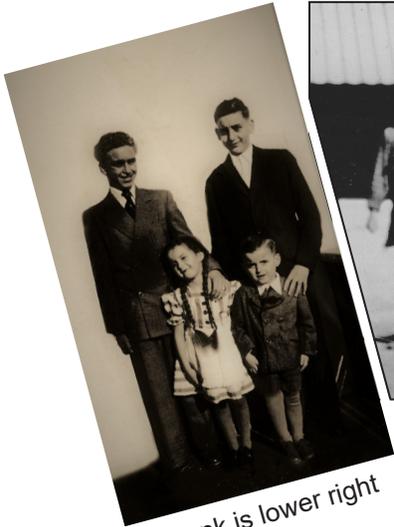


The School Sisters of Notre Dame and neighborhood friends taught me English. I soon became a diehard Yankees fan and a true New Yawker. By age seven I was fluent in English and lost my German accent.

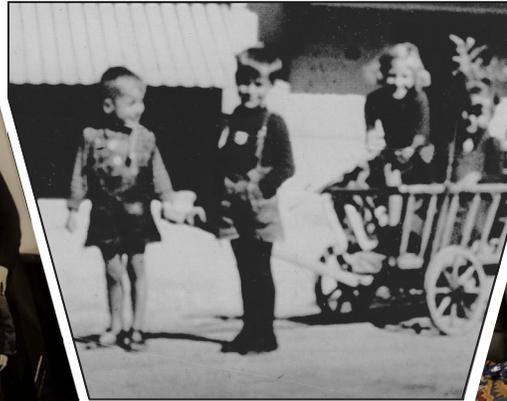
Today I enjoy pickleball, riding my bike and cruising with my Canadian born wife. Most of all, I love playing with my two grandkids, Justin and Kaitlyn, who live in Jupiter.

I am a lucky man.

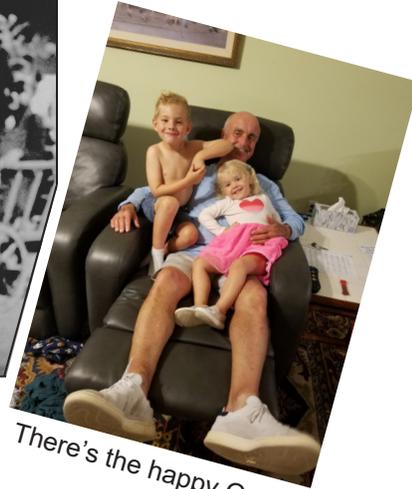
—Frank (Franz) X. Ziegler



Frank is lower right



Frank leads the parade



There's the happy Opa



Sophie Robinson, my maternal grandmother, was born in 1900, in Lurgan, County Armagh, Ireland. This was a time of considerable conflict in Ireland between Home Rule supporters and the Unionists. Which side of the conflict my great grandparents embraced is unknown to me, but my grandmother got caught in the crossfire, literally.

The summer of 1900, while being held by her mother, she was struck in the back by a 22 caliber bullet. Though she was not seriously injured, her parents immediately decided to leave Ireland and emigrate to the United States. They settled in Manchester, Connecticut, where she grew to adulthood, married, and gave birth to my mother. Sophie died in 1973 with that 22 caliber slug still embedded in her lower back.

—Jim McAdams





Mein naam is Geert Isaïc Spijker. I was born in The Hague, Netherlands in 1944, and in November of 1953, my family immigrated to the US, settling in Rochester, NY. I have two sisters and one brother, all younger than I. None of us spoke English.

The trip across the North Atlantic in November was rough, and the rest of my family was seasick. Not me. I loved the ocean, the ship and the fancy dining room. I remember the steward sprinkling water on the linen tablecloth so the plates wouldn't slide all over the long table.

When the ship entered New York harbor, my mother sent me topside wearing my much-hated cap with ear flaps and ribbons to tie the hat to my head. When I saw the Statue of Liberty, I took off the hat and flung it into the harbor. That was my personal Declaration of Independence.

My siblings and I were placed in first grade, and as we made progress, we advanced to our normal grade. There was no English as a Second Language, no special language classes, but we did have cops and robbers, tag, and neighborhood kids to play with. Within a year I was quite proficient in English, and my Dutch language became less and less important, even though my parents usually spoke Dutch at home. My father told me later in his life that he still dreamed in Dutch.

