



The Retreat Newsletter

March/April 2013

Volume 10, Issue 2



RETREAT'S 10TH ANNIVERSARY



10 YEARS AGO! NOVEMBER 2002

By Patti and David Greaves

As David and I look back 10 years, it does not seem possible that we've been in our house that long. I was working for DiVosta in the sales office at the Florida Club (March 2002) when we decided to "bite the bullet" and buy an Oakmont. Lot #123 came back on the market, and we jumped! It was the best move we had ever done. We were living in Lost Lake in a Capri I and loved it but wanted more space. I wrote out our contract and

(Continued on page 2)



Natives in the Yard - Memories of Great Wildlife Sightings

By Dottie Williams

It's really hard to believe that it was ten years ago when I first spotted an osprey using the lake behind our home for a bird bath. That was the beginning of **Natives in the Yard**. From that day on, the camera was always easily

(Continued on page 2)



First to Move into the Retreat

By Ruth Dudziak

In May 2011, like everyone else that wanted to live in our beautiful development, we put our deposit down, made our choices of lot numbers and anxiously awaited the lottery selection. We received a call from our representative (Jim's cousin) that we were one of only six people that did not get any lottery choices. Three days later, the DiVosta salesman called and said the family that got our second lot choice decided to wait for phase #2. We soon realized we liked our second choice better than our first choice.

On January 4, 2002, we left a lifetime in Ohio and moved to our vacation home in the Florida Keys until our Retreat home was completed. We made the three-hour trip to Hobe Sound every weekend to see (and document) the progress.

(Continued on page 2)

The "Retreat's 10th Anniversary" pictures in this newsletter are numbered in the lower right-hand corner. Go to page 9 for a description of the pictures.

(Continued from page 1) **10 YEARS AGO! November 2002**

then the process began. We sold our house quicker than expected and were "homeless" until the closing on November 5, 2002 but I had a golfing friend at Lost Lake who was in Michigan and not returning until October 15. So, we rented her Carmel which was an earlier Oakmont model. We met Tom and Arlene Hartnett and Ernie and Marian Spengler every time we drove down Eldorado to check on the houses. We became great friends/neighbors all living on the cul-de-sac. Our outdoor speakers were revved up one night and the next day Dottie Williams said that she loved our music...that was the beginning of a great friendship. Then Bob and Marsha Mark moved in across the street followed by Gary and Sandy Goldfarb on our other side. Whenever anyone adds to their house, there is always a gathering to check it out....any excuse for a party. We have found a wonderful place to live, with exceptional neighbors and a safe community to call HOME, especially when none of us are true Floridians. We are truly blessed and extremely lucky.

(Continued from page 1) **First to Move into the Retreat**

After the lots were cleared and footers were poured, it took 46 days to complete the first four houses. Sure was amazing to watch that after building our house in Willoughby, Ohio that took over ten months to build.

We closed on Monday morning, May 5, 2002 and the moving van came the next day. We had no phone, no cable, no clubhouse (or pool), no newspaper, no mail and no neighbors. Bell South had cable issues and we went over two weeks without a phone so they gave us a cell phone to use until the land-line was available. The Sandhill Cranes did not appreciate humans taking over their area so we were not prepared when we heard their "call" for the first time.

When the neighbors started moving in and traffic picked up on Retreat Drive, we realized the wide open (clubhouse) field gave a full-on view into our house. The trucks and workers were here every morning at 7:30 sharp. They used the field as a staging area for the entire development's landscaping inventory. Bet my neighbors were jealous over our taste in decorating when the bed sheet was tacked over the kitchen slider!

It took a few years for the snakes, bobcats, armadillo and Florida panthers to stop "walking" through our side yard on their way to the preserve behind our house.

(Continued from page 1) **Memories of Great Wildlife Sightings**

reached to snap a photo of the wildlife that passed through our yard. I keep a running list of those visitors and of the wildlife I see on my daily walks. As you can imagine the list is lengthy and there is no way I can mention every animal but I do have a few favorite memories that I'd like to share.

