



The Retreat Newsletter

September/October 2015

Volume 12, Issue 4



Culvert Replacement Project

By Dave Williams

Many of our residents are asking about the stone road and black fabric environment shield that they see a cross from the clubhouse leading to the gate to Atlantic Ridge State Park. It's part of the South Florida Water Management District (SFWMD) permit requirement for R&K Contractors who will be replacing a damaged drainage pipe in our shared drainage system with Double Tree (Lost Lake).

A short history will help to explain the project. In Florida a contractor will not be permitted to build a community unless they have an approved water drainage plan. This was the case with DiVosta in 2000-2001 when he was permitted to build The Retreat and start with our infrastructure. In joint agreements with The Conservancy Tax District (farmers along Bridge Road) and SFWMD, the State and County authorities, an 8-foot diameter galvanized drainage pipe was installed in our system so Double Tree and The Retreat could properly drain through the Conservancy District

(Continued on page 2)



Team members Jim Patterson (alias Elton John), Lill and Wally Malinowski, Marilyn Patterson, Marian Sennett, Nick and Dottie Sacco, Dottie Williams, Joan Sofia, Joe Perry, Joe Rosetta

The Retreat Remembers... Team 2015 Relay For Life of Hobe Sound

By Lill Malinowski

Our Relay For Life event was Saturday, May 2nd, at South Fork High School. Our Relay's theme for this Relay was "Rock and Roll." Our camp site was decorated with LP (Long Play) 33 1/3 rpm vinyl records. We were surprised when "Elton John" appeared in time for our team lap. We were rocking and rolling!

This was our 11th Relay. We raised over \$8,000 this year. Our 11-year total exceeds **\$105,000—** amazing what our team has accomplished in our fight against cancer.

For more Relay For Life articles and pictures, go to pages 3, 4, and 5.

(Continued from page 1) **Culvert Replacement Project**

system to the south fork of the St. Lucie River (area over by I-95 and Kanner Highway). DiVosta had to pay for all of this and was required at the time to start a culvert reserve fund to eventually replace the pipe should it be required. This future replacement fund was passed on to The Retreat at our turn-over in 2004 and we took over the payments into the reserve fund which were about \$10,800.00 per year.

Okay, back to the project. The galvanized pipe has rusted out on the bottom allowing dirt from the surface to be drawn into the pipe and thus be washed into the Conservancy District's open canal. The big hazard here is that it causes holes and craters at the surface that pose a danger to park users, horses, vehicle, etc. Several years ago we paid to have a temporary fix and plugged up a number of holes that slowed or stopped this erosion. Recently these fixes have failed and rust and rot has progressed to the point that we decided to replace the pipe. Our engineer also determined that it should be replaced with a 4-foot diameter rubber/plastic pipe that won't rust out and has a life span of about 60 years as opposed to a galvanized pipe with a life of 15-25 years depending on moisture and soil acidity etc.

In our negotiations in 2003-4 with the governing authorities and Double Tree, it was also determined that permitted water flow rates required to drain both our communities properly did not require an 8-foot diameter pipe. A 4-foot diameter pipe was permitted and that is what a lot of you saw as it was being transported to the work site.

Currently the project is on "hold" because of wet conditions and too much flow through the control

structure and weir at the head of the pipe. I believe that the replacement may not occur until after the wet season ends in November. Except for the pipe and some other supplies that are waiting at the site (approximately 1 mile from what you look at by the clubhouse) the contractor has currently removed his equipment for our project.

All monies for this project are already collected and in a Culvert Reserve fund in the Retreat's reserves. The total cost will be shared with Double Tree at a rate of 46% Double Tree and 54% The Retreat. This is all part of a negotiated agreement we have to pay for shared required drainage expenses.



Can you Find Kimbo?

By Marion
Bonsignore

This is a cute picture of my grandson's dog, a Doberman, cooling off from the summer heat in the backyard juniper bushes.