Several years ago my wife Linda and I returned to the Netherlands as tourists. We boarded a small river cruiser, and we toured the rivers, lakes and canals of this beautiful country. The biggest thrill was to visit my father's birthplace, Kampen, a beautiful medieval city on the IJssel River. We found the house where he was born and lived, and also visited the great church where my father played the organ. These are memories to last a lifetime.

Today I'm a proud Dutchman by birth, but I'm also a proud US citizen and a US Navy veteran.

—Jack Spyker-Oles



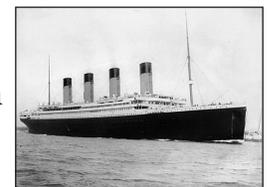
S.S. Maasdam IV



My Mom's Mother came to the United States from Germany in 1912 when she was 12 years old. When they got to the seaport to leave on their new adventure, they had to board an old ship because that's all they could afford. Close by their

ship was the Titanic. It was such a big, new, shiny ship and my Grandmother cried and cried, and begged her parents to take that ship instead. She watched enviously as so many wealthy people boarded the Titanic for its maiden voyage.

Later during their transatlantic crossing they heard the news that the Titanic had sunk. My Grandmother and her whole family were so thankful they weren't on it, but felt an enormous sadness for all those lives lost.



RMS Titanic 1912

Submitted by Marilyn Patterson

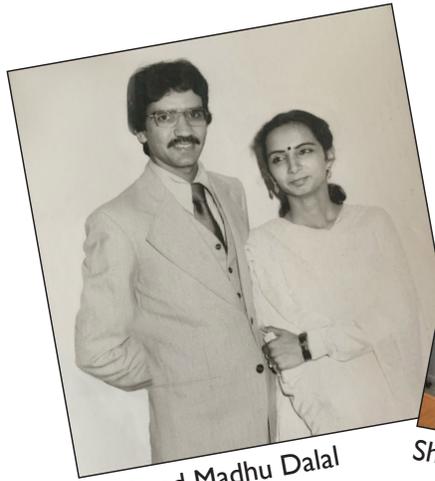


I came to the USA from India in 1972 as a student. It was exciting to be on a plane for the first time. My sister lived in Brooklyn, so I had a home to come to. I was enthralled with everything around me, the sights and sounds and riding the subway for the first time. And then I saw “The Godfather” and boy did that scare me. I think back and chuckle at that to this day.

I soon enrolled in college and worked to support myself and joined other New Yorkers in becoming a Knicks fan. They were the best! After working for a few years as an electrical engineer, I had the opportunity to start my own business. America truly was “the land of opportunity” for me.

Now I enjoy living in The Retreat surrounded by good friends and neighbors, biking and playing pickleball, and most of all, spending time with the grandkids.

— Shri and Madhu Dalal



Shri and Madhu Dalal



Shri with the grandkids

History really does have a way of repeating itself.

One evening in 1945, immediately after the end of WWII in Europe, a young woman in Amsterdam reluctantly agreed to accompany a girlfriend to a party in a local cafe where, after six years of occupation and deprivation, the Dutch were celebrating alongside their liberators, Canadians and British. One of those soldiers was destined to become my father. There was much singing and dancing but that was only the beginning of their love story. Neither could speak the other's language but love prevailed.

In the 1950s, I was one of only five kids in my primary school class with a foreign parent. Fast forward to June 1991. I was working in Norway and not at all keen to leave an evening reception hosted by Japanese shipowners. Reluctantly, I found my French colleague and dragged her off to keep our dinner appointment with a client who had invited his company's agents from various parts of the world, including three from New York. The outcome was similar but without the dancing. I met my



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wonderful husband, Tom, that evening in the revolving restaurant at the top of the SAS hotel in Oslo. By coincidence, the Americans hadn't wanted to attend the dinner either (because of jet lag) but it was meant to be.



July 3, 1992, I left my homeland - everybody and everything - and flew across the Atlantic Ocean. In 1946, my mother had crossed the North Sea, which in those days was just as big an adventure. We'd each gone reluctantly to the ultimate rendezvous and found love, which ultimately took us to a wonderful new country.

—Anita Calicchio



Got a question?

Looking for a form?

Not getting HOA email blasts?

