



# The Retreat Newsletter

## November/December 2015

### Volume 12, Issue 5



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### THE PRESIDENT'S GAVEL

By Eric Wolf

Autumn is considered a time of change, and The Retreat is no exception this year. As our snowbirds begin arriving from Up North hearkening another busy season, a number of changes may be evident, perhaps most noticeably in the areas of management, security, and maintenance.

In September, Capital Realty Advisors (CRA), after consulting with your Board of Directors, made a change in our on-site **Property Manager**. Robert Ireton-Hewitt is now the friendly face whom you will see making his rounds or when you visit our office to seek assistance. Skip is no longer assigned to us, and we wish him well. Robert brings experience managing an HOA community of our size and with similar amenities as we have, and is highly recommended. His good communication skills are evident and, with the support of CRA management familiar with The Retreat, Robert has jumped right in.

If you—especially the returning snowbirds—have not yet received your new **fobs** that replaced the key to access our Clubhouse and amenities areas, be sure to see Robert during normal office hours, or call him to set up an



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alternate time. The keys no longer work, and the fobs have been enthusiastically accepted. You'll need the fobs to access the Clubhouse, pool area, exercise room, and the tennis courts. The fob system is a reliable and dependable method of managing access (and therefore responsible use) for the amenities that they have funded.

Another security-related change is the addition of the **cameras** at the entrances to The Retreat—Eastgate, Main Entrance (by the school and Lost Lake west gate) and at the main roundabout coming and going. With these cameras, we can review what vehicles entered or left the premises at any time; it is a crime deterrent and, in case of a crime, a help to catching perpetrators. There are two types of cameras installed at each location: one gets the big picture and the other takes a picture of the license plate, day or night. Recommended by the Martin County Sheriff's Office and other communities, we are investing in modern security methods to keep our community—and you—safe.

Maintenance is ongoing at The Retreat, yet what may be most noticeable is the nice gravel **driveway** added across from the Clubhouse from Eldorado Way to the Atlantic Ridge Preserve State Park. This temporary driveway

actually has a purpose—it is the way for the contractors to get materials and machinery to the culvert that we are replacing behind our property. The rainy season that we had in late summer prevented its usage; soon work will resume and when completed, the contractors will take the driveway with them and return our beautiful grassy area.

Other maintenance changes involve our ten **lakes** and specifically the inordinate amount of algae in them lately. Again the culprit is the rainy season, not our vendor. Lakes and Wetlands Management, who take care of our lakes, have been out doing what they can; any chemicals put in the lakes would have been washed away to no effect. Now that the heavy rains have abated, the treatments are being resumed and it is expected that the lakes will return to their lovely state shortly.

Along with your last dues invoice we all received a letter informing that management will be enforcing with Members the **Rules & Regulations** to which we have all agreed. It has been noticed that a number have been lax lately about various regulations so please review these—and if necessary, correct—so as to avoid any possible embarrassment and attendant hard feelings. Remember that anything done to the exterior of your building or property needs to be reviewed by the ACC prior to beginning work whether by yourself or a contractor. The purpose is to keep our community beautiful and our property values high. Your assistance in this is appreciated!

One thing that does *not* change is the diversity of **activities** that are ongoing at The Retreat. Enjoy yourself this new season, get involved with others, and meet new friends and neighbors. If you see me on my bicycle, at a Board meeting, or just out in the community, be sure to say *hello*. It is my honor to serve you.

<b>Editor &amp; Publisher</b>	<b>Co-Editor</b>
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<b>TO ADVERTISE IN THE RETREAT NEWSLETTER, CONTACT CONI MC GUINN AT 545.3465.</b>	

## Coffee Drop in!

Our 1<sup>st</sup> Coffee Drop In! was held on October 10<sup>th</sup> in the Clubhouse. Six new families attended, as well as representatives from the Social Committee, Knot Just Knitting Tuesday evening group, Women's Club, Tennis, RAN, Bridge and the Board of Directors.