<i>Editor & Publisher</i>	<i>Co-Editor</i>
Lill Malinowski 545.3732 wallylill@comcast.net	Dottie Williams 546.3866 davedottie@gmail.com
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TO ADVERTISE IN THE RETREAT NEWSLETTER, CONTACT CONI MC GUINN AT 545.3465.	



**2015
RELAY
FOR LIFE**

**Survivor/
Caregiver
Luncheon**



**Dottie Sacco
participating
in the
Luminaria
Ceremony**



**Joe Rosetta paid \$5 to have Jim Patterson
put in jail. Jim had to pay \$5 to get out of
jail.**



RELAY FOR LIFE DOG PARADE FUNDRAISER—APRIL 25th

By Lill Malinowski

It was a HOT Saturday morning but that did not stop Retreat dogs from participating in our first Pet Parade. We had 21 registered dogs with two spectator dogs along with many Retreat residents enjoying the Parade. Margot, Chuck and Carole Eschenburg's daughter, was our judge. Pam Levy was our chairperson for this event. Susan Steadman was our photographer. Numerous team members baked cookies, brought ice cold water, brought items for our Chinese Auction, sold Retreat logo gear, manned the 50-50 chance drawing, and much more! We raised \$1,100 in our fight against cancer! Our judging winners are:

Largest—Griffin (Elizabeth DuBois)

Smallest--Savanna (Tom and Cheryl Wigen)

Cutest--Lilly (Mickey and Jack Harris)

Best Costume—Mack (Bosha and Stephen Stone)

Best Celebrity Look-Alike—Margaux (Tom and Audrey DeLoffi)

Best Behaved--Curley (Leo and Cris Finnegan)

Most Interesting Mix—Coral and Fiji (Clark Rothacker)

We already have plans for another Pet Parade on February 27th—hopefully it will be cooler. Mark your calendars. Thank you to all that participated in this event!



Largest—
Griffin



Smallest--Savanna



Cutest--Lilly



Best Costume—
Mack



Best Celebrity Look-
Alike—Margaux



Best Behaved--
Curley



Most
Interesting
Mix—Coral
and Fiji



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Pre-parade anxiety



LEGENDS OF ROCK 2016 WESTERN CARIBBEAN CRUISE

JANUARY 31 — FEBRUARY 7, 2016

THIS IS A RELAY FOR LIFE FUNDRAISER

FOR EVERY PERSON THAT GOES ON THIS CRUISE AND INDICATES THAT THEY ARE SUPPORTING THE RETREAT'S RELAY FOR LIFE TEAM, RAY MCGILL WILL DONATE \$50 TO THE AMERICAN CANCER SOCIETY. PLEASE HELP US IN OUR FIGHT AGAINST CANCER WHILE HAVING A LOT OF FUN ON THE CRUISE.

FOR MORE INFORMATION,
CONTACT RAY MCGILL AT
570.748.6611.

HOLIDAY HOME TOUR

By Lill Malinowski

Our Relay For Life Team is putting the wheels in motion for our annual **Relay For Life** fundraisers. Anyone can participate in this fight against cancer.

The Retreat Remembers... Team will be hosting a fundraiser called the **Holiday Home Tour**. Several residents in the Retreat will open their homes for viewing on Sunday, December 6th to raise money in our fight against cancer.

This tour will give people a chance to see and share some ideas in not only holiday decorating but great ideas in enhancing our beautiful DiVosta homes in The Retreat. Please mark your calendars.

If you are interesting in having your home on the Tour, please contact Anne Mojo at 303.550.4097 or Lill Malinowski at 772.349.1832.

ENJOYMENT BOOKS

One of our 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 January. Great holiday gifts!



SeaWind Chorus

By Jen Glen

SeaWind Elementary Chorus performed at Stuart's Relay For Life event in May. At least four children from the Retreat participated.



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

Balloon Weight-Loss Device Approved by the FDA

This month, the FDA approved a balloon device to help obese adult patients lose weight without invasive surgery.

