



The Retreat Newsletter

March/April 2014

Volume 11, Issue 2



MOST FAVORITE ISSUE OF THE RETREAT NEWSLETTER

FAVORITE NEWSLETTER

By Gene Gillis

It is tough to pick from the many spectacular issues. My favorite is May/June 2009 issue.

It displayed a tremendous amount of advice/information/inspiration and reported on many of the activities that make the Retreat great—RAN, Relay, volunteer activities, quilting, boat races, bridge and many others.



THE RETREAT'S 2014 BOARD OF DIRECTORS

President Bill Cole, Director at Large Marlene Boobar, Vice-President Dave Williams, Secretary Coni Mc Guinn, Treasurer Pat Pezzicola

FAVORITE NEWSLETTER

By Marlene Boobar

I love all the Newsletters! Sounds corny, but it is true. And most of all, I appreciate the time and energy that Lill and Dottie put into creating each issue. Many do not realize the hours and hours it takes to assemble each Newsletter. So... I say to them...*thank you!* Kudos to both of them!!


However, I have recently reviewed **the May/June 2010 Newsletter**. On the front page is a picture of me, my sister Gerri Strong, my sister-in-law, Patte Kessler and my adopted "sister," Kay Campbell. We were wearing funny hats and were enjoying a tea hosted by the Women's Club. The issue was about relatives living here at the Retreat. That issue was so special because it reminded me of a special time with Patte who has now passed away. That Newsletter also featured pictures of the Relay For Life cruise, which I enjoyed with my "sisters" and other family and friends from the Retreat. Again, some of whom have also passed away or are now very ill. Time has a way of making many changes.

That issue showed the Auction we held with Tim Luke as auctioneer, in which \$5,400 was raised. The cruise raised \$2,858. It brought back memories of all the hard work going into running these successful fundraisers, but more

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importantly, it brought back memories of all the interactions with so many people and all the fun we had in making these events successful. There were pictures of Lill and Wally's hosting of the Greek dinner, which not only featured great Greek food, but surprised us all with an authentic Greek Dancer. Catch the men looking and being delighted when those hips were shaking! Dottie and Dave Williams had pictures of their Regatta. Lill listed Newsletters which gave references to check lists for anyone leaving their homes for a period of time.

There were so many helpful "tips" given; so many great pictures taken; so many memories and experiences shared here at the Retreat. If you ever want to know about how special this place is that you live...go back and review any of the Newsletters. And when you might see Lill Malinowski or Dottie Williams, thank them for all the work they do for our community!



Come see your friends and meet new neighbors

Bring an appetizer to share and your favorite beverage

FIRST FRIDAY OF EACH MONTH

Retreat Clubhouse

5PM to 7PM

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.



OUR HEART FELT THANK YOU

As most of you know, Bill was diagnosed with B-cell lymphoma this past year. We were very lucky that his dentist found it in time. His diagnosis was the beginning of a journey neither one of us thought we would have to go thru.

Being from New Jersey and not having any family near by made the prospect even scarier. But moving here to the Retreat was a blessing for the out pouring of help we received was phenomenal. Friends and neighbors were there through the whole ordeal, proving not only moral support but with meals after our long days at the infusion center. May God bless all of you (and you are too numerous to mention) for we are forever grateful and thank you for being a part of our lives.

Bill and Betty Cornell

My Favorite Newsletters

By Lill Malinowski

I have several newsletters that are special to me. The first is the November/December 2004 issue—the hurricane edition. I still get goose bumps thinking about how I felt when Frances and Jeanne made their visits to the Retreat. We were in Michigan and could not communicate for several days with folks in the Retreat. Bea Kozlowski did a fabulous job in this newsletter relating how those of us away from the Retreat felt. Hank Stasiewicz wrote an exceptional article, "Frances Fuels Friendships." He relates how Retreat residents helped each other during this terrifying time.

Another favorite of mine is the September/October 2008 issue themed: "Teachers, may I have your attention, please!?!?" I enjoyed the stories that our Retreat teachers shared with us. Teachers are so important to our children's futures. I wish I had these teachers when I was in school!