[www.retreatatseabran.ch.com](http://www.retreatatseabran.ch.com)

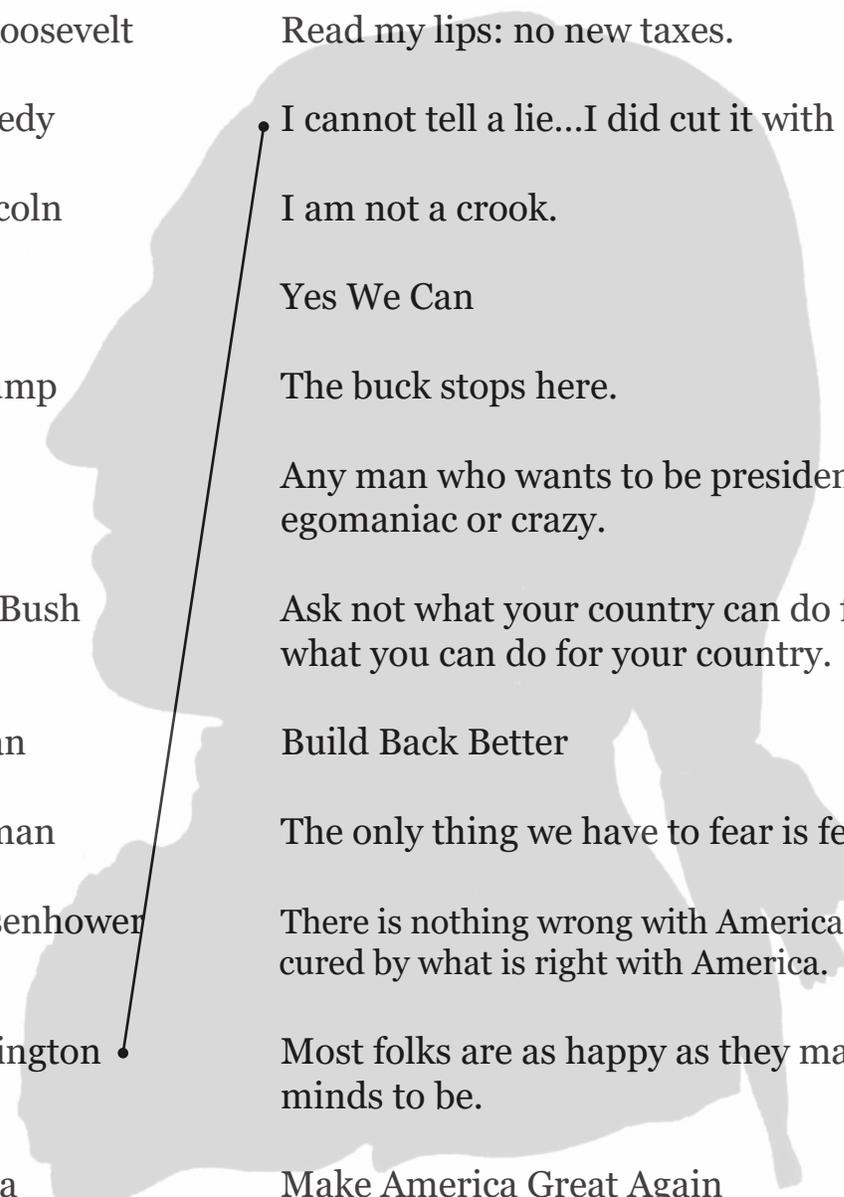
Check out FAQ on the Home Page tab

Check out Members Only and subscribe to HOA Email

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

## Presidential Quiz

February 21 is President's Day. How well do you know your US Presidents? Below are two lists; one has US Presidents' names, and the other has presidential quotes or slogans. Draw a line from each President's name to the slogan or quote associated with that name. For extra credit, place a number in each box that represents the order in which each served as President. See the example below to get you started. Good luck!



<input type="checkbox"/>	Richard Nixon	Mr. Gorbachev, tear down this wall!
<input type="checkbox"/>	Franklin D. Roosevelt	Read my lips: no new taxes.
<input type="checkbox"/>	John F. Kennedy	I cannot tell a lie...I did cut it with my hatchet.
<input type="checkbox"/>	Abraham Lincoln	I am not a crook.
<input type="checkbox"/>	13 Joe Biden	Yes We Can
<input type="checkbox"/>	Donald J. Trump	The buck stops here.
<input type="checkbox"/>	Bill Clinton	Any man who wants to be president is either an egomaniac or crazy.
<input type="checkbox"/>	George H.W. Bush	Ask not what your country can do for you – ask what you can do for your country.
<input type="checkbox"/>	Ronald Reagan	Build Back Better
<input type="checkbox"/>	Harry S. Truman	The only thing we have to fear is fear itself.
<input type="checkbox"/>	Dwight D. Eisenhower	There is nothing wrong with America that cannot be cured by what is right with America.
<input type="checkbox"/>	1 George Washington	Most folks are as happy as they make their minds to be.
<input type="checkbox"/>	Barack Obama	Make America Great Again

–The Internet

## The Retreat at Seabranh for Pickleball

As *The Retreat Sizzlers* prepare for the 2022 Season here in our community, let us give thanks for all who gather to make this sport and past-time a truly enjoyable part of living at **The Retreat**. We also commend the tasks of Signature Management that help keep our Pickleball court areas up to standard.