The ReShape Integrated Dual Balloon System is placed into a patient's stomach via a minimally invasive endoscopic procedure. Once inserted, it triggers feelings of fullness. The balloon is inflated with a sterile solution to take up more space in the stomach. This new device offers a non-surgical option that can be quickly implanted, is non-permanent, and can be easily removed.

Patients are also instructed to follow a supervised diet and exercise plan, after this device is inserted, to help them lose weight and keep pounds off. The device is removed after 6 months.

A clinical trial involved 326 obese patients aged 22 to 60 years, and the 187 individuals who had the device implanted lost around 14 pounds on average after 6 months. Meanwhile, the control group lost about 7 pounds.

Adverse side effects can include headache, muscle pain, and nausea. Patients may also experience vomiting, abdominal pain, and gastric ulcers when the device has been placed in the stomach.

The device is not meant to treat patients who have had previous gastrointestinal or bariatric surgery or who have been diagnosed with inflammatory intestinal or bowel disease, large hiatal hernia, symptoms of delayed gastric emptying, or active H. Pylori infection.

Candidates for the integrated dual balloon system are patients with a body mass index (BMI) of 30 to 40. BMI is an inexpensive and easy-to-perform method of screening for weight category, for example underweight, normal or healthy weight, overweight, and obesity.

You can calculate your BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703. The formula for calculating BMI = Weight (lb) / [Height (in)]² x 703.

Example: Weight = 150 lbs, Height = 5'5" (65")

Calculation: $[150 \div (65)^2] \times 703 = 24.96$

For adults 20 years old and older, BMI is interpreted using standard weight status categories. These categories are the same for men and women of all body types and ages. The standard weight status categories associated with BMI ranges for adults are shown in the following table.

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal or Healthy Weight
25.0 – 29.9	Overweight
30.0 and Above	Obese

What are the possible health consequences of obesity for adults?

People who are obese are at increased risk for many diseases and health conditions, including the following:

- High blood pressure (Hypertension)
- High LDL cholesterol, low HDL cholesterol, or high levels of triglycerides (Dyslipidemia)
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis (a breakdown of cartilage and bone within a joint)
- Sleep apnea and breathing problems
- Chronic inflammation and increased oxidative stress
- Some cancers (endometrial, breast, colon, kidney, gallbladder, and liver)
- Low quality of life
- Mental illness such as clinical depression, anxiety, and other mental disorders
- Body pain and difficulty with physical functioning

The Retreat Garden 1st Annual Party—May 17th

By Jim Pawlak

Thank you all for a lovely afternoon on our Great Lawn. The affair was a unique event for us here at The Retreat. Everyone I spoke with had nothing but compliments. Congratulations to the Landscaping, Clubhouse and Social Committees for all your hard work. Everything is looking wonderful and ready to bloom with summertime flowers. A special thanks to ValleyCrest for all their work and support.

*Hat winners were Audrey DeLoffi, first place
and Carol Flynn, second place.*





Oak Trees, Mother Nature and Driveways

Our beautiful oak trees!

By Marlene Boobar

The oak tree is noted for its shade, shape and strength. It is a symbol of the South. It can survive for centuries and provides shelter and food for birds and squirrels. Besides living for hundreds of years, a mature tree can produce more than 6,000 pounds of oxygen per year. A single oak tree planted near a house can help save it from hurricane damage just by acting as a windbreak, since these trees are very wind-resistant, even during severe storms.

As beautiful as these trees are, they are not without some issues!

Oak trees can be very messy trees. Once the tree is mature, the tree produces and drops acorns. Also, it can drop leaves that are small and hard to rake. Young trees are much less messy than older ones. Here now, are some of the problems that the Retreat is experiencing fourteen years after development.

A live oak tree can grow to 60 feet with a wide-spreading crown. As the crown spreads, so does the root system. It was an unknown French colonist who planted these trees at Oak Alley, Vacherie, Louisiana over 300 years ago and saw far enough into the future to plant his live oaks 60 feet apart. As we can see here at the Retreat, the developer did not follow that scheme. Professional guidelines today, suggest that large growing trees should not be planted within 20 feet of sidewalks or driveways; and small trees (under 20 feet in height) should be no closer than 10 feet.