The November/December 2010 MILITARY SERVICE edition is another special issue. We heard from folks that do not normally send in articles. Many of these stories have humor in them. As one of our authors said, "Freedom comes with a price and should not be taken for granted." God bless the men and women that have served for our freedom.

If you wish to read these newsletters, go to our WEB site, click on INFORMATION, then click on NEWSLETTER, then click on the newsletter you wish to read. I thank all of you that contribute to the Retreat newsletter!

History of The Retreat Newsletter

By Lill Malinowski

Prior to moving to the Retreat, we leased a home in Lost Lake. I always looked forward to reading the *Lost Lake Newsletter*. It was upbeat and informative. When we moved to the Retreat, a DiVosta employee put together the first Retreat newsletter. It was one page in length but contained useful information. My good friend and neighbor, Bea Kozlowski, and I decided to resurrect The Retreat Newsletter. We met with the editor of the Lost Lake newsletter, Anne Madsen, who provided us with a wealth of information on how to get started.

Our first newsletter was the March/April 2004 issue. This current newsletter is the 51st issue. Our most important objective was to have residents *wanting* to read the newsletter. We focus on the positive. In the September/October 2005 issue, we started using themes to make our newsletter more interesting.

When Bea retired as Co-Editor in 2007, Dottie Williams took over her position. At this time, Hank Stasiewicz also joined our newsletter staff as Publishing Editor. Other contributing residents over the years are:

- Jerry Blumengarten as our "Cybrary Man" whose column was called *Useful Computer Links*
- Jan Kasuboske, Sandy Goldfarb, and Dottie Williams as our feature interviewers and writers
- Dottie Williams whose column is *Natives in the Yard*
- Committee Chairs
- Our Board of Directors (BOD)
- Women's Club
- Patsy Shattuck for the bridge group
- Marsha Levine who writes about our Retreat artist children
- Retreat Assistance Network (RAN)
- Relay For Life (RFL)
- Chuck Eschenburg whose column is *Morning Folk*
- Connie Bandy, our resident pharmacist, whose column is *Pharmacy Topics*

Last but certainly not least are the many Retreat residents that continually respond to our requests for articles and input to our themes.

On the front page, the photo of the Retreat entrance was taken by Hilary Kozlowski. The Sandhill Crane water mark pen and ink drawing by created by Marsha Levine.

Our printer is Carl Vogel of Carl's Print Shop in Hobe Sound. Carl does the final tweaking to make sure the printed copy is perfect. Gene Gillis posts every issue of

our newsletters online on our WEB site. If you are away from the Retreat or wish to see the newsletter in color, go to our WEB site. Then the printed copy is placed in our mail room.

Thank you to all that have made this newsletter such a success!



ATTENTION: RETREAT RESIDENTS

Please join the Fun and Fund Raising

WOODS and WHITES **TENNIS TOURNAMENT**

MARCH 1ST and 2nd, 2014

Sponsored by the RETREAT Tennis Group

To Benefit the Mexican Women's
Education Fund

"Building Better Local
Communities through Education"

- Play begins 8:30 am Sat. and Sun.
- Awards Banquet, prizes & Chinese Auction 6pm Sun. at the Clubhouse

**\$25 per person - limit 60 - Starring
"Local" Chefs!!**

**Any Donations and/or Prizes would
be greatly appreciated!**

For information contact:

June Dean:
juneevansdean@gmail.com
561-427-7583

Fran Elson:
felson@comcast.net
772-545-3753



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

By Mona Wiley

Perhaps you felt like you were walking down a narrow, cobblestone street in Italy. Maybe you were transported to a Moroccan tent, or maybe you just wanted some good Polish/German food. Whatever you sampled at the recent **International Food Tasting** event probably took your mind to someplace far away. Thank you to all who attended and contributed to the success of this fund raiser for **Meals on Wheels**. More than **\$1,300** was collected to benefit those elderly who cannot afford the program otherwise. **Deb Benson and Audrey DeLoffi** did an outstanding job organizing this event. Thank you also, to the **Outreach Committee** and all their assistants and cooks and table decorators!

We're lucky to have the ladies who went on the Caribbean cruise return. I think there were a lot of laughs and stories told that some will remember – others won't!! But there's next year.

