

The Retreat Newsletter May/June 2022 Volume 19 Issue 3

Fernando's Dockside Grille Article and photos by Ron Doucette

What a great spot for really good Portuguese cuisine and a wonderful chef/owner. I am coming back often. I was treated to a 20-year-old Port by my new friend, chef/owner Fernando Dovale. He has spent many years perfecting his authentic touch by cooking for many years all along the east coast in many different restaurants including the Hyatt Hotel in Tampa, FL, the Rockefeller Center's Rainbow Room in NYC, and most recently at his own restaurant in New Bedford, MA. The New Bedford Portuguese know their seafoods and great offerings of stews, crispy fried potatoes and tasty wines. These and more treats, close by in Port St. Lucie, are well worth the drive. Dine on their waterway location, indoors or outside, and enjoy. Authentic and reasonable!



(772) 337-1110 2214 SE Veterans Memorial Pkwy. Port Saint Lucie, FL 34952 http://www.fernandosdocksidegrille.com/

Kyle G's Prime Seafood is Special



Speaking of one of our favorite places to eat brings to mind Kyle G's Prime Seafood & Steaks on Hutchinson Island. It's very special! We love their Crab Cake Appetizer, and sitting on the deck listening to the ocean with a glass of Sancerre is hard to beat. We spent our 50th Anniversary in 2021 with our long time friends. What's not to like? The manager was super and we found a bottle of Champagne on our table, along with roses. We would give them a ten for sure! —David & Patti Greaves

(772) 237-5461 10900 S. Ocean Dr. Hutchinson Island, FL 34957 http://www. https://kylegseafood.com/

WHAT'S HAPPENING AT THE WOMEN'S CLUB by Mona Wiley



On April 2nd, the Women's Club held a Pancake Brunch fund raiser with the proceeds benefitting the CCC Dental Center in Stuart. The center provides no or low-cost dental care to financially qualifying patients. Our WC's Outreach/Charity Committee could only have hosted this event through the outpouring of volunteers from our WC committee and club members jumping in

to lend a hand along with the wonderful support from our Retreat community on the day of the event. We are pleased

to report that \$4345.00 has been raised so far, a fund-raiser record!! Thanks to Pam Levy for chairing this event and to Stu, her husband, and committee members for working so hard on this project. Thank you all – whether you served, baked, cooked, worked on the porch, or were lucky enough to enjoy a lovely breakfast – the results were awesome.

The 50/50 total was \$487.00! The silent auction total was \$1610.00 and the bake off \$323!! The balance of monies was through ticket sales and donations. The Retreat residents certainly have a giving heart and hard-working ethic. Thank you – "That's a lot of healthy teeth!"







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The Women's Club had their Style Encore Fashion Show on March 21st. Numerous volunteers and 12 of our own models made the show a success. The ladies modeled outfits ranging from casual to elegant. Sue Behn did a fantastic job of MCing this event. Each volunteer received a sunflower in honor of the women of the Ukraine.



Bettyann Dixon arranged a lovely outing at the Lyric Theatre in March. Six of us went to Spritz for a delicious pre-show dinner. We were joined by eight others for an evening of Broadway tunes, brought to us by six members of The Sharpe Family. Mom, Dad, a young daughter, teenage son and twins who were eight. They are very talented singers; you can watch them on YouTube.

We're winding down our season, and before all our snowbirds return north, a luncheon outing is planned for **May 11th at 12 noon at The Blue Point Bar & Grill.** The restaurant is located on the east side of U.S. 1 right before you reach Tequesta. It is a beautiful restaurant located

right on the Intracoastal Waterway. Look for an email blast on this event and watch for a sign-up sheet in the mailroom. We will all meet at the restaurant, but if you need a ride, please call a friend to car pool.

Our last meeting, held the 3rd Monday in May will feature one of our sheriff's deputies. He's going to remind us of safety tips – not only how to keep ourselves safe, but how we can keep others from becoming victims.