It was a very "welcoming" welcome! Liz Plourde was the lucky winner of the beautiful floral arrangement which was generously donated by resident Elizabeth DuBois, owner of Dimar Florist .

It is the BOD intention to offer, during season, a casual "drop in" coffee each 2<sup>nd</sup> Saturday of the month.

All new and longer time residents are most welcome to drop in, enjoy a cup of coffee and meet and greet each other.

This time is meant as another opportunity for folks to learn about what the Retreat has to offer as one of the most beautiful communities in Martin County and simply... meet their neighbor!

***Next "Drop In" is December 12th  
9AM Clubhouse.***

***All residents are welcome!!***



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## The Retreat Social Committee

### CHRISTMAS COCKTAIL PARTY

Saturday, December 12th  
Retreat Clubhouse

Watch Channel 63 and bulletin  
board for further details.

## FIRST FRIDAYS

Come see your friends and meet new  
neighbors

Bring an appetizer to share and your favorite  
beverage

October thru June excluding January

Retreat Clubhouse

5PM to 7PM

## COMMUNICATIONS COMMITTEE

By Lill Malinowski

### Channel 63



A big thank you to **Jim Morrow** for ten years of dedicated volunteering. Jim has been our Channel 63 (CH63) coordinator in the Retreat. He is the man behind the scenes—you send him data and magically it appears on our CH63! Jim has submitted an article (to the right of the article) regarding the history of CH63. Thank you,

Jim for all your hard work!

I would like to announce our new CH63 volunteers, Zackary and Brennan Botkin. This is a son and father team. Zackary is a student at South Fork High School. Zackary is the primary CH63 coordinator with his father assisting him. Thank you to both of you for volunteering!

Guidelines to submit to Channel 63 are on our WEB site:  
[www.retreatatseabranh.com](http://www.retreatatseabranh.com)

Governance

Forms & Guidelines

Guidelines for posting on Retreat Channel 63

Photo by Regina Bodkin



### 2016 Retreat Directory

On the next page is the form for the 2016 Retreat Directory. If you are not currently listed in the 2015 Directory and wish to be listed in the 2016 Directory, please fill out the form. If you are currently listed in the 2015 Directory and would like to update your information, please fill out the form with your name and the updated information only. You must sign the form. If your 2015 information is correct, do not fill out another form. Thank you to **Coni McGuinn** who was been updating our Retreat Directory since the Directory was created many years ago.



## History of Retreat's Channel 63

By Jim Morrow

Regarding my involvement with CH63 - It dates back to 2005 when **Joanne Estes** (a previous resident) headed up the Communication Committee approached Bill Cole (past HOA President) and requested Comcast/Adelphia provide equipment and software to allow us to have a community TV channel like our neighbors in Lost Lakes and The Arbors. Joanne was looking for a volunteer to get involved, and I stepped forward. Comcast installed sophisticated equipment in what I refer as "the broom closet" located in the Clubhouse. There we have a Comcast supplied transmitter to send our signal out to the Comcast cable network, a Comcast receiver to allow us to have music accompany our slides as they appear on CH63, and a small computer that contained the software to flash the slides and connect to the Comcast transmitter. The small computer which had no keyboard or monitor was powered by Microsoft Windows XT and a software package provided by Keywest Systems from Lenexa, Kansas.

A Comcast technician gave us (Joanne, Gene Gillis and Coni McGuinn) a brief training session in how to use the Keywest software and Channel 63 was on the air in late 2005. Since that time the old Keywest computer has been replaced (a new Keywest computer) and the software updated. We have always had a separate laptop computer located in the Clubhouse office to prepare the slides and upload to the Keywest computer. At the start we had to physically go to the office to prepare the slides and upload, but in the recent few years we can now prepare the slides at home and communicate via the internet to the laptop computer in the office and maintain Channel 63 from home. However, nothing works perfectly when you live in the land of power outages and other unplanned events - so trips to the office are necessary on occasion.