And, as our Winter residents begin to return, so do many of our players of this growing sport return. We should remind all residents that the amenity of Pickleball courts on our property enhances your values of real estate here. Folks want these benefits, and our community needs to support them, as others do elsewhere. Now, we prepare for our Player Awards Clubhouse Event and reflect on a great year of fun and festivities.

*The Retreat Sizzlers* welcome new resident players. We play as mixed doubles in our matches, with many players on our courts. The courts 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

I want to thank the readers who contributed to this issue. I know immigrating can be a sensitive subject for some. It's not always a happy memory.

Next issue, I'd like to learn about your collecting habits. It seems that many people collect objects, whether it's antiques, books, music, stamps, bullet casings, barbed wire or what have you. Taken to excess, you could be eligible for an episode of *American Hoarders*. Over the years, I've collected postage stamps, books, and I have a fine collection of books related to music. I've also collected cow creamers, but when we downsized as part of our move to Florida, we gave most of them away to friends.

Please send a paragraph or two about your collection(s), and of course a picture or two is always appreciated. Please email your contributions to:

**spyker.oles@gmail.com**

Keep in mind that the deadline for the next issue is February 15<sup>th</sup>, 2022. Thanks! —Jack



## Got Shade?

The new bocce courts now have shade canopies at each end. The canopies were paid for out of HOA funds. And the seven benches, paid for by resident donations, have handsome brass plaques showing the dedications or memorials.



Parts are all here

IN LOVING MEMORY OF  
GEORGE MEDEIROS

IN LOVING MEMORY OF  
LOIS VERNACCHIO

DONATED BY  
KEN & MARY CIANI  
ENJOY THE DAY



First frame is up

IN MEMORY OF  
TESSA, GIZMO & SPARTAN  
BELOVED MILAZZO PUPPIES



East end canvas is installed

IN MEMORY OF  
PETER & GUERINA PIGNATELLI  
AND JOE & LUCY HEFFERNAN

2020 - IN LOVING MEMORY OF  
DOLORES & NICK LOMBARDI  
AND VINCENT LAZZARO

IN MEMORY OF  
BOB BOOBAR  
THE TUESDAY MORNING  
BREAKFAST GANG



West end canvas is up



The Retreat is all dressed up for the holidays! Remember, the newsletter is always online in full color:

<https://retreatatseabranh.com/resources/newsletters>

## **BOCCE BALL RULES:**

**RULES To Play for Retreat:** Although there are many different rules governing the play of bocce, the following rules will be followed at the Retreat for continuity of team play.

- Each team will appoint a captain of the team.
- The 2 captains flip a coin to determine who goes first.
- The winning captain will roll the Pallino (small white ball) to just passed the half court line (mid-line). If ball fails to pass mid-line within 2 attempts, the opposing team throws the Pallino ball.
- The winning captain will then roll his first regular ball.
- The opposing captain (or a teammate) will then roll a ball attempting to get closer to the Pallino than the original captain's ball. If successful, the original captain (or a teammate) will attempt to get closest to the Pallino. A team continues to roll until it is closest or has used its 4 balls.
- Points are scored when each team has rolled their 4 balls. If a team has the closest ball to the Pallino, they score 1 point. If they have the 2 closest balls they score 2 points. If the 3 closest—they score 3 points and if the 4 closest, they score 4. If ball kisses pallino—team awarded 2 points.
- The team that scores the point starts the next frame of game.
- On a 2 person team, each player throws 2 balls from the end of the court. Player must stay behind the first white line while throwing.
- On a 3 person team, 1 player rolls 2 balls from the end of the court and the other 2 players roll 1 ball each from the end of the court.
- On 4 person teams each player can roll 1 ball from the end of the court OR 2 players roll 2 balls each from the end of the court; and the other 2 players on other team roll 2 balls each from the end of the court. Each team determines the order in which they roll.
- whole court is in play. If the Pallino leaves the court, it is replaced at its point of exit. A regular ball leaving the court is not replaced. If a regular ball hits the back wall (since the whole court is in play)—that ball is still in play.
- A game can be played to any predetermined number. Generally, a score of 10 or 12 is used. Unless agreed before a match, the winning team must win by 2 points.
- Alternates and any residents of Retreat can use the courts anytime there is no team play.
- Playoffs: Two highest teams in each division will playoff with teams ranked by highest number of points. The four teams will play in single elimination. Example: Team 1 & 4 vs. 2 & 3. Winners play for overall championship.

