

March/April 2019 Volume 16, Issue 2

## HOMEOWNER WORKSHOP FOR RETREAT RESIDENTS

HOA Budgets, Reserve Funds and Capital Contribution Funds

Monday February 25, 2019

7:00 PM to 8:30 PM

The Retreat Clubhouse

# Presented by Capital Realty Management

In support of our transparency commitment, the Board of Directors will be offering a series of Homeowner Workshops. These workshops provide a better understanding of the various operations of The Retreat at Seabranch Homeowner's Association. Please join us for the first of these workshops.

Thank you.

Please note: No official Association business will be conducted at these workshops.

SAVE THE DATE: BOD MEETING SCHEDULED FOR MONDAY, MARCH 25 AT 7 pm

> Mary Anne Fiduccia Karen Tyree Rick Renshaw

# CONGRATULATIONS TO OUR 2019 BOARD OF DIRECTORS

The Retreat Newsletter



Mary Anne Fiduccia: President Rick Renshaw: Secretary and Treasure Karen Tyree: Vice-President



PAT PEZZICOLA-9 YEARS JOHN BROWN-2 YEARS JOHN CLIFFORD-4 YEARS TOM DELOFFI-2 YEARS PAUL BRIGANTI-1 YEAR

Thank you for your service to our Retreat community! A BIG THANK YOU to Tom & Arlene Hartnett, Joan Sofia and Marlene Boobar for taking down the holiday lights....to the Retreat Women's Club for taking down the Clubhouse Christmas decorations and to our Property Manager for moving everything to our off site storage.



#### Editor & Publisher

Co-Editor

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.



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

#### By Mona Wiley

What an interesting tour of the U.S. Sugar Farm. Besides a luxury coach, there was a free lunch AND a free bag of sugar to take home!! The night before a lovely and knowledgeable lady spoke to us about the evils of sugar – too much of it in everything including milk. I just saw a commercial the other day saying certain beers were made with fructose corn syrup. I always thought beer was bitter, but that doesn't even help. Oh well.

What's going on? Duffy Days throughout March are Tuesday. You can support the *Retreat Remembers Relay For Life* by using flyers in the mailroom.

**March 2 and 3** the Treasure Coast Community Singers will perform *Come to the Barn Dance* at 3:00pm at the North Stuart Baptist Church, 1950 N. Federal Hwy. Tickets are \$15 advance sale and \$20 at the door. If you have questions contact Dottie Williams 546-3866

**March 18<sup>th</sup>** – Monday – ALWAYS – is our monthly gathering. Chef Elizabeth Germaine will educate us on how to use what's in season in workable recipes. This will be combined with a salad pot luck from YOU our members. Gather at 6:00 and bring a delicious, healthy salad.

**March 20th**, **Wednesday** the Lunch Bunch will go to La Forchetta. Sign up in the mailroom. Gather at the Clubhouse at 11:15 am if you want to car pool. If you have other transportation, stop and let hostesses Joanne Estes or Nancy Kisslinger know.

**March 31st, Sunday** – an interesting afternoon of storytelling at the A.C.T. Studio Theatre at 3:00pm *"Love, Loss and What I Wore"*, is an intimate collection of stories by Nora and Delia Ephron. The show uses clothing and accessories to trigger memories, then woven into stories that all women can relate to. Although clothes may not make the woman, it often tells her story. A.C.T. Theatre is at 2399 SE Ocean Blvd., Stuart (Cedar Point Plaza). Cost is \$25 and there is a limit of 15. Deadline to sign up **is March 1<sup>st</sup>**. You can carpool from the Clubhouse at 2:00pm or drive yourself. Contacts: Florence Greenberg 245-8554 or Rosemarie Scotti 545-3624.

Think about that and what story is being told the next time you see someone in an airport with a briefcase wearing pajamas!!

