



The Retreat Newsletter

September/October 2013

Volume 10, Issue 4



2013 RELAY FOR LIFE

By Lill Malinowski



The Retreat Remembers... Team raised **\$6,800** for the 2013 Relay For Life of South Martin! Our nine-year total exceeds **\$90,000** in our fight against cancer!!! We thank our energetic team members and the folks that supported our fundraisers!!!

Our annual Holiday Home Tour on Sunday, December 1st will kick-off our 10th Relay For Life. This Tour has been one of our major fundraisers. It is so exciting to see how our DiVosta homes are decorated so uniquely in each of these homes. Check our bulletin board, WEB site, and Channel 63 for more information as it is available.

We are always looking for new team members. Please contact me at 772.545.3732 if you wish to join in the fun and the fight. It is a very satisfying experience and a great way to meet new friends.

Please go to pages 4 and 5 for more pictures from the 2013 Relay.

NEWS FROM OUR BOARD OF DIRECTORS

By Bill Cole



1. We hope all residents are enjoying the entries and their lighting enhancements. Both the main entry and the east entry have a complete makeover of plantings and lights. The main traffic circle has new lighting and power for seasonal displays and the small Glacier Terrace/Retreat Drive traffic circle has three new street lights on the corners now to light up that dark area. Common area replacement plantings have also been done.

2. We want to ask you all to please keep your home exteriors up to the community standard. Keep walls, roof, patios, walks, driveways clean. Also, please get rid of any outside decorations, plantings, pots, etc., not allowed. We are making tours to look for this type of thing and ask you to help us keep the property up to the community standard. We have a beautiful property...please help us all keep it that way to help maintain and increase our property values.

3. You will be getting complete details in October about

(Continued on page 2)

our plan to clean all roofs in January-February. The Retreat is contracting for every roof to be cleaned and coated with a mold preventive product to protect your roof and help keep it beautiful. Cost will be paid by the HOA.

4. Devon has been sold to ADT and no changes are expected except more positive features. We are working on a plan to replace all your alarm systems with new up-to-date controls. Our control boxes and key pads are aging and need replacement. We will be having many new features such as glass breakage detectors, carbon monoxide detectors, smoke detector sensors, new boxes and key pads, key fob type emergency buttons and interactive feature availability for smart phones, etc. Very small cost increase if any and each home will own all the new products helping to increase the value of your home and provide more safety. Watch for full details soon.

5. We just completed an update of our Reserve Study. We are in very good shape now and into the future. The Retreat has very strong finances.

6. We have asked you all to provide a copy of your



East Entry

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

homeowners insurance Declaration Page. Each member is required to provide a copy of current insurance as outlined in our documents that we all agreed to at purchase. You cannot be self insured. You must have insurance. Some of our members have not sent this information to our office. Please help us by sending this today. In addition, please put this on your 2014 calendars. We want you to send us your current insurance coverage by the end of January every year. This will be your responsibility, please. Just so it is clear...if you have not sent us anything in 2013, do so at once since you are in violation status now. In January 2014, everyone has to send us current policy again and every January thereafter. This is for everyone's protection. Please comply.

7. Our lawsuit against Double Tree, our neighbor, is proceeding slowly.

8. We are looking into a small addition on the clubhouse...squaring off the building on the tennis court side where the gym juts out. This would give us a private office for our onsite manager and also an extra meeting/conference room that could be used by residents. The kitchen would then be devoted strictly to a kitchen with addition of counter space, cabinets, complete stove and dishwasher. We think we can do this at minimal cost and this will help improve use of your clubhouse and your property values by adding more features. We will keep you advised.

9. All is operating well at The Retreat and on Seabranh. Property looks great.

10. We are working on The Retreat and Seabranh budgets for 2014. Virtually all of our costs have increased. We anticipate needing an increase in HOA fees for 2014. We will keep you informed.

SAVE THE DATE

The **YOUR HOME STATE DINNER** event will take place on Friday, November 15th at the Retreat Clubhouse presented by the **Social Committee**.

Wear something that displays the state from which you hail.

Bring an elementary school picture of yourself with your name on the back.

Let's have fun learning more about one another

5:30 – Bring your own cocktails

6:30 – Dinner and dessert

Menu and more details to be announced.