A dream oak tree here at the Retreat has become an enormous nightmare for some homeowners. As the expanding root system seeks water, the tree may cause damage to the infrastructure of homes and common property. Streets, sidewalks, swales, driveways and pipes have been affected. The roots are just seeking water and nutrients and are no respecter of property!

There is a saying: "Trees sometimes have an annoying habit of growing just where we plant them."

DiVosta communities are beautiful. When driving through any of those signature communities, one is struck with the beauty of lush landscaping and exquisite trees. Residents of these communities are impressed with the tree lined streets, common grounds and arrangement of plantings given to each individual residence.

It would seem that at the time of these plantings, the developer did not consider that tree root systems generally extend about one to one-and-a-half feet out from the trunk for every inch of trunk diameter measured about four feet above the ground. (Example: a 12 inch diameter tree will have roots about 12-15 feet away from the tree in all directions). Tree roots will grow anywhere there is uncompacted soil and oxygen, which is under your driveway and side walk.

Unfortunately, there is no good solution; and there is no absolute remedy for this predicament.

The good thing is that we have beautiful trees to enjoy. The bad thing is that there will be long term maintenance with the trimming, thinning and root cutting. The Board will be consulting a professional arborist for guidance on how to proceed going forward to address this long term concern.

Guidelines at the Retreat.

When and if the sidewalk or street is affected by root damage, the HOA is responsible. If an owner driveway is affected by root damage and pavers are lifted, the owner is responsible.

For further information on guidelines regarding driveways, please refer to

www.retreatatseabranh.com.

Link to **Governance**; then link to **Forms and Guidelines** and see **"Information Notice About Your Driveway."**

VOLUNTEER APPRECIATION MAY 3, 2015



May 16th Social Committee Cocktail Party—A fun time was enjoyed by all!!!





**Coffee
Drop in!**

**Saturday,
October 10th 9 AM
Clubhouse**

New Resident Welcome!

Calling all new (*and longer time*) residents to
“*drop in*” to the Clubhouse and
enjoy a coffee with us!

Got a question...

- What are the manager's hours?
- When are rubbish pick-up times and days?
- What are the rules?
- Where's the best beach?
- How do I join a group like:
Bridge, Tennis, Poker, Mahjong,
Women's Club, Social
Committee, Garden Club,
Landscape Committee, etc.?

Representatives from the Board and other
committee members will be there to greet you.

We've got the answer!

Learn about what the Retreat has to offer
you as you begin your residence here at
one of the
most beautiful communities in Martin
County.



BACKYARD EAGLE

By Hank Stasiewicz

I have attached the best pictures of an Eagle that I took on Sunday afternoon, 5/17/15 at about 1 PM. The eagle was eating a fish that it had just caught in the lake in our backyard. The clarity is not the best because I was shooting, freehand, across the lake without a tripod and the wind was blowing hard which didn't help matters.



Photo by

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

By Mona Wiley

Welcome back to everyone who has returned to the Retreat!!

To those still up north trying to enjoy a fall – stay up there – it's still blazing hot here and very rainy. I believe the weatherman said it was "Super El Nino!" And for those in the south this year, that seemed to be the story everywhere – hot and rainy. We were at the Mississippi River in Memphis, and it had flooded at least five states around it.

In spite of location and weather, our president, Audrey and her staff have done an amazing job of putting together events for us for the upcoming months. Thanks again for all their work. Thanks too to Lill Malinowski and Dottie Williams who work to put this newsletter together, whether they are in town or out.

Our first monthly meeting will be **October 19th at 6:30pm** with light refreshments. A business meeting will follow and then a fun event. All women are invited to attend. Some general reminders are: Women's Club is always the 3rd Monday of the month, October – May.

Another reminder is that outside luncheons (held outside the Retreat) will start at 1:00pm. Meet at the clubhouse at 12:15pm if you want to carpool. If you have a ride, notify the contact person so we will not be waiting for you. If you signed up for an event but cannot attend, please notify the contact person in advance.

