



The Retreat Newsletter

May/June 2011

Volume 8, Issue 3



TRAVEL EXPERIENCES

JOURNEY TO PETRA

By Chuck Eschenburg

We left Singapore about half way on our around the **World Millennium Educational Cruise** aboard the **OCEAN EXPLORER I**. This old ship was originally built as a troop transporter in WW II, and then became SS President Roosevelt and Emerald Seas.

When we awoke the next morning, we noted fire hoses all uncoiled, all lights blazing and most of crew on deck. Not a fire but a precaution for pirates in the Straits of Malacca. PIRATES? This was before the days of Somali raids. It seemed strange to us at the time, as we associated pirates with sailing ships, Blackbeard and such.

After visiting The Maldives, Sri Lanka, Seychelles, Kenya, and Eritrea, we arrived in Jordan, home of the great ruins of the city of **PETRA**. A short bus ride from the coast brought us to the desert-like entrance of the narrow canyon leading to the city. It was a bit of a hike deeper and deeper into the cleft in the red sandstone where tiny channels had been carved to capture any rainwater. Some people had gotten horses or even camels for the trip but we just walked.

The sight of the "treasury" facade as we emerged is truly one of the most spectacular views imaginable. Then down the road to more facades chiseled into the red stone as the canyon widened—very memorable for sure.

After buying a sandwich, we made our way back as the heat increased. We wished that we had hired horses for our journey. We barely made it back to the bus in time to return to the ship.

Jordan is now on the not recommended travel destination list as are many of the places we were able to visit on this four-month adventure. Petra, the long lost city, is one of the most memorable sights we have been fortunate enough to view. We hope some of you all are able to experience it. The hike down the canyon in Jordan is also well worth doing.

Special Ham that Traveled More than 1/2 Way Around the World

By Bettyann Dixson

My sister, **Claire**, was the Director of Libraries for an International School in Dakar, Bangladesh (she presently is the Children's Librarian in the Hobe Sound Library). I was going to visit her during Christmas recess. In one of our conversations about life in Dakar, she told me about the a very special treat from Spain which had been served at their cocktail parties and outings a year before. It was known as **Jamon**, an aged dry-cured ham. The method of curing is centuries old. It just so happened a month before my trip I was in a specialty

(Continued on page 11)

AN UNFORGETTABLE TRIP TO EGYPT

By Lena Rublowsky

It was Christmas vacation, 1977. Both my husband, **Stan**, and I were teaching at the American Oil Companies School in Tripoli, Libya. Since we were within easy reach of many interesting countries, including Egypt, we decided to spend part of our Christmas vacation there. Our teenage children, **Katrina and Alex** were with us as well as two other teachers from our school, **Kurt and Candice**.

We reached Cairo without incident and enjoyed a few days exploring the Great Pyramids, the incomparable Egyptian museum with King Tut's tomb and the royal mummies. In addition we had the unusual experience

(Continued on page 2)

(Continued from page 1) **An Unforgettable Trip to Egypt**

of being locked in a jewelry store by the owner who was eager to sell us his jewels. No luck! Then, Alex and I did make one mistake. Anxious to ride a camel, we immediately jumped on the camel before Stan and the camel owner had agreed on the price. Then, when it was time to dismount, the owner refused to let us down until he and Stan struck a bargain. I have not yet forgotten what little value Stan placed upon us!!

Our next stop was Luxor. In spite of being told by others, "Don't go to Luxor at this time of year without a hotel reservation," we decided to pursue this once in a lifetime visit to the Valley of the Kings and Queens and the Karnak Temple without any accommodations. We were able to get first class train tickets but were told to buy our return tickets in Luxor. This was a 13-hour trip in the daytime and gave us a good view of Egypt as the train followed the Nile through the desert. We especially liked seeing farmers using the Archimedes screw to irrigate their land.

However, upon arriving in Luxor, we still did not have any rooms. Fortunately, as we got off the train, we were met by many agents of small Egyptian hotels vying for our business. We decided to give one of them a try and were pleased to find the hotel charming, clean, and perfect for our short stay.