A Truly Memorable Trip

By Kay Campbell

This summer my husband Lex turned 80. Our family wanted to do something different for a family celebration. After considering a cruise, the beach, or mountains, going to Mount Desert, Maine was the unanimous choice. We weren't disappointed as we enjoyed the splendors of Acadia National Park and the pleasures of the sea and resort town of Bar Harbor.

The family traveled from Chicago, Boston, Michigan and of course Ohio to be together. Lex found a house with 7 bedrooms and 7 baths so all 15 of us had their own space for a week. Everything worked out well.

While Lex and I didn't try to keep up with all of their activities like hiking the strenuous trails, kayaking, bicycling on the carriage trail, we did enjoy the sailing, golfing, and easy hikes. Although easy wasn't a good description as we were always walking over big boulders which was a challenge. Our physical therapist granddaughter kept reminding us that "fall" is a four letter word. We even got up at 4:00 AM to view the gorgeous sunrise from Cadillac Mountain.

Of course we had our fill of lobster, blueberry pancakes and Jordon Pond Popovers. We also did a little shopping.

An added bonus was a stop in southern Maine to visit Steve and Geri Strong, Tom and Audrey Deloffi and Bob and Marlene Boobar. Lex blew out his first birthday candles while there. On the way home we met Kas and Jan Kasuboske and John and Helen Bettershell at Lois and Bob McGill's home in Pennsylvania. At the McGills, we celebrated Lois's birthday.

A truly memorable trip with family and Retreat friends.



WONDERFUL LAND OF OZ

By Flavia Woolfenden

On a beautiful summer day my daughter and I decided to go to the Gardens Mall as we heard Dr. Oz would be appearing there. Much to our surprise, people got there at 7 AM (we arrived at 9 AM) His appearance was to be at 1:00 PM in center court.

It was televised on Channel 25 News. Seven thousand people were expected to attend. Low and behold twelve thousand showed up. We were very lucky to get a seat in a roped off area. Thousands had to stand. When Dr. Oz appeared with much fanfare, you would have thought Elvis had arrived. He was very informative and congenial.

We were extremely lucky to get a ticket to have a photo with Dr. Oz. Only 60 tickets were given out to a crowd of 12,000 people. What luck!!

Well, much to my surprise, he was the sweetest most gentle, caring person and oh so complimentary. He "loved my outfit" and I being nervous came up with "I love your tie."

Much to my surprise a few days later photos arrived in my mail as a complimentary gift.

Many praises to a very brilliant man.



2013 RELAY FOR LIFE OF SOUTH MARTIN



TEAM OF EXCELLENCE—THE RETREAT REMEMBERS...





WHAT HAVE WE DONE ALL SUMMER???

By Mona Wiley

Welcome back to all who have been north for these hot summer months! It actually hasn't been as hot as some summers, but we have had a lot of rain, rain and more rain! That hasn't put a damper on our gatherings, however.

Jean Scerbo has done an excellent job of organizing lunches and dinners at various restaurants. **Benihana's** in June was entertaining and the food delicious, as always. Everyone had a few laughs and a great time. **Chris D'Anna's** is also another favorite where we enjoyed lunch in July. August finds us in Italian mode at **Mario's**. The restaurant has been in Stuart for a very long time with continuing good reputation. September's lunch will be at **Spoto's** in Stuart. Watch for the sign-up sheet in the mailroom. Many have attended these luncheons and we always have a great time together. Several ladies went to the **Patchington Sip and Shop** day in July. Nice for them to invite us, and they'll let us know when they have more of these days.

Our Women's Club Season officially begins October 1st, so please check the mailroom bulletins for sign-ups and events. Our first meeting will be Monday, **October 21st** – always the 3rd Monday of every month. We will have a short board meeting – Marlene has kept us on track with that!! Then our own **Mary D'Avanzo** will give us a cooking class on how to cook vegetarian. I've heard there are many delicious vegetarian meals to be sampled and Mary is an excellent, creative cook. Join us and share her talent!!

A new book of activities for the year will be published soon, but for October – the lunch bunch is planning an outing to **TooJays** on **October 18th**. Be sure to sign up.

The **Welcome Back Brunch in the Clubhouse on Friday, November 15th** will be fun with great food and lots of catching up to be done. The monthly meeting will be Monday, **November 18th** and on **November 22nd** a trip to the Elliott Museum, with lunch to follow, is planned.