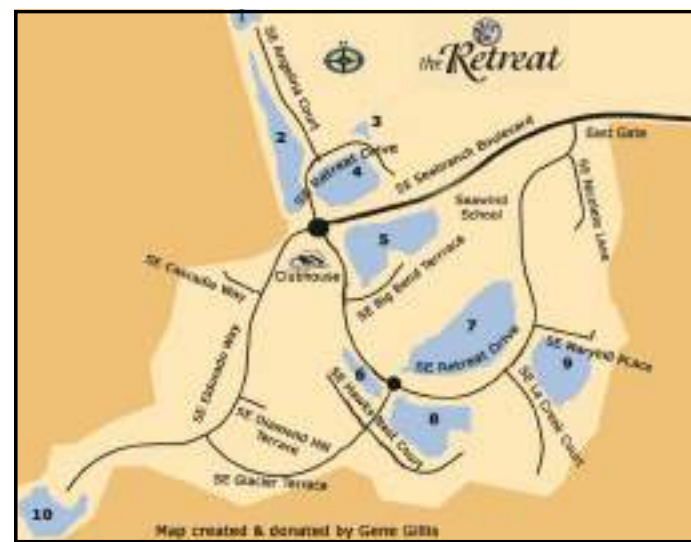
The first is the osprey. It was such a surprise to me to see this fish hawk splashing in the lake. I had seen ospreys before hovering over the water searching for food and then swooping down to catch it but the sight of him splashing away in the lake behind our new home was pretty amazing to me. It also made me realize how lucky we were to have found a home in such a beautiful setting. Another one of my favorite memories is walking along Glacier Terrace and seeing all the beautiful birds at the watering hole. There were mornings that I would see Roseate Spoonbills, Great Egrets, Snowy Egrets, Ibis, Great Blue Herons, Little Blue Herons and Wood Storks all vying for position to pluck a tasty morsel from the water bubbling around the drain. It's like the Retreat has its own aviary! Then there was the spring a few years ago that I almost could set my watch on the alligator that would cross over the berm in our back yard from the ditch to the lake. Each morning for about a week, as I sat drinking my morning coffee, he would come walking by. A Bald Eagle came to visit one fall when we had a porch full of company. I think we were celebrating Tom and Arlene Hartnett's anniversary. What a treat that was. Everyone had the opportunity to observe this majestic bird sitting on a branch watching us party. The most recent favorite was just this fall when Dave called me all excited to come take a look. On the other side of the lake was a pack of coyotes (about 7 or 8) playing with each other. They were having a good old time and didn't seem to have a care in the world.

Well, I could go on and on. From colorful wood ducks, swallow-tailed kites, otters, bobcats, anoles, turkeys, snakes, anhinga and cormorants to the deer that visit just about every evening, we sure are lucky. The opportunity to observe a variety of wildlife close up is just one of the great things about living in The Retreat.

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



THE FOUR PHASES OF THE RETREAT

The Retreat plan by our builder, DiVosta, was the following:

Phase 1: Retreat Drive from Seabranche to Glacier Terrace, Big Ben Terrace, Eldorado Way, Diamond Hill and Cascadia Way

Phase 2: Hawks Nest Court and Glacier Terrace

Phase 3: Retreat Drive from Seabranche going north and Angelina Court

Phase 4: Retreat Drive from Glacier Terrace to the East Gate, La Creech Court, Maryhill Place and Nicolette Lane



OUR NEW HOME

By Bea, Hilary and Frosty Kozlowski

With keys in hand we unlocked the door of our new home in The Retreat. Hilary, I and Frosty walked in as proud as peacocks to the dream we had been dreaming of since putting a deposit down on our Oakmont seven months prior. Our furniture truck delivery was delayed so we found a Target and purchased an air mattress, television, towels, etc., and set up a basic no frills/no furniture housekeeping. We met our neighbors Lill and Wally Malinowski who loaned us two white patio chairs to sit on in the interim. On our street at that time there were four homes ready for occupancy on the lake side and four more across the street on the preserve side. DiVosta vans, Adelpia trucks, GE vans, electricians and other workers filed in each morning with DiVosta workers starting their day exactly at 7 am. The sand hill cranes also began their day quacking noisily each morning around 7, rousing us to meet another glorious day in this Florida paradise.

SPRING/SUMMER 2002

By Nancy Galiher

OH BOY—WE ARE FINALLY RETIRED AND WILL BE MOVING INTO OUR NEW HOME IN THE RETREAT IN HOBE SOUND! We were not aware of how much more construction was still to be happening. Ours was one of the first streets to have completed houses.

I thought I could stay in bed later in the mornings but construction trucks, workmen, landscapers all had earlier plans in the mornings. There also was lot of dust on the patio furniture, etc. due to all the work in progress. Also the landscape that the Retreat started on originally was scrub brush and weeds.

I also had to be sure to make appointments to have things done to the inside of our house regarding the closing punch list. This was "tricky."

Additionally I had to deal with the "critters" who had originally lived where my house was now located. Black racer snake always got into the pool area under the screens—so did lots of frogs and geckos.

Loving all of nature it was a challenge to get them "relocated" without harming them.