The next morning, we rented bicycles and toured the Valley of the Kings and Queens with many tombs decorated with ancient hieroglyphics. In Karnak, we found our last name in the original spelling

(Wroblewski) carved high up on one of the massive stone columns. No doubt a Polish archeologist had been there before us. At night, we enjoyed a light show in the shadows of the Karnak Temple.

When it was time to return to Cairo, we learned at the railroad station that there were no first class seats available, only "2nd Class, no air conditioning. Several times, the ticket master told us, "It is not for you. It is not for you." But since it was vital that we catch our flight from Cairo to Tripoli and be on time for school, we persuaded him to sell us the tickets.

Upon boarding the train and finding our seats we finally understood, "It was not for us." The carriage had broken glass and straw over the entire floor and there were as many chickens as men. The odor was horrific. This was to be an overnight trip. We took one look and said, "Ah, the dining car!" We planned to spend the whole night there but, alas, at midnight they had to close. The waiters, however, were very concerned for us and gave us blankets so that we could sleep on the floor of the corridor. My! Was it cold!

Then, at last, after about six hours, a first-class carriage became available as the occupants got off the train and invited us to use it. Would you believe that all six of us readily grabbed this opportunity to comfort our aching bodies? Candice and Kurt slept on the top bunk bed. Katrina, Alex and I were on the bottom, and Stan on the floor with the blankets. We were warm at last.

As soon as the dining room reopened in the morning, Mohammed, the waiter, came looking for us. Because we were not where he left us, he checked every carriage until he discovered us. At once he yelled in a loud voice, "PROHIBITED, FORBIDDEN. Etnen (two), Etnen." (the carriage was meant for only two persons.) Unable to explain our presence there for lack of Arabic, we all returned to the dining room where we were warmly welcomed by the staff. We remained there until we reached Cairo.

We will never forget Mohammed's astonishment or this exceptional trip to Egypt.

**USAGE STATISTICS for
www.retreatatseabbranch.com**

VISITS to our WEB site:

February 2011: Daily Average=37; Monthly Total=1,125

March 2011: Daily Average=40; Monthly Total=1,171

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7TH ANNUAL ELDORADO REGATTA MARDI GRAS!



For the 7th year in a row, the lake at Eldorado Way transformed into an offshore power boat race, hosted by the Williams and the Greaves. The theme this year was **Mardi Gras** and judging by the pictures, you can see we were in our festive moods! Favorite Tee's from previous years' races was the "**Look**" but the entrance fee was can goods for the food bank which yielded **110 POUNDS**. Good job!

Tom Hartnett was winner overall for the 3rd year in a row with his Nitro boat, Ernie (Boots) Spengler was the **ONLY** finisher in the single engine division. Participants included: Dick Keough, Dave Williams, David Greaves and new racer, Ron Barrow who by the way got instructions from Dave Greaves, a real retired Offshore Racer. Cajun Beans and Rice, Jambalaya, Hot Wings, King Cake were among the flavorful foods brought by the guests. Watch out Emeril!

The weather was delightful. The laughter, the cocktails and the stories lasted well into the evening with only a brief shower (after we were all inside) to end a perfect day. Yes, we're lucky to have good friends, good times and good cheer! Until next year, "see ya round campus"!



RAN Entertains Volunteers

By Sally Troiani

On Palm Sunday afternoon, April 17, 2011, the volunteers of the Retreat Assistance Network were entertained by the RAN Board at a tea held at the clubhouse. The four volunteers with the greatest number of hours of service were recognized. They are **Veronica Bartlett, Virginia Carr, Bob Plourde and Dottie Williams**. The guests enjoyed the refreshments and the board was pleased to be able to show its appreciation to its volunteers. For an organization like RAN to be successful, it takes a community effort. The board members are very grateful for the support they receive from the community. And, likewise, the community is very pleased to have a group like RAN and its volunteers to call on in times of need.

Editorial Comment: Thank you to those residents that plan, organize, and execute RAN—Muriel Barry, Sally Troiani, Marie Ferrandino and the rest of the RAN Committee!



