



The Retreat Newsletter

January/February 2011

Volume 8, Issue 1



INTERESTING CAREER EXPERIENCES



1989—Zagreb Pro Basketball Team: Cibona

OPPORTUNITY OF A LIFETIME

By John Stephens

Here I am a 7th grade history teacher in Point Pleasant, New Jersey, and also the Head Boys Varsity Basketball Coach of the high school when I received the opportunity of a lifetime. It came in the summer of 1985 when my good friend, **Jim Dolan**, a standout basketball player for Notre Dame asked me if I would be interested in going to Europe with him to be the Director of the International Basketball Academy in Pula, Yugoslavia. **Digger Phelps**, who was the coach at Notre Dame, asked Jim if he knew someone skilled enough to take this position as they were looking for two American coaches to serve as Directors of this camp. The

(Continued on page 2)

A Day in the Life of an RV Tech – The Naked Truth

By Dave Williams



Here is a very amusing and memorable event I experienced several years back while working as a mobile RV technician. It has amused and entertained friends and neighbors since then, and I have received offers by some to work as my assistant if I get called back.

This service call began as most with a phone call from a man in Loxahatchee that had roof-top air conditioner problems during one of our well-known hot summers. He gave me an address and I plugged it in to my dash GPS. I made the appointment and set out for a routine service call. As the GPS guided me to the destination,

(Continued on page 12)

A Frightening and Exhilarating Experience

By Sue Behn



In reflecting back over these past twenty five years to my training at Beth Israel Medical Center in New York, I cannot expunge this experience from my mind. It was both frightening and exhilarating. I was an intern in psychotherapy completing my studies at New York University. My patients were under lock and key, former alcoholics and drug addicts in treatment for their addictions. They were all convicted of serious crimes

(Continued on page 12)

A Thanksgiving Tale

By Stan Rublowski

In the late 60's when I worked with **Simon & Garfunkel**, we performed mostly on college campuses. One particular Wednesday night (the Eve of Thanksgiving), they performed at the University of Houston with the Hollys on the same bill. After the concert we decided we would rather spend Thanksgiving in New Orleans than Houston. **Graham Nash**, who was with the Hollys, had never been to New Orleans and asked if he could join us. I had rented a big, comfortable Lincoln so we had enough room for a fourth.

After driving about two hours we spotted an all-night diner and decided to get something to eat. We were very hungry since we seldom ate before a performance. As I drove into

the diner's parking lot, I noticed the lot was filled with pick-up trucks with gun racks. We walked into the diner and were immediately aware that we were out of place.

While the other diners glowered at us, we ordered our food and ate as quickly as possible. When we finished eating, I told my companions to get in the car and lock the doors while I paid the bill. I then ran to the car and took off as fast as the Lincoln could go while a group of diners ran out to their pick-ups and took off after us—shades of "Easy Rider." I drove at speeds of over 90mph and eventually outran the pick-ups. I assume they just got tired of the chase. Needless to say, we got to New Orleans faster than expected and spent a very nice Thanksgiving in New Orleans.



Working in Belgium

By Joanne Cichon

I worked in an office for an American company in Belgium for about three months back around 1972. As an American, I got a higher salary than a lot of the English who were working in higher

positions then I was.

When I left the company, I got three months worth of vacation pay. I also received three months worth of Christmas bonus even though I left before Christmas.

Belgium had a lot of laws protecting employees back then. I often wonder if they still do.

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CONI MC GUINN AT 545.3465.

(Continued from page 1 - Opportunity of a Lifetime)

Academy was set up to draw high school students, both boys and girls, from all over Europe to come and learn basketball skills with many other teams throughout Europe. The participants all stayed at a beautiful resort on the Adriatic Sea and had all their lodgings taken care of by the Academy. Many different languages were spoken which presented its own challenges. Jim and I both accepted this position and continued to do this for the next three summers for a two week period.

During the fourth summer, I was offered a position coaching the professional basketball team for **Cibona** which was in Zagreb, Yugoslavia. I signed a contract for one year with this team and then had to take a leave of absence from my teaching position. This team, outside of the NBA, was the greatest European team at this time and had a player on it, **Drazen Petrovic**, who later went on to play in the NBA. Unfortunately, he met an untimely death in a car crash but is still considered to be the best European basketball player ever. While coaching for the year, I traveled all around Europe and had all my meals cooked and eaten with the team. While in Zagreb, I lived in a Five Star Intercontinental Hotel and had all the amenities of the hotel, free of charge, at my service. When the year and season was over, I was offered another one year contract, however, I had to decline because I would have lost my teaching tenure, and I missed my family and friends. To this day, I still have contacts and friends that I keep in touch with throughout Europe.