—Rules courtesy of Barry Mussatto

### **TO KEEP OUR BOCCE BALL COURTS IN GOOD CONDITION:**

Please do not walk on courts when switching from one side to the other. Walk on courts only when necessary. There is a walkway between the courts to be used when switching or going to the other side. Thanks for your cooperation.

## RETREAT BOCCE LEAGUE BYLAWS

- Each team will designate a captain, when the team meet for the first game.
- Each team will play one match weekly Monday through Friday. A schedule will be provided showing each team's dates and times of play. Rain outs will be rescheduled by agreement of the two teams.
- A match will consist of three games. Ten points is needed to win a game. However, the teams can agree to play 8 or 12 points. The game must be won by at least 2 points.
- Standings of teams will be determined by number of games won. The captain of each team will notify **Tom Hartnett** of the number of games won that day.
- If one or two players on a team do not show up, and no alternates are available, the team will play with no less than two players. If a team cannot field at least two players, it will forfeit the match. A team gaining a forfeit will be awarded 3 games won in the standings. The forfeiting team will receive 3 losses.
- Alternates are available to play for multiple teams as needed, and as notified by the captains. Alternates must notify captains twenty-four hours before a match if they are unavailable to play. Only team members can play in the playoffs. **NO ALTERNATES** are permitted in playoffs.
- At the end of the season, a playoff will be held between the first-place and second place teams in each division. These four teams will play in the playoffs. The team with the most points during the season will play the second-place team with the least amount of points. The other two teams will play each other. The winners of each game will then play in the bocce championship game. The winner will be crowned the title. Playoffs will take place in a single match elimination.



—Courtesy of Nick Lombardi, Mike Savino and Tom Hartnett

## News from the Social Committee

After the summertime surge in COVID-19, the residents of the Retreat and the Social Committee were all glad to get back to Socializing!

On November 5<sup>th</sup> we had our first First Friday. The food and the company were all terrific. It was great to see people again.

November 20<sup>th</sup> was our second annual Craft Fair. Despite the bad weather, the event was well attended with many new vendors. If you've never been, it's a great place to start your Holiday shopping.

In December we tried something new with *just desserts* for First Friday. The room was very festive and the Retreat residents didn't disappoint. There were delicious contributions by everyone. This time, we even remembered to take some pictures!

We are looking forward to seeing everyone again on January 7<sup>th</sup> for our first event of 2022.

—Submitted by Diane Meagher



## SOME FUN FACTS ABOUT PEANUTS

- Although they have nut in their name, peanuts are actually legumes. Like their relatives peas and beans, they are edible seeds enclosed in a pod.
- Boiled peanuts are considered a delicacy in the peanut-growing areas of the South.
- The average peanut farm is 200 acres.
- Two former US Presidents were peanut farmers: Jimmy Carter and Thomas Jefferson.
- Peanut butter was originally made for people with no teeth.
- Contrary to popular belief, George Washington Carver (1865? – 1943) did not invent peanut butter. He was one of the greatest inventors in American history, discovering over 300 hundred uses for peanuts including chili sauce, shampoo, shaving cream and glue.
- It takes about 540 peanuts to make a 12-ounce jar of peanut butter.
- Former President Bill Clinton says one of his favorite sandwiches is peanut butter and banana. It's also reported to have been a favorite of Elvis "The King" Presley.
- Astronaut Alan Shepard, commander of Apollo 14, brought a peanut with him to the moon in 1971. It was the first astro-nut.
- March is National Peanut Month.
- Peanuts are sometimes called ground nuts or ground peas because they grow under ground.
- What makes the best peanut butter and jelly sandwich? 56% say smooth peanut butter, 36% say strawberry jam and 31% say grape jam.

–The Internet

I received this contribution from Kathy Kelly, along with these pictures of some of our neighborhood deer:

"Last week I adopted the newest and probably youngest member of the Retreat! His name is Bleu Ashford Kelly. He is a Siamese Lynx Point kitten, approximately 8 months old.

