



The Retreat Newsletter

November / December 2008

Volume 5, Issue 5



RETREAT MEDICAL PROFESSIONALS



PHARMACIST CONNIE BANDY

Connie Bandy has a Doctor of Pharmacy Degree and an M.B.A. in Finance/Marketing from Temple University. She started out working in the traditional pharmacy roles in both retail and hospital pharmacy. After working for Rite Aid as a pharmacy manager, and at The University of Pennsylvania and Jefferson Hospital in Philadelphia as a staff pharmacist, she became interested in branching out into the pharmaceutical industry. For almost 20 years, she worked in various positions of increasing responsibility, first for Schering-Plough and then for Merck & Co., Inc.

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Nursing, A Varied Career

Sandy DuFault, R.N.

I didn't start out wanting to be a nurse. I thought I wanted to be a teacher of business subjects in high school. Then I took typing and hated it. I knew I was going to have to come up with another plan. Shortly after this my mother was hospitalized and while visiting her there something just clicked, and I knew this was where I should be. It just fit. So I changed my course of study and took the math and sciences I needed for nursing. I was accepted into the Beaver Valley General Hospital School of Nursing in New Brighton, Pennsylvania. and graduated in 1966. I

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38 YEARS OF KIDS (AND PARENTS) IN DELRAY BEACH

By Chuck
Eschenburg

Carole and I moved to Delray/Boynton Beach in 1961 along with daughters Wendy and Margot and canines, Geranium, a Great Dane, and Magnolia, a Dachshund.

It was also a time of recession, and I did not know that two other young pediatricians had also just moved nearby to start their practices. Needless to say it was a rough few years of financial struggle since many of the patients I treated were unable to pay or just did not. I was busy with the emergency room at the relatively new Bethesda Memorial Hospital in Boynton. At only 80 beds, the staff all knew one another as did

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Newborn Intensive Care Nurse

By Roslyn Stern

My name is Roslyn Stern, and I work as a nurse in the Newborn Intensive Care Unit at St. Mary's Medical Center in West Palm Beach. I have always loved caring for the babies and some of these are truly tiny miracles. Some pretty wonderful infants have graduated from our unit. I graduated from Kings County Hospital Center School of Nursing in Brooklyn, New York, in 1969 and



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(Continued from page 1) **Pharmacist Connie Bandy**

"The most interesting position that I had was being part of the Pharmacy Affairs Department at Merck. Serving as liaison between Merck, various National Pharmacy Associations, and all of the U.S. Schools of Pharmacy, I traveled extensively representing our company; providing feedback on important policy changes in pharmacy to Merck; and supporting various pharmacy continuing education efforts. The best part of being in this position was managing the summer and rotational Pharmacy Intern Programs in conjunction with the Colleges of Pharmacy. The pharmacy students always brought a positive and energetic enthusiasm to our company. It was part of my job to introduce them to alternative career paths available to them with a Pharmacy Degree. I made sure that they were exposed to all facets of the pharmaceutical industry, including research and development, manufacturing, and sales and marketing. I also made a video interviewing people in various positions within the company that had pharmacy degrees – including the President of the Merck Human Health Division at the time. The students left Merck & Co., Inc. knowing that with hard work, good skills, and a strong desire to excel - the sky was the limit!"

She is now retired from the industry and helps out in a small community pharmacy, and gives one-on-one medication counseling. "I guess you could say that I've come full circle, and have gotten back to the basics of pharmacy practice."

(Continued from page 1) **Newborn Intensive Care Nurse**

followed my heart down to Florida where my future husband lived. I have over the past 34 years worked in many areas but always came back to care for the babies. One of the most rewarding things is seeing tiny infants with respiratory problems do so well now because of the medicines and new respirators available for them. Most of all I most enjoy holding and rocking them!

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TO ADVERTISE IN *THE RETREAT NEWSLETTER*, CONTACT
CONI MC GUINN AT 545.3465.

(Continued from page 1) **38 Years of Kids ...**

most of the physicians in Palm Beach County.

At that time, Delray was only about 16,000 with a mass exodus in the summer time. Atlantic Avenue was mostly closed. It was an agricultural community with fields of gladioli and tomatoes to the west. Military Trail had just been extended to Boca Raton and Congress Avenue was non-existent.