Baby's First Christmas

Almost a year old, **Landon Peter** is already stepping up in the world as an apprentice elf, making his parents Jenny and Tommy, very proud! It is rumored that his proud grandparents, Lill and Wally Malinowski, have gone to California to share in Landon's first Christmas.



Natives in the Yard Armadillo – Friend and Foe

By Dottie Williams

As the time was approaching to work on my article for this newsletter, I didn't have any ideas for a topic. As you know, I usually write about an animal that I have recently seen either in my backyard or on one of my morning walks. My dilemma of what to write about was soon resolved. One morning when I looked at the yard on the side of house, I saw that the lawn was full of holes and the grass mounds were scattered about. I guess the **armadillo** was sending me a message. Write about me!

Most of us who have any experience with the armadillo view it as a nuisance but after doing some research, I have to say that it has some interesting attributes. Did you know that there are twenty varieties of armadillos? Most live in Latin America. The nine-banded armadillo is the only species that lives in the United States and because it is intolerant to cold weather it is found mostly in southern states.



These strange pre-historic looking animals are covered in what appears to be armor. In fact, it is how it got its name. Armadillo in Spanish means "little armored one." In order for a predator, such as a bob cat, to get at this animal, it must be rolled over and attacked on its soft underside. Contrary to common belief, not all armadillos can roll into a hard ball for protection. Only the three-banded armadillo of South America is capable of doing that. Strong muscular legs and sharp claws enable this animal to dig very quickly into the soil. It has a long snout with a keen sense of smell that can detect insects 6 inches below the surface. Sleeping a major portion of the day (about 16 hours), the armadillo emerges from its self-made burrow at dusk to forage for food. Its diet mainly consists of insects, grubs and worms but is also known to eat lizard eggs, amphibians and reptiles.

Although it can be a pain in the neck, armadillo does have some good qualities. Because of its low body temperature, it is used in laboratories to test anti-leprosy drugs. It also has a unique characteristic of giving birth to four identical offspring and for that reason it is used in genetic research. One last good thing about the armadillo is that it eats over 200 pounds of insects in a year. Just keep that in mind when you see holes in your lawn with grass mounds scattered about.



Cruising Family Fun

By Dottie Sacco

Nick and I recently returned from a Caribbean cruise on the Solstice with our grandson Joey, on leave from the Coast Guard, our four boys and three of their friends. Needless to say, we had a blast as usual. The ship, food and staff were awesome. We were sailing around with a hurricane but thankfully never experienced any difficulty. A friend of the boys who recently moved to St. Maarten met us at the port when we docked and took us to the local fun spots. What a great day!

One of the girls with us posted her pictures on face book and told me a classmate called her to ask if we rent our family out. She said we looked like we had so much fun she wanted to be a part of it. We are so blessed!

YOUNG ARTISTS OF THE RETREAT

By Marsha Levine

Out of about 300 entries in the Children's Art Contest held as part of the Hobe Sound Festival of the Arts, 5 children were GOLD STAR winners. One of our Retreat residents, **Anna Gorostiago** was a Gold Star winner! Congratulations to her!

All of the children's art work can be viewed at the Hobe Sound Festival of the Arts, February 5 & 6 and at the Blake Library after the festival.



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

What can You do to Prevent the Common Cold?

As you probably already know, there is no known cure for the common cold. The goal, therefore, is to treat the bothersome symptoms that accompany the common cold (i.e., cough, congestion). So, **preventing** transmission of common cold viruses is an important objective. Strategies on preventing the common cold are explored below.

Wash Your Hands

The U.S. Centers for Disease Control and Prevention encourage people with a cold—as well as anyone who comes into direct contact with those people—to wash their hands frequently with soap and warm water for **15 to 20 seconds**. The timing is really important, as a quick rinse may not be effective in getting rid of the pathogens responsible for causing the common cold.

Individuals who do not have ready access to soap and water may use soap substitutes (e.g., hand sanitizers). The following products: ethyl alcohol (62% to 95% concentration), benzalkonium chloride, salicylic acid, pyroglutamic acid, or triclosan have been proven effective.