It is now almost eleven years since moving in—loved every minute of our "setting in" to this wonderful community. I cannot imagine being anywhere else in retirement.









RETREAT MAP FACTS

The information below is compiled from Retreat Maps used during the construction phase. Some are taken from Site Information charts on the maps and other statistics are obtained by taking accurate measurements directly from the maps.

~ **313.4 acres** Represents the area within our boundary. To give some perspective, try to visualize the area of 237 football fields including the end zones. (One such field equals 1.32 acre) (91 yards without end zones equals one acre.)

~ **4.83 miles** (25,500 ft.) Represents the Retreat perimeter. If you were to hike beginning at our entry and the Lost Lake Doubletree entry, to the end of Lake 1 at the end of Angelina, proceed around the lake and walk the length of lake 2 back to the end of lake 2 across from the Clubhouse where the fence gate is located, this would be about 1/3 of your hike. Continue from the gate and follow the fence and drainage ditch the length of Eldorado, behind lake 10 at the end of Eldorado. Then proceed East along Glacier and Hawks Nest and continue following the fence behind the ends of La Creek, Maryhill and along Nicolete to our East Entry. To finish, hike back to the start point.

~ **5.46 miles** If you were to add to your hike the .74-mile perimeter fence and wall around SeaWind School, the distance would add to this.

~ **.74 miles** (3,900 ft.) SeaWind School perimeter wall/fence.

~ **3.85 miles** (20,250 ft.) This is the approximate length of our privately owned paved street system. It would also follow that this number to a degree represents the length of water pipe, sewer pipe, cable and phone trunk lines, and electric power cable. Street and swale drainage pipe systems and lake pipe systems are probably twice that length. Irrigation piping and control wires are so many miles long that I can't even guess.

~ **.84 miles** The length of our drainage ditch located on our property.

It begins by the fence gate across from the Clubhouse and ends at the SeaWind ditch off property behind Lake 10 at the end of Eldorado Way.

Information compiled in January, 2007 by Dave Williams, BOD

RETREAT MAP FACTS

The Retreat at Seabranh was permitted to DiVosta by various county and state authorities using the following criteria. This information is taken from our Planned Unit Development maps.

Retreat Land Use Allocations (based on 313 acre total):

Residential lots	87.74 acres	28%
Roads and right of ways	22.4 acres	7.15%
Recreational parcel	2.96 acres	.94%
Lakes and water bodies	55.89 acres	17.83%
Green/open space	144.42 acres	46.08%

Lot Development Criteria	Oakmont/Carlyle	Capri III
Minimum lot area	6,500 sq. ft.	4,750 sq. ft.
Minimum lot width	50 ft.	36 ft.
Minimum lot length	135 ft.	
Maximum building height	1 story or 35 ft.	1 story or 35 ft.
Max. lot coverage:	bldg., pool, deck, drive 75% of total size	

Other Information

Our house slabs are built between 18.5 and 23 feet above sea level. Check this our your house survey. It has other interesting information on it.

We have 10 lakes in the Retreat. Eight lakes are held by Control Structure at 15 feet; one at 16th feet and one at 14 feet above sea level.

Compiled in October, 2007 by Dave Williams, BOD

DECEMBER 15, 2004

The following is from the January/February 2005 Retreat Newsletter—front page:

We are now officially known as **The Retreat at Seabranh Homeowners Association**. On **December 15th 2004**, the following Board was elected:

Bill Cole—President

Phil Kemp—Vice President

Coni McGuinn—Secretary

Muriel Barry—Treasurer

Dave Williams—Director at Large

Thank you to all the outstanding candidates who came forward and offered their expertise and time to continue to make the Retreat an outstanding place to live.