How about that festive **Valentine's Day luncheon!** The tables were decorated with hearts and red table cloths and pink and red flowers. Beautiful setting for a spread of salads, appetizers, breads and desserts. It was a great gathering for this love fest.

Now, march into spring!!

March will offer a spring wreath making lesson with Elizabeth DuBois at her **Dimar Florist** shop on Federal Highway. Exact date and cost will be announced. Don't miss this. Sign up in the mail room as space is limited.

Many musical events will also be taking place in **March**:

- **15th and 16th** – Treasure Coast Community Singers Classical Concert 7:00 pm "Bach-Magnificat" Tickets \$20 at North Stuart Baptist Church, 1950 N. Federal Highway. Contact: Dottie Williams.
- **16th** – Stuart Community Concert Band at the Kane Center 2:00 pm "Annual St. Patrick's Day Concert" Call Lena Rublowsky for ticket information.
- **22nd**– Stuart Master Gardeners showcase seven privately owned gardens. Lois Raska is in charge of this tour.
- **29th and 30th** – Treasure Coast Community Singers will perform "Shades of Broadway" at 3:00pm at the North Stuart Baptist Church. Tickets are \$15.00.

March 17th, Monday is our regular monthly meeting.

Gather around 6:30pm for light refreshments and greet old and new friends. A short business meeting will take place at 7:00pm with a program to follow. All women in the Retreat are invited. Join us!

April has some unusual events for your calendar. On **Saturday, the 5th**, Emily will be guiding us in making our own unique **Kentucky Derby** hat. No charge; just sign up in the mail room and bring your own hat and ideas as to what to make. The derby is the first **Saturday in May – the 3rd**, and cost is \$10/pp. This party is open to the Retreat community and is a fun filled, once a year event. BYOB and sign up in the mail room.

April 6th, Sunday, will find the Treasure Coast Community Singers performing "Shades of Broadway" at 3:00pm at the North Stuart Baptist Church.

April 21st is our regular monthly meeting. Gather at 6:30pm and short program at 7:00.

April 25th a Friday is a winery tour and lunch at **Endless Summer Vineyards**, 4200 Johnston Road, Fort Pierce. Bring a lunch and leave the Clubhouse at 10:00am Tour and tasting after arrival. The tour is \$8/pp if we have eight; Tasting \$7/pp with a souvenir glass or \$5/pp with disposable glass. Contact: Jan Kasuboske.

May – Kentucky Derby on the 3rd at the Clubhouse The Retreat community is invited to this event. \$10/pp includes hot and cold hors d'oeuvres and mint julep mixers. Betting begins at 4:00pm **AS ALWAYS SIGN UP IN MAILROOM!!** Barry and Emily Mussatto are hosts for this event.

May 5th, Monday, is the Lincoln Culinary Institute Tour and Lunch – prepay \$25 and plan to carpool to 2410 Metro Center Boulevard in West Palm Beach. Check to mailroom for details and sign up. Contact: Sue Behn.

And then **May 9th is our Friday** "farewell to the birds" lunch at Hunter's Grill!

From all the women at the club, I hope I speak a BIG thank you to our **President Marlene Boobar** for having made our club fun filled and activity packed. You have done a fantastic job of encouraging us to look out for one another, make new friendships, get involved and enjoy all that South Florida offers. Most of all, thanks for the short business meetings!! We also want to thank **Gerri Strong** for keeping track of our money for the last two years and being willing to serve another two. **Jean Scerbo and Emily Mussatto** have been faithful for more than two years serving as secretaries to the club. A BIG, BIG thank you to all, as well as all the **committee chairpersons**. A job well done!



**Clubhouse Christmas
Decoration Tear Down**

Many thanks to Marlene Boobar, Carol Flynn, Vickie Celio, Mickey Vernacchio, Audrey DeLoffi, Gerri Strong, Nancy Galihier and Ann Sterling.

Representatives from Treasure Coast Hospice, 4Cs (Community Child Care Council) and Meals on Wheels

VALENTINE'S LUNCHEON AND TOUR OF THE TITANIC ARTIFACT EXHIBITION



Seven ladies from the Retreat (and Lois McGill's daughter, Karen) enjoyed a "Ladies Only" five-day cruise the first week of February. A fun time was had by all!! Attending were Lois McGill (and her daughter Karen), Susan Smith, Lorraine Marotta, Mickey Harris, Greta Graff, Gerri Strong and Marlene Boobar.