In addition to our activities, The **Lost Lake Women's Club** has invited us to join them on several trips during this season. One event is the **Fort Lauderdale Christmas Pageant**. It sells out quickly and anyone interested in going needs to contact Carol Schmidt at Lost Lake ASAP to purchase a ticket. The event is **Saturday, December 7th** matinee and the description

is: It is a must see!! Call ASAP because now is the time to order and secure your ticket. Over 200 people participate on stage with a director from New York City. Dinner after the show at Charlie's Steak House, which includes choice of entrée, salad bar, bread, dessert and beverage. Cost is \$110/per person and includes motor coach to and from event, ticket to show, dinner, tax and all gratuities. Contact: Carol Schmidt 772.221.1712 to claim your spot. That, ladies, is a fantastic deal!! Great way to kick off your season festivities.



Women's Club of the Retreat

Next Monthly Meeting
Monday, October 21st

(3rd Monday of each month)

Vegetarian Cooking with Mary D'Avanzo

6:30 PM Gather & Enjoy
Refreshments

7:00 PM Brief Business Meeting

Program to follow

All Women of the Retreat are most
welcome!!!

Please join us!!

FAREWELL TO THE BIRDS LUNCHEON AT CHRIS D'ANNA'S



Martin County Sherriff's department spoke to the Women's Club at the May meeting giving tips on how to keep yourself and your home safe. Pictured is Sherriff William Snyder.



KENTUCKY DERBY PARTY

HOSTED BY THE WOMEN'S CLUB & THE SOCIAL COMMITTEE



RESTAURANT REVIEW

NINO'S ITALIAN CUCINA PIZZERIA CAFE

By Helen Larcom

In the Enjoyment book on page 12 is a coupon for Nino's. They used to be located in Port St. Lucie and are now located in Stuart in the same shopping center as Toojay's and the movies. They offer a cocktail hour on Saturday night, buy one beverage get one. We were served warm garlic rolls. There was a wide variety of Italian favorites to choose from. I had Chicken Francese over penne pasta and Paul had Chicken Marsala with a side of spaghetti in Marinara sauce. The meat was so tender we could cut it with a fork. Also, the service was very good. We went with two other couples and they enjoyed their meals too We all want to go back again. Give it a try.



MORE MORNING FOLKS

By Chuck Eschenburg

Most mornings one can spot **DOTTIE WILLIAMS** briskly striding down Eldorado and Glacier observing wildlife.

Our Newsletter co-editor and chorister was reared in Bellmore, Long Island, New York. She became a high school biology teacher which carried through with her wildlife observations here at the Retreat. She was also an insurance office manager from which she escaped by square dancing, going camping and travelling in RV.

The recent trip was a 99-day journey to Alaska. Fortunately, her husband, Dave, can repair such mobile adventure pods.

Both Dottie and Dave are very active in the Retreat. Dottie loves the Retreat for the people and peace she has found here.



Amelia Haines visited her Grandma and Grandpa, Dottie and Dave Williams in July.

RACCOON VISITOR

By Bill Sandilos



My wife Elaine and I were having lunch in our lanai when this fellow came out of the preserve, stood up at the door of our screened enclosure, and observed us for quite some time.

Retreat Assistance Network (RAN)



Flu Shots – Thursday,
October 10

10 AM – 12 NOON

Visiting Nurses
Association will be doing
it again in the Retreat Clubhouse.

Bring you Medicare cards

Mark Your Calendar

CAUTION POOL USERS

By Chuck Eschenburg

Another **CORAL SNAKE** was found trapped in the pool. This is the third time a red stripe next to yellow banded serpent has been netted out in early morning after a heavy rain. So check the full perimeter of the pool before entering. Coral snakes are venomous.



Pharmacy Topics

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

HOW TO TREAT POISON IVY, OAK AND SUMAC CONTACT DERMATITIS

This year has been a banner year for poison ivy (and its cousins – poison oak and poison sumac) – these plants thrive in the wet, warm weather that we have been experiencing. Another contributing factor to the increased growth of these plants, is that we have higher levels of carbon dioxide (CO₂) in the atmosphere than usual. While all plants benefit from increased levels of CO₂, poison ivy seems to be enjoying it more than most. According to the Pittsburgh Post-Gazette, poison ivy's growth and potency has doubled since the 1960s.