Along with his adoption papers came some very interesting

information. The following document (pages 16 & 17) contains foods and beverages, household items, poisonous plants, trees and flowers that are dangerous to dogs and cats.

I was not aware of some of the items on these lists, so I thought it might be useful information to share in one of your upcoming newsletters. Hope it helps in keeping our animals safe & healthy!"



## Poisonous Foods and Beverages for Dogs and Cats

**Alcohol** - Extremely toxic, can cause vomiting and diarrhea, problems with coordination, central nervous system, difficulty breathing, tremors, coma and even death.

**Almonds** - Not easily digested by dogs. Can cause gastrointestinal irritation and distress.

**Avocado - Cocoa, chocolate, colas, stimulant drinks, cold medicines, painkillers.** Can cause weakness, vomiting and tremors, but fortunately are rarely fatal if eaten in small amounts.

**Caffeine Products** - in large enough quantities can be fatal for a cat.

**Candy, gum, toothpaste, baked goods, and some diet foods** - that are sweetened with xylitol.

**Chicken Bones** - Cooked bones pose a particular threat because the bone hardens, causing the bone to splinter or shatter easily. When a dog chews on a chicken bone, he may break or splinter the bone. These razor sharp bone pieces when ingested can puncture the insides.

**Chives** - Can cause gastrointestinal irritation.

**Chocolate** (cocoa) is dangerous for dogs because it contains high amounts of methylxanthines, specifically one called theobromine which is toxic to dogs.

**Coffee**- Like chocolate, coffee contains methylxanthines, which can cause vomiting and diarrhea, thirst, excessive urination, seizures and even death.

**Fat** - both cooked and uncooked, can cause intestinal upset, with vomiting and diarrhea

**Garlic, fresh** - Can cause gastrointestinal irritation.

**Liver** - Small amounts of liver are OK, but eating too much liver can cause vitamin A toxicity. This is a serious condition that can affect your cat's bones. Symptoms include deformed bones, bone growths on the elbows and spine, and osteoporosis. Vitamin A toxicity can also cause death.

**Macadamia nuts** - Can cause weakness, vomiting and tremors, but fortunately are rarely fatal if eaten in small amounts.

**Milk & Dairy Products** - Most cats are lactose-intolerant. Their digestive system cannot process dairy foods, and the result can be digestive upset with diarrhea.

**Onions** - Can cause gastrointestinal irritation.

**Raisins, grapes** - Can cause kidney failure in some dogs.

**Raw Eggs** - Potential for salmonella or E. coli and a protein in raw egg whites, called avidin, interferes with the absorption of the B vitamin biotin. This can cause skin problems as well as problems with your cat's coat.

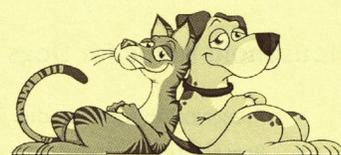
**Raw Meat and Fish** - can contain bacteria that cause food poisoning. In addition, an enzyme in raw fish destroys thiamine, which is an essential B vitamin for your cat. A lack of thiamine can cause serious neurological problems and lead to convulsions and coma.

**Tea** - Like chocolate and coffee, caffeinated tea contains methylxanthines, which can cause vomiting, diarrhea, thirst, excessive urination, seizures and even death.

**Tomato leaves, stems** - Surprisingly, the greenery of this common plant, not the tomato itself, contains solanine, a toxic ingredient that can prompt gastric upset, depression, weakness, and a decrease in heart rate.

**Tuna** - Some tuna now and then probably won't hurt. But a steady diet of tuna prepared for humans can lead to malnutrition because it won't have all the nutrients a cat needs. And, too much tuna can cause mercury poisoning.

**Xylitol** - This sweetener is found in many products, including sugar-free gum and candy. It causes a rapid drop in blood sugar, resulting in weakness and seizures. Liver failure also has been reported in some dogs.



**A SECOND CHANCE**  
PUPPIES AND KITTENS RESCUE, Inc.

## Household Items for Dogs and Cats



- Prescription medications for people
- Prescription anti-inflammatory and pain medications
- Blood pressure medications
- Bleach, cleaners, antifreeze, paint thinner, chemicals for pools
- Lawn and garden products, insecticides
- Over-the-counter medications including vitamins and herbal (iron, fluoride, human toothpaste)
- Plastic bags, cereal bags, plastic/solo cups can lead to suffocation if the animals head gets stuck
- Rubber bands, hair ties, string, tensile either wrapped on an animal or if ingested

## Poisonous Plants, Trees and Flowers for Dogs and Cats

Visit [ASPCA.org](http://ASPCA.org) for a full list. Items in **Bold** are the most toxic.