Individuals who use gel sanitizers should rub their hands together until the gel is dry. Whenever possible, patients with the common cold should cough or sneeze into a tissue, dispose of the tissue, then wash their hands. If a tissue is not available, patients should cough or sneeze into the crook of the arm rather than using their hand to cover their nose or mouth.

Rhinoviruses can survive up to 3 hours on skin and objects such as telephones and stair railings.

Studies conducted during the 1980s found that use of antiviral disinfectants (e.g., Lysol) and antiviral tissues (e.g., Kleenex Anti-Viral) may help to prevent transmission of the common cold.

Zinc Supplements

The ability of zinc to decrease the duration and severity of cold symptoms is controversial, and the results of clinical trials have been inconclusive. Trials that showed a benefit employed a rigorous administration schedule that started within 24 to 48 hours of symptom onset, involved multiple daily doses (as frequent as every 2 hours), and continued as long as symptoms persisted.

However, a recent meta-analysis of 14 trials concluded that oral zinc lozenges were not effective. In June 2009, the FDA advised consumers not to use **intranasal** zinc products (gel or swabs) because of the risk of anosmia (the *absence or loss of the sense of smell*). The manufacturers of **COLD-EEZE®** claim that their Zinc Cold Remedy lozenges have clinically proven to reduce the duration of the common cold. They cite two clinical studies in their product literature that they claim have demonstrated the effectiveness of COLD-EEZE®, the original Zinc Gluconate Glycine formula, to be safe and effective in reducing the severity of symptoms by 42% and duration by 3 to 4 days.

Vitamin C Supplements

The role of vitamin C in the prevention and treatment of the common cold has been debated for over 60 years. A recent review of 30 clinical trials that used a daily dose of at least 200 mg per day— either as continuous prophylaxis or after the onset of symptoms—found no definitive evidence of benefit. The authors concluded that routine mega-dose prophylaxis is not rationally justified for community use. The studies did show that taking vitamin C before the onset of cold symptoms reduced the duration of symptoms by 8% in adults and 13.6% in children. Doses of vitamin C of 4 g per day or greater are associated with diarrhea and other gastrointestinal symptoms and should be avoided.

Alternative products claiming to strengthen the immune system

Several alternative products claim to strengthen the immune system. Larch arabinogalactan—traditionally used as a food additive—is marketed as **Natrol® Immune Boost**. It is thought to have probiotic properties and to increase the activity of natural killer cells.

Airborne® Effervescent Health Formula is a combination of 17 active ingredients including high doses of vitamins A and C, herbs (echinacea, ginger, and Chinese vitex), and amino acids (glutamine and lysine). Patients are urged to take the product before entering crowded environments such as airplanes, offices, and classrooms. Despite the popularity of these products, their safety and efficacy have **not** been proven.

Of course, before taking any supplements and/or over-the-counter remedies for the prevention of the common cold, you should first consult with your doctor.

The Retreat Remembers... Team

By Lill Malinowski

The Holiday Home Tour event which was held on December 5th raised **\$2,700!** This included the two Chance Drawings. The basket of goodies which was donated by Carmine's in Palm Beach Gardens was won by Richard Musser. The diamond necklace which was donated by Kay Bowen-Smith was won by Maryanna Caton, Marlene Boobar's daughter. Congratulations to both winners and a special thank you to those that donated the prizes!

The Tour this year consisted of seven homes. We were treated to a variety of home décor. There were vessel sinks and lots of granite all over the homes—even in the laundry room. There was a variety of hardwood floor coverings. We saw many priceless collectibles. The art work displayed was spectacular. Lanai areas were nicely tiled. There were beautiful pools with waterfalls. Murphy beds provided rooms with multiple purposes. Kitchen cabinets were updated to a unique finish. Crown moldings were uniquely finished. The Christmas trees were huge and beautifully decorated. As in the prior Tours, the "Honey Do" lists have been expanded.

We thank those that participated in the Tour as well as the team members that worked in the Clubhouse. Thank you for helping us in our fight against cancer.

If you think you would like to be part of the 2011 Holiday Home Tour or if you would like to recommend someone, please let me know.

On Sunday, February 27th, we will be hosting a Simple Supper. We will also have our Duffy Days in February. In March, we will be cruising in the Western Caribbean. We continue to sell Retreat logo items.