Migrant workers and their families presented lots of medical challenges and diseases I never thought I would see, such as rickets and leprosy. The major problem was severely dehydrated infants who were admitted almost moribund, usually in the middle of the night. Finding scalp veins beneath the fuzzy mat of hair, grease and dirt was a major time consumer and no compensation either. I found it interesting that in my office, I might have a migrant worker and in the next room, the heir to a Gulfstream family fortune--quite a diversity. Office visit was \$5.00 and house calls were \$10.00.

The health department then set up a trailer which went out to the farms west of Boynton and Boca. The Boca location was the Butts farm at the site of the future Town Center Mall in the middle of fields of green beans. I then organized the first well baby clinics in Delray where needy families could get education and immunizations.

This did result in a decrease in dehydrated infants and less disease such as whooping cough and then measles. People have forgotten how serious such diseases can be, especially in malnourished babies.

The population grew and the economic base also changed to a more year-round economy. This was partially true to the opening of Florida Atlantic University at the old Boca airbase. Another great change was the building of large retirement condo projects which now stretch almost endlessly to the Everglades.

My pride and joy was being on the original committees for the Morikami Park and then the Sister City projects with Miyazu, Japan and Moshi, Tanzania. I learned a lot from these participations as well as being active with local and state Bonsai societies.

The practice of medicine has changed as much as the communities as well. Insurance and legal items have precluded much of the pleasure of the physician-patient relationship, so I was very happy to have been able to retire from the increasing hassle.

It was an interesting and sometimes sorrowful yet rewarding time--the 38 years in South Palm Beach County.

DREAMS CAN COME TRUE

By Rosemary Woundy

In high school I decided I wanted to pursue a career in nursing. Due to circumstances beyond my control, it proved to be impossible. Instead I enrolled in a private liberal arts college nearby which my sister was attending. She went on to graduate but I dropped out without finishing my freshman year due to lack of funds and disinterest in the subject matter. Instead I ended up engaged to my long-time friend, Bruce.

When the last of our three children was entering 7th grade, I found out that the vocational-technical high school offered a one-year program to become an LPN. My husband and I talked it over and agreed I would leave my part-time job at the elementary school library and devote the next year to fulfilling my life long dream. I did well on the entrance exam due to my many years watching "General Hospital" and dove into my classes. It was frustrating at times, but in the end I did very well, even receiving a perfect score on my Connecticut licensure exam.

I was able to get a job in my favorite nursing home (I liked working with the elderly and this was one of the best places). Sadly I suffered a back injury at home and was unable to continue working there due to weight lifting restrictions. With two children in college, I needed another job where I could use my skills and found a wonderful job working at a pharmacy. I had up to 800 nursing home patients for whom I generated computerized doctors' orders and Kardexes. It was a very precise, detailed job which I found I loved. My family loved it too because I no longer had to work second shift and weekends/holidays. It paid well and helped us get our three children through college.

After twelve years, I retired due to health issues with our parents. I still enjoy studying medical topics and have my current Connecticut LPN license, mainly to have tangible proof that dreams can come true.

USEFUL COMPUTER LINKS

By "Cybrary Man" aka Jerry Blumengarten

I salute all of the health professionals who work so hard to provide us with wonderful care.

On my website I have the following health and wellness links:

Cancer, Dental Health, Diseases, Drugs and Their Effects, Exercise, Health, Heart Hygiene, Mental & Emotional Health, Nursing, Nutrition and Physical Education.

Health/Physical Education Pages

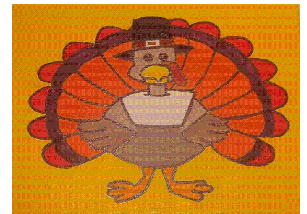
<http://www.angelfire.com/stars3/education/healthphysedlinks.html>

November Links

<http://www.angelfire.com/stars3/education/november.html>

December Holidays

<http://www.angelfire.com/stars3/education/november.html>



(Continued from page 1) **Nursing, A Varied Career**

started my career in the Med-Surg area to gain clinical experience. After moving to Florida in 1971, I started working in the Emergency Room. I loved the excitement of the ER. You never knew what was coming through those doors. While I was working in the ER, I also worked part time at Jai Alai during the matinees as a nurse. I took care of patrons as well as the players. After leaving the ER, I went to work as a private scrub nurse for a plastic surgeon. He had an OR in his office where we did cosmetic surgeries and I went to the various hospitals with him for bigger surgeries. This led to my career in the operating room. I eventually went on to become the OR manager of a surgery center for seven years. I currently am working part time as a staff nurse in the operating room at the North County Surgicenter in Palm Beach Gardens. Nursing has been a wonderful career for me. It enabled me to stay at home with my children when they were young. By working part time evenings and weekends, I was still able to be the home room mother and the driver for field trips. With the help of my husband, I didn't need day care or babysitters. I've been in nursing now for 42 years. I keep thinking I should retire but what would I do. I know nothing else and I still love it. It still fits.