Let's move on to April 6th and 7, Saturday/Sunday

Treasure Coast Community Singers Classical Concert **featuring Vaughn Williams** will be at 3:00pm at the North Stuart Baptist Church. That's on N Federal Hwy. in Stuart. Tickets are \$15 advance sale and \$20 at the door and as always call Dottie Williams with any questions: 545-3866

**April 10<sup>th</sup>, Wednesday**, lunch will be at Pirate's Cove in Pt. Salerno. Sign up in the mailroom. Gather at the Clubhouse at 11:30. Check in with Sandy Morrow at 545 -1936 and Jean Scerbo 545-3592

**The River Lilly Cruise set for April 11<sup>th</sup> has be cancelled, BUT** it will be rescheduled for May sometime. Watch the email blasts and bulletin board for this booking.

This is an hour and a half cruise out of Pt. St. Lucie. The 34 ft. pontoon boat leaves around 1:00pm from the River Park Marina and is perfect for nature lovers, photographers, bird watchers or the rest of us who just want to relax!! Cost is affordable -- \$23 which includes tax. **To hold a spot**, make out your check to Elaine Quinter By **March 11**<sup>th</sup>. Watch for updates on this event and call Elaine with any questions: 545-7927

**April 15<sup>th</sup>** is the monthly meeting **and the installation of new officers**. Please come and meet and greet friends and support these wonderful ladies who are volunteering their time and talents to our Women's Club. We'll also have a little fun with "Two Truths and a Lie". Let's see what kind of fantasies some of our friends will divulge!!

Also, we are planning a tour of Molly's House sometime in April or May. More information will be available soon.

Now MAY!! Can you believe we're so close to the end!! **Wednesday, the 1<sup>st</sup> of May** is **Goodbye Birds Lunch**. Don't know where yet, but sign up in the mailroom. Show up at the Clubhouse at 11:30am if you want to carpool, and pay up with your own method of payment at the restaurant. Check in with Meg Ochotorena 516-457-0476

**May 18<sup>th</sup> and 19<sup>th</sup>** is a TCCS performance of Treasured Encores at North Stuart Baptist Church on Federal Hwy in Stuart. Sat. and Sunday concerts will begin at 3:00pm. If you want tickets, contact Dottie Williams, 546-3866

#### Last monthly meeting is May 20<sup>th</sup> – a Monday at 6:15

Hobe Sound Wildlife Refuge will feature a naturalist with real animals and try to educate us on our local birds and wildlife.

Speaking of wildlife, many of us have spotted a doe with her fawns and an 8-point buck roaming around our backyards or standing on the corner of the round-about. He doesn't seem too worried about any of us stopping to stare at him! Today, my neighbor saw an otter get out of the pond behind her house, walk down her walkway to my walkway and then into the pond on my side!! I think he found out that Dan left some fish in that lake.



**Molly's House is the dream project of a young girl named Molly Sharkey.** Molly was twelve years old when she was diagnosed with chronic myelocytic leukemia. In the next six years Molly and her family virtually traveled the country trying to find treatment for her rare type of leukemia. In some cities they were lucky to find a Ronald McDonald House where the family could stay and be close to Molly in the hospital. In other cities there was nowhere convenient for the family to stay.

This experience is what prompted Molly's dream of building a house. She wanted to build the house in her home town, Stuart, Florida, and make it available to any family who had a loved one being treated for critical care at Martin Medical Center. Molly died in May of 1992 at the age of 18, but left behind her journal filled with her ideas of building Molly's House.

Since Molly's death in 1992, family and friends have raised funds to build Molly's dream house. In April of 1995 a piece of property was purchased at 430 S.E. Osceola Street in Stuart on which to build Molly's dream. A ground-breaking ceremony was held in June and construction began in August, 1995.

Molly's House is a three-story Victorian style house built to Molly's specifications. It has a wrap-around porch, spiral staircase, flower beds and lots of windows. The main features of the house are: 11,000 square feet with two family suites, twelve bedrooms with private baths, two kitchens, a chapel, a library, a laundry room, lounge area and large front and back porches. The house is located just three blocks west of Martin Memorial Medical Center and close to downtown Stuart.

**Molly's House was built by generous contributions from the local community.** Many businesses donated time and materials to help with the project. At its completion, Molly's House is truly a community-built project. Our grand opening was held on September 21, 1996 to celebrate what would have been Molly's 23rd birthday and the beginning of a dream come true.

### Molly's House: Tuesday, April 23<sup>rd</sup>.

Meet at the Clubhouse at 4:30 PM.