RETREAT LOGO ITEMS ON SALE

The Retreat Remembers Relay For Life team sells Retreat logo items as one of its fundraisers.

The following items are available:

Collared Polo Shirts – Men & Women's

Colors: yellow, green, navy, white, sky blue

Sizes S – XL \$35.00

Size XXL \$38.00

T-shirts with Retreat License Plate Imprint

Men and Women's - Yellow with design on front
\$15.00

Men's Pocket T - Grey with design on back
\$15.00

Tote Bags \$20.00

All Purpose/Golf Towel \$18.00

Hats –Navy, Green, Pink & Khaki \$15.00

Visors – Taupe \$15.00

Anyone interested in obtaining more information or placing an order, contact Dottie Williams at davedottie@gmail.com or 546.3866. All profit from the sale of the logo items goes to the American Cancer Society.



Left—Tote Bag

Below—T-shirt with Retreat License Plate Imprint





Mickey and Otto Vernacchio



Fred and Cindy Cone



Bettyann and Brian Dixon



Margaret and Ken Dara



Tom and Mary D'Avanzo



2010 HOLIDAY HOME TOUR

Team workers Joy Currier, Patricia Mahon, Ruth Dudziak, Lill Malinowski and Carol Stone. Missing from the picture are: Chuck Eschenburg, Dottie Williams, Patrick Mahon and Gene Gillis.

Photos by Wally Malinowski



Ken and Dona Ryan



Photo by Carol Stone

Joy Currier with the Chance Drawing Basket from Carmine's in Palm Beach Gardens.



Pat and Gail Pezzicola



Photo by Carol Stone

Team workers Joy Currier, Patricia Mahon, Ruth Dudziak and Wally and Lill Malinowski.

RUNNING FOR BOB

By Becky Freedman

"Running For Bob" participated in the first annual East Avenue Grocery Run, 5K race/walk, Saturday, November 6, 2010, held in downtown Rochester, New York. Temperatures were in the low 30s, but despite this and conditions of slippery, puddled streets, steady rain/



snow, the event was fun and inspiring. Through a field of over 750 participants we posted respectable times, finishing 4th and 6th in our age group. In fact I decided, when making the turn onto Main Street,

with Pat Tillman's signature music blasting and a view of the lighted city streets lined with Rochester's finest police officers, that there was at that moment, probably no better place to be on the planet! A glorious day in western New York!

We run in loving memory of our brother, Bob Kingsley Jr., our father, Bob Kingsley Sr., and all loved ones lost to cancer.



The TICK, 4 Mile Trail Run

By Becky Freedman

Club Scrub's Eco Adventure Challenge is a multi faceted event that I will hopefully look forward to sharing for many years to come. Saturday's trail race was thoroughly enjoyable on so many levels. It was great fun seeing friends (who all remembered about Bob) from last year's event, the

weather and scenery were gorgeous, the course fun and challenging. Club Scrub epitomizes what's wonderful about, and unique to our area. You can learn more, and see many pictures from Saturday, by going to www.clubscrub.org, or visiting my Facebook profile.

The goal for this relay season is 50 miles. I thank my legs and bless my feet every foot fall. I really appreciate all your kind words of support and encouragement. They propel me to the finish.



OPEN HOUSE



Retreat
Clubhouse

10 AM

Saturday, January 22

Learn about the
Retreat Relay For Life Team's
Dream Cruise

7 day - March 19 to 26

Refreshments - Prizes -
Surprises

Open to all!!



NEWS FROM OUR BOARD OF DIRECTORS

By Bill Cole

Dear Fellow Retreat Homeowner,

Hope you had a chance to take the Holiday Tour of Homes sponsored by the Relay For Life Team. Our volunteers are one of the things that make The Retreat great!

1. Our Annual Meeting will be **Monday, February 7, 2011 at SeaWind School**. We need you to attend or send in your proxy, PLEASE. We need a quorum or we cannot hold a meeting. Elections will be held for three Board seats. A manager from our landscape company, One Source, will be our guest speaker. See you there.
2. Comcast change to all digital has had mixed reviews from the customer service standpoint. They will be coming to the Clubhouse on additional days to meet our Members and help with the process. We want them to assist all Members for a smooth transition. Watch for details.
3. Mulching and re-sodding of the front and side of homes will be done in January.
4. Thanks to all who contributed to the fund for all the workers that take care of The Retreat.
5. The Retreat and Seabranh operations for the year will end up with a surplus. All is going well.
6. Special thanks to Ron for a job well done this year.