Seabbranch Art League News

By
Mary D'Avanzo

The Art League is showing its fall colors all over the Treasure Coast. The Elliott Museum, Stuart, will hold a final exhibit October 18th through January 2009 before closing its doors for renovations. It is a great opportunity to view the work of **Marsha Mark** and **Ken Dara** along with other local artists in this historical setting (825 N.E. Ocean Boulevard, Stuart).

In Fort Pierce, the A.E. Backus Museum is presenting an exhibit of artists from four counties, including several of our residents such as **Stephen Stone** and **Ken Dara**. The opening to the public is Wednesday, October 22nd through November 21st (500 North Indian River Drive, Fort Pierce).

To the South in Jupiter at the Lighthouse Center for the Arts, **Bosha Stone** has renovated the Museum Shop into a stunning display of art and crafts for gifts and collectors. Also at the Lighthouse on November 15th, you can D'Art for art. **Stephen Stone** and **Marsha Mark** have each donated an art piece for this unique and fun event (373 Tequesta Drive, Tequesta).

The Indian River County Cultural Council office gallery in Vero Beach is showing the works of 34 artists who joined the competition for the Cultural Council's 2009 Events Calendar. **Mary D'Avanzo** had submitted a collage depicting "The Rio de Ais" - the original name of the Indian River that flows through our counties.

And finally, closer to home in Hobe Sound, the members of the Art League have the opportunity to share their art in public places by decorating the walls of a hospice facility and painting wall murals for outdoor spaces. Public Art in the community makes everyone smile.

Art News By Marsha Levine

Ryan Hoefling, age 10, will be participating again, in the Hobe Sound Festival of the Arts sponsored by the Hobe Sound Chamber of Commerce. All the children's art work will be on display in February at the annual Hobe Sound Art Show on A1A. It is a very large and wonderful art show.

The Elliot Museum, on Hutchinson Island, is having its 5th Annual Juried Art show from October 18th through January 4th, 2009. Its theme is "Florida... Expressions and Reflections." Retreat resident, **Marsha Levine**, has a pen and ink entry in the show. Do come as the museum will be closing right after this show. They will be building a brand new museum !!!



Gary Kroman and Marsha Levine,
at White Lake, New York

NOT 14 ANY MORE

By
Marsha Levine

Much to my delight and surprise, my former 14-year-old art student,

Gary Kroman, that I "found" on the Internet last spring, made a trip from Long Island, New York, and visited us in White Lake, New York, at the end of June! He brought along his two daughters. I also invited another 19 year-old art student, **Marteal**, from Westchester, New York as she is in college now studying fashion design. I wanted them to meet as well. We had the most wonderful reunion. We all had art portfolios to share, and stories to fill in the years.

Gary, the older student, has had a successful career, doing ink and color designs for clothing, as well as graphic designs for Donna Karan! He comes down to Florida every winter to visit family. So we hope to meet again.

Heart Attack Warning Signs

Source: http://www.americanheart.org/presenter.jhtml?identifier=3053#Heart_Attack

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs may include breaking out in a cold sweat, nausea or lightheadedness**

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of

(Continued on page 12)

NATIVES IN THE YARD

By Dottie Williams



Photo by Dottie Williams

Have you seen those strange looking pink birds visiting our community? They are **Roseate Spoonbills**. Just about every morning on my daily walks, I've seen them. They have been feeding at the famed "waterhole" on Glacier Terrace, the east entrance of the Retreat, on

the golf course at Lost Lake and at the entrance of SeaWind Elementary School. These odd looking birds are easily identified by their pink plumage and spoon-shaped bills.

The spoonbill can be found along the coasts of southern Florida, Texas, Louisiana, and Central and South America. These very social birds live in large colonies with other spoonbills, ibis, storks, herons, egrets and cormorants. They stand about two and a half feet tall with a wingspan of four and a half feet. Both the male and female have long red legs, red eyes, baldheads and bright pink wings but the male is slightly larger than the female. Young spoonbills are mostly white with a tinge of pink and have white-feathered heads.