Craft classes: In addition to signing up for the class in the mailroom, please pay for the event 3 days in advance. Call Emily Mussatto to make arrangements for your payment using an envelope with your name, class name on the outside and \$\$ inside.

And one last reminder: Don't forget to purchase your Enjoyment Book to benefit The Retreat Remembers... Relay For Life Team.

Okay, **October 10 and 11th at 3pm the Treasure Coast Community Singers** will perform ***Songs We Love***. The cost is \$10 advance sale and \$15 at the door. The concerts will be at North Baptist Church, 1950 N. Federal Hwy, Stuart. Call Dottie Williams with any questions: 546-3866.

October 16th, Friday: Lunch Bunch goes to **Pietro's** on the Ocean in Jensen Beach. Yes, they'll do separate checks! Please sign up in the mailroom. Follow

instructions for the luncheon at the beginning of this article. Any questions: Call Helen Larcom 545-0737.

November 13th, Friday is Chick Flick night. Catch the Oscar buzz. Time and choice of movie TBA. Lyn Kennedy 545-0749 or Kennedydyc@att.net

November 14th, Saturday is Painting on Glass with Emily. There will be information later on where to purchase your glass item, but brushes and paint will be furnished. Sign up in the mailroom and plan to wax creative between 10am – 2pm in the clubhouse. Bring your lunch or snack. Pay your \$15 in advance, please. Contact person: Emily

Then, **November 16th** is our club's monthly Monday meeting. All are welcome.

Look forward to hearing about your summer – whether here or away. Come with stories to our monthly meeting October 19th

See you then!



Women's Club outing to Jonathon Dickson State Park May 1st



Installation of 2015 to 2016 Women's Club Officers and Committee Chairs—April 20th



Pam Levy, Vice President
Audrey DeLoffi, Present
Alice Bernhardt, Secretary
Gerri Strong, Treasurer



Kay Campbell (second from the left) left in May for Israel with her Church group. Women's Club members were there for her sent off.

FAREWELL TO THE BIRDS AT SAILOR'S RETURN RESTAURANT MAY 8th

This is our end of the season farewell to those Women's Club members that will be heading North. Thirty ladies with several guests had a wonderful meal with lots of camaraderie.

We invite all Retreat ladies to join our Women's Club!





BRIDGE SCORES

By Patsy Shattuck

We are coming to an end of a long hot summer! One of my worst and I've lived in Florida since 1960! We are so looking forward to the northern residents that we hope will be here soon. Our attendance has been a little sparse but hope all this will change. Hope everyone has had a great summer!