Contact person: Marilyn Patterson, 772-932-7492 (h) or 772-932-4340 (c).



# WOMEN'S CLUB TRIP TO

# FLAGLER MUSEUM HIGH TEA

**FEBRUARY 15, 2019** 





**DECEMBER 17TH** 



Thank you to **Marie West** for setting up this wonderful tour! Thanks to **Brittany**, our tour lady.







Atene Sirott-Cope

ALCOHOL INK WORKSHOP

February 9, 2019







Artist Alene Sirott-Cope Above and to the left is Alene's art work.

Some of Alene's art work is in this book to the right.

As you can see, those that were at the workshop had a wonderful time!!!





Artist Deborah Benson

Artist Yolanda Klein

Artist Bettyann Dixson







Artist Audrey DeLoffi

Artist Lill Malinowski

Artist Emily Mussatto



Artist Marilyn Patterson







Artist Elaine Brunelli

Artist Stephanie Milazzo



Artist Stephanie Milazzo

Artist Kay Campbell

Artist Bettyann Dixson

# **The Retreat Pickleball is Family**

You all know the fastest growing sports in the U.S. is **Pickleball**, according to the United States Pickleball Association. You now may know, "What is Pickleball?" Back to 1965, when Congressman Joel Pritchard, of Washington State, began forming the current game in a badminton backyard space and designing the paddles and use of a stiffer wiffleball, did you know that "Pickles" was the family dog's name? The rest is history!

Pickleball is now played on our re-lined tennis courts at *The Retreat*. Our Pickleball nets range a few inches lower than tennis nets. Our Retreat players, known as the "*Sizzler*," play each other in teams, that in many cases, are mixed doubles, and of all levels of playing ability. So, how do you get started?

Court appropriate tennis shoes and apparel for a great workout is all that is needed. We are able to direct folks to purchase paddles for play (between \$45.00 and \$165.00), or we will lend out paddles to try out. We supply the balls. Our courts start to populate at 8:00 AM, with additional *The Retreat* resident players making their way over during the nine o'clock hour. *The Sizzlers* play each Tuesday, Thursday and Saturday morning, from 8:00 AM until about 11:00 AM.

One player, as a team, serves the Pickleball, like tennis, but with an underhand stroke, versus the tennis overhead smash. This slows the game down a bit for the receiving player to make a return of the Pickleball after one bounce. The pace of the game is determined by the players. Points are made as in tennis, but a winning score is the first team to make eleven. Team players alternate, as each gets to serve at least once per side. Rules are fairly simple, with one fun item thrown in the match rules: *The Kitchen*! This is a narrow area next to each side of the net, marked with a line. Don't get caught in "*The Kitchen*," or you just might lose a point! We will teach you. Social gathering, off the courts, are a highlight of being part of *The Retreat Sizzlers*. We hope to see you participate.

### **Ron Doucette**

#### Pickleball Representative to the Clubhouse Committee

ronald@sunkist2.com

(772) 245-8484









# April 6, 2019 | 2 pm- 10 pm Memorial Park | Stuart

Family Friendly | Games | Live Entertainment For more information please visit:www.relayforlife.org/martincountyFL Registration for event not required.

# **ENJOYMENT BOOKS**

# \$875.00

to the American Cancer Society

Thank you!!!

Wally Malinowski

Relay For Life RETREAT REMEMBERS... Blood Clots/Stroke – They Now Have a Fourth Indicator, the Tongue

# Stroke – Remember the first three letters: S. T. R.

Stroke Identification

During a BBQ, a friend stumbled and took a little fall – she assured everyone that she was fine (they offered to call paramedics). She said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening.

Ingrid's husband called later telling everyone that his wife had been taken to the hospital – (at 6:00 pm, Ingrid passed away). She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today. Some don't die, they end up in a helpless, hopeless condition instead.

It only takes a minute to read the signs...

A neurologist says that if he can get to a stroke within 3 hours, he can completely reverse the effects of a stroke. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

Recognizing a Stroke

Remember the 3 Steps: S. T. R. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S: Ask the individual to SMILE.
T: Ask the person to TALK and speak a simple sentence coherently. (i.e., "It is sunny out today.")
R: Ask him or her to RAISE BOTH ARMS.