RETREAT'S 10TH ANNIVERSARY

Picture Descriptions

- 1 Patti and David Greaves: Birth of 9232 SE Eldorado Way.
- 2 Foundation of Jim and Ruth Dudziak's home on 8764 SE Retreat Drive. This is one of the first homes built in the Retreat. Lake #5 is in the distance. The wall around SeaWind Elementary School is not yet built.
- 3 Ernie and Marian Spengler submitted this picture of a DiVosta truck.
- 4 Retreat entrance submitted by the Spenglers.
- 5 The arrow shows the stake that designates lot number 261—the lot that Hank and Joanne Stasiewicz's home is now on. This is how many new owners picked out their lots. Hard to perceive what your lot would look like.
- 6 The Spenglers pool at 9201 SE Eldorado Way.
- 7 David Greaves "swimming" in his not quite completed pool.
- 8 Nick Falcone standing in his back yard at 8955 SE Retreat Drive. You can see SeaWind Elementary School in the background with the wall already built.
- 9 Lake #7 with lots of construction vehicles. Submitted by Nick Falcone.
- 10 Early road and curb on Glacier Terrace. Submitted by Hank Stasiewicz.
- 11 April, 2003—Lill Malinowski with her dog Chloe in the Lake #1 at the end of Angelina Court. DiVosta used the dirt as fill for Phase 4.
- 12 Dike was created to separate Lake #1. The side closest to Angelina Court was emptied so that dirt could be used as fill for Phase 4.
- 13 Pumping out the water from Lake #1 so that dirt could be as fill for Phase 4.
- 14 This is Lake #6. The dirt area will soon be Hawks Nest Court—the Oakmont side. Submitted by Wally Malinowski.
- 15 Lill Malinowski in front of Lake #6. The foundation in front of her is for the screen infrastructure.
- 16 Palm trees and live oaks waiting to be planted across Eldorado Way from the Clubhouse. Submitted by Gene Gillis.
- 17 SE Retreat Dr. and SE La Creek Court in Aug, 2004. Submitted by Rosemary Woundy.
- 18 Completion of the Woundy Home at 8991 SE La Creek Court in 2004.
- 19 Palm trees were staked when first planted. This is on 3346 SE Glacier Terrace. Submitted by Geno and Connie Giliberto.
- 20 Retreat Drive—Phase 3. Submitted by Marlene Boobar. Look at the size of that crane!
- 21 Capri roof mates and sisters on Retreat Drive, Phase 3, Gerri Strong and Marlene Boobar. Submitted by Marlene Boobar.
- 22 This is the before (2003) and after (2013) of the pool at Gene and Cynthia's home on 8343 SE Angelina Court.
- 23 This is the before (2003) and after (2013) of the landscaping at Gene and Cynthia's home on 8343 SE Angelina Court.
- 24 Round-about by the Clubhouse. Submitted by Gene Gillis.
- 25 Initially DiVosta called our Clubhouse the Village Center. That name is now referred to as the Clubhouse. Submitted by Wally Malinowski.
- 26 Clubhouse. Submitted by Gene Gillis.
- 27 Contractors finishing up work on the Clubhouse. Submitted by Rosemary Woundy.
- 28 This is the grand ribbon-cutting opening of the Clubhouse. The two men at each end are from DiVosta. The second lady from the left is Lillian Johnson, a volunteer at the Hobe Sound Chamber of Commerce. The next lady is Jennifer Ferrari who was the Executive Director of the Chamber at the time. The next two folks are Retreat residents Ruth and Jim Dudziak who had the honor of the doing the ribbon cutting. They were the first to move into the Retreat.
- 29 Eldorado Way street sign. The lot is where the Clubhouse was built. The houses are the back of the Oakmonts on Retreat Drive. Submitted by Dottie Williams.
- 30 Dottie Williams in front of their home at 9242 SE Eldorado Way.
- 31 Nicolete Lane sign near the East Gate directly across from 8537 SE Nicolete Lane. Notice that "Nicolet" on the sign is spelled incorrectly. Submitted by Jim Morrow.

2013 RELAY FOR LIFE OF SOUTH MARTIN

By Lill Malinowski

The 2013 Relay For Life of South Martin will be held this year in downtown Hobe Sound on Dixie Highway. The street will be closed off like it is during the Hobe Sound Art Festival. This year the event will be held on a Saturday and Sunday—April 20 and 21. At noon on Saturday will be the Opening Ceremonies. Then there will be the Survivor Lap, Caregiver Lap, and Survivor Reception. The Luminaria Ceremony will be at 9PM.

The Retreat Remembers... Team has three more fundraisers before the Relay. We will have our Duffy Days every Tuesday in March—all day long. Remember that Tuesdays are double point days on your MVP cards. This is a great fundraiser—all you have to do is eat!

On Sunday, March 24th in our Clubhouse from 1:30 to 4PM we will have a Spring Song event. Talented T-n-T will perform. If you wish, you will be able to dance to some excellent singing and music.

On Tuesday, March 24th from 5 to 7PM at the Knights of Columbus Hall, we will host a lasagna dinner in conjunction with the K of C. It will be a fabulous meal!

See the flyers in this newsletter for more information.

We thank you in advance for your continuing support in our fight against cancer.



The “Big C” and Me!

By Catherine C. Baldwin

What? The doctor said....what? “You may have colon cancer.”

She can't be saying that about me! But she's looking at me and speaking to me! My colonoscopy showed that I had a tumor in my large intestine and whether it proved to be cancerous or not, it had to come out. I had the colonoscopy after my annual physical showed I was anemic.

