



# The Retreat Newsletter

May / June 2009

Volume 6, Issue 3



Photo by Barbara Moore

Joann and Hank Stasiewicz, are proud to announce the newest members of their family, **Katelyn Rose and Kaden Jeffery Sparapani**, who arrived Easter Sunday morning at

*(Continued on page 8)*



## NATIVES IN THE YARD

By Dottie Williams

*"Alligators are here to be studied, watched, preserved, protected and respected as survivors of the dinosaur age."* These are the words of

**Maureen Sullivan-Hartung** who wrote the article "Gators!" for EcoFlorida magazine. In keeping with our newsletter theme, I thought it was a perfect quote to introduce my article on alligators.

We have a pair of resident alligators in the lake behind

*(Continued on page 13)*



Photo by Dave Williams

## RETREAT RESIDENTS' FAVORITE QUOTES

SUBMITTED BY GENE GILLIS:

"IF YOU DON'T READ THE NEWSPAPER YOU ARE UNINFORMED, IF YOU DO READ THE NEWSPAPER YOU ARE MISINFORMED." *MARK TWAIN*

Submitted by Kay Bowen-Smith:

"Our lives begin to end the day we become silent about the things that matter."

*Rev. Martin Luther King*

Submitted by Chuck Eschenburg:

"This above all: to thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man."

*Shakespeare in Hamlet*

Submitted by Paul and Helen Larcom:

"With hurricanes, tornados, fires out of control, mud slides, flooding, severe thunderstorms tearing up the country from one end to another, and with the threat of bird flu and terrorist attacks, are we sure this is a good time to take God out of the Pledge of Allegiance?" *Jay Leno*

Submitted by Wally Malinowski:

*"Support USA  
Buy American!"*

**More favorite quotes on pages 6 and 7.**



This is **Cheyenne**. She belongs to George and Betty Rigsby of Retreat Drive. She is now 9 months old.



**Buttons** is a Cavalier King Charles Spaniel born on November 7, 2008 and has been a member of our family for about two months. After having the freedom of being "dogless" for four years I decided it was time to replace my beloved Schnauzer. Since I volunteered at the Humane Society for almost two years, I'm somewhat hesitant to admit that I actually "bought" this puppy from a pet store, but who could resist that adorable little freckled face!!! Buttons just completed four dog obedience training sessions and is doing very well. Buttons belongs to Joanne and Jim Estes of Retreat Drive.



Here is a picture of our **Lilly**. She is 9 weeks old and in just a week has stolen our heart. She is so small and very cuddly. We are truly enjoying being "parents" again. Our grandkids can't wait to meet her over April break. Lilly is a Shih Tzu. Lilly belongs to Jack and Mickey Harris of Eldorado Way.



Photo by Wally Malinowski

**Maggie** is a 4-month old Labrador Retriever. She was adopted by Wally and Lill Malinowski of Hawks Nest Court from the Labrador Retriever Rescue of Florida. Maggie is a feisty puppy! It is a pleasure to have her join our family.



Photo by Dottie Williams

There's a new resident at 9221 SE Eldorado Way. His name is **Mozart**, and he belongs to Bob and Marsha Mark.

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



***"The Retreat Remembers..."***

**Relay For Life Team  
Fundraising Cruise**

**Princess Cruise Line  
"Emerald" 7 night  
February 21 - 28, 2010**

**Information Session at the  
Clubhouse**

**Friday, May 1<sup>st</sup> 4 - 6 PM**

***Discounts given that day!!***

Door Prizes...Gifts...Light  
Refreshments

**Drop by anytime between 4 & 6 PM**

Get your questions answered, and pick  
up information

**ABSOLUTELY NO OBLIGATION**

**NO PRESSURE**

*Just come for the information and fun!!*

**For more info:**

**[marleneboobar@hotmail.com](mailto:marleneboobar@hotmail.com)**

**772-545-1043**



**7 Nights on the beautiful  
Princess "Emerald"**

**Sunday February 21 to  
Sunday February 28, 2010**

Fort Lauderdale, Princess Cays Island, Sea Day,  
St. Martin, St. Thomas, Grand Turk, Sea Day