Channel 63 is available for viewing 24 hours a day, 7 days a week. You're able to see what is happening in the community i.e. upcoming HOA Meetings, social events, volunteer activities, Women's Club events and more. Since there is only so much information that can fit onto a screen for viewing typically the messages are brief, and more detailed information can be found on the Mailroom display cases. For example HOA Minutes, specific details on upcoming events that could not fit on TV.

I have enjoyed working as the CH63 coordinator. I was able to use a little bit of my creative abilities to layout the individual slides with appropriate graphics and text. It's been fun. It takes a minimal amount of time now that the content can be managed from home. Since I have been doing this now for close to 10 years, it is time to pass onto a new person or persons to take over. Good Luck.

## 2016 RETREAT DIRECTORY FORM

If you are not currently listed in the 2015 Directory and wish to be listed in the 2016 Directory, please fill out the form below. If you are currently listed in the 2015 Directory and would like to update your information, please fill out the form below with your name and the updated information only. **If your 2015 information is correct, do not fill out another form. 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, 2016**.

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

### PLEASE PRINT CLEARLY

LAST NAME(S) \_\_\_\_\_

FIRST NAME(S) \_\_\_\_\_

RETREAT ADDRESS \_\_\_\_\_

TELEPHONE \_\_\_\_\_

CELL TELEPHONE (optional) \_\_\_\_\_

EMAIL ADDRESS (optional) \_\_\_\_\_

\*Signature \_\_\_\_\_

\*Signature \_\_\_\_\_

\*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



### BRIDGE SCORES

By Patsy Shattuck

Here we are, already in October. Glad to have some of our northern residents slowly arriving. We had a nice crowd this week for Bridge and know we will get more soon. Have a "happy fall" and great holiday that will soon be upon us.

#### August 4, 2015

- 1 – Maryon Gonzalez
- 2 – Muriel Barry
- 3 – Bill Burns
- 4 – Jeanne Sopelsa
- 5 – Carol Flynn

#### August 11, 2015

- 1 – Muriel Barry
- 2 – Ann Sterling
- 3 – Jeanne Sopelsa
- 4 – Patsy Shattuck
- 5 – Maryon Gonzalez

#### August 18, 2015

- 1 – Alan Shattuck
- 2 – Sharon Davis
- 3 – Maryon Gonzalez
- 4 – Jean Schultzberger
- 5 – Peggy Johnson

#### August 27, 2015

- 1 – Lena Rublowsky
- 2 – Alan Shattuck
- 3 – Ann Sterling
- 4 – Jeanne Sopelsa
- 5 – Carol Flynn

#### September 1, 2015

- 1 – Ann Sterling
- 2 – Patsy Shattuck
- 3 – Roberta Segal
- 4 – Jeanne Sopelsa
- 5 – Muriel Barry

#### September 8, 2015

- 1 – Lyn Kennedy
- 2 – Jeanne Sopelsa
- 3 – Muriel Barry
- 4 – Alan Shattuck
- 5 – Peggy Johnson

#### September 15, 2015

- 1 - Marie Ferrandino
- 2 – Maryon Gonzalez
- 3 – Carol Flynn
- 4 – Alan Shattuck
- 5 – Roberta Segal

#### September 22, 2015

- 1 – Lyn Kennedy
- 2 – Jeanne Sopelsa
- 3 – Patsy Shattuck
- 4 – Roberta Segal
- 5 – Alan Shattuck

#### September 29, 2015

- 1 – Jeanne Sopelsa
- 2 – Muriel Barry
- 3 – Sharon Davis
- 4 – Dodi Sopelsa
- 5 – Peggy Johnson



## FOOD-DRUG INTERACTIONS

We hear about drug-drug interactions all of the time. However, the foods that we eat can also interfere with the medications we take. Patients may not recognize that otherwise healthy foods can have severe consequences when mixed with certain drugs.