Driving home, with my husband, Bob, from the doctor's office was an unreal experience...trying to accept what was happening and at the same time thinking – this only happens to other people - not to me!

I feel fine! I have no symptoms! I eat all the right foods. (lots of fruits, vegetables, not much red meat, fish every week); I exercise daily (at least 30min.); I lift weights; play golf; I used to teach aerobics and now I'm taking Zumba classes; I love horseback riding. I have an annual physical, mammogram, pap smear. They have to be talking about someone else!!

But they were talking about me! A few days later, at Highland Hospital in Rochester, NY, I was talking to my surgeon – No!, I don't want to wait two weeks – schedule this as soon as possible! The biopsy showed it was colon cancer and my fight begins now! I'm used to fighting – I was born prematurely – only weighing 2 ½ lbs – and that was in the 1940's!!

So bring it on!!

I came home from the hospital 4 days after my surgery; two weeks after that I was back on the treadmill. A short time later I began 6 months of oral chemotherapy. My surgeon and my oncologist both advised me to do the chemo even though they had removed all of the tumor and it hadn't broken through the colon wall. It was a very aggressive cancer and there was still that small chance.... So the fight begins – and I was all for it! Fortunately, no lymph nodes were involved, so this was my best chance to defeat the “Big C”!! The side effects were minimal – no loss of appetite or hair – but my hands and feet were quite red, swollen and chapped (Hand and Foot syndrome). Every few weeks I would have lab work done – blood tests that showed normal readings – followed by check-ups with my oncologist.

It has been 16 months since my surgery; 4 months ago I had another colonoscopy (was I ever nervous!) – but everything looked normal - NO signs of cancer!! Next week I see my oncologist again to check my blood work – the first time in 6 months.

Yes I'm a cancer survivor - a cancer fighter! - and I will be for the rest of my life!

So - Just remember, “Life is a box of chocolates – you never know what you're going to get!” Just continue to try to live the best life you can. Keep doing the things you know you should do to keep yourself healthy!

And never, ever give up!!! Wonderful caring family friends, doctors and nurses will get you over that “Bump in the road” !!

Editorial Comment: Catherine Baldwin is a first cousin of Becky Freedman and Kate Kingsley. She is now a member of Running For Bob which is a fundraiser for our Retreat team.

Join us for American Cancer Month at Duffy's Sports Grill of Stuart South

(1/2 mile South of Cove Road on US 1)



Flyers are in the mail room.

Bring in a flyer & 10% of your check will be donated to the American Cancer Society

Every Tuesday in March all day long

Sponsored by the Retreat

Relay For Life Team

For information,

Contact Lill Malinowski

(545.3732) for more information

SPRING SONG!!!

ENTERTAINMENT BY:

T-n-T MUSIC SHOW

SUNDAY, MARCH 24, 1:30 to 4PM

RETREAT CLUBHOUSE

LIGHT REFRESHMENTS &
COFFEE (BYOB IF YOU WISH)



TICKET \$12 PER PERSON
(LIMITED TO 60)

Checks made out to the American Cancer Society

ALL PROCEEDS GO TO THE
AMERICAN CANCER SOCIETY
RELAY FOR LIFE FUNDRAISER

For information, contact Helen Larcom at 545.0737

RELAY FOR LIFE
FUNDRAISER

LASAGNA DINNER



TUESDAY, MARCH 26, 5 to 7PM
LASAGNA, SALAD, BREAD,
SPUMONI ICE CREAM,
COFFEE/TEA
CASH BAR

KNIGHTS OF
COLUMBUS HALL

Cove Rd. before Kanner Hwy. (on the right)

TICKETS \$15 PER PERSON

\$4 PER TICKET GOES TO THE AMERICAN CANCER SOCIETY

For information, contact Lill Malinowski at 545.3732

TICKET SALE DATES FOR SPRING SONG & LASAGNA DINNER

Tuesday, March 12th from 4 to 6pm
Thursday, March 14th from 3 to 5pm
Saturday, March 16th from 11am to 1pm
Monday, March 18th at the Women's Club

Tuesday, March 19th from 2 to 4pm
Wednesday, March 20th from Noon to 2pm
Thursday, March 21st from 9 to 11am

WOMEN'S CLUB OF THE RETREAT By Mona Wiley

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

The taste of food from many lands still lingers, with a night to remember of international flavors. Beautiful decorations and delicious, interesting food was enjoyed by all who attended the international food fest. We raised \$700 for Safe Space and thank the entire community for helping with this worthy cause. A big thank you also to **Deb Benson** for heading up this project and making it so successful.