Symptoms of Contact Dermatitis

The most common problem associated with these poisonous plants arises from skin contact with the sap oil (called Urushiol). The oil causes an allergic skin reaction, referred to as contact dermatitis, and occurs in most exposed people as an itchy red rash with bumps and/or blisters. Other symptoms may include weeping blisters, swelling, and severe itching. Only direct contact with the oil can cause the dermatitis -- the rash and the blister fluids are not contagious.

Tips for Prevention

As with most allergic conditions, preventing contact with the allergen is the key to preventing the allergic reaction. Learn to identify poison ivy, oak, and sumac plants (see chart below), so that you can avoid them. The old saying "*Leaves of three, Let it be!*" is pretty accurate for poison ivy and oak – but, not for poison sumac.



POISON IVY

Grows as a vine or a shrub. Each leaf has 3 glossy leaflets, with smooth or jagged edges. Plant may have berries.



POISON OAK

Grows as a low shrub in the eastern U.S. Leaves are fuzzy green, in clusters of three, and are lobed or deeply toothed with rounded tips. May have yellow-white berries.



POISON SUMAC

Grows as a tall shrub. Each leaf has clusters of 7-13 smooth-edged leaflets. The plant may have yellow-white berries.

Wear long sleeves, long pants, and gloves if you are gardening around these plants. Wash your garden tools and gloves often – the urushiol can remain active on the surface of objects for up to 5 years! If you suspect that your pet has brushed up against any of these plants, wash them immediately. The oil can stick to their fur and may cause a reaction upon petting or holding them.

There is a fairly new product on the market called Ivy Block® (Bentoquatam is the active ingredient) – it is FDA-approved for protecting the skin like a shield against poison ivy, poison oak, and poison sumac by physically blocking skin contact with their resin.

If you come into contact with these plants, immediately rinse your skin with rubbing alcohol, specialized poison plant washes, degreasing soap (such as dishwashing soap) or detergent, and lots of water. Rinse frequently so that wash solutions do not dry on the skin and further spread the urushiol.

Over-the-Counter (OTC) Treatment Options

Unfortunately, you may not realize that you have had exposure to these plants until you experience a full-blown allergic reaction – which usually appears a few days after direct contact with the urushiol. I speak from experience, when I say that the itching and discomfort of this reaction is relentless. The rash, blisters, and itch can last up to more than two weeks.

It is important not to scratch the blisters (easier said than done!) – as bacteria from under your fingernails can get into the blisters and cause an infection.

To treat the symptoms of contact dermatitis, the following may be helpful:

- Apply wet compresses, calamine lotion, or hydrocortisone (1/2% and 1% cream, lotion, and ointments are OTC) to the skin to reduce itching and blistering. Oatmeal baths (like Aveeno® Soothing Bath Treatment) may relieve itching.
- An antihistamine, such as diphenhydramine (Benadryl®), can be taken to help relieve itching. Adults and children 12 years and over: Take one or two 25mg tablets every 4 to 6 hours. Do not take more than 6 times in 24 hours. Children 6 to under 12 years - 1 tablet. Do not use this product in children under 6 years of age. Drowsiness may occur.
- Zanafel® works by surrounding urushio and bonding with it, thereby enabling it to be rinsed away/ This product offers relief at any stage of the reaction and often with only one was. Individuals with particularly severe reactions may require additional washes. Most individuals experience relief from the itching within 30 seconds of application. The rash will begin to subside within hours if the reaction is mild to moderate. Review the directions on the container for appropriate use.

See a doctor if you have a severe reaction; if the rash is on the face or genitals, or covers more than one-fourth of your skin area; if you have a temperature over 100° F; or if a small child is involved. Call 911 or go to a hospital emergency room, if you suffer a severe allergic reaction, and have severe swelling and/or have difficulty breathing, or if you have had a severe reaction in the past.



BRIDGE SCORES

By Patsy Shattuck

We have kept in the swing of things but have to admit we miss our northern friends. Will be glad when they return. A big "THANK YOU" to **Peggy Johnson** for taking over while I was recovering and thanks to all the loyal "Bridge players." We are looking forward to a nice winter.