Dues are due! If you haven't filled out a registration form, you can find them in the mailroom. \$25 and this form should be sent to Fran Spaulding (9184 SE Hawks Nest Ct.) and then bingo, just like that you are a member!!

Welcome to all the new members who have joined the Women's Club this year! We've had an influx of newcomers, and it is a pleasure to get to know each of you.







Some more pictures from the Pancake Brunch fundraiser







Some pictures from the luncheon at Sailor's Return

Landscape Reminders

- RED reflectors placed in your yard mean that NO landscape trimming, mowing, or weeding work will be done in your yard. Homeowners will be responsible for maintaining their own mowing, trimming, and weeding. With 555 individual homes, the landscapers cannot memorize or keep a list of what each homeowner prefers. Please place a red reflector in your front and back yards visible to the landscapers if you wish to maintain your own landscaping.
- BLUE reflectors mean DO NO TRIM this particular plant, or group of like plants. Everything else in the yard will be trimmed by the landscapers. For example: If you have a grouping of Panama Rose that you DO NOT want trimmed by the landscapers, put a blue reflector in the grouping that is visible to the landscapers.
- If you do not want chemical treatments applied to your landscaping, including pesticides, herbicides, fertilizer, etc., you need to put in a work order requesting a small no chemical sign to be placed on your property. If you wish to resume the application of chemicals, you need to put in a work order to request the resumption of chemical applications. Please do not request chemical applications verbally to the landscapers as they are not able to accommodate intermittent chemical applications.
- Landscape debris from private landscape contractors needs to be removed by the contractor who does the work. This is a Waste Management regulation.
- Homeowners who do some of their own trimming may put landscape debris out at the street for Waste Management removal no earlier than 12:00 PM the day before pickup. Pickup is currently on Wednesday.
- Branches that fall in between pick up days for landscape debris should be placed in an inconspicuous spot until placed at the street. If you are unable, or unwilling, to move a branch, please put in a work order for the landscapers to do this for you.
- The Retreat has an approved plant list that includes hardwood trees, palm trees, bushes, hedges, accent trees, and ground covers for use in The Retreat. Due to the many insects or diseases that may harm or kill your landscaping, please use this list when replacing or adding landscaping.
- Remember that the deer prefer Hibiscus, Trinettes and small Green Island Ficus. When replacing landscaping, you may want to consider avoiding these plants.
- Sprinkler problems need to be reported through the work order process. Sprinkler system
 repairs caused by a homeowner due to digging, driving on the turf, parking on the turf, pool
 installations, or any private landscape work will be billed to the homeowner. Please remember
 to call 811 to have your property flagged before digging or disturbing the ground to avoid
 sprinkler or other damages.
- Hard cutting of some hedges and bushes is beginning this month, April 2022. This is done at the start of the growing season to promote new, lower growth that helps fill in the lower portions of the hedges. While these hard cuts do look unsightly for a short period, the end result is the hedges and bushes looking healthier and fuller.

Hopefully these reminders are helpful to homeowners in The Retreat. If you have questions or concerns about the landscaping, please submit a work order for follow up. Work orders are monitored and reported monthly to help identify new or ongoing problems here at The Retreat.

Rick Renshaw, Retreat BOD-VP, Landscape Liaison

Meet Your Neighbor!



Leslie enjoying a beach day with Luna and Skye

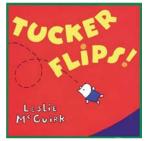
Leslie McGuirk is a published author, clothing designer, astrologer, hotel interior decorator, and a popular TEDx speaker. She lives with her two rescue pups, Luna and Skye, and a cat named Felix. Originally from Bronxville, NY, Leslie moved to the Retreat from Vero in October of 2017 to be closer to her mom who lived in Lost Lake.

Q: You are an astrologer. Can you talk about that? How did you become interested in astrology?