- American bittersweet roots, leaves, and berries
- Apple seeds, in large amounts
- Apricot seeds
- **Autumn Crocus** causes bloody diarrhea and vomiting
- Avocado leaves
- **Azalea** Bird of paradise fruit, seeds can harm cardiovascular and can trigger vomiting or gastrointestinal upset
- Black-eyed Susan
- Bleeding heart leaves and roots
- Boston ivy
- Buttercup
- Caladium
- Castor bean seeds and leaves
- *Chinaberry* berries, fruit and bark
- Christmas rose leaves, roots and sap
- **Daffodil** (*Narcissus*) causes convulsions, tremors, lethargy, weakness and upset stomach
- Diffenbachia
- English holly berries
- English ivy leaves, berries
- Foxglove seeds, flowers and leaves
- Glacier ivy leaves and berries
- Golden chain flowers, seeds and pods
- Hemlock seeds, stems and roots
- **Hyacinth** causes vomiting, bloody diarrhea, depression and tremors
- Hydrangea leaves and buds
- Iris roots
- Jack-in-the-pulpit
- Jerusalem cherry
- Jimson weed
- Jonquil
- Larkspur
- **Lily of the Valley** can cause heart failure, coordination problems and vomiting
- Mistletoe berries
- Morning glory seeds
- Mountain laurel
- Nephthytis
- Nightshade
- Oak acorns and foliage
- **Oleander** is extremely toxic, harms the heart, decreases body temperature, causes abnormal pulse rate and can cause death
- **Poinsettia** leaves and flowers
- Pothos
- Potato leaves and stems
- Privet berries and leaves
- Red sage green berries
- Rhododendron
- **Rhubarb** leaves may cause kidney damage
- Rosary pea pods
- Sago palms
- Sweet pea seeds and pods
- Tobacco leaves
- Tulip bulbs
- Wild black cherry leaves and seeds
- Wisteria seeds and pods
- Umbrella plant
- Yellow jasmine
- **Yew** may cause seizures or cardiac failure



## RETREAT ASSISTANCE NETWORK

For short-term needs:

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

Call: Audrey DeLoffi at (772) 245-8420 or Nancy Strona at (772) 545-3993. All RAN information is available online at [retreatatseabbranch.com](http://retreatatseabbranch.com)

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

### Ladies Bible Study in The Retreat Clubhouse

All Retreat Ladies and their guests are welcome. The study is led by resident Kate Stine and will be held weekly on Wednesdays from 10:00 – 11:30 a.m. The next study begins January 12, 2022 and is offered in a series of 8 sessions that will include a video presentation, discussion, prayer and fellowship.

We've already completed two wonderful studies. The first was called *Breath on a Page* and the second was an Advent series called *God Came Near..* The new study in January is called *Become a Transformed Woman* by Darlene Wilkinson. We will learn what the Bible has to say about how to be women who make an eternal difference in the lives and circumstances of those we touch on a daily basis.

Please join us! You may join us even if we are in the midst of a series, and you don't have to commit to each week.

Contact Kate Stine with any questions, and to sign up:  
561-762-6966 or [jupitrlady@aol.com](mailto:jupitrlady@aol.com)



Arlene & Tom Hartnett



Joanie Sofia



Each year Tom and Arlene Hartnett organize the setting up of the outside lights. Each section is carefully labeled and Tom makes sure the lights all work and Arlene directs the placement. They are truly the masterminds of this operation. Joanie Sofia, Laurel Strong and Marlene Boobar just follow directions. Kudos to all these elves for making our holiday bright!



Laurel Strong



Marlene Boobar  
Arlene Hartnett  
Tom Hartnett  
Joanie Sofia  
Laurel Strong

Marlene Boobar & Arlene Hartnett



Today's Date: \_\_\_\_\_

### ANNUAL RESIDENT DIRECTORY LISTING ONLY

If you are not currently listed in the Annual Resident Directory, and wish to be -

**Please complete & sign the form. Place in the Property Management Drop Box located in the Mail Room.**

List your information *exactly* as you want it printed in the Directory.