<p>April 16, 2013</p> <p>1 – Barry Mussatto 2 – Ann Sterling 3 – Patsy Shattuck 4 – Peggy Johnson 5 – Alan Shattuck</p>	<p>May 14, 2013</p> <p>1 – Muriel Barry 2 – Carol Flynn 3 – Jeanne Sopelsa 4 – Peggy Johnson 5 – Alan Shattuck</p>	<p>June 18, 2013</p> <p>1 – Maryon Gonzalez 2 – Carol Flynn 3 – Muriel Barry 4 – Margaret (a sub) 5 – Ann Sterling & Stan Rublowsky (tie)</p>	<p>July 16, 2013</p> <p>1 – Patsy Shattuck 2 – Lyn Kennedy 3 – Alan Shattuck 4 – Peggy Johnson & Ann Sterling (tie) 5 – Muriel Barry</p>
<p>April 23, 2013</p> <p>1 – Patsy Shattuck 2 – Kay Campbell 3 – Steve Strong 4 – Jeanne Sopelsa 5 – Alan Shattuck</p>	<p>May 21, 2013</p> <p>1 – Patsy Shattuck 2 – Laura Rothman 3 – Carol Flynn & Peggy Johnson (tie) 4 – Bill Burns 5 – Alan Shattuck</p>	<p>June 25, 2013</p> <p>1 – Lena Rublowsky 2 – Stan Rublowsky 3 – Ann Sterling 4 – Muriel Barry 5 – Alan Shattuck</p>	<p>July 23, 2013</p> <p>1 – Ann Sterling 2 – Peggy Johnson 3 – Lena Rublowsky 4 – Bill Burns 5 – Patsy Shattuck</p>
<p>April 30, 2013</p> <p>1 – Ann Sterling 2 – Patsy Shattuck 3 – Kathy Majewski 4 – Mimi Burns 5 – Kay Campbell</p>	<p>June 4, 2013</p> <p>1 – Patsy Shattuck 2 – Ann Sterling 3 – Laura Rothman 4 – Marie Ferrandino 5 – Peggy Johnson</p>	<p>July 2, 2013</p> <p>1 – Muriel Barry 2 – Patsy Shattuck 3 – Marie Ferrandino 4 – Ann Sterling 5 – Lena Rublowsky</p>	<p>July 30, 2013</p> <p>1 – Laura Rothman 2 – Patsy Shattuck 3 – Ann Sterling 4 – Alan Shattuck 5 – Peggy Johnson</p>
<p>May 7, 2013</p> <p>1 – Jeanne Sopelsa 2 – Muriel Barry 3 – Patsy Shattuck 4 – Sue Behn 5 – Kay Campbell</p>	<p>June 11, 2013</p> <p>1 – Laura Rothman 2 – Carol Flynn 3 – Marie Ferrandino 4 – Peggy Johnson 5 – Ann Sterling</p>	<p>July 9, 2013</p> <p>1 – Maryon Gonzalez 2 – Alan Shattuck 3 – Ann Sterling 4 – Lena Rublowsky 5 – Lyn Kennedy</p>	

A Cautionary Note for Retreat Residents

Received from SueJane McClung

Below is an article published entitled "**How To Avoid A Rattlesnake Attack**" by WikiHow:

Stay out of the way. The easiest way to avoid rattlesnakes is to keep out of their way. Keep alert as you [hike](#), [walk](#), and [climb](#). Stick to well-used trails and do not wander off into tall grass, underbrush and weeds where rattlesnakes may be hiding.

Do not stick your hands in the wrong places. Don't stick your hands down holes, under rocks and ledges or even into brush when you are walking around. These are key hiding places for rattlesnakes. When hiking, it is best to carry a sturdy staff, or at least a long, sturdy and light stick, to help prevent using your hands in areas where snakes may hide.

Move out of the way. If you do walk into the range of a rattlesnake, calmly back off as quickly and quietly as you can.

Do not provoke a rattlesnake. Angering a snake will result in one response — you become its target. Remember — a snake is defending itself from attack in such a case and if you poke it with sticks, throw stones at it, kick at it or do silly little jigs around it, you are asking for trouble. And worse still, there may well be a difference in the venom between an angered rattlesnake and one reacting quickly in self-defence — the toxicity may be increased, whereas a surprised rattlesnake may only bite without injecting venom (possible, not certain). Whatever the strength of the venom, an angered rattlesnake will be more likely to keep striking.