If you happen to spot spoonbills in our community, stop and watch them for a while. You'll observe them swinging their heads side to side in the shallow water. It is their method of searching for food. The large beak has special nerve endings that signals contact with food. Once detected, the beak instantly closes guaranteeing the spoonbill a meal. Their diet consists of small fish, shrimp, clams, snails and insects. It's actually the diet of the animals they eat that determines the shade of pink their plumage will be. The shrimp and other crustaceans ingest algae that are responsible for the spoonbills' colorful feathers.

At one time in the late 1800's, these birds were hunted for their plumage. The feathers were used on ladies' hats and fans. Their population shrunk to a few dozen, and they were listed as endangered. That no long is the case. Their numbers are increasing and they are no longer protected.

Remember to watch for these distinctive pink birds. They are not Flamingos. They are Roseate Spoonbills.

NEWS FROM OUR BOARD OF DIRECTORS

By Bill Cole

- * Big news is NO INCREASE in HOA fees for 2009...you will be paying the same charges for four years in a row.
- * One Source, our new landscaper, begins on November 1st.
- * If you have any claims against Valley Crest (Concepts in Greenery), please contact Frank in the HOA office.
- * We may have a settlement from DiVosta concerning turnover-related issues by this year end.
- * Welcome back to our seasonal residents.
- * Best wishes for the holiday season.

The Retreat 2008 Board of Directors



Photo by George Wurster

Sitting from left: Susan Hemmer, Treasurer, Coni McGuinn, Secretary. Standing from left: Dave Williams, Director at Large, Bill Cole, President, Pat Pezzicola, Vice-President.

From Our Property Manager

By Frank Lennane

The assessments need to be mailed to the address below. Please do not leave them in the main office mailbox as your payment will not be credited on time.

The Retreat@ Seabbranch HOA, Inc.

c/o Capital Realty Advisors

PO Box 166452

Miami, FL. 33116-6452

Holiday Donation

By Coni Mc Guinn

The holidays are fast approaching and once again we are collecting for the landscapers who keep our community looking so great. Last year, we were able to give each worker a Wal-Mart gift certificate for \$100.00. If you wish to contribute, please drop off your donation at the Management Office with Frank before December 15th. Thank you for your continued generosity.



There will be a Retreat at Seabbranch Homeowners' Association Town Hall Meeting at the Retreat Clubhouse on Thursday, October 30th, at 7pm. Please join us!

Retreat Business Owners

The Retreat Newsletter is a great place for you to reach local customers. Ads are business card size in black and white. Cost for each ad is \$125 for the year. A yearly contract is required. Please contact Coni Mc Guinn at 545.3465 or conimcguinn@aol.com.



SOCIAL COMMITTEE By Gail Pezzicola

The Social Committee is pleased to report that **forty-eight friends and neighbors of the Retreat attended the first fall event on September 20, 2008 at the Clubhouse.** Roberto from the Knights of Columbus was our outstanding caterer. Folks enjoyed a grilled chicken complete with mango sauce, grilled veggies, scalloped potatoes, rolls and butter. We topped it off with banana cream pie. Two lucky people went home fifty-fifty winners, as well as many others who claimed door prizes. It was a great evening had by all.

Next on the social front is **Oktoberfest**, Saturday, October 25th. Cocktails at 5:30 and a complete German dinner will be served at 6:15. Sign ups have been taken at the Clubhouse on October 11th, but availability remains. Please call Gail (545.0706) or Sandy (545.1936) for more details. More door prizes to be won and apple cobbler with vanilla ice cream for dessert!!! That should entice a crowd.

One week later on Sunday, November 2 at 7pm the social committee is hosting a **"Cocktail Lounge"** evening at the Clubhouse. Simply call Gail (545.0706) or Sandy (545.1036) no later than Thursday, October 30th to RSVP that you will be attending. Please bring the appetizer of your choice to share with everyone. \$5.00 a couple to cover small expenses will be collected that evening. Be ready to enjoy some wonderful tunes from our own "Gino" of the Retreat. He will be adding to the atmosphere with all kinds of your favorite musical hits!! Thanks to Gino for offering his talents.