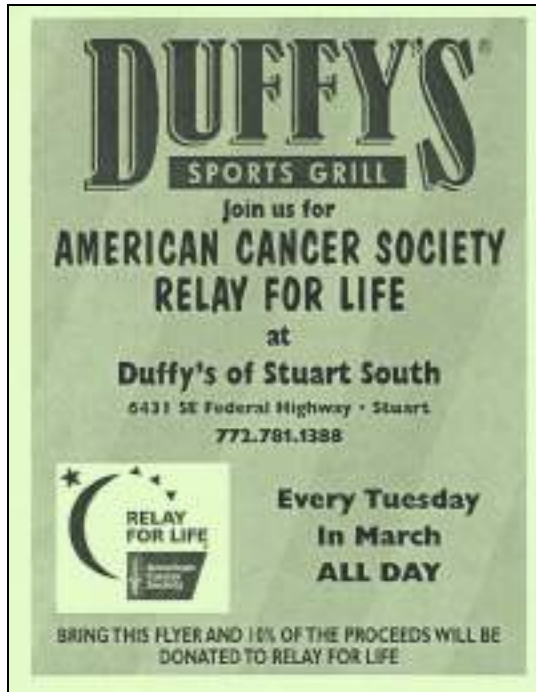


Ladies Cruise on the Celebrity "Constellation"



**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**



SIMPLE SUPPER

**HOMEMADE SOUPS, SALAD,
HOMEMADE DESSERTS,
ICE TEA and COFFEE**

**Bring your family, friends &
neighbors!**

SUNDAY, MARCH 16TH

Mark your calendars!!!

RETREAT CLUBHOUSE 5:30 PM

BYOB if you wish

Tickets are \$15 per person

Ticket Sale Dates:

Saturday, March 1st from 10-11:30am

Thursday, March 6th from 3-5pm

Hosted by our Relay For Life Team,

The Retreat Remembers...

**All proceeds go to the
American Cancer Society**

For more information, contact:

Coni Mc Guinn 545.3465

Anne Cole 546.5353



NATIVES IN THE YARD

By Dottie Williams

Have you noticed the strange-looking large white birds hanging around our lakes and ditches? Their size, bald black heads and long black legs certainly make them distinctive. They are Wood Storks.

These wading birds are about 40" and have an average wing span of 63". This large wing span make the wood stork quite impressive in flight. You have probably spotted them with their black edged white wings flying above our community. They feed on fish, frogs, snails and insects. You can see them wading in water moving their head back and forth with their bill open. Once a tasty morsel is detected they snap the bill shut.


Wood Storks will not breed if there is not enough food supply and will actually abandon eggs and young if the food supply is short. Due to the loss of habitat and pollution, these year-round residents of Florida are on the Federal and State Endangered Species list.



Driving Roundabouts


First, determine where you want to go.

Going Right





- On approach you must be in the right lane unless otherwise marked on the road, and indicate a right turn.
- Slow down and prepare to YIELD as you approach the roundabout.
- YIELD to pedestrians and bicyclists crossing at the designated crosswalks.
- You must YIELD to traffic already in the roundabout.
- Enter the roundabout when there is a safe gap in the traffic.
- Stay in the right lane.
- Look for your street, use your right turn signal, and exit the roundabout.
- As you exit the roundabout, YIELD for any pedestrians or bicyclists crossing at the designated crosswalks.

Going Straight Ahead



- When going straight ahead you do not need to indicate an approach.
- Slow down and prepare to YIELD as you approach the roundabout.
- On approach you can be in either lane, unless otherwise marked or posted.
- YIELD to pedestrians and bicyclists crossing at the designated crosswalks.
- You must YIELD to traffic already in the roundabout.
- Enter the roundabout when there is a safe gap in the traffic.
- Stay to the inside of the circulatory roadway if you entered from the left approach lane, or stay to the outside if you entered from the right approach lane. (DO NOT CHANGE LANES)
- As you exit the roundabout, look out for vehicles traveling on the outside of the circulatory roadway to stay on-line as to circulate around the roundabout.
- As you exit the roundabout, YIELD for any pedestrians or bicyclists crossing at the designated crosswalks.