Best wishes for the holiday season.

GREEN BOOK

Each original home buyer in The Retreat was presented with a large green binder containing copies of the original documents: Declaration of Covenants, By-Laws, Warrantees, Rules and Regulations, and copies of necessary forms. These are all in a format that could easily be maintained and added to over the years.

This Green Book was given to prospective buyers by Divosta, Inc. to review *prior to closing* to insure that each understood, before they decided to buy here, what it meant to live in a deed restricted community. The intent was that these books would be passed along to respective new owners, down the line. The 'passing along' part has not been very successful, and we find that there are many homeowners who do not have a copy of our *Green Book*. The cost of replacing a book has been \$50.00.

As a Retreat Homeowner, it is essential that you have a copy of *Green Book* in your home. Your BOD is pleased to say we now have several copies of the Green Book hot off the presses and available for purchase at a bargain price of \$25.00. See Ron in the office if you wish to purchase one.



COMMUNICATIONS COMMITTEE

By Lill Malinowski

Communications Committee Chair

Coni Mc Guinn has retired from her Communications Committee Chair position. Coni has served as Chair for two different timeframes. We wish to thank Coni for all her dedication to this position for her many years of service! Coni will continue to be in charge of the Retreat Directory.

2011 Retreat Directory

Please fill out the Directory form if you have made any changes to your profile or if you are not currently in the Directory. The form can be found on our WEB site: www.retreatatseabranh.com or ask for a form from our property manager during his business hours. During the past year, many have changed their e-mail addresses as well as phone numbers. The deadline for the forms is February 1st. The 2011 Retreat Directories should be available the first part of April.

Business Card Bulletin Board

One of the bulletin boards in the mail room contains business cards of Retreat homeowners that have businesses. We wish to update this bulletin board. If you want your business card to remain in this bulletin board, please call me at 545.3732 or e-mail me at wallylill@comcast.net. If you do not have your business card in this bulletin board and wish to display it, please drop off your business card in an envelope marked Business Card Bulletin Board and drop it in the mail box outside the property manager's office. You must be a Retreat Homeowner.



**SOCIAL
COMMITTEE**
By Lena Rublowsky



**EVE OF
THANKSGIVING,
2010**

On November 24th, a Thanksgiving celebration was held in the Retreat clubhouse. Over 20 congenial diners enjoyed

a tasty, traditional turkey dinner.

After the activity of "Two Truths and a Lie" where we guessed which item was the lie from each participant, everyone became better acquainted and often made new friends.

Although TooJay's 'forgot' to deliver our order anywhere near on time, the diners were very patient and forgiving. The turkey, stuffing, potatoes, vegetables and cranberry sauce were all delicious, and topped with the most fantastic turkey gravy. This was followed by a variety of pies and chocolate cake. Everyone enjoyed each others company and the vittles in a true Thanksgiving spirit.



This event was arranged by Lena and Stan Rublowsky with lots of help from Alice Bernhardt, Peggy Johnson, Joanne Cichon (sugar free chocolate cake), Muriel Barry, Marilyn Perrelli and Bill Burns.

Many thanks to all diners and helpers.

CHINESE NEW YEAR CELEBRATION

We are planning a **Chinese New Year** celebration. *Bye to the Tiger; Hi to the Rabbit!* Mark your calendar and let's Celebrate the Chinese New Year February 12, 2011 at the Retreat Clubhouse. Watch the mail room for details.

The Social Committee organized another fun-filled and successful holiday party at Lost Lake this year.

We all thank **Gail Pezzicola and Sandy Morrow** for all the great events they organized for our community in their tenure as Social Committee Co-chairs. Cheers to a job well done! **Lena Rublowsky and Carol St. John** have volunteered to head up the Social Committee for 2011. Thanks to Lena and Carol. We're looking forward to our first social event of the new year.

BRIDGE SCORES

By Patsy Shattuck

Another year has come and gone and our bridge group is still strong. We are getting new players all the time, and we are very pleased. If you have a desire to join us on Tuesdays, 1 to 4 PM, please call Patsy Shattuck at 546.2011. We are expecting another great year!