<p>April 7, 2015</p> <p>1 – Alan Shattuck</p> <p>2 – Stan Rublowsky</p> <p>3 – Barry Mussatto</p> <p>4 – Emily Mussatto</p> <p>5 – Kay Campbell</p>	<p>May 5, 2015</p> <p>1 – Kathy Majewski</p> <p>2 – Stan Rublowsky</p> <p>3 – Patsy Shattuck</p> <p>4 – Bill Burns</p> <p>5 – Muriel Barry</p>	<p>June 2, 2015</p> <p>1 – Peggy Johnson</p> <p>2 – Maryon Gonzalez</p> <p>3 – Alan Shattuck</p> <p>4 – Patsy Shattuck</p> <p>5 – Marie Ferrandino</p>	<p>July 7, 2015</p> <p>1 – Alan Shattuck</p> <p>2 – Muriel Barry</p> <p>3 – Maryon Gonzalez</p> <p>4 – Marie Ferrandino</p> <p>5 – Roberta Segal</p>
<p>April 14, 2015</p> <p>1 – Kathy Majewski</p> <p>2 – Patsy Shattuck</p> <p>3 – Bill Burns</p> <p>4 – Anne Falcone</p> <p>5 – Diane Dempsey</p>	<p>May 12, 2015</p> <p>1 – Alan Shattuck</p> <p>2 – Kay Campbell</p> <p>3 – Sharon Davis</p> <p>4 – Kathy Majewski</p> <p>5 – Muriel Barry</p>	<p>June 9, 2015</p> <p>No Scores</p>	<p>July 14, 2015</p> <p>1 – Ann Sterling</p> <p>2 – Carol Flynn</p> <p>3 – Patsy Shattuck</p> <p>4 – Alan Shattuck</p> <p>5 – Roberta Segal</p>
<p>April 21, 2015</p> <p>1 – Kay Campbell</p> <p>2 – Lyn Kennedy</p> <p>3 – Barry Mussatto</p> <p>4 – Bill Burns</p> <p>5 – Kathy Majewski</p>	<p>May 19, 2015</p> <p>1 – Ann Sterling</p> <p>2 – Peggy Johnson</p> <p>3 – Sharon Davis</p> <p>4 – Steve Strong</p> <p>5 – Lyn Kennedy</p>	<p>June 23, 2015</p> <p>1 – Stan Rublowsky</p> <p>2 – Lena Rublowsky</p> <p>3 – Patsy Shattuck</p> <p>4 – Peggy Johnson</p> <p>5 – Sharon Davis</p>	<p>July 21, 2015</p> <p>1 – Jeanne Solpelsa</p> <p>2 – Carol Flynn</p> <p>3 – Roberta Segal</p> <p>4 – Patsy Shattuck</p> <p>5 – Alan Shattuck</p>
<p>April 28, 2015</p> <p>1 – Sue Lynn</p> <p>2 – Jane Schultzaberger</p> <p>3 – Kay Campbell</p> <p>4 – Steve Strong</p> <p>5 – Patsy Shattuck</p>	<p>May 26, 2015</p> <p>1 – Steve Strong</p> <p>2 – Alan Shattuck</p> <p>3 – Patsy Shattuck</p> <p>4 – Roberta Segal</p> <p>5 – Marie Ferrandino</p>	<p>June 30, 2015</p> <p>1 – Peggy Johnson</p> <p>2 – Ann Sterling</p> <p>3 – Lena Rublowsky</p> <p>4 – Marie Ferrandino</p> <p>5 – Alan Shattuck</p>	<p>July 28, 2015</p> <p>1 – Peggy Johnson</p> <p>2 – Ann Sterling</p> <p>3 – Alan Shattuck</p> <p>4 – Bill Burns</p> <p>5 – Maryon Gonzalez</p>

RETREAT BOARD OF DIRECTORS

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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

Office Hours: Monday Wednesday Friday 8 am to 11 am Or by appointment, call	Patrick (Skip) Pellett	Clubhouse Fax: 546.1699 Capital Realty 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

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Finance	Tom Hartnett	545.3107.	tmhartn55@gmail.com
Landscape	Greg Strahm	546.4853	strahmg@gmail.com
Neighborhood Watch	Bill Burns	546.6990	burnsjro@aol.com
Social/First Friday	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.

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

Retreat Assistance Network (RAN)	Muriel Barry Alice Bernhardt	545.1919 600.5226
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	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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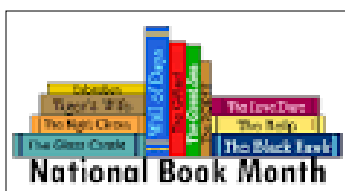
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Photos

Relay For Life—Dottie Williams, Joe Rosetta, Marilyn Patterson, Marlene Boobar
Culvert—Dave Williams, Skip Pellett
Bird—Susan Steadman
Garden Party—Jim Pawlak, Carol Flynn, Marlene Boobar
Dog Parade—Susan Steadman
Eagle—Hank Stasiewicz
Women's Club Installation—Lill Malinowski
Volunteer Appreciation—Marlene Boobar
SeaWind Chorus—Jen Glen

Dear Retreat Residents,

We thank all the contributors to this newsletter. We need a theme for the November/December Newsletter. Please send us your theme recommendations.

We are always on the look-out for your articles—book reviews, recipes, Retreat social gatherings, restaurant reviews as well as your suggestions for future columns.

Your Newsletter Staff

John C. Cassidy

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