Going Left or Making a U-Turn

- On approach you must be in the left lane unless otherwise marked on the road, and indicate a left turn.
- Slow down and prepare to YIELD as you approach the roundabout.
- YIELD to pedestrians and bicyclists crossing at the designated crosswalks.
- You must YIELD to traffic already in the roundabout.
- Enter the roundabout when there is a safe gap in the traffic.
- Stay in the left lane (on the inside of the circulatory roadway) until you are ready to exit. (DO NOT CHANGE LANES)
- Look for your street, use your right turn signal, and exit the roundabout.
- As you exit the roundabout, YIELD for any pedestrians or bicyclists crossing at the designated crosswalks.



Atlantic Ridge Preserve State Park

Come Volunteer With Us

Help us preserve the beauty of the Real Florida. There are many volunteer opportunities available that will get you outside and give you a sense of the nature and beauty of the state preserve. Skills and experience not necessary.

Opportunities include:

- Exotic Plant Removal
- Restore habitats by removing debris, fence lines, etc
- Many various projects as needed

Mission of the Florida State Parks:
To provide resource-based recreation while preserving, interpreting, and restoring natural and cultural resources



Everyone is welcome to volunteer.

- If you have a trade skill such as welding, GPS, working with chain saws or tractors, experience in herbicide application or have any mechanical ability we have a lot of opportunities.
- If you don't have any of these skills we have a lot of opportunities.
- From time to time we also offer training classes and hands-on training.

Please come out and explore the beauty of Atlantic Ridge Preserve State Park, while also maintaining the natural habitat of the Real Florida. Atlantic Ridge Preserve State Park is a natural preserve that is practically around the corner from your home.

Please Contact Park Ranger Jay Mann
Phone—772-263-1246
Email—julius.mann@dep.state.fl.us

Florida State Parks.....The *Real* Florida!

Programs and events in the park are sponsored by the Friends of Jonathan Dickinson State Park, Inc., a community-based, non-profit organization that advocates for the historical, educational, and ecological enhancement of Jonathan Dickinson State Park. For more information or to learn how to become a member, visit www.friendsofjdsp.org.



Pharmacy Topics

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

Medical Marijuana in Florida? – A Pharmacist's Perspective

On January 27th, a ballot initiative was presented to the Florida Supreme Court that would allow the medical use of marijuana (cannabis) for individuals with debilitating diseases. Florida's Attorney General, Pam Bondi, argued that the wording of the proposal was misleading – and was successful in keeping it off the ballot. Although the vote at this level was postponed, the Supreme Court did rule (by a vote of 4-3) in favor of putting this initiative on the ballot in the **November** election – thereby, allowing the people of Florida to vote to decide whether or not to legalize medical marijuana in this state.

If this petition is backed by 60% of the voters in November, Florida would become the first Southern state to approve medical marijuana and would join the 20 other states that have passed this legislation to date.

This legalization of marijuana is a highly charged debate surrounding healthcare in whatever state it's discussed. Although I do have empathy for people battling debilitating diseases and those in chronic pain who may benefit from the medicinal properties of marijuana, I am NOT in favor of this bill. My viewpoint is shared by many health-care professionals, and in this article I will present some of the pitfalls of such legislation and share my perspective on this issue.



Cannabis contains the psychoactive substance, tetrahydrocannabinol (THC).

The political and legal issues and ramifications (including drug diversion and drug trafficking) surrounding "medical" marijuana are beyond the scope of this article.

The FDA and the Prescription Drug Market

As you know, in the United States, the FDA is responsible for protecting the public health by assuring the safety, effectiveness, quality, and security of human drugs, vaccines and other biological products, medical devices, most of our nation's food supply, all cosmetics, and dietary supplements.

The drug approval process is complex and involves physicians, statisticians, chemists, pharmacologists, and other scientists reviewing data compiled from years of clinical trials to assess if the proposed drug is safe to use, **and** can demonstrate a therapeutic value versus a placebo and/or versus other products on the market in the same therapeutic areas. The label of the product displays proper usage, dosing, and storage of the product – and also, lists side effects, warnings, contraindications, and overdose information.