Our **Holiday Party** is Saturday, December 6th at Lost Lake. Lucky and the Drifters will provide the dancing music. The celebration begins with cocktails at 6pm! Please mark your calendars to sign up on Saturday, November 15th between 10 and 11am at the Retreat Clubhouse. More details as to the menu and cost will be available shortly. Please watch for announcements on Channel 63 and in the mailroom.

We hope you have had the opportunity during the course of the year to take advantage of various social functions. The social committee is hoping that some of you will step forward to participate in the planning of events for 2009. If you can be of service to your community in this way, call Gail (545.0706) or Sandy (545.1936). We are anxiously waiting to hear from you!!

2009 RETREAT TELEPHONE DIRECTORY FORM

If you are not currently listed in the 2008 Telephone Directory and wish to be listed in the 2009 Directory, please fill out the form below. If you are currently listed in the directory and would like to update it, please fill out the form below with the updated information. **Please sign the form** and place it in the Drop Box in the Property Management Office located in the Clubhouse or mail it to Retreat Homeowners Association, 8700 SE Retreat Drive, Hobe Sound, FL 33455, ATTN: Communications Committee **no later than February 1, 2009.**

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

PLEASE PRINT CLEARLY

LAST NAME(S)_____

FIRST NAME(S)_____

(For example: Jane and John)

RETREAT ADDRESS_____

TELEPHONE_____

CELL TELEPHONE (optional)_____

EMAIL ADDRESS (optional)_____

*Signature

* Signature (spouse)

***Signature(s) are required to have information published in the Directory.**

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

REMEMBER TO RETURN THIS FORM BY FEBRUARY 1, 2009

RAN?

What is RAN?

It is the **Retreat Assistance Network**, a program in the process of being developed to help our residents remain independent in their own home.

How will this be accomplished?

A comprehensive directory, listing both paid providers and existing social services, will be made available to all residents. Retreat community volunteers will be available through the RAN committee who can also direct you to the right agency if needed.

How would I benefit now, if presently, I am not in need of any services?

The benefits are multi faceted and designed to be perpetual. Part of this program includes the distribution of the "Vial of Life".

What is "Vial of Life"?

It is a form on which you will list data regarding your health conditions, medications, doctors, etc. All rescue personnel will be alerted to its accessibility in Retreat residences.

How can I participate in this program?

You may do so by simply filling out the questionnaire that will be distributed.

What should I do if I need assistance now?

We encourage you to call one of the committee members listed below.

If I know of a provider, based on performance, which I wish to recommend, how would I do this?

There is a place on the questionnaire for that purpose, but you may also call or e-mail a committee member.

What is the next step to be taken by the committee to implement this program?

In January, after the holidays, committee members will be available at the mailroom to hand out questionnaires and "Vial of Life" kits as well as answer any questions.

Much time and effort has been devoted to this project. Please lend us your support in bringing this goal to fruition. Let's have The Retreat be a leader in Martin County in senior independence!!

Thank you in advance for your assistance in this lofty endeavor.

Barry, Muriel 545-1919	Darcy, Virginia 546-4979	Harris, Susan 546-2274
Bernhardt, Alice 545-0048	Ferrandino, Marie 546-5476	Johnson, Peggy 546-1703
Bowen-Smith, Kay 545-9192	Gillis, Gene 545-9304	Troiani, Sally 545-2889

WOMEN'S CLUB OF THE RETREAT

By Audrey Ruggier

We are looking forward to and welcome the return of all of the snowbird members of the Women's Club of the Retreat. We certainly have a full calendar of events scheduled until the end of the year. It's hard to believe that six years have gone by in our community and we can look back and have such wonderful memories of our club - all the good times and friendships that have been formed over the years. The Women's Club has certainly enriched our lives. Hopefully, we can encourage newcomers, so that they too can enjoy the camaraderie and activities the Women's Club offers.

September's luncheon was held at the Dolphin Restaurant. We all had a lovely time and quite a turnout and some of us couldn't resist doing our part for the economy by patronizing the little gift shop next door. Thanks to Bernyce DeRibas of the Luncheon Committee for making the arrangements. Bernyce also arranged the October luncheon at a brand new restaurant, the Harborage Yacht Club & Marina. This information may be outdated by the time the newsletter goes to press, but I am sure all will enjoy the lunch and the scenery at this lovely spot.