RAN SPONSORS CPR TRAINING

By Sally Troiani

On May 5, 2011 at 7:00 P.M. RAN will be sponsoring a repeat of the **CPR training** that was held three years ago in our Clubhouse. **Rodney Robertson of Essential Medical Training** will be here to conduct the class and to demonstrate the proper use of the defibrillator that hangs in the Clubhouse and is meant for the community's use. A second class will be held on Saturday, May 7, 2011 at 9:30 A.M. The cost for the class is **\$30.00 per person** payable at the door. Cash or check is acceptable. There is a sign-up sheet in the mailroom for interested parties. Think about it--one never knows when the opportunity to save a very important life might arise.

NEWS FROM OUR BOARD OF DIRECTORS

By Bill Cole

1. Many plantings are starting to recover from the early winter frosts we experienced. Hopefully, we will not have lost much. Losses are greater than last year, however. One Source has done a good job in trying to help nurse plants back to health.
2. **Jimmy Potts** is the new One Source on-site Manager. He has already made a difference in improvements at The Retreat and on Seabranh Boulevard. Say "HI" to Jim if you see him around.
3. Martin County Sheriff Deputies had a traffic law enforcement exercise on Seabranh recently. Many were ticketed. Please **obey all traffic signs** in The Retreat and on the Boulevard.
4. All is operating well and on budget.
5. Thanks to Susan and Dave for reviving the **Welcome Committee**.
6. There is a sign up sheet in the mail room for a newly created **Compliance Committee**. Sign up or call Ron or a Director for more information.

Thank you, Bill Cole



CLUBHOUSE COMMITTEE

By Gail Pezzicola

The Clubhouse Committee would like to remind residents of some **pool etiquette**. We know there are many guests at this time of year and our main goal is to be sure that everyone enjoys their "pool time." With that in mind, remember adults should accompany children to the pool at all times and children should not run on the pool deck. Our "little people" should be wearing a swimmable diaper at all times, not merely a bathing suit. Food should be eaten in the porch area and not next to the pool. Jumping into the pool is not permitted.

Many of these rules are printed next to the shower. We hope this will serve as a reminder to all of us. The pool is a wonderful means of entertainment and exercise. Let's make sure all families enjoy their pool time safely.

Compliance Committee

By Dave Williams

The Retreat Board of Directors is in the process of forming a **Compliance Committee**. This group would provide input on the Board's policies concerning such items as yard art; plants and plant types; tree numbers and types; planting beds; exterior lighting; driveway and wall maintenance; garage doors, etc. All residents should be aware of the existing policy on such items and many others. It can be viewed on our website, www.retreatatseabranh.com. Click on the Information Tab and review Articles XI and XII under the General Information Tab for additional information.

Residents interested in serving on this committee can sign up in the post office or call Ron Barrow, our property manager. We will have a meeting with all interested community members sometime between May 5th and 11th.



SOCIAL COMMITTEE

By Lena Rublowsky
and Carol St. John



Knockoff Potluck Dinner

On Saturday, April 16th a group of inspired diners met in the Clubhouse to enjoy meals from a variety of favored restaurants. Using their own culinary skills, refined palates, and zest for a good dish, all participants prepared a savory

creation featured at popular eateries. Entrees included Shrimp Pasta Weesie, Chicken Parmigiano, Roast Pork with Red Cabbage, Carnitas, as well as many tasty vegetable dishes and sides. Even the vegetarian scene was well represented by Rice and Beans and Fire Roasted Tomatoes. After the main course, the dessert table became the focus of attention and none of the goodies there disappointed anyone.

While cool jazz played in the background, the congenial diners mingled, sipped wine, and engaged in interesting conversation. Take note Carrabas, Luchows, TooJays, Duffy's, and Rancho Chico: the Retreat Clubhouse event may have earned 4 stars by Zagat's standards.