**The Retreat Remembers...  
Team Relay For Life**

Call with your cruise questions and  
booking with our own Pat Pezzicola  
H: 772-545-0706 Cell: 732-330-2225

[pezzicolap@comcast.net](mailto:pezzicolap@comcast.net)

***Reserve soon....for special early bird rates  
and best room availability!!***

Low deposit...no cancellation penalty  
prior to final payment

**\$75/cabin on-board credit**

**Bus pick up and drop off at the  
Retreat Clubhouse!!**



## 2009 Relay For Life Cruise Fundraiser! By Marlene Boobar

The Retreat Remembers Team had seventy-eight cruisers (40 cabins) completing a 5-day Celebrity Cruise on February 28<sup>th</sup>. What a way to donate money to the American Cancer Society! Everyone had fun, and all contributed in some way to raising close to **\$3,000**.

Since our Retreat community has participated in the South Martin Relay For Life, our team has raised more than **\$41,000** to the American Cancer Society!!!

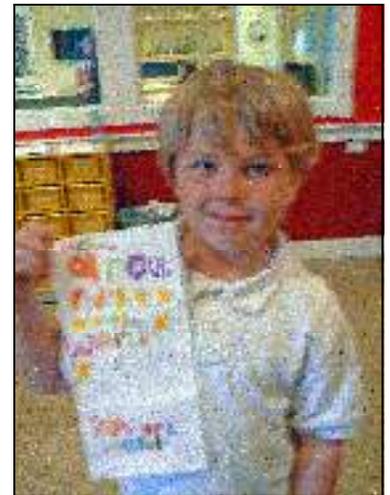
At the Retreat, we earn money all year by hosting an annual Holiday Home Tour in our neighborhood, selling various logo hats, bags and shirts, and we even have held a Silent and Live Auction! Our community remembers those individuals who lost their fight to this deadly disease. We are committed to continue to fight for cures and celebrate our survivors.





## Luminaria Artists

For the last four Relays, **Ruth Dudziak** has been successful in locating young artists to decorate the Luminaria bags that are used at Relay. This year Ruth was able to recruit children from **SeaWind Elementary, Hobe Sound Elementary, and the Boys and Girls Club of Hobe Sound** to be our artists. Thank you to these creative young children and to Ruth for organizing!!!



## Good Things . . . Small Packages

By Mary D'Avanzo

"Good things come in small packages", especially if it is original artwork. The Art League presents "**Fantastic Petites**". All of the original works are a "petite" size for a "petite" price. The Opening Reception is being held April 16th at The Framery on Bridge Road in Hobe Sound. The visitors will enjoy a glass of wine and refreshments while viewing the show. "Fantastic Petites" will run April 16th to May 15th.

We CAN, one CAN at a time! On Monday, April 6th, a meeting of the **CANstruction** participants was held. The Art League President, **Bosha Stone**, will design our structure to be built entirely of canned goods. The League members will assemble and build the structure at the Lighthouse Center for the Arts in Tequesta, the South Florida site for this national competition. CANstruction will be open to the public on Monday, September 14th to November 5th, 2009. The Treasure Coast Food Bank will pick up all the canned goods at the end of the Show. This is a time of extraordinary need for an effort to feed the hungry one can at a time. Please help the Art League collect cans for our structure. Specific colors and sizes will be needed for our design, so if you can help, call Bosha Stone at 772.546.9090 for specific instructions. You can also visit [www.canstruction.org](http://www.canstruction.org) to learn more about this worthy event.