We had our first "MOVIE NIGHT" of the year at the Retreat Clubhouse under the direction of Mickey Vernacchio. "Sex and the City" was featured and all who attended had a few good laughs. Keep looking for the announcement of next month's featured movie, which will be shown on November 10th.

Our guest speaker at the October meeting was Sean McCarthy who writes for the Hometown News and is a certified identity theft risk management specialist. We learned ways to protect our identity. New candidates for office in 2009 were recommended by the Nominating Committee and will be voted on in November. The recommended revisions updating the bylaws were also on the agenda. At our last meeting of the year in November, our scheduled guest speakers will be representatives of the Trailblazers Association and Senior Solutions.

Due to overwhelming demand "BINGO" has been brought back by the Women's Club and will be played on October 27th at 7:00 P.M. at the Retreat Clubhouse - no charge. Prizes will be awarded and residents are asked to bring their own beverages and snacks. Thanks to Martha Tarquine for organizing this activity.

Remember our "Welcome Back Tea" last year? This was such a success Marlene Boobar has another one scheduled for November 7th at the clubhouse. We are sure to have a delightful day - there will be Mystery Gifts

to be raffled off, a fashion show featuring our own members as models with clothing from Bon Worth's, and of course delicious sandwiches and pastries. A MUST for your calendar!

November 23rd finds us at the third annual "Taste of the Retreat". Keep looking for more information on Channel 63, our Retreat Channel. These last two events have been organized by our fantastic Events Committee.

Our final get-together will be at the Trim-the-Tree and Pizza Party on December 5th from 12 Noon to 3:00 P.M. We will also have the grab bag game, which we all enjoyed so much in previous years. Please remember to bring a gift valued at approximately \$10.00 if you wish to participate.

We are also pleased to announce that the Ladies of the Preserve have again extended an invitation to our club members to their annual luncheon and fashion show at Mariner Sands on January 14, 2009. Details will be made available.

A very special "Thanks" to our president **JOANNE ESTES** for working so diligently all year keeping our meetings interesting and informative. It is not an easy job and we commend her and are very appreciative of all her efforts. You have done a wonderful job, Joanne!



3rd Annual Taste of the Retreat

**Sunday, November 23,
2008**

(Sunday before Thanksgiving)

4 PM - 6 PM Clubhouse

All Community Pot-Luck / Bake Sale

**Come and enjoy a sampling of your
neighbor's favorite recipe**

All Are Welcome!!!

Sponsored by the Women's Club

***It's a meet and greet...have a
treat!!!***

Relay For Life of South Martin

By
Lill Malinowski

The dates for the Relay For Life of South Martin have been set: April 3 and 4, 2009. The location will be at The Pine School in Hobe Sound. If you or someone you know would be interested in being on the Relay Committee, please contact me at 545.3732. To join **The Retreat Remembers...Team**, go to: www.relayforlife.org/southmartinfl, then click on our team name, and then click on JOIN OUR TEAM.

On Sunday, December 7th, we will be holding our fourth annual Holiday Home Tour. Please watch for announcements of ticket sales in the mail room. This is such a wonderful event. It is a great way to meet Retreat residents, see beautiful decorating, and support The American Cancer Society in the fight against cancer.

On Mondays in February, we will have our Duffy days. If you have dinner at Duffy's and present a Relay flyer, 10% of your bill will go to The American Cancer Society.

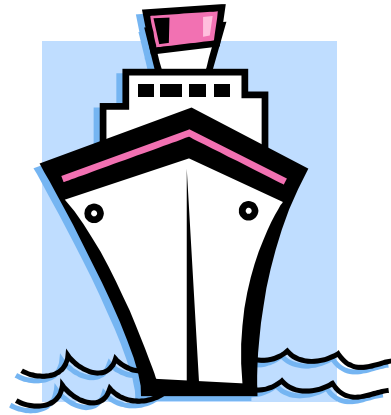
On February 23 to 27, we will be cruising to benefit The American Cancer Society. To sign up, contact Marlene Boobar at 545.1043. To date, we have 80 Retreat residents signed up! Come and join the fun!



Locks of Love By Arlene Hartnett

Six year old, **Alexis Izzo** of Connecticut, granddaughter of Thomas and Arlene Hartnett of S. E. Eldorado Way, donated ten inches of her hair this summer. Alexis mailed her hair and a small donation of her own money to

Locks of Love located here in Florida. It takes ten donations to make up a wig for a child, and she plans to donate again when her hair grows long enough.