WOMEN'S CLUB OF THE RETREAT

By Mona Wiley

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

What a wonderful day **Lois Raska** planned at **The Society of the Four Arts**, located on the corner of Royal Palm Way and Coconut Row in Palm Beach. There are beautiful gardens designed to display the diversity of tropical plants suitable for landscaping in the South Florida climate.

The various garden areas are by theme; the Tropical Garden, Chinese Garden, Madonna Garden, Bromeliad Garden, Moonlight Garden, Jungle Garden, and Spanish Façade Garden. The most exotic tree in the garden is the Kigali Piñata or Sausage Tree from tropical Africa. This tree has red flowers and grey cylindrical fruit which is used by natives to make beer. It is also used as a loofa.

After the tour, we had lunch in The Chesterfield Hotel, a charming, historic Palm Beach hotel. If you missed this fabulous day, plan to participate in upcoming events.

A Women's Club **luncheon on April 29th** will be held at **The Artichoke Café**. Car pool from the Clubhouse at 11:30am.

An evening at **The Kentucky Derby** will be held in the Clubhouse on **May 7th** from **5:00pm-7:00pm**. Think mint juleps, special **Kentucky ham** sandwiches and cheese straws! OH YEAH! And HORSES!! Tickets are \$5.00 and there's only room for 40 people.

Our final Women's meeting will be a **luncheon at Duffy's at 12 noon on May 13th**. Join your friends for a relaxing time and say good-bye to those who will be heading north for the summer.

In the summer dinners will be organized on the 3rd Monday of every month. Watch for the sign up sheet in the mail room for where and when.

It's time for considering serving on the board of the Women's Club. If you would like to exercise your leadership skills, please volunteer.

And finally, a reminder to those returning north – if you wish to clean out your pantry – please consider donating your items to the House of Hope. There's a container in the mail room, where devoted Dotti Wurster and her husband collect and deliver to this worthwhile charity.

Have a Safe and Wonderful Summer!!

Society of the Four Arts



Female Cardinal

By Hank Stasiewicz

This female Cardinal has been tapping on the side windows of our home for about a week. Yesterday she perched on the kitchen window sill for about 30 minutes and appeared to watch as Joann and I prepared dinner.



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

New Recommendations for Vitamin D and Calcium -- How Much Do You Need?

The long-awaited report "*Dietary Reference Intakes for Calcium and Vitamin D*" was recently released by the Institute of Medicine on November 30, 2010. The new recommendations state that **more Vitamin D** is required than the previously published 1997 recommended dietary allowances (RDA) for Vitamin D. Adults up to age 70 need 600 IU (international units) daily, up from 400 IU in 1997. Men and women, aged 71 and older, need 800 IU, up from 600 IU.

VITAMIN D	1997 RDA	2010 RDA
Adults up to age 70	400 IU	600 IU
Adults aged >70	600 IU	800 IU

The recommendation for **calcium** intake, however, for women (beginning at age 51), and for both men and women (over the age of 71), **stayed the same** – at 1,200 mg of calcium a day. Men, until age 71, need only 1,000 mg daily, down from the 1,200 mg recommended amount in 1997.

Studies have linked these two nutrients, both individually and combined, to a surprisingly wide range of health benefits. Calcium plays a major role in building strong and healthy bones – and vitamin D is an essential component that helps ensure that the body absorbs calcium. In addition, the NIH Office of Dietary Supplements Dietary Supplement Fact Sheet on Vitamin D, has long promoted vitamin D for prevention of rickets in children, and osteomalacia and osteoporosis in adults. Other less known benefits of these two nutrients may include: lower blood pressure, a reduced risk of bone fractures, a decreased risk of breast cancer, as well as protection against cardiovascular disease, Parkinson's disease and type 2 diabetes. As a result, many health-care practitioners have recommended taking supplements, in addition to sun exposure, fortified foods and multivitamins.

Adults at higher risk of having lower vitamin D levels should consider taking vitamin D supplementation. This includes people who are older, have dark skin, seldom go outdoors, use sunscreen whenever they go outside, or wear clothing that covers most of their skin.