As a medication expert, your pharmacist should clearly communicate the risk of possible food-drug interactions for both prescription and OTC medicines.

Here are some of the most dangerous food-drug interactions:

### 1. Calcium-Rich Foods + Antibiotics

Dairy products such as milk, yogurt, and cheese can interfere with certain medications, including antibiotics such as tetracycline, doxycycline, and ciprofloxacin.

These antibiotics may bind to the calcium in milk, forming an insoluble substance in the stomach and upper small intestine that the body is unable to absorb -- thus, rendering the antibiotic ineffective.

For example, when getting a prescription filled for tetracycline, you should be alerted to take this drug on an empty stomach, at least 1 hour before or 2 hours after meals or snacks. You should also see a label on your container that alerts you to this interaction: "Do not take tetracycline with food, especially dairy products such as milk, yogurt, cheese, and ice cream."

### 2. Pickled, Cured, and Fermented Foods + MAIOs (monoamine oxidase inhibitors)

This food category contains tyramine, which has been associated with a dangerous increase in blood pressure among patients taking monoamine oxidase inhibitors (MAIOs). Examples of MAIOs include:

- Isocarboxazid (Marplan®)
- Phenzelzine (Nardil®)
- Selegiline (Emsam®, Eldepryl®, Zelapar®)

Tranylcypromine (Parnate®)

These are older medications primarily used for treating depression.

Tyramine is an amino acid that helps regulate blood pressure. It occurs naturally in the body and is found in certain foods. When taking a monoamine oxidase inhibitor (MAOI), you need to avoid consuming foods high in tyramine. These foods can cause a dangerous increase in blood pressure when combined with MAOIs.

MAOIs block an enzyme called monoamine oxidase, which breaks down excess tyramine in the body. Blocking this enzyme helps relieve depression. However, tyramine can quickly reach dangerous levels if you eat high tyramine foods, which may cause a spike in blood pressure and require emergency treatment.

Tyramine is naturally found in small amounts in protein-containing foods. Some foods high in tyramine include:

- **Aged cheeses**, such as aged cheddar and Swiss; blue cheeses such as Stilton and Gorgonzola; and Camembert. Cheeses made from pasteurized milk are less likely to contain high levels of tyramine, including American cheese, cottage cheese, ricotta, farm cheese and cream cheese.

- **Cured meats**, which are meats treated with salt and nitrate or nitrite, such as dry-type summer sausages, pepperoni and salami.
- **Fermented cabbage**, such as sauerkraut and kimchee.
- **Soy sauce, fish sauce** and shrimp sauce.
- **Yeast-extract spreads**, such as Marmite.
- **Improperly stored foods** or spoiled foods.

**Broad bean pods**, such as fava beans.

### 3. Vitamin K-Rich Foods + Warfarin

Pharmacists should counsel patients taking warfarin to maintain a consistent intake of vitamin K and avoid introducing kale, spinach, and other leafy greens to their diets.

Vitamin K is vital for the production of clotting factors that help prevent bleeding, but anticoagulants like warfarin exert their effect by inhibiting vitamin K. Therefore, an increased intake of the nutrient can antagonize the anticoagulant effect and prevent the drug from working.

The newer anticoagulants, such as Xarelto® and Eliquis®, work via a different pathway – and this food-drug interaction is not a factor with their usage.

### 4. Alcohol + Prescription Stimulants

Patients should always be wary of mixing any medication with alcohol, but some interactions are more serious than others.

For instance, ingesting alcohol while taking a prescription stimulant (in decongestants and diet medications) may cause the patient to not fully realize how intoxicated they are. This is especially true when the stimulant is being abused, but it can also happen when the patient takes the drug as prescribed.

### 5. Grapefruit and Grapefruit Juice + Statins

Patients should avoid eating grapefruit or drinking grapefruit juice while taking some medications, in particular statins (prescribed to lower cholesterol levels). Compounds in grapefruit, called furanocoumarins, cause an increase in medication potency by interacting with enzymes in the small intestine and liver.