Once a product is marketed, there are several quality control measures put into place to assure that certain good manufacturing processes are observed in the making of the product – and to insure that products are standardized and not

subject to tampering, contamination, etc. There is also a world-wide surveillance program that continues to monitor the adverse effects of a product, and will recall a product from the market if needed.

This is all done to keep us SAFE – to make sure that all medications are prescribed for the right person, in the right dose, for the right time period, to minimize side effects – and to protect us from the contamination and/or tampering of these products.

All prescription drugs in the U.S. – are sold only through licensed pharmacies by licensed pharmacists – who are specially trained with 6 years of college education to safely dispense these medications and to consult their patients on how to most effectively take these medications. They also monitor your profile of medications to ensure that there are no major drug-drug side effects. This is all done within a legal framework and in compliance with federal guidelines.

Proponents of medical marijuana want to bypass all of these steps, bypass the FDA, bypass the pharmacists, bypass prescription dispensing regulations, and provide this product to the public with no supporting research, no treatment guidelines, and little or no scrutiny or quality control. No one knows how much pot is therapeutic and how much is safe; for what ailments it works and for which it does not; the long-term effects; or exactly how much and how often you would need to smoke before getting addicted. All U.S. prescription products go through the FDA and this approval process – medical marijuana should not be an exception.

Approved Uses

There are two products that have been approved by the FDA, and are marketed in the United States, that are oral dosage forms related to marijuana. These products are synthetic derivatives of the most psychoactive ingredient in marijuana, tetrahydrocannabinols (THC).

1. Dronabinol (Marinol®)– is FDA approved for the treatment of nausea and vomiting induced by cancer chemotherapy. It is also used to treat the loss of appetite in HIV/AIDS patients that have related cachexia (wasting syndrome – loss of weight, muscle atrophy, fatigue, weakness, and loss of appetite).
2. Nabilone (Cesamet®) is FDA approved for acute and delayed nausea and emesis caused by chemotherapy. It is to be used only when other medications have been unable to control these symptoms.

The manufacturers of these two approved THC products have undergone the appropriate testing and clinical trials to assure that these products are safe and effective for their respective

indications.

Other – Unapproved Uses

Of course, the medicinal use of cannabis is not new – it dates back to 2700 BC – when it was used in ancient China for rheumatic pain and constipation. There are a whole host of other uses for marijuana being explored – proponents of the legalization of marijuana claim that the plant could be effective in treating cancer, epilepsy, multiple sclerosis, diabetes and a whole panacea of other diseases. It is also used recreationally for its euphoric and relaxation properties.

Adverse Effects/Warnings

Neurologic side effects of marijuana include dizziness, sedation, headache, problems concentrating, and an increased sense of well-being and/or euphoria. However, this well-being often gives way to anxiety, paranoia, and panic. The “mental” side effects could last for 2-3 days after you stop smoking it. At high doses, THC can induce auditory and visual hallucinations and a loss of balance. Some studies report an increased risk for motor vehicle crashes in people that have smoked this agent. So, patients should be instructed not drive or operate machinery until they know how marijuana will affect them.

Patients that have depression, schizophrenia, bipolar disorder, and/or other mental illness may find that their symptoms are worsened with the use of marijuana.

Other physical effects are tiredness, orthostatic hypotension, dry mouth, reduced lacrimation (secretion of tears), muscle relaxation, palpitations, myalgia (muscle aches/pain), increased appetite, and altered sense of time.

Chronic use has also been associated with decreased pulmonary function, chronic obstructive pulmonary disease, and pulmonary infections. In 2007, it was found that while tobacco and cannabis smoke are quite similar, cannabis smoke contained higher amounts of ammonia and hydrogen cyanide. This tar contains over 50 known carcinogens – and its potential for causing cancer is unstudied and unknown.