Although the report confirms the role of calcium and vitamin D for bone health, it points out that studies of vitamin D for other health problems have yielded conflicting and mixed results. Very high levels of vitamin D (above 10,000 IU a day) may cause kidney and tissue damage. The report also notes that taking more than 4,000 IU of vitamin D daily (up from 2,000 IU) or 2,000 mg of calcium daily (down from 2,500 mg) increases the risk for harm.

Of course, the decision to take either vitamin D and/or calcium supplements should be made in conjunction with your doctor.



SIMPLE SUPPER

By Helen Larcom

Sunday, February 27th was our **first Relay For Life Simple Supper**. I was inspired by my daughter Laura to do it. Her parish had it after Mass one Sunday evening, and everyone enjoyed it. So I thought it would be a good fundraiser for the Relay. The ticket response was great. What a wonderful caring community we live in.

When I first talked about it, Joy Carrier offered me advice and assistance, and said she would help me in any way she could. I immediately put her in charge of beverages and desserts. She in turn

enlisted Carol Stone, Joanie Sophia and Patricia Mahon to help her.

I recruited Lill and Wally Malinowski, Marianne and Al Jacobs, and Jean and Joe Scerbo to help me.

Advertising and tickets: Lill

Sale of tickets: Marianne and Jean

Set up and clean up: All of the above and Paul Larcom, Joe Boucher as well as some of the attendees

50/50: Joe Scerbo and Paul Larcom. Thank you to 50/50 winner Peter Sanchez for contributing his winnings to our cause.

Salad: The delicious tossed salad was prepared by Kay Campbell, Jan Kasuboske and Lois McGill. The salad dressings were provided by Joy and Carol.

Bread: Joy, Carol and myself

Butter: Carole and Chuck Eschenburg

Soups: The soups were as follows: Italian wedding, made and served by Joanie Sofia; pumpkin bean, made and served by Anne Cole; onion soup, made and served by Wally Malinowski; chicken. sausage gumbo, made and served by Coni McGuinn; split pea, made and served by Becky Freedman and one made by Dottie Williams that was sold in-take out containers; and pasta e fagioli, made by Joe Rosetta and served by Patricia Mahon.

Desserts: rum cake, Martha Turquine; large cupcakes, Carol Stone; mini cupcakes, Dottie Sacco; almond fruit squares, Lucille Sanchez; rice pudding, Jean Scerbo and cookies, Joanie Sofia.

Half and half and milk: Marianne Jacobs

All the paper products, utensils, table decorations etc by: Joy, Carol, Lill and myself.

So much goes into an event like this. I was so fortunate to have so many willing people help me. I sincerely

appreciate everything all of you have done. I hope I did not miss anyone. Please let me know if I did.

We dedicated this Simple Supper to **Brenda Rosetta**. She lost her battle with Cancer February 27, 2005. Brenda resided on SE Angelina Court with her husband and love of her life, Joe. She was an active member of the Women's Club and enjoyed the luncheons and Christmas parties. She also attended aerobic classes. Even though she was fighting this disease, she always had a smile on her face and a wonderful outlook on life in general. She always said how much she liked to cook and bake for large family gatherings. Her six step-children were so important to her, as well as her grandchildren. She was also blessed with a great-grandchild, Cameron. She looked forward to the times he spent with them. Anyone who had the pleasure of knowing her knows what a special person she was. We have a lot of wonderful memories of good times with her. We had a table of eleven Rosetta family members at the Simple Supper. The Retreat will always remember Brenda.

We will also remember Kathy Finnegan-White, Edward Currier, Ed Shirk, Bob Kingsley, Fran Molter, and others that have lost their battle.

I hope everyone enjoyed their evening. It was our pleasure to put it on and make money for the American Cancer Society. We lost my husband's twin sister to the disease a couple of years ago, as well as other friends and family. I don't know of anyone who has not been touched by Cancer. Let's keep up the fight!





2011 RELAY FOR LIFE CRUISE

Twenty-five Retreat residents, family and friends cruised on the beautiful Carnival Dream ship in the Western Caribbean. We had lots fun and raised lots of money for our cause: **\$2,790!!!** The pictures do a great job of showing what a great time we had! Thank you to all the cruisers!!!