A couple of reminders for March events: The **Barley Swamp and Walk Tour** will take place **March 15th**. Lunch will be at the old Seminole Inn in Indiantown. Contact Bettyann Dixson for any additional information.

The **Stuart Paddleboat Tour and lunch** will be a boatload of fun! Dine on the best food anywhere on the river with their all-you-can-eat buffet prepared fresh onboard. Cost is \$28. Sign up in the mailroom and pre-pay by **Monday, March 4th**. Karen Soares is the contact.

"**Wearin O' the Green Concert**" will feature the Treasure Coast Community Singers at the North. Stuart Baptist Church on March 9, 10th and 17th. \$10 is the cost. Sign up in mailroom and Dottie Williams is the contact.

Don't forget **Monday, March 18th** – the monthly **Women's Club Meeting** at 6:30pm. DiMar Florist will demonstrate wreath and bouquet making techniques.

FREE!! The **Stuart Garden Show** is set for **Saturday, March 23rd**. Car pool from the Clubhouse at 9:30a.m. Contact is Lois Raska

APRIL has a lot going on: **Friday the 12th** is the **Morikami Garden Tour and Lunch**. Meet at the Clubhouse and plan to leave by 9:30 a.m. Tour and lunch are \$28 and well worth this interesting bit of south Florida history on how the Japanese population came to settle in west Boca. The gardens are meticulously maintained and you come away with your spirit calmed. Please pre-pay by Monday, April 8th. Contact is Deb Benson

April 15th is the Monthly Women's Club Meeting. Bring your own glassware for a "**glass painting & etching**" exercise! Supplies will be provided

April 24th will be an afternoon chick-flick movie gathering. More information in the mailroom

April 27th –On this Saturday, there will be a **group walk & picnic at Jonathan Dickinson**. Pack your own sandwich and join us for a fun outing! Sign up in the mailroom and meet at the clubhouse at 10:00a.m. Contact

is Dottie Sacco

Save the date for the **Kentucky Derby Party** at the Clubhouse on **May 4th**. The Retreat community is invited to join us for this fun, once a year event! \$10 per person includes hot and cold hors d'oeuvres and mint julep mixers. BYOB. Betting begins at 4:00 p.m. Sign up in mail room Hosts: Emily and Barry Mussatto

And, as always, all women in the Retreat are welcome to join us every 3rd Monday of every month at 6:30p.m. in the Clubhouse.



House of Hope

By Carol Stone

Kelly McIntyre, Audrey DeLoffi, Dotti Wurster, Helen Larcom, Pam Levy, Lois Raska, Elizabeth Barbella, Veronica Bartlett, Carol Stone

The Women's Club of the Retreat, Outreach Committee and others, took a tour of the Stuart House of Hope (HOH) offices, warehouse and thrift shop. Kelley McIntyre and Elizabeth Barbella, CEO of House of Hope, gave us a PowerPoint presentation of their history and current growth.

The goal is to "Empower Martin County residents to overcome hunger and poverty." HOH has been 29 years in service. The 1994 building was added onto in 2000 for a larger storage work area. Now a much needed renovation is almost complete.

HOH provided over 300,000 meals this year. It gives many residents life skills training. HOH has seven employees. 140 volunteers give service in the community. They help: Low wage workers, seniors, single parents, recently unemployed, veterans, people going through sudden life crises. They help through the food pantry, Clothes Closet, Project Hope and financial assistance.

HOH need volunteers—even seasonal residents can help. Volunteers are needed especially in the summer. For more information, go to: www.hohmartin.org.

Thank you to the Retreat residents for filling the mailroom tub. Special thanks to **Dotti and George Wurster** for leading us in this effort over the last four plus years.

WOMEN'S CLUB MEMBERS HAVING FUN!! JOIN US!!!



International Food Fest, Valentine Luncheon with guest speaker, crafts, award from House of Hope





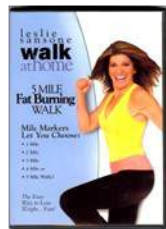
Pharmacy Topics

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

THE HEALTH BENEFITS OF WALKING – PART II

In this article, I am going to continue to write about the health benefits of walking. By this time of the year, many of us have already given up on those New Year's resolutions of getting fitter, losing weight, and improving our health in 2013. Sometimes, you just don't feel like going outdoors to exercise. Some of the excuses for not getting out there to walk are: it is too hot; it's too cold; it's raining; the humidity level is too high, etc... I know that I have used them all!