The most alarming side effects, in my opinion, are the cardiovascular ones – especially for the elderly and those who have pre-existing heart conditions. The acute physiological effects of marijuana include a substantial dose-dependent increase in heart rate, generally associated with a mild increase in blood pressure. Orthostatic hypotension may occur acutely as a result of decreased vascular resistance. Although several mechanisms exist by which marijuana use might contribute to the development of chronic cardiovascular conditions or acutely trigger cardiovascular events, there are few data regarding marijuana/THC use and cardiovascular disease outcomes. Reports to date have been mixed and confusing. One large cohort study showed no association of marijuana use with cardiovascular disease hospitalization or mortality. Yet another study has shown that marijuana usage may trigger the onset of myocardial infarction. This review found almost a 5-times increased risk for myocardial infarction within the first hour of smoking cannabis. Patients who have coronary heart disease or are at high risk for the development

of coronary heart disease should be cautioned about the potential hazards of marijuana use as a precipitant for clinical events.

There are multiple drug-drug interactions and precautions for usage with other medications associated with marijuana. Drinking alcohol, taking sleeping pills and other sedatives can worsen the side effects of this drug. If this regulation passes, medical marijuana will be distributed and sold via “dispensaries” – by non-medical personnel – not by licensed pharmacists. These individuals may or may not know anything about other prescription drugs, over-the-counter drugs, and/or herbal or vitamin supplements; nor know what other medications a patient is taking when presented with a prescription for medical marijuana.

Recent findings also include that adolescents smoking marijuana have an increased risk of psychosocial, developmental and mental health issues. Articles have also been published that state that students who smoke marijuana on a regular basis experience significant impairment in skills related to attention, memory, and learning.

Marijuana usage has not been studied in pregnant women, nursing mothers, and/or young children. The effects on the fetus are unknown.

Dependency can occur with regular cannabis use – and addiction poses a serious concern.

Summary

The United States Drug Enforcement Administration (DEA) classifies drugs into 5 distinct categories depending on the drug’s acceptable medical use and the drug’s abuse or dependency potential. Schedule I drugs, as defined by the US Controlled Substances Act, are considered the **most dangerous** class of drugs with a high potential for abuse and potentially severe psychological and/or physical dependence. **Marijuana (cannabis), heroin, lysergic acid diethylamide (LSD) are among those drugs defined as Schedule I drugs.**

While there may be expanded usefulness for the medical use of marijuana, there are no well-conducted clinical trials to support any of the unapproved claims. The long-term use and safety of this drug in special populations (i.e., adolescents, elderly) also has not been well-studied. In states that have approved medical marijuana they are experimentally using it for seizure disorders that are primarily seen in children. Who knows how this will affect their cognitive functioning, their academic performance, and their social behavior?

Florida is unique in that persons over age 65 represent about 18% of Florida’s total population, making it the state with the largest proportion of elderly residents. The elderly are more vulnerable to side effects – and many have multiple medical issues and are taking many other medications that may interact and/or potentiate certain side effects. Given marijuana’s potential for abuse and addiction, and its dangerous side effect profile, I do not believe it is a prudent decision to make it readily available to the general public without going through more extensive clinical trials for the “unapproved” uses.

**NEWS FROM OUR BOARD
OF DIRECTORS
BY BILL COLE**

2013 was a good year at the Retreat:

- Finances are strong (results of 2013 are on our WEB site)
- Landscaping improvements.
- Lighting features at entrance and traffic circles were installed

Charity donations are at an all time high. We are a very generous community.

Our 10th Annual Meeting was held on February 3rd. Coni McGuinn was re-elected and Marlene Boobar was elected as a new Director.

The lawsuit with Double Tree/Lost Lake is proceeding to trial in early summer.

We will be negotiating a new alarm contract for 2015 with Devcon and others.

The roof cleaning is underway and is working well.

We may re-start a Neighborhood Watch group here.

We are working at going paperless, all digital in HOA operation. This will take some time but this is the future.

We are exploring an addition to Clubhouse that would include a manager's office, meeting room and full kitchen.

Please send us a copy of your homeowners insurance. This is required of every homeowner in January.

Please keep your home up to the community standard. If you want to make any changes outside your home, an Architectural Control Committee (ACC) request is necessary.

Thank you for your continued help and support. Please contact us with suggestions and ideas.



**Meeting/Training Program
Monday, March 31
7 PM
Clubhouse**

Martin County Sheriff's Department
will be presenting a program for those
interested in forming a

NEIGHBORHOOD WATCH PROGRAM

All are welcome to attend!