2011 RELAY FOR LIFE OF SOUTH MARTIN

By Lill Malinowski

The Retreat Remembers... Team did another awesome job of fundraising and having fun at the same time. The Team raised over **\$10,000** for the 2011 Relay with a seven-year total exceeding **\$70,000!** Thanks to all the residents that helped us raise the money by donating and by supporting our fundraisers.

The overall Relay theme was movies, and our team's theme was **The Wizard of Oz**. Team members came dressed as Dorothy, the tin man, scarecrows, bad witches, the good witch, and lions. **Bosha Stone** created a beautiful art piece which was displayed on the back side of our camp site tent. This art work will be donated to the Boys and Girls Club of Hobe Sound.

In particular, I thank our wonderful Team for all there hard work during the year and at the actual Relay. You are the best!





Becky, sister Kate and Baron. This is the day after the Relay where Becky ran a 7-mile race in memory of their brother, Bob

THE HUMAN ANGEL

By Becky Freedman

"Angels are said to carry out GOD's will here on earth. Whether you believe in God, angels or Heaven, there are people on this earth who are doing good. There are people, spiritual or not, who are angels. Angels are everywhere. They are working for GOD, and for humanity." -Loren Merchant, from "Angels in the Village"

A few weeks ago, a gentleman, stopped me, while I was with Baron, taking pictures of one of our many glorious sunsets...asking if I was Becky Freedman. I replied that I was. Quickly he stated "I think what you are doing is wonderful. This is for Bob." He

pressed a folded up bill into my hand, did not want to give me his name, smiled, saying something like "see ya..." and disappeared. In a few seconds, his act of humble kindness made a lasting, remarkable impact. The anonymous act of charity. The finest of human acts.

Strangely, our Relay's Team Captain, Lill, was backing her car out of a space in the Clubhouse parking lot. She stopped to chat. I told her about the gentleman handing me the bill and gave it to her to turn into the American Cancer Society.

It was \$100 bill.

Thank you for your generosity and this wonderful story.

Becky

"The Retreat Remembers..." Relay For Life Team and "Running For Bob"



Natives in the Yard What Happened to the Robins?

By Dottie Williams

Every spring the holly tree in our planting bed outside the house is filled with red berries. They are so numerous and plentiful that the branches sag with their weight. In March two years ago, hundreds of **robins** literally attacked the tree. They stripped the tree bear of the berries in a day and a half. I was so excited. I had never seen this happen. I even spotted a few **Cedar Wax Wings** among them. I tried to take photos from every vantage point but the robins were so skittish that they would fly off at any motion even from inside the house.

The following spring the very same thing happened. I became curious about why after all these years the robins decided to visit us at this time of year. I happened to be attending an Audubon lecture and told the lecturer of my experience. She explained that for some reason the robins had changed their migratory pattern and were now flying north taking a route east of Lake Okeechobee rather than on the west side.

Well this spring the holly tree produced its berries, and I waited patiently for the arrival of the robins but they never appeared. What happened? Even our neighbors were wondering what happened to them. In April I



went on line to check robin migrations and all the observers were stating the robins were all north of here. They had been spotted in Jacksonville, North Carolina and even in Maryland. I guess they've gone back to the old migratory route west of the Lake. At my next Audubon lecture, I'll have to ask.

Dr. Larry Lieberman, a Retreat resident who is a wonderful photographer captured photos of the robins cleaning off his holly tree. He was kind enough to share them with me, and I'm sharing one with you. I'll have to ask him what he did to be so successful in getting such a beautiful photo.

(Continued from page 1) **Special Ham That Traveled...**

store for Spanish and Portuguese imports, and I spotted a 7-pound Jamon. What a great gift to bring. Hopefully I could transport it.

I put the Jamon and clothes in a carry-on with wheels and crossed my fingers. My bags were just checked through, no one looked inside. The Jamon flew in a 747 to Heathrow, England where I had an 8-hour layover, so Jamon was checked into luggage storage at the airport and I explored London.