Leave the snake alone. Many people are bitten in the process of trying to heroically rid the world of one more bothersome snake. Apart from the snake not being bothersome, the snake is going to bite you to try and defend itself. Live and let live — back off and let it have its space to slither away. And be warned — there is a reason for the saying "as mad as a cut snake" — an injured snake is a very, very dangerous foe.

Recognize the signs of a rattlesnake about to strike. These are general, sometimes there may be a strike without these signs because a rattlesnake can bite from any position if needed:

- A rattlesnake in a coiled position — the coil permits the rattlesnake to make its most effective strike
- The front end of its body (head) is raised
- Its rattler is shaking and making rattle sound

Just to make life a little more difficult, it is important to be aware that rattlesnakes do not or cannot always use their rattler to warn of impending attack. For instance, if you tread on it before it has time to rattle, it'll bite first and leave rattling until later. And sometimes they just don't rattle, for such reasons as being extra defensive during shedding, mating and giving birth. Or, they may prefer to rely on their coloration as camouflage, only to realize that this isn't going to protect them from the impending human feet. Also, wet rattlers do not rattle. There must be at least two segments of a rattler for it to be capable of making sound, therefore young rattlesnakes cannot make the rattle sound until this grows but they remain venomous all the same. Be aware of these possibilities. Otherwise, if you hear that rattle, you are clearly forewarned, so back off.

Heed the signs from park rangers and other park authorities. Like the sign in the photo, when you are warned by the local park authorities that rattlesnakes are in the area, take the appropriate precautions set out above.

Note the striking distance of a rattlesnake. A rattlesnake's strike distance can be up to one third to one half of its overall length. It doesn't pay to underestimate a rattlesnake's length, however, and a rattlesnake might strike farther than you would expect. The strike of a rattlesnake is faster than the human eye can follow.

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Director at Large	Dave Williams	546.3866	davedottie@gmail.com

RETREAT PROPERTY MANAGER

Office Hours: Monday Wednesday Friday 8 am to 11 am 772.546.6112	Ron Barrow	Clubhouse Fax: 546.1699	retreathoa@comcast.net
		Capital Realty for Work Orders, General Questions, Emergencies: 1.800.940.1088	

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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.

Channel 63	Jim Morrow	545.1936
First Fridays	Audrey DeLoffi Jean Scerbo	245.8420 545.3592
Mah Jongg	Angela Bibby	545.9195
Duplicate Bridge	Carol Flynn Alice Bernhardt	772.359.8274 600.5226
Knot Just 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 Sally Troiani	545.1919 600.5226 546.5476 872.6053
Retreat Directory	Coni McGuinn	545.3465
Retreat Newsletter	Lill Malinowski Dottie Williams	545.3732 546.3866
Social Bridge	Patsy Shattuck	546.2011
Tennis	Tom D'Avanzo	545.7229
WEB Master	Gene Gillis	545.9304
Women's Club of the Retreat	Marlene Boobar Mickey Vernacchio Gerri Strong Emily Mussatto Jean Scerbo	545.1043 546.4236 545.9963 546.2774 545.3592



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LIFE BEFORE THE COMPUTER

- * Memory was something that you lost with age
- * An application was for employment
- * A program was a TV show
- * A cursor used profanity
 - * A keyboard was a piano
 - * A web was a spider's home
 - * A virus was the flu
 - * A CD was a bank account
- * A hard drive was a long trip on the road
- * A mouse pad was where a mouse lived
- * And if you had a 3 1/2 inch floppy
....you just hoped nobody found out



**I don't exercise
because it makes
my coffee spill!**

PHOTO CREDITS

- Retreat entries—Dave Williams
- Relay For Life—Carol Stone, Joe Rosetta, American Cancer Society professional photographer
- Women's Club—Marlene Boobar, Carol Stone
- Raccoon—Bill Sandilos
- Kentucky Derby—Marlene Boobar
- Amelia—Kathy Haines

Dear Retreat Residents,

We thank all of you that have contributed to this issue. It is so interesting to hear from all of you. We look forward to your future articles.

Our theme for the upcoming November/December issue is:

“WHAT IS ON YOUR BUCKET LIST?”

Safe travels to those of you that will be returning to the Retreat and/or traveling.

Your newsletter staff



Prudential

Linda Kosmala, PA, Broker
I Live, List and Sell in the RETREAT !!!

Prudential Florida Realty

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