We are planning a "**Chair-ity Chair Auction**" in which each Art League member will add his artistic hand to a chair. ART chairs will be painted, embellished, wrapped, draped, whatever!! . . . and then donated for the show and auction that will take place at the Lighthouse Center for the Arts. The proceeds will support summer arts programs for children at the Lighthouse Center. The show will run approximately June 1st to July 5th. To learn more about this "Chair-ity" event or if you have a "funky" chair that you would like to donate, please email Mary D'Avanzo at [tdavanzo@bellsouth.net](mailto:tdavanzo@bellsouth.net) or call 545.7229.

During the summer we will be planning for the Fall and Winter seasons with some new and exciting events. With your interest and support, we hope to make the charities and shows annual events to benefit our community and beyond.

## **NEWS FROM OUR BOARD OF DIRECTORS**

**By Bill Cole**

1. A volunteer clean up crew went through the Retreat common area and picked up trash. They did a great job. Thanks to all who helped.
2. We send out E-Mail blasts from time to time with important community information. We do not give out your address and only use it for items we believe you would like to know. If we do not have your E-Mail address or you have a new address, please send it to Ron at the HOA [office...retreathoa@comcast.net](mailto:office...retreathoa@comcast.net).
3. The Retreat entered the Community of Excellence Award sponsored by Florida Community Association Journal. We placed third in this statewide competition...very impressive showing! We will enter again in 2010. This magazine, you may remember, had a feature article about The Retreat in April 2006.
4. We have only 5 homes in collection for not paying HOA fees. This is only 1% of all the homes here...an amazingly low number considering all you hear and read in the news. We expect most of these to be resolved shortly. The Retreat does NOT have the financial problems facing many HOAs.
5. We wish our seasonal residents a great summer and look forward to seeing you in the fall.
6. Walkers and fishermen on common property, please respect the privacy of our homeowners adjacent to our lakes. Thank you.
7. Please do not use the 5-minute parking spots when attending activities in the Clubhouse or using the fitness center. These are for residents to pick their mail up. Thank you.

### **USEFUL COMMUNITY INFORMATION**

#### **From Our Board of Directors**

We would like to address a topic that has been around since before our developer, DiVosta, turned over the community to the Homeowners' Association (HOA) in 2004. This topic is covered specifically in **ARTICLE XII** of the Retreat documents (The Green Book) and is titled **USE RESTRICTIONS**.

Now, we know that folks get somewhat defensive and an eyebrow lifts at any hint of rules, restrictions or

covenants being mentioned. However, we must remind you that we do live in a Deed Restricted Community that has rules and restrictions along with procedures to monitor and enforce them. Your Board of Directors and Architectural Control Committee (ACC) have worked hard to develop these procedures over the last four years. Let us emphasize that by themselves our documents are very restrictive in what residents are allowed to do with their homes' exterior, planting beds, yards, etc. The newly revised policies to **ARTICLE XII** that were approved by the Board of Directors at a recent meeting actually clarify some of the topics addressed in this section of the documents and allow residents greater leeway in some common improvements they may wish to adopt at their homes. Things like lighting, plants, signage and decorations are addressed.

Since the first residents moved into The Retreat some seven years ago, the community has matured. As it has done so, certain general trends have emerged indicating that the community as a whole favors certain exterior enhancements. Recognizing that much involving this topic is subjective in nature, we have tried to address these trends to allow more leniencies in the "front of home" restrictions. While ACC approval is still required for many items or changes stated in **ARTICLE XII**, some items listed in Sections N & O may not need ACC approval. Examples are: **Section N** - the revised rules address low voltage lighting, seasonal lighting, recessed and exposed 120-volt lights, and **Section O** - plants, figurines, name and house number signs, banners, decorations and similar items are discussed.

This newsletter article does not have the space to explain the reasons for everything but the general idea is that we are trying to adhere to standards that protect the community appearance as a whole and thus the property values of all owners. At the same time, we do not want to be so lax that some homes become cluttered with excessive items in their front yards. As has been said, *"If you love it that much, put in your backyard where **you** can enjoy it."*

Please become familiar with all of the Retreat's Covenants but in particular with **ARTICLE XII**. You will find the original version in our Document's Green Book and the revised version on our web site at [www.retreatatseabranh.com](http://www.retreatatseabranh.com). - Information tab - Rules and Regulations. You may print a copy of that document and many other useful documents right from our WEB site or Ron in our office can print you a copy.