A: My mom sent me to an astrologer at age 19, and this woman saw my talents before I realized them. She was a huge influence in directing me on the best path. I wrote an astrology book published by Harper Collins in 2016 called *The Power of Mercury: Understanding Mercury Retrograde and Unlocking the Astrological Secrets of Communication.*

Q: You wrote and illustrated children's picture books. Are you published?

A: Yes, the books were very popular and sold more than two million copies. It started with Tucker, my dog at the time (6 titles). Other children's books that I have written and illustrated are: *If Rocks Could Sing, Wiggens Learns His Manners at the Four Seasons Restaurant, The Moogees Move House, Snail Boy* and the *Pip the Penguin* series.



Q: Where did your life take you next?

A: I worked in Japan for 11 years as a clothing designer for Takashimaya, an upscale department store. I also did all the carpeting and the fabrics for the entire Tokyo Disneyland Hotel. I loved Japan and hope to go back.

Q: You did a TEDx talk in 2016. How did that come about?

A: I met the producer at Rancho La Puerta in Mexico and went to UCLA. You can watch the TEDx talk at: https://youtu.be/X4S9yOiL6GI. The title is *The Importance of Being Wrong.*

Q: What other interests and adventures have you had?

A: I have been featured in many magazines; everything from *Elle*, *Self*, *Glamour*, *Esquire*, *People*, *Runner's World* to *Town and Country*. I've been a guest on the Martha Stewart Show and Canada AM. Just before COVID I taught on the Paul Gaughin cruise ship to Bora Bora and Tahiti.

Q: What do you do to relax?

A: Several times a year I go to Utah to live with the wild horses and recharge. I also bring groups to work with the mustangs to learn about leadership. I love pickleball and will play in the U.S. Open in Naples this April. Yoga is important to me as well.

- Q: What do you like about living in the Retreat?
- A: I love the peacefulness, my neighbors and living next to the Preserve.

Q: Your favorite restaurant?

A: The Food Shack in Jupiter.

-Anonymous Cub Reporter

St. Patrick's Coffee and Green Treats

The Social Committee invited the Retreat Community to the Clubhouse to celebrate St. Patrick's Day with some green treats and morning coffee! The turnout was fantastic!

-Darlene Greene









Hudson on the River Restaurant

My husband and I went here for the first time last Saturday night and had a wonderful meal. The food was excellent, the service was wonderful, the cocktails were delicious and the view was spectacular. I also met some friends for lunch on Wednesday and both the service and food were excellent again!



The restaurant is located in downtown Stuart just under the bridge on the water. They have outside dining and it feels like you are on a cruise.

Inside dining is just as nice, with windows all around so you can enjoy the view without the breeze. They have a large, square bar with plenty of seating and large flat screen televisions if you are a sports enthusiast. The music can be a little loud, so if that is something that you might not want then I would sit outside.

They don't have a happy hour yet because they have only been open about a month. I would suggest reservations. Both times I was there I had fish, and both meals were great. The first time I had pecan encrusted snapper with red coconut rice and the second time I had a tropical salad with grilled shrimp. Both were yummy. Afterwards it is always nice to walk along the riverwalk and get some ice cream at Kilwins Stuart! Valet parking is available at night. Enjoy!! —Karen Tyree



I want to thank the readers who contributed to this issue. There were not too many reviews of local restaurants. Apparently everyone in the Retreat is cooking at home (LOL).

We're taking a break from the newsletter this summer. The next issue will be the September/ October issue.

People are starting to travel again. For the next issue, share a paragraph or two, a picture or two, of your summer adventures.

Please email your contributions to:

spyker.oles@gmail.com

Keep in mind that the deadline for the next issue is August 15th, 2022. Thanks! –Jack

The Retreat at Seabranch for Pickleball

The Retreat Sizzlers put another great year in the books, here at The Retreat, as the summer season starts to unfold. We have always looked forward to our Annual Awards Celebration, and this year could be one of the best. Many dozens of pickleball players and significant others gathered on the court on a recent sunny Saturday for the event. After rousing pickleball morning play, all enjoyed breakfast treats, prepared mimosas, and even pickle bread, offered up by attendees. Soon the awards were presented to deserving players, as all looked on and cheered.