Grapefruit products have a potential for harm if you're taking atorvastatin (Lipitor), lovastatin (Mevacor®, Altoprev®) or simvastatin (Zocor®). Drinking 8 ounces or more of grapefruit juice can slow how your body metabolizes, or processes, these drugs, causing high concentrations of the statins to remain in your blood. This can lead to muscle pain or weakness and a breakdown of muscle cells, a condition called rhabdomyolysis, that can severely damage the kidneys.

Reactions among people vary, and **grapefruit's effect can last for 24 to 72 hours**. So if you want to drink grapefruit juice, it's probably best to speak with your doctor first to find out whether it's a risk you should personally take.

The cholesterol-lowering drugs rosuvastatin (Crestor®), fluvastatin (Lescol®) and pravastatin (Pravachol®) have all been proven safe for grapefruit fans and don't interact with grapefruit products.

If you have any questions about your medications and food-drug interactions, be sure to ask your pharmacist.



## HOME FOR THE HOLIDAYS

**Sunday, December 6, 1 PM**

(in place of Holiday Home Tour this year)

### Retreat Clubhouse

**\$15 payable to:**



**American  
Cancer Society**



**You will  
receive 15 chance  
auction tickets —  
drawing promptly**



**at 2 PM**



**Gift certificates, wine  
basket, holiday décor  
gifts, floral  
arrangements and more!**

### Ticket sale dates:

**Tuesday, December 1 3-5 PM**

**Thursday, December 3 3-5 PM**

**Saturday, December 5 9-11 AM**

*The Retreat Remembers ...*

**Relay For Life Team**

**For more information, contact Marlene Boobar**

**561.889.4445**



## ENJOYMENT BOOKS

One of our Relay For Life fundraisers is selling Enjoyment Books. The cost is \$35 of which \$10 for each book sold goes to the American Cancer Society. Wally Malinowski will be selling these books from the end of October to mid December. Great holiday gifts!

Since Wally will be on vacation, Ruth Dudziak has volunteered to fill-in until Wally returns. Ruth will let you know when the books are in. She will send you an e-mail. You can pick up your books from Ruth at her home at 8764 SE Retreat Drive. Her cell phone is 772.332.2427. Her e-mail address is rdudziak49@hotmail.com.

Thank you!

## SAFETY FIRST—AN IMPORTANT REMINDER

By Mona Wiley

The Palm Beach Post on October 8<sup>th</sup> reported that Villas on the Green condo association was sued because a youth was killed riding his bicycle on the sidewalk. The elderly lady who struck him could not see above the hedges. The parents of the youth were awarded 12 million dollars. While we don't have high hedges in the Retreat, we do have a stop sign on Seabranh Boulevard at the circle of Retreat Drive. Many of our residents do no stop at this sign. I have been waiting to cross, and cars have just gone through it. Some have slowed and continued through; another one made a "bump" stop and went right through as we were walking onto the crosswalk. At least nine children from the Retreat walk or ride their bike to school. It would be a very sad day to have one of our children or residents hurt or worse killed because drivers are not stopping at a stop sign. If someone is waiting to cross, you must wait for them to cross!! That is the law.

Perhaps we need a large speed bump about six-feet before the sign to make drivers aware to stop.

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

By Mona Wiley

WELCOME back to all the snowbirds! Hope you had a marvelous summer travelling or visiting family and friends. Now it's time to get busy and play some more!

### Reminders:

**Outside Luncheons:** All luncheons held outside of the Retreat will start at 1 PM. Meet at the Clubhouse at 12:15 PM, ready to carpool. If you already have a carload, please stop at the Clubhouse to check-in with the event contact person, so we will not be waiting for you. If you signed up for an event and cannot attend, be sure to notify the contact person at least the day before the event.