All Aboard Cruise!!!!

Everyone Welcome!!!

Relay For Life Fundraising Cruise!

Cruise on the Celebrity:
"Century"

5 Nights

Feb. 23 - Feb. 28

**Key West, Sea Day, Grand
Cayman, Sea Day**

Bus pick up here at the Retreat!!

marleneboobar@hotmail.com

Or call:

Agent: Tricia Cantu

1-800-514-9986 ext. 7030

Great pricing + on-board credits

Don't miss the boat!!!!



Marlene Boobar with her new grandson, '**Griffin**' **Mula-Howard**, born September 12th. Marlene's maiden name was Griffin...thus Baby Boy: 'Griffin'.

Marlene's daughter, Jessica, lives in Saco, Maine, with her husband Brian. Marlene will continue to enjoy her granddaughter, **Annabelle**, here in Jupiter, and now her new grandson in Maine when she returns North each summer. How special!



October is Breast Cancer Awareness Month

**The Retreat Remembers
Relay For Life Team
Is Selling**

Pink Retreat Logo Caps

For \$15.00

**If interested call
Dottie Williams – 546.3866
Or
Anne Cole – 546.5353**

BRIDGE SCORES

By Patsy Shattuck

We had a great summer with all our loyal players. All of us are looking forward to the fall and an increase in our numbers. If you have a desire to join, please call Patsy Shattuck at 546.2011

August 5, 2008

- 1 – Kay Bowen-Smith
- 2 – Peggy Johnson
- 3 – Susan Harris
- 4 – George Harris
- 5 – Joanne Cichon

August 12, 2008

- 1 – Joanne Cichon
- 2 – Laura Rothman
- 3 – George Harris
- 4 – Sally Troiani
- 5 – Marie Ferrandino

August 19, 2008

- 1 – Joyce Hill
- 2 – Lena Rublowsky
- 3 – Stan Rublowsky
- 4 – Patsy Shattuck
- 5 – Laura Rothman

August 26, 2008

- 1 – Joyce Hill
- 2 – Joanne Cichon
- 3 – Peggy Johnson
- 4 – Laura Rothman
- 5 – Sally Troiani

September 2, 2008

- 1 – Peggy Johnson
- 2 – Laura Rothman

- 3 – Marie Ferrandino

- 4 – Muriel Barry

- 5 – Patsy Shattuck

September 9, 2008

- 1 – Susan Harris
- 2 – Joanne Cichon
- 3 – Alan Shattuck
- 4 – Marie Ferrandino
- 5 – George Harris

September 16, 2008

- 1- Patsy Shattuck
- 2 – Lena Rublowsky
- 3 – Alan Shattuck
- 4 – Bob Ferrandino
- 5 – Stan Rublowsky

September 23, 2008

- 1 – Patsy Shattuck
- 2 – Kay Brown-Smith
- 3 – Sally Troiani
- 4 – Stan Rublowsky
- 5 – Doris Shirk

September 30, 2008

- 1 – Alice Bernhardt
- 2 – Stan Rublowsky
- 3 – Kay Bowen-Smith
- 4 – Laura Rothman
- 5 – Muriel Barry

Knitting Club

By

Sandy Morrow and Coni McGuinn

Sweaters - Baby Blankets - Lap Robes - Mittens and Caps and even a knitted alligator are just some of the items the girls in the Knitting Club are creating! Knit or Knot, come join us. The Knitting Club meets Tuesday evening (except the last Tuesday of the month) at 6:30 P.M. in the Clubhouse.

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Welcome	Susan Hemmer	349.0030	syacht@comcast.net

(Continued from page 4) **Heart Attack Warning Signs**

breath, nausea/vomiting, and back or jaw pain. Learn the signs, but remember this: Even if you're not sure it's a heart attack, ***have it checked out*** (tell a doctor about your symptoms). ***Minutes matter!*** Fast action can save lives — maybe your own. ***Don't wait more than five minutes to call 911.***

Calling 911 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. ***It is best to call EMS for rapid transport to the emergency room.***

Our theme for the January/February
2009 Retreat Newsletter will be:
"Your New Year's Resolutions".
What are your New Year's Resolutions?
How do you plan on keeping them? The
deadline will be **December 15th**.
Happy Holidays from your
Retreat Newsletter Staff!!

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