**PLEASE PRINT CLEARLY**

First Name(s): \_\_\_\_\_

Last Name(s): \_\_\_\_\_

Retreat Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email Address for Directory:  
\_\_\_\_\_

DISCLAIMER: Information contained in Directory is confidential and not for dissemination outside the Retreat community.

\_\_\_\_\_  
Signature(s) \*

\_\_\_\_\_  
Signature(s) \*

**\*Homeowner(s) Signature is required to have information published in the Directory.**

Today's Date: \_\_\_\_\_



### **NOT GETTING HOA EMAILS?**

If you are NOT currently receiving HOA Email Blasts, and wish to:

**Complete below and place in the Property Management Drop Box located in the Mail Room.**

Email for HOA Blasts: \_\_\_\_\_

Name(s): \_\_\_\_\_

Retreat Address: \_\_\_\_\_

<b>RETREAT BOARD OF DIRECTORS</b>	President	Karen Tyree	561.339.9255	retreat.karen@gmail.com
	Vice Pres.	Rick Renshaw	772.546.1940	retreatrickrenshaw@gmail.com
	Treasurer	Mary Ann Fiduccia	864.517.5556	retreatmaryannfiduccia@yahoo.com
	Secretary	Stephanie Milazzo	772.245.8615	retreat.stephanie@gmail.com
	Director	Tony Caserta	561.373.1787	retreattonyc@yahoo.com

<b>RETREAT PROPERTY MANAGER</b>	Scott Montagna Signature Property Management scott@signaturepropertymanagement.com	LCAM, CMCA Vice President of Management Support
	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

<b>RETREAT COMMITTEES</b>	ACC Board Liaison	Tony Caserta	561.373.1787	retreattonyc@yahoo.com
	Clubhouse	Joyce Fordham	772.545.0081	fordham48@msm.com
	Communications			
	Social	Fran Massey	772.546.6768	gmail.fmass1954@aol.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 contact information. See the Activities Calendar for schedules.

Bocce	Nick Lombardi	914.815.1571	Retreat Assistance Network (RAN)	Audry DeLoffi Nancy Strona	772.245.8420 772.545.3993
Bunco	Marie West	910.327.0556	Retreat Newsletter	Jack Spyker-Oles	845.481.0581
Duplicate Bridge	Carol Flynn	722.359.8274	Social Bridge	Carol Flynn	722.359.8274
Knot Just Knitting	Sandy Morrow Liz Plourde	772.545.1936 609.618.4626	Social / First Friday	Sandy Morrow	772.545.1936
Ladies Bible Study	Kate Stine	561.762.6966	Tennis	Tom D'Avanzo	772.545.7229
Monday 1 pm Mah Jongg	Ginny Franklin	561.339.4409	Women's Club of the Retreat	Pres: Sue Arnold Vice Pres: Meg Ochoterena Sec: Cindy Sibilias Treas: Fran Spaulding	216.409.1480 516.457.0476 908.295.6658 937.657.0249
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			

# Spread the LOVE For Charity



Please join the Women's Club  
for a Pancake Brunch  
Saturday, Feb. 12<sup>th</sup> 10:30ish-1:30ish  
at the Clubhouse

In Support of the  
Christian Community *Dental Care Center*

Located just North on Rt.1 Stuart

Dental services are provided to those unable to afford dental care in our greater community area regardless of spiritual beliefs.

The clinic could not operate without the help they receive from their volunteers and donors.

Our support can make a difference for those who have no where else to go.

**50/50 Silent Auction Eat in/Take out**  
Details to Follow

**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](http://www.retreatatseabbranch.com). Cost for each ad is \$175 for the year—double ads are \$325.00 for the year. A yearly contract is required. Please contact Coni McGuinn at 772.545.3465 or [conimcguinn@aol.com](mailto:conimcguinn@aol.com). The revenue from the ads is used to defray our newsletter printing expenses.



**ILLUSTRATED PROPERTIES**  
Linda Kosmala PA  
Broker/Associate

772.284.5110  
772.284.5110  
[lindakosmala@comcast.net](mailto:lindakosmala@comcast.net)  
[seabbranch.ipre.com](http://seabbranch.ipre.com)



**772.546.3360**

[TPShop55@aol.com](mailto:TPShop55@aol.com)  
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I am an original Retreat owner and resident. I have 31 years of real estate finance and sales experience.

I love the Retreat! I know every street, every property, every amenity. I'm your neighbor!

I'm a dedicated, enthusiastic, experienced real estate professional.

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