**October:** Purchase your **Enjoyment Books** to benefit *The Retreat Remembers Relay for Life Team*.

### November Activities:

**Friday the 13th!!** Ladies Pick a Chick Flick. Catch the Oscar buzz. Time and choice of movie TBA – see sign up board! Contact: Lyn Kennedy, 545.0749; kennedytc@att.net.

**Saturday the 14th** Painting on Glass with Emily. Information will be available on where to purchase your glass item. Paints & brushes will be furnished. 10 AM to 2 PM at the Clubhouse. Bring your own lunch or snack. Cost \$15 must be paid in advance. Sign-up in the Mailroom. Contact: Emily Mussatto, 546.2774.

**Monday the 16th – Monthly Meeting:** Gather at 6:30 PM. Meet and greet old and new friends and enjoy light refreshments together. Business meeting begins promptly at 7 PM with a fun event to follow. All women of the Retreat are most welcome! Check Mailroom Bulletin Board for details each month. Meetings: 3<sup>rd</sup> Monday of each month from October through May. Join us!

**Friday the 20th:** Welcome Back Luncheon at the Boathouse in Downtown Stuart (separate checks). Pre-sign up in Mailroom. Gather at the Clubhouse at 12:15 PM. If you have already arranged transportation, please stop at the Clubhouse to check-in with the contact person. Contact: Cheryl

Wigen, 545.1114, cherylwindsor@att.net.

**Saturday, November 21st & Sunday, November 22nd:** Treasure Coast Community Singers (TCCS) perform *Rutter's Magnificat & Gloria* at 7 PM on Saturday and 3 PM on Sunday at North Baptist Church, 1950 N. Federal Hwy (US 1) Stuart. Advance tickets are \$15. Contact Dottie Williams, 546.3866.

### December 2015

**Friday, December 4th:** Clubhouse Decorating/Luncheon/Yankee Swap. Come at 10:30 AM to help decorate for the holidays. Stay for our Annual Pizza & Salad Luncheon. Following lunch, join in the fun of an old-fashioned Yankee Swap gift exchange (bring a wrapped gift of \$15 value). Sign up in the Mailroom for accurate lunch count. Contact: Audrey DeLoffi, 245.8420, ay.deloffi@gmail.com.

**Friday, Saturday, & Sunday December 4-6,** the Treasure Coast Community Singers will be performing "The Best Time of Year" at the North Baptist Church on Federal Highway in Stuart. Friday night tickets are \$10 and Saturday and Sunday are \$15. As always, contact Dottie Williams for the times of these performances. 546.3866

**Saturday, December 5th:** Annual Holiday Event to benefit the Hobe Sound Family Assistance Network (HSFAN). Contact: June Dean, 561.427.7583, juneevansdean@gmail.com.

**Sunday, December 6<sup>th</sup>:** The Retreat Remembers... Relay For Life team fundraiser 1PM at the Clubhouse—Home for the Holidays. More information on page 8.

**Wednesday, December 9th:** Guided tour of the Flagler Home/Museum in Palm Beach, complete with Christmas decorations throughout. Lunch in the tearoom on the grounds, overlooking the Intracoastal Waterway. \$40 total cost includes tour, lunch, tip and taxes. Carpool from the clubhouse at 9:30 AM. Contact: Cheryl Wigen, 545.1114, cherylwindsor@att.net.

**Saturday, December 12th:** Retreat Christmas Party at the Clubhouse. Details TBA. Check Mailroom for details.

I hope everyone who celebrates Thanksgiving, Christmas and Hanukkah will have fun filled memories and appreciate what a great heritage we have in our family and our nation's traditions.