Commissioner Ron Doucette, as MC, summarized the year in review,

with a summer beach party, our December Holiday Clubhouse Party, and welcoming several new players this year. We then welcomed our new liaison for the pickleball courts to the Board of Directors, Mr. John Curren. An attached photo conveys a bit on the popularity of this sport and participants of The Retreat at Seabranch.

Here are the 2022 Awards:

- Newest Improved Player of the Year: Eileen Reid
- Fun New Award; The Ladies Award to the Best Slammer: Randy Spaulding
- Comeback Player 2022; "The Gherkin Award": Frank Ziegler
- Most Energy Award: Sue Arnold.

Photo by Lisa Notalrio

• The 2022 Trophy Players of the Year: Merlina Madden & Tony Caserta

With the awards completed, all looked forward to our sport to continue to grow here.

The Retreat Sizzlers welcome new resident players. We play as mixed doubles in our matches with many players on our courts. The courts enjoy healthy competition on Tuesday, Thursday and Saturday morning, from 8:00 AM until about 11:00 AM.



Ron Doucette

Pickleball Representative to the Clubhouse Committee ronald@sunkist2.com (772) 245-8484



The 2022 Awards Celebration for Pickleball at The Retreat at Seabranch

www.retreatatseabranch.com



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

Call: Audrey DeLoffi at (772) 245-8420 or Nancy Strona at (772) 545-3993. All RAN information is available online at retreatatseabranch.com

Note: In consideration of the times, all residents requesting services must be vaccinated and wear a mask during any contact with volunteers.





Mourning doves found a nest in an orchid planter

Retreat Friends!! Take Note!

PLEASE DO NOT leave food donations on the kitchen counters of the Clubhouse. Please do not leave donations on the Clubhouse tables. We no longer have a food donation bin because we were finding trash and rotten food in the bin. If you want to donate canned goods, please drop them off directly to one of House of Hope's pantries in either Hobe Sound or Stuart. You can also watch for a Women's Club food drive which they do periodically. Thank you for your understanding and cooperation!



Ladies Bible Study in the Retreat Clubhouse

We are so blessed to live in our beautiful community! Such a brilliant design laid out in and amongst a wildlife preserve. Springtime has given us so many visual treats. Norm and Lily Wall have a mama dove nesting with her two fledgelings in one of their hanging orchid baskets (see facing page). They named her Nina and told me the father is always nearby. And then there are the pairs of cardinals singing their love songs to each other as they flit amongst our trees. I hope you've seen the family of sandhill cranes wandering about with their pale yellow-feathered baby in tow. As of this writing, the temperatures are lovely - cool in the mornings and evenings and full of sunshine and warmth most afternoons. Gorgeous sunrises and sunsets!

"The heavens declare the glory of God, the skies proclaim the work of His hands." Psalms 19:1

Our Bible Study is thriving. We've been having fun together as we learn the Bible through practical videos and discussion groups. We've laughed and we've cried as we share stories of our lives and what God is doing in and through us. None of us are aspiring theologians. We just love God and want to know Him and be with other women who feel the same.

This is what some of the ladies have to say:

"I'll be there next week, God willing, to say thank you for all your prayers. Got an A+ from the doctor yesterday." Maureen McNamee

"The Retreat Bible Study is an opportunity to fellowship in our own community. We spend time in the Bible, praying for one another, supporting each other through life's trials and just loving each other." Liz Adams

"I love the opportunity to learn about the Bible and I feel like I now have a new group of sisters by my side." Lily Wall

On April 20th we finished up a series called *You'll Get Through This* by Max Lucado. It was based on the life of Joseph in the Old Testament. After his brothers threw him in the well and then sold him into slavery, he went through so many trials as a slave and prisoner. But he stood firm in his faith and eventually the Pharaoh put him in charge of the whole land of Egypt. Max used this story to help us understand how God will help us get through our trials in life.