If he or she has any trouble with ANY one of these tasks, call an emergency number immediately, and describe the symptoms to the dispatcher.

New Sign of a Stroke – Stick Out Your Tongue

Ask the person to stick out their tongue. If the tongue is "crooked," or if it goes to one side or the other, that is also an indication of a stroke.

A cardiologist says if everyone who receives this information sends it to 10 people, you can bet that at least one life will be saved.

https://pituitary.org/symptoms/blood-clots-stroke-they-now-have-a-fourth-indicator-the-tongue

Received from Rebecca Brown

## **Our Property Manager**

As a reminder to Retreat residents, please place all trash containers out the morning of collection. Those not using trash cans may find it helpful to put any trash out just prior to the scheduled pick-up. Many times trash is vandalized by the wildlife in the area looking for any available food source.

Additionally, regular home maintenance such as cleaning privacy walls and driveways should be performed by the homeowner. Regular inspections of the property will be conducted. Violations will be sent by way of a courtesy letter first for any items needing to be addressed.

Open office hours are Monday, Wednesday and Friday from 8 AM to 11 AM.

For all work order requests, please contact Capital Realty Advisors at 1-800-940-1088. Any owners wishing to perform projects outside the home such as but not limited to landscape refresh or hurricane shutters, please visit the Retreat website for the ACC application.

Respectfully, Steve Wendland Property Manager, LCAM *The Retreat at Seabranch* Capital Realty Advisors, Inc.

# **OGM—Our Retreat Landscaper**

**Greetings Retreat!** 

We hope you are enjoying the new year and the cool weather. Here's an update on what we are doing:

We are continuing our bi-weekly mow cycle.

We are beginning to do hard cuts.

Hard cuts allow us to reshape the plant into the desired form. Furthermore, they promote plant health and stimulates more blossoms by removing the old, overgrown limbs and allowing new rejuvenated branches to grow in their place.

We will begin fertilizing all turf and shrubs in March. To fertilize we use a slow release.

A slow-release fertilizer releases nutrients to plants slowly over time. The benefits are that the plants don't receive toxic amounts of fertilizers all at once. The rate of release is determined by how soluble the ingredients of the fertilizer are, among other things like existing soil and weather conditions. Slow -release fertilizers are easy to spread and are suitable for covering broad areas.

We have reduced the amount of water used due to the evaporation rates decreasing brought by the cooler soil temperatures. Reducing our water use will also help cut down on the pathogens (fungus) that we experienced last year.

To celebrate the new year, we'd like to show our progress from when OGM started in 2018 to now.

Thank you for giving us the opportunity to serve your community,

OGM



**JANUARY 2018** 



March/April 2019



# HOMEOWNER'S COMMUNICATIONS FORM

If you are NOT currently listed in The Retreat Directory and wish to be listed, please fill out the form below. If you are currently listed in the Directory but would like to *update* your information, please complete the form below with your name and the *updated* information only.

If you are NOT currently receiving **HOA EMAIL** BLASTS OR if your email has changed, please complete the form below.

Please sign the form and place in the Drop Box at Property Management Office located in the Clubhouse or mail: Communications Committee Retreat HOA 8700 SE Retreat Drive Hobe Sound, FL 33455.

If your information is *correct*, *do not* fill out this form. List your information *exactly* as you want it printed in the Directory.

# PLEASE PRINT CLEARLY First Name: \_\_\_\_\_ Last Name: Retreat Address: Telephone: Cell phone (optional): \_\_\_\_\_ Email Address for Directory (optional): Email Address for Blast to receive announcements from HOA (optional): DISCLAIMER: Information contained in Directory is confidential and not for dissemination outside the Retreat community. Signature\* \*Homeowner Signature is required to have information published in the Directory. Page 16 March/April 2019 www.retreatatseabranch.com