October 5, 2010

- 1 – Carol Flynn
- 2 – Joanne Cichon
- 3 – Lucille Sanchez
- 4 – Lena Rublowsky
- 5 – Stan Rublowsky

October 12, 2010

- 1 – Alan Shattuck
- 2 – Peggy Johnson
- 3 – Patsy Shattuck
- 4 – Sally Troiani
- 5 – Muriel Barry

October 19, 2010

- 1 – Alan Shattuck
- 2 – Peggy Johnson
- 3 – Marie Ferrandino
- 4 – Alice Bernhardt
- 5 – Carol Flynn

October 26, 2010

- 1 – Laura Rothman
- 2 – Stan Rublowsky
- 3 – Kay Bowen-Smith
- 4 – Kay Campbell
- 5 – Sally Troiani

November 2, 2010

- 1 – Alan Shattuck
- 2 – Lena Rublowsky
- 3 – Laura Rothman
- 4 – Marie Ferrandino
- 5 – Sally Troiani

November 9, 2010

- 1 - Joanne Cichon
- 2 – Kay Campbell
- 3 – Kay Bowen-Smith
- 4 – Marie Ferrandino
- 5 – Lena Rublowsky

November 16, 2010

- 1 – Peggy Johnson
- 2 – Kathy Majewski
- 3 – Laura Rothman
- 4 – Lena Rublowsky
- 5 – Alan Shattuck

November 23, 2010

- 1 – Patsy Shattuck
- 2 – Stan Rublowsky
- 3 – Joanne Cichon
- 4 – Mary Ellen Mix
- 5 – Kathy Majewski

November 30, 2010

- 1 – Alice Bernhardt
- 2 – Laura Rothman
- 3 – Alan Shattuck
- 4 – Steve Strong
- 5 – Susan Behn

WOMEN'S CLUB OF THE RETREAT

By Mona Wiley

What's Up at the Women's Club????

Thirty-five ladies had fun December 3rd decorating the Clubhouse and trimming the tree. A pizza party with salad, dessert, and soda followed. This lunch provided an energy boost for the game in which presents were exchanged. Several presents were in demand and had three owners before settling down. We had lots of laughs. Thanks to all of you who made our Clubhouse so beautiful and enjoyable at this season.

January starts the New Year with the installation of officers: **President Bettyann Dixson; Vice President Mona Wiley; Treasurer Margaret Dara; Secretary Emily Mussatto with Alternate Secretary Jean Scerbo.** We invite all the women of the Retreat to join us. We have lots of fun and make great friends. Annual applications will be in the mail room January 3rd so you can bring them to the meeting on January 17th or mail them to Margaret Dara.

A few of the fun things in the plans are: attending a polo match, riding on an Everglades air boat tour, a two-day cruise, kayaking on Lost River, and monthly luncheons and meetings where we plan for our next fun events!

We'll have special guests for the February 21st meeting. A representative from the Treasure Coast Wildlife Hospital Center will bring several animals. We will learn about the program and rehabilitation of wild animals, birds, and reptiles.

The January luncheon will again be with the ladies of the Preserve. The luncheon and Fashion Show will be held at the Mariner Sands Clubhouse on January 12th at noon. The specifics as to entrees and price will be posted on the bulletin board along with a sign up sheet. Please look for that in the mail room and sign up! We'd love to meet you!!

The Women's Club meets every 3rd Monday at 7:00pm. If you don't want anything else – come for the goodies –

Women's Club Welcome Back Breakfast

Photos by Marlene Boobar



Women's Club Luncheon at The Gazebo Café—Photos by Marlene Boobar



Trim-a-Tree Party—Photos by Marlene Boobar



Words of Caution and Gratitude

By Ginny Carr

Some of the Retreat residents are aware that in mid-November, I broke my ankle and required surgery. When I relate the circumstances of my fall, I often get a response of, "I do that all the time". I therefore consider it my civic duty to warn others that when you are pumping gas into your vehicle and the pump is set to automatic, you must never, ever step over the gasoline hose!

That said, I am truly appreciative of the assistance I have received from my neighbors. Together with the caring members of the Women's Club and RAN, as someone who lives alone here, it is extremely gratifying to know that I am among friends at the Retreat.

A special thanks to:

Muriel Barry , My Guardian Angel

Marianne & Al Jacobs

Marianne sent me a delicious Thanksgiving meal with all the trimmings.

Al not only drove me home from the hospital in my car, takes out my trash, brings me my mail, but he also arranged for replacements when he and Marianne went on a cruise!