Another great option for walking and getting fit is walking in the comfort of your own home – along with fitness DVDs, TV programs, and Wii fitness games. Personally, I love the “Walk at Home” DVD series. Leslie Sansone is the creator of the popular “Walk at Home” programs. She has organized walks for the American Cancer Society, the Muscular Dystrophy Association, and the National Multiple Sclerosis Society. Sansone has worked with Weight Watchers, Jenny Craig and Take Off Pounds Sensibly. She has been featured on CNN and consulted for the President's Council on Physical Fitness and The Pennsylvania Governor's Council. She has been featured in "Health," "Woman's World" and "Prevention" magazines. Leslie is enthusiastic about the benefits of walking. Her down-to-earth personality makes her very popular with her fans. My favorite “Walk at Home” DVD is the **5 mile Fat Burning Walk**, which consists of five 12-minute miles. The music sets the speed and pace of your walk in beats per minute. This program is low impact and very easy to follow. You do not have to perform any fancy dance steps or routines. The program incorporates four basic steps: walk in place, side steps, kicks, and knee lifts. The entire walking program consists of variations of these four steps – and you always go back to walking in place after each variation.



The first five minutes of the mile is very low impact and begins at a moderate pace – slowly and safely warming up all of your muscle groups. The second five minutes picks up at a brisker pace – getting your heart rate up to an aerobic exercise rate. The last two minutes are what she calls “boasted walking” – which is really a slow jog to end the mile strong. Since this is considered a more high-impact move, she gives you an alternate low-impact version for those who cannot go up to a jog for medical reasons.

One of the things that I like about her program is that she always stresses how to approach these exercises with safety in mind. She emphasizes keeping your body in alignment, and strengthening your core while doing kicks and leg lifts. She also incorporates upper body exercise and lateral motion leg training – which are both important components to keeping limber – especially in older adults with arthritic conditions. At the end of the DVD, she includes a cool-down routine, to safely and slowly bring your heart rate back to normal.

You can do all five miles at once if you are already a well-trained walker. Or, you can break the activity down to only doing 1 or 2 miles -- three times a week – and build up to a more challenging routine. You set your own goals -- you design your own program – and you do the exercises at your own pace -- it is a very flexible program in this regard.

As Leslie stresses, there are many “downsides” of incorporating a walking program into your life:

- Your weight will go down;
- Your blood pressure will go down;
- Your cholesterol levels will go down; and
- Your blood sugar levels will go down!



So, no more excuses for not going outside to WALK! You can incorporate this “Walk at Home” program – and walk anytime – right in front of your TV set in the comfort of your home. It is easy and fun!

As always, be sure to check with your doctor before starting a new fitness routine.

Please note that I do not have any financial interests, affiliations, or investments in the Leslie Sansone programs.

NEWS FROM OUR BOARD OF DIRECTORS

By Bill Cole

1. Retreat Annual Meeting was held on 2/4/13. Bill Cole, Pat Pezzicola, and Dave Williams were re-elected for another term. The Board officers remain the same.
2. The Retreat is proceeding with legal action against Double Tree (Lost lake) our neighbors. We believe that the Retreat is owed money for drainage charges under terms of our contract with them. We feel we need this action to solve this on going issue.
3. We need more volunteers for Committees and to help run the Retreat. Please contact Ron or a Board Member if you can spare some time or if you want to learn more about the operation of your Association.

2013 RETREAT SOCIAL EVENTS

FRIDAY FEBRUARY 22 PIZZA PARTY

***FRIDAY MARCH 1 - ST. PATTY'S CELEBRATION**

FRIDAY MARCH 15 - TOP OF THE MORNING COFFEE AND IRISH GOODIES 9-11AM

FRIDAY APRIL 19 CABARET NIGHT WITH GINO GILIBERTO

***FRIDAY MAY 3 - MAY DAYS ARE HERE**

SATURDAY MAY 4 - KENTUCKY DERBY

***FRIDAY JUNE 7 - TROPICAL TASTES**

***THESE ARE FIRST FRIDAY EVENTS - 5-7PM.
PLEASE BRING AN APPETIZER TO SHARE
AND BYOB.**

**LOOK FOR DETAILS ON CHANNEL 63 AND IN THE
MAILROOM.**

ALL EVENTS LOCATED IN THE CLUBHOUSE.

**FOR MORE INFORMATION CALL: AUDREY
245.8420 OR SANDY 545.1936 OR GAIL 545.0706**

2013 RETREAT DIRECTORY

The 2013 Retreat Directory is at the printer's. The directories should be available mid April. Directories are distributed solely to Retreat homeowners. Please check the bulletin board and Channel 63 for dates that the directories will be distributed at the Clubhouse.