## RETREAT BOARD OF DIRECTORS

President	Eric Wolf	932.7969	eric33455@gmail.com
Vice-President	Marlene Boobar	545.1043	marleneboobar@hotmail.com
Secretary	Coni McGuinn	545.3465	conimcguinn@aol.com
Treasurer	John Clifford	508.990.6363	retreattreasurer@gmail.com
Director at Large	Jim Pawlak	546.1841	jpawlak2000@gmail.com

## RETREAT PROPERTY MANAGER

<b>Office Hours:</b> Monday Wednesday Friday 8 am to 11 am Or by appointment, call	<b>ROBERT IRETON- HEWITT</b>	<b>Clubhouse Fax:</b> 546.1699 <b>Capital Realty</b> for Work Orders, General Questions, Emergencies: 1.800.940.1088	8700 SE Retreat Drive Hobe Sound FL, 33544  retreathoa@comcast.net
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## RETREAT COMMITTEES

<b>Architectural Control</b>	John McGuinn	545.9704	
<b>Clubhouse</b>	Linda Wolf	932.7969	lwolf913@gmail.com
<b>Communications</b>	Lill Malinowski	545.3732	wallylill@comcast.net
<b>Covenants</b>	Nick Sacco	546.0654	nicktherealtor1@yahoo.com
<b>Drainage</b>	Dave Williams	546.3866	davedottie@gmail.com
<b>Finance</b>	Tom Hartnett	545.3107.	tmhartn55@gmail.com
<b>Landscape</b>	Greg Strahm	546.4853	strahmg@gmail.com
<b>Neighborhood Watch</b>	Bill Burns	546.6990	burnsjro@aol.com
<b>Social/First Friday</b>	Sandy Morrow Jean Scerbo	545.1936 545.3592	sandymorrow7@gmail.com jeanmscerbo@yahoo.com

### RETREAT COMMITTEES AND ACTIVITIES

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

<b>Bulletin Boards</b> <small>(Sell items &amp; business cards)</small>	Pat Brown	
<b>Channel 63</b>	Zackary and Brennan Botkin	546.6308
<b>Mah Jongg</b>	Angela Bibby	545.9195
<b>Duplicate Bridge</b>	Carol Flynn	359.8274
<b>Knot Just Knitting</b>	Sandy Morrow Liz Plourde	545.1936 546.5673
<b>Poker—Men's Straight</b>	Joe Ciocia	545.9767
<b>Poker—Texas "Hold—Em"</b>	Lois & Otto Vernacchio	546.7523
<b>Red Hat Society</b>	Rita Lariviere	546.9744
<b>Relay For Life</b>	Lill Malinowski	545.3732

<b>Retreat Assistance Network (RAN)</b>	Muriel Barry Alice Bernhardt	545.1919 600.5226
<b>Retreat Directory</b>	Coni McGuinn	545.3465
<b>Retreat Newsletter</b>	Lill Malinowski Dottie Williams	545.3732 546.3866
<b>Social Bridge</b>	Patsy Shattuck	546.2011
<b>Tennis</b>	Tom D'Avanzo	545.7229
<b>WEB Master</b>	Gene Gillis	545.9304
<b>Women's Club of the Retreat</b>	Pres. Audrey DeLoffi Vice Pres. Pam Levy Treas. Gerri Strong Sec. Alice Bernhardt	245.8420 546.8204 545.9963 600.5226

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www.NicholasDalesio.com



**Don't forget to FALL  
BACK on Sunday,  
November 1st  
2AM**



**Dear Retreat Residents,  
Thank you to all our contributors to this newsletter!  
Enjoy your holidays and holidays. Safe travels.  
Dottie and Lill**

### **Words to Think About**

*Received from Kathleen Kindstedt*

*The best way to cheer yourself  
is to try to cheer someone else up.*  
- Mark Twain

*Happiness depends more on the inward  
disposition of mind, than on outward  
circumstances.*  
- Benjamin Franklin

*Being happy doesn't mean that everything is  
perfect.  
It means that you've decided to look beyond the  
imperfections.*  
- Anonymous

*There is no way to happiness, happiness is the  
way.*  
- Anonymous

*It isn't what you have, or who you are, or where  
you are, or what you are doing that makes you  
happy or unhappy. It is what you think about.*  
- Dale Carnegie

May the world be kind to you, and may your own  
thoughts be gentle upon yourself.  
~Kathleen

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