#### December 11, 2018

- 1 Alan Benson
- 2 Muriel Barry
- 3 Steve Strong
- 4 Deb Benson

#### January 8, 2019

- 1 Kay Campbell
- 2 Florence Greenberg
- 3 Sally Dunmire
- 4 Steve Strong

#### January 15, 2019

- 1 Ann Sterling
- 2 Sharon Davis
- 3 Steve Strong
- 4 Carol Flynn

#### January 22, 2019

- 1 Alan Shattuck
- 2 Steve Strong
- 3 Kathy Majewski
- 4 Sue Lynn





First Friday of EVERY MONTH October thru June

### January 29, 2019

BRIDGE

SCORES

By Carol Flynn

- 1 Carol Flynn 2 – Barry Mussatto
- 2 Barry Mussa
- 3 Bill Burns
- 4 Emily Mussatto

#### February 5, 2019

- 1 Joyce Hill 2 – Rosemarie Scotti
- 3 Carol Flynn
- 4 Emily Mussatto

#### February 12, 2019

- 1 Ann Sterling
- 2 Deb Benson
- 3 Barry Mussatto

Friday of every month. Bring an appetizer to

<u>share and your own</u> beverage.

No reservation required.

5:00pm until 7:00pm

4 - Steve Strong



# **RETREAT ASSISTANCE NETWORK**

#### For short-term needs:

- Transportation to medical appointments
- Rides for grocery shopping or hair appointments
- Prescription drug, grocery and mail pick-ups
- Check-in phone calls or friendly visits
- Minimal meal preparation

Audrey DeLoffi, 245.8420

Marilyn Patterson, 932.7492.

All RAN information available on the internet at retreatatseabranch.com



# Got a question? Looking for a form? Not getting HOA email blasts?

www.retreatatseabranch.com

Check out FAQ on Home page tab Check out Members Only and Subscribe to HOA Email

(Please do not UNSUBSCRIBE if you wish to stay informed)

RETREAT BOARD OF			Anne Fiduccia Tyree	846.517.5556 561.339.9255	retreatmaryannefiduccia@ yahoo.com retreat.karent@gmail.com		
DIRECTORS	Secretary and Treasure	Rick Renshaw		772.546.1940	retreatrickrenshaw@gmail.com		
RETREAT PROPERTY MANAGER	Office Hours: Monday Wednesday Friday 8 am to 11 am or by appointment, call 772.546.6112		STEPHEN WENDLAND	Clubhouse Fax: 546.1699 Capital Realty for Work Orders, Genera Questions, Emergencie 1.800.940.1088		8700 SE Retreat Drive Hobe Sound FL. 33455 retreathoa@comcast.net	
RETREAT COMMITTEES	Architectural Control		John McGuinn	545.9704	545.9704		
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	Communications		Marlene Boobar	561.889.444	5 ma	marleneboobar@hotmail.com	
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	Finance		Tom Hartnett	545.3107	tml	tmhartn55@gmail.com	
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	Neighborhood Watch		Bill Burns	546.6990	bu	burnsjro@aol.com	
	Social		Sandy Morrow Jean Scerbo	545.1936 545.3592		sandymorrow7@gmail.com jeanmscerbo@yahoo.com	

# **RETREAT ACTIVITIES AND CONTACTS**

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

Bulletin Boards	Pat Brown		Red Hat Society	Rita Lariviere	546.9744
(Sell items & business cards)			Relay For Life	Lill Malinowski	545.3732
Mah Jongg Mon. & Fri. 9:30 AM	Carol Flynn	546.4118	Retreat Assistance Network (RAN)	Audrey DeLoffi	245.8420
Mah Jongg Wed, 1 PM	Angela Bibby	545.9195	Retreat Directory	Coni McGuinn	545.3465
Duplicate Bridge	Carol Flynn	546.4118	Retreat Newsletter	Lill Malinowski Dottie Williams	545.3732 546.3866
Knot Just Knitting	Sandy Morrow	545.1936	Social Bridge	Carol Flynn	546.4118
	Liz Plourde	546.5673	Tennis	Tom D'Avanzo	545.7229
Pickleball	Ron Doucette	245.8484	WEB Master	Marlene Boobar	561.889.4445
Poker—Men's Straight	Joe Ciocia	545.9767	Women's Club of	Pres. Marilyn Patterson Vice Pres. Florence	932.7492 245.8554
Poker—Texas "Hold—Em"	Otto Vernacchio	546.7523	the Retreat	Greenberg Treas. Gerri Strong Sec. Deb Benson	545.9963 546.0981





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