PROWLER

A friend of mine in Lost Lake had a prowler "would be burglar" the other night. Her husband cleaned their lanai and patio off one day and two days later when they got up in the morning, he went out on the patio and saw muddy footprints leading from the back screen door across to their bedroom window and then in the lanai as the intruder walked across to the side screen door. The doors were unlocked. Also the footprints were bare feet. After mentioning it to another neighbor, the neighbor said someone else had seen someone running across another neighbors yard during the night.

Tell your neighbors and friends. We sometimes sleep with our bedroom slider open a little bit when it is cold outside. Needless to say, we won't be doing that anymore!!!



“Volunteer Appreciation Sunday”

It's Gratitude Sunday at the Retreat!!

**May 4th 3 PM
Clubhouse**

(1ST SUNDAY IN MAY)

MARK YOUR CALENDARS

Come for coffee and cake and be recognized and thanked!

We appreciate ALL who have volunteered in **ANY** way !!

All Committee Members, RAN,
Club volunteers,
Communications, Newsletter,
CH 63, BOD....and more



BRIDGE SCORES

By Patsy Shattuck

Here we are in the middle of February! Don't know how time can go so fast! December and January must have been a dream. Our bridge has gone well and 16—20 play every week. I really thank all the loyal players and especially the people that sub when I need them so desperately!! Thanks to you!

December 3, 2013

- 1 – Ann Sterling
- 2 – Muriel Barry
- 3 – Peggy Johnson
- 4 – Marie Ferrandino
- 5 – Lena Rublowsky

December 10, 2013

- 1 – Kay Campbell
- 2 – Emily Mussatto
- 3 – Fran Elson
- 4 – Barry Mussatto
- 5 – Peggy Johnson

December 17, 2013

- 1 – Lena Rublowsky
- 2 – Carol Flynn
- 3 – Peggy Johnson
- 4 – Laura Rothman
- 5 – Joe Elson

January 7, 2014

- 1 – Marie Ferrandino
- 2 – Barry Mussatto
- 3 – Lena Rublowsky
- 4 – Alan Shattuck
- 5 – Laura Rothman

January 14, 2014

- 1 – Ann Sterling
- 2 – Jeanne Sopelsa
- 3 – Lyn Kennedy
- 4 – Stan Rublowsky
- 5 – Kay Campbell

January 21, 2014

- 1 – Patsy Shattuck
- 2 – Ann Sterling
- 3 – Peggy Johnson
- 4 – Jane
Schultzaberger
- 5 – Fran Elson

January 28, 2014

- 1 – Barry Mussatto
- 2 – Lena Rublowsky
- 3 – Carol Flynn
- 4 – Peggy Johnson
- 5 – Patsy Shattuck

RETREAT BOARD OF DIRECTORS

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RETREAT ACTIVITIES AND COMMITTEES

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

Channel 63	Jim Morrow	545.1936
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	545.1919
	Alice Bernhardt	600.5226
	Marie Ferrandino	546.5476
	Sally Troiani	872.6053
Retreat Directory	Coni McGuinn	545.3465
Retreat Newsletter	Lill Malinowski	545.3732
	Dottie Williams	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	545.1043
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Received from Jan Kasuboske



**SUNDAY
MARCH
9th AT
2AM**

PHOTO CREDITS

Board of Directors—Wally Malinowski
Women’s Club—Carol Stone, Marlene Boobar

White Vinegar

From Good Housekeeping, August 2013 issue

Received From Helen Larcom

Don't let weeds ruin your walkway or driveway. Eliminate them naturally. Just pour this household staple into a spray bottle and spritz away.

Try it indoors, too. This vinegar has so many uses around the house. A few lesser-known ones recommended: Wipe drinking glasses with it to remove hard-water marks; sanitize a dish sponge by soaking it in for five minutes, and put it in a bowl to absorb kitchen odors.

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561-427-7583

**Dear Retreat Residents,
We thank all that have contributed
to this newsletter.
We need a theme for our May/June
2014 newsletter. Please contact us
with your suggestion.
Thank you!
Your newsletter staff**



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