Once again Jamon was not detected as we boarded a flight to Kuala Lumpur, Malaysia. In Kuala Lumpur we boarded a flight to an airport on the west coast opposite the resort island of Pangkor and took a ferry to the island. Jamon traveled well and now we rested for 5 days of the Christmas week. More trips were scheduled. We left Pangkor for a few days in Kuala Lumpur and then a 3-hour bus trip to Malacca for a few more days. We returned to Kuala Lumpur for a flight to Dakar, Bangladesh and Jamon still traveled undetected.

The following Saturday Claire had a big cocktail party where Jamon was the guest of honor. He was welcomed with open hands and his good taste and adventure were applauded. There was a festive mood and fun which ended the Christmas vacation. Jamon stayed around for several parties until he was exhausted. He was a "trooper" and gave many folks culinary joy.

A traditional fare at Kentucky Derby Parties in Kentucky, as per Lyn Kennedy, is a dry cured ham, the same as the Jamon, (which is Spanish for ham). We will be serving Jamon made the traditional way in Kentucky and imported from Kentucky for our **Kentucky Derby Cocktail Party on May 7th.**

FIRST FRIDAY

**Come and join other Retreat residents
for a casual get-together**

**Bring your beverage and an appetizer
to share**

ALL ARE WELCOME!

Upcoming dates:

May 6, June 3, July 1, August 5

Please mark your calendars



BRIDGE SCORES

By Patsy Shattuck

I can't believe it's about time for some of our players to start leaving. It has been a great fall and winter (a little bit cold for us) and I hope by the time they return they will have some nice weather. I would like to extend an invitation to anyone that would like to play. Call Patsy Shattuck at 546.2011. Have a great summer!

February 1, 2011

- 1 – Nick Falcone
- 2 – Peggy Johnson
- 3 – Kay Campbell
- 4 – Joanne Cichon
- 5 – Alan Shattuck

February 8, 2011

- 1 – Peggy Johnson
- 2 – Stan Rublowsky
- 3 – Hilary Kozlowski
- 4 – John Bendonis
- 5 – Patsy Shattuck

February 15, 2011

- 1 – Steve Strong
- 2 – Kathy Majewski
- 3 – Barry Mussatto
- 4 – Alan Shattuck
- 5 – Laura Rothman

February 22, 2011

- 1 – Kay Campbell
- 2 – Marie Ferrandino
- 3 – Gerri Strong
- 4 – Steve Strong
- 5 – Kathy Majewski

March 1, 2011

- 1 – Patsy Shattuck
- 2 – Lena Rublowsky

- 3 – Joanne Cichon
- 4 – Sally Troiani
- 5 – Marie Ferrandino

March 8, 2011

- 1 – Alan Shattuck
- 2 – Lucille Sanchez
- 3 – Laura Rothman
- 4 – Peggy Johnson
- 5 – Bob Ferrandino

March 15, 2011

- 1 – Joanne Cichon
- 2 – Patsy Shattuck
- 3 – Stan Rublowsky
- 4 – Peggy Johnson
- 5 – Kay Campbell

March 22, 2011

- 1 – Muriel Barry
- 2 – Joanne Cichon
- 3 – Peggy Johnson
- 4 – Carol Flynn
- 5 – Marie Ferrandino

March 29, 2011

- 1 – Steve Strong
- 2 – Patsy Shattuck
- 3 – Anne Falcone
- 4 – Gerri Strong
- 5 – Kay Bowen-Smith

RETREAT BOARD OF DIRECTORS

President	Bill Cole	546.5353	wcole2b@yahoo.com
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Retreat Activities and Committees

*All Retreat residents are invited to take part in our Retreat Activities.
Retreat Homeowners are also invited to participate in the Retreat
Committees. For more information, please call the contact person.*