Bea McCallion, Bea assumed mail duty and returned my library book.

Ed LeClair, Ed assumed trash duty.

Dotti Wurster and Dottie Williams drove me to medical appointments

Gerri Strong picked up my prescription.

...and thank you to all who phoned me or sent me good wishes or will be helping me after this has been written!...

A Blessed Holiday Season to You All!

(Continued from page 1- A Day in the Life of an RV Tech...)

it took me west and onto dirt only roads with very few homes, some farms and what appeared to be 5 and 20 acre zoning. The GPS did its job and I approached the address to find a large sign that read “**Sunspport Gardens**” **Family Naturist Resort** – or something to that effect. I took a double take! I said to myself, “Boy is this going to be interesting, and I wonder how it works to get to my customer’s trailer.” I entered and was met at the gate by a resident leaving in his car who waved me in and told me how to get to the office. I proceeded down the road still not knowing exactly where to go. I then stopped to call my customer to ask him to meet me and give me directions. With that, he stepped in to the road way ahead and waved me toward him. He was completely in the buff. Then a maintenance-type golf cart went by with another man completely in the buff. Well, I was in a nudist camp. What did I expect?

I met my customer, and he explained the problem. I went up on the roof of his RV to check out the AC. Well, don’t you know I had a great view of the camp from up there. There wasn’t much going on but I did observe a few other folks, men and women, going about their business and all in the buff. Now this was all new to me and if you’re so inclined, do as you like. You live there by your own choice. The Naturists are a national group with many members. I did make another observation. They weren’t all completely in the buff. Some women wore some clothes, and some men and women wore some very interesting jewelry in interesting places.

My customer had given me no warning as to the type of place he lived. So I was taken by complete surprise. Since then I have adjusted and have been back three to four times. It was quite an experience at the time. All of my friends, family and I have had many laughs over this experience.



Thank you to all who contributed to this newsletter!

The theme for the March/April Retreat Newsletter is

“MUSICAL TALENTS”

Do you sing, play a musical instrument, dance, direct, or whatever? Please share your talents with us via the newsletter.

Have a wonderful and peaceful New Year!!!

Your Newsletter Staff

(Continued from page 1 - A Frightening and Exhilarating Experience)

and finishing their probation in this treatment program. I conducted group therapy sessions as well as individual counseling.

My favorite (because of his obvious progress and growth in understanding his demons) was a convicted murderer who had served seventeen years for second degree manslaughter committed under the influence of both drugs and alcohol. He came to me one day and requested some alone time to discuss a crisis looming in his current life. I awaited him in my office. He appeared on time and seeming somewhat out of sorts. I drew two chairs from my conference area, invited him to be seated and proceeded to wait for his problem to be explained. Now comes the somewhat alarming part of my story. He suddenly locked my office door and very calmly sat down. I reminded him that locking the door was not permitted during sessions (private or group). He smiled, said something like, I know, in a tone I had not heard him speak in before. Next, to my inner shock (you have to maintain that hackneyed, but very professional air of self control) he placed a small revolver on the table. My life did not run past me, but my heart was really beating to an entirely new rhythm.

Now comes the exciting part, I looked him in the eye, collected my thoughts very quickly and said with my most soothing voice—“If you are going to use it, do it now or let's get on with what's really bothering you.” He didn't flinch and began to tell me what was on his mind. The session continued for a few minutes. I finally stood, so did he. I asked if I might hold on to the gun until day's end. I explained that I would (following my oath of patient/therapist confidentiality) turn it over to my supervising psychiatrist. He would then turn it over to the hospital security detail.

I know you're all thinking I should have turned him in (like in the TV SHOWS), however I made a judgment call. He did not menace me or make any threats. He did not attempt to take the gun back. He thanked me for the session and left.

This story does have a happy ending for this holiday season. He continued improving, upon completing his treatment, he applied for and received an entry level job in the hospital. I do think of him with fondness and appreciation for he taught me to follow my gut instincts as well as use my excellent training and education.

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Retreat Activities and Committees

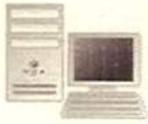
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Poker—Men's Straight	Joe Ciocia	545.9767
Poker—Texas "Hold—Em"	Lois & Charles Raska Lois & Otto Vernacchio	545.2733 546.7523
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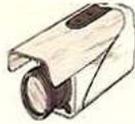


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