BRIDGE SCORES By Patsy Shattuck

Where has this wonderful winter gone? Seems only yesterday, I was welcoming our northern neighbors. We have had a busy season, with lots of new players joining us. The doors are always open, so if you would like to play, please call me at 546.2011. I would like to wish all our people that have had some health issues a speedy recovery and hope to see you back playing bridge soon. We miss you.

December 4, 2012

- 1 – Barry Mussatto
- 2 – Emily Mussatto
- 3 – Kay Bowen-Smith
- 4 – Patsy Shattuck
- 5 – Lena Rublowsky

December 11, 2012

- 1 – Jeanne Sopelsa
- 2 – Barry Mussatto
- 3 – Kay Bowen-Smith
- 4 – Kay Campbell
- 5 – Fran Elson

December 18, 2012

- 1 – Jeanne Sopelsa
- 2 – Carol Flynn
- 3 – Patsy Shattuck
- 4 – Stan Rublowsky
- 5 – Kay Bowen-Smith

January 8, 2013

- 1 – Steve Strong
- 2 – Muriel Barry
- 3 – Lena Rublowsky
- 4 – Jeanne Sopelsa
- 5 – Carol Flynn

January 15, 2013

- 1 – Peggy Johnson
- 2 – Lyn Kennedy
- 3 – Alan Shattuck
- 4 – Patsy Shattuck
- 5 – Marie Ferrandino

January 22, 2013

- 1 – Peggy Johnson
- 2 – Kay Bowen-Smith
- 3 – Emily Mussatto
- 4 – Patsy Shattuck
- 5 – Jane Schultzaberger

January 29, 2013

- 1 – Jeanne Sopelsa
- 2 – Peggy Johnson
- 3 – Kay Campbell
- 4 – Alan Shattuck
- 5 – Carol Flynn

**RETREAT
BOARD
OF
DIRECTORS**

President	Bill Cole	546.5353	wcole2b@yahoo.com
Vice-President	Pat Pezzicola	545.0706	pezzicolap@comcast.net
Secretary	Coni McGuinn	545.3465	conimcguinn@aol.com
Treasurer	Susan Hemmer	324.8670	syacht@comcast.net
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 Capital Realty for Work Orders, General Questions, Emergencies: 1.800.940.1088	retreathoa@comcast.net
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**RETREAT
COMMITTEES**

Architectural	Dave Greaves	545.2664	david.greaves
Clubhouse	Gail Pezzicola	545.0706	gpezzicola@comcast.net
Communications	Lill Malinowski	545.3732	wallylill@comcast.net
Covenant	Nick Sacco	546.0654	nicktherealtor1@yahoo.com
Finance	Larry Anderson	546.9357	llea22@bellsouth.net
Social	Sandy Morrow Gail Pezzicola	545.1936 545.0706	sandymorrow7@gmail.com gpezzicola@comcast.net

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	245.8420
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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Business owners—The Retreat Newsletter

is a great place for you to reach local customers. Ads are business card size in black and white. The ads appear in color on our WEB site, www.retreatatseabranh.com. Cost for each ad is \$125 for the year. A yearly contract is required. Please contact Coni McGuinn at 545.3465 or conimcguinn@aol.com. The revenue from the ads is used to defray our newsletter printing expenses.



Super Bowl Sunday

By Marian Spengler

Once again, thirty-four fanatic football fans gathered at Ernie and Marian Spengler's annual Super Bowl Party. Needless to say, it was a bit noisy on the cul-de-sac on Eldorado Way on February 3rd. It was lots of fun with fabulous food, the best of friends and a very exciting game to the very end. As always, a great time was had by all !!

Looking ahead to next year**GO GIANTS !!!!!**



Please Note

Vehicles should be parked in the garage or driveway. Community rule prohibits parking on the sidewalk at the end of the driveway. Parking cars, vans or other vehicles on the sidewalk prevents pedestrians and those with special needs from walking on the sidewalk. Please be considerate of others by keeping the sidewalks at the end of your driveway clear at all times.



An Absolutely Brilliant Household Tip

Always keep several get well cards on the mantle..

So if unexpected guests arrive,

They will think you've been sick and unable to clean.



Dear Residents,

Thank you to all that sent in pictures and articles on the Retreat's 10th Anniversary as well as all the other input. For those of you that have not yet celebrated your 10th with the Retreat, please forward pictures and articles to include in future newsletters.

Yes, the Retreat is a wonderful place to live. We are all so blessed.

We need a theme for the May/June edition. Please send us your suggestions.

Your newsletter staff



Prudential

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

Prudential Florida Realty

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Cell: 772.294.5110
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www.retreatgeorge.com

**George Rebbholz &
Chad Thurman**

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