Architectural Review Committee	Dave Greaves	545.2664
Aqua Aerobics	Diane Rothacker	546.7876
Channel 63	Jim Morrow	545.1936
Communications Committee	Lill Malinowski	545.3732
Family Activities	Katrina Collette Lisa Rothenberg	546.9880 263.8344
Finance Committee	Larry Anderson	546.9357
First Fridays	Mary Paukstys	546.8054
Mah Jongg	Angela Bibby	545.9195
Needlecraft & Knitting	Sandy Morrow Liz Plourde	545.1936 546.5673
Poker—Men's Straight	Joe Ciocia	545.9767
Poker—Texas "Hold—Em"	Lois & Charles Raska Lois & Otto Vernacchio	545.2733 546.7523
Red Hat Society	Rita Lariviere	546.9744
Relay For Life	Lill Malinowski	545.3732

Retreat Assistance Network (RAN)	Muriel Barry Alice Bernhardt Marie Ferrandino	545.1919 600.5226 546.5476
Retreat Directory	Coni McGuinn	545.3465
Retreat Newsletter	Lill Malinowski Dottie Williams	545.3732 546.3866
Social Bridge	Patsy Shattuck	546.2011
Social Committee	Lena Rublowsky Carol St. John	546.1316 545.4087
Tennis	Tom D'Avanzo	545.7229
WEB Master	Gene Gillis	545.9304
Welcome Committee	Susan Hemmer	349.0030
Women's Club of the Retreat	Bettyann Dixson Mona Wiley Margaret Dara Emily Mussatto Jean Scerbo	546.2663 546.9545 546.8467 546.2774 545.3592
Women's Exercise Class	Marguerite Badcock	546.8427

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- Moving
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Retreat Resident—References Available
 772.245.8377
 E-mail: Smithdubba1@aol.com



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GOING AWAY FOR FEW A MONTHS?

BY LILL MALINOWSKI

THERE ARE MANY OF US IN THE RETREAT THAT GO AWAY FOR A FEW MONTHS AT A TIME. IN PRIOR NEWSLETTERS, WE PUBLISHED LISTS THAT RESIDENTS USE TO MAKE SURE ALL IS COMPLETE AND SECURE BEFORE THEY LEAVE. IF YOU ARE NEW TO THE RETREAT AND WOULD LIKE TO REFER TO THESE LISTS, GO TO OUR WEB SITE, CLICK ON INFORMATION, AND THEN NEWSLETTERS. GO TO:

MAY/JUNE 2005—PAGE 5

MAY/JUNE 2006—PAGES 8 AND 9

MAY/JUNE 2007—PAGES 6 AND 7

WHEN YOU ARE PREPARING TO CLOSE DOWN YOUR RETREAT HOME, TAKE YOUR NON-PERISHABLE FOOD THAT IS WITHIN THE EXPIRATION DATE TO OUR MAIL ROOM. PLACE THE FOOD INTO THE **HOUSE OF HOPE BIN**. YOU WILL BE CLEANING OUT YOUR PANTRIES AND ALSO HELPING THOSE IN NEED.

SAFE TRAVELS TO ALL!

GENTLE REMINDER

Please do not put your trash out before 7am on the days of pickup—Monday and Thursday.

Photo Credits

- Female Cardinal: Hank Stasiewicz
- Regatta: Marian Spengler, Patti Greaves
- RAN: Bob Troiani
- Simple Supper: Carol and Jim Stone
- Cruise: Marlene Boobar, Jan Kasuboske, Lex Campbell, Joe and Jena Scerbo, Wally Malinowski
- Relay : Carol and Jim Stone, Dave Williams, Becky Freedman, Joe Rosetta, Wally Malinowski
- Robin: Dr. Larry Lieberman

Dear Residents,

Hope you enjoyed reading about the adventures that several of our residents have experienced while traveling. Our community certainly is a well-traveled group.

*As we have done in prior years, we will be taking a break this summer—there will not be a July/August issue. The September/October issue's theme will be, "**NOT Born in the USA.**" If you were born in a country other than the USA, please let us know. Also, how did you happen to come to our country?*

Have a safe and healthy summer! Your Newsletter Staff

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