Starting April 27th we began a new study called *The Bible for Grown-ups* by Andy Stanley.

As children, many of us received a leather-bound book full of long words and difficult names we couldn't pronounce. We were told everything in it was true and we should do our best to abide by its teachings. Then we grew up.

What was oh-so-simple then is . . . well, it's not simple. Perhaps that's because we were taught Bible stories but not the story of the Bible. Big difference. In this four-part series, Andy Stanley gives us a way to approach the Bible that begins with something other than "in the beginning . . ."

All ladies of The Retreat are welcome to join us Wednesday mornings from 10:00-11:30 AM. Each week there is a video presentation, discussion, prayer and fellowship. Even if we are in the midst of a series, you are welcome to come, and you don't have to commit to coming each week. The current study has three more sessions on May 4th, 11th and 25th. Please note that there will be no study on May 18th!

We will be doing something a little different this summer as so many are traveling. From June through August we will only meet once a month at the clubhouse to watch some faith-based movies, eat popcorn and have some fun together. Stay tuned for those dates as well as the startup date for the fall Bible studies. These will be shared by emails and flyers in the mailroom.

For more information send an email to Kate Stine jupitrlady@aol.com or call Denise Thomas at 772-221-8942.

Spring Treasure Hunt and Dinner

The Retreat Social Committee held the first community Spring Treasure Hunt and Dinner on April 10th. Retreat residents participating in the Spring Treasure Hunt met at the Clubhouse to receive their first clue that started an adventure throughout the Retreat. They found more clues on their journey until the last clue returned them back to the Clubhouse. The Winning Team members who finished first with all clues found were Tony and Pat Caserta and Fred and Janet Richmond. The Winners are in the picture below with their prizes.

An Italian dinner followed which was open to the whole community! A 50/50 Raffle was held, with one happy winner. See if you can find the winner in the following pictures! A great time was had by everyone who attended.

-Darlene Greene











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RETREAT	Clubhouse	Joyce Fordham	772.545.0081	fordham48@msm.com
OMMITTEES	Communications	John Curren	508.954.0827	retreat.johnc@gmail.com
	Social	Fran Massey	772.546.6768	gmail.fmass1954@aol.com

Retreat Activities and Contacts

Retreat members and residents enjoy a number of social groups engaging in entertaining activities. Get involved! Meet your neighbors! Have fun! Here are some of the groups with their contact information. See the Activities Calendar for schedules.

Bocce Bunco	Nick Lombardi Marie West	914.815.1571 910.327.0556	Retreat Assistance Network	Audrey DeLoffi Nancy Strona	772.245.8420 772.545.3993
Duplicate Bridge	Carol Flynn	722.359.8274	(RAN)		
Knot Just Knitting	Sandy Morrow Liz Plourde	772.545.1936 609.618.4626	Retreat Newsletter	Jack Spyker-Oles	845.481.0581
Ladies Bible Study	Kate Stine	561,762,6966	Social Bridge	Carol Flynn	722.359.8274
Monday 1 pm Mah Jongg	Ginny Franklin	561.339.4409	Social / First Friday	Fran Massey	772.233.3102
Morning Mah			Tennis	Tom D'Avanzo	772.545.7229
Jongg	Carol Flynn	772.546.4118		Pres: Sue Arnold Vice Pres: Meg Ochoterena Sec: Cindy Sibilia Treas: Fran	216.409.1480
Pickleball	Ron Doucette	772.245.8484	Women's		516.457.0476
Poker - Guys & Gals Fri. Nights	Otto Vernaccio Sr.	772.546.7523	Club of the Retreat		908.295.6658 937.657.0249
Poker - Texas Hold 'Em	Joe Ciocia	772.545.9767		Spaulding	

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