**To obtain a copy of The Retreat Directory 2009, please see Ron in the property manager's office during normal business hours.**

(Continued from page 1)

11:40 and 11:41 respectively. The proud parents are **Christine and Jeffery Sparapani** of Jupiter. Christine is Joann and Hank's daughter.

Katelyn Rose weighed 4 lbs. 11 oz. and was 18" long. Kaden Jeffery weighed 4 lbs. 14 oz. and was 18.5" long. Mom and "The Twins" are healthy and doing well. Dad is still smiling!

**Truly, this was a double Easter Blessing!**



Photo by Christine Sparapani

## USEFUL COMPUTER LINKS

By "Cybrary Man" aka Jerry Blumengarten

If you love what you do, you will never work another day in your life."  
--Confucius

On my website I have a page of links to sites with all different types of quotations.

### QUOTATIONS

<http://www.cybraryman.com/quotations.html>

**MAY Links** including Cinco de Mayo, Mother's Day and Memorial Day

<http://www.cybraryman.com/may.html>

**JUNE Links** including Flag Day, Father's Day, End of School and Graduation

<http://www.cybraryman.com/june.html>



**"A PENNY SAVED IS A PENNY EARNED."** Benjamin Franklin

By Marlene Boobar

This is one of my favorite quotes. Benjamin Franklin has been a hero of mine for some time. He was remembered for many things, especially those many sayings. When he published Poor Richard's Almanac from 1732-1758, he included hints for more efficient and happier living. Many quotes and aphorisms are credited to Franklin, yet actually were compilations from many other sources, including Proverbs in the Bible.

Each Sunday, my Bob goes through the coupons and clips ads of items we actually need. Bob does the shopping because he thinks I spend too much money and am influenced by displays to purchase on impulse. It's true!

Each trip, Bob tells me how much money he has saved by using the grocery coupons.

We have in fact earned money, by saving those pennies. For us: "A penny saved is a penny earned."

## MORE FAVORITE QUOTES!!!

Submitted by Chuck Eschenburg: Here are some quotes that have been of help to me:

- > "When in doubt----Breathe!" Jo Blake
- > "You'll never walk alone." Oscar Hammerstein II

Submitted by Kay Bowen-Smith:

The present is the past rolled up for action and the past is the present unrolled for understanding."

From "The Story of Civilization" by Will & Ariel Durant

SUBMITTED BY GENE GILLIS:

- > A GOVERNMENT BIG ENOUGH TO GIVE YOU EVERYTHING YOU WANT, IS STRONG ENOUGH TO TAKE EVERYTHING YOU HAVE. THOMAS JEFFERSON
- > ABILITY IS WHAT YOU ARE CAPABLE OF DOING, MOTIVATION DETERMINES WHAT YOU DO AND ATTITUDE DETERMINES HOW WELL YOU DO IT. LOU HOLTZ
- > MY BEST FRIEND IS THE ONE WHO BRINGS OUT THE BEST IN ME. HENRY FORD
- > FOLLOW THE THREE RS: RESPECT FOR SELF, RESPECT FOR OTHERS AND RESPONSIBILITY FOR ALL YOUR ACTIONS. DALAI LAMA
- > IF YOU THINK YOU'RE TOO SMALL TO BE EFFECTIVE, YOU'VE NEVER BEEN IN BED WITH A MOSQUITO. BETTY REESE

## *I Believe...*

*I Believe...*

*That you should always leave loved ones with loving words.  
It may be the last time you see them.*

*I Believe..*

*That you can keep going long after you think you can't.*

*I Believe..*

*That we are responsible for what  
we do, no matter how we feel.*

*I Believe...*

*That either you control your attitude or it controls you.*

*I Believe...*

*That heroes are the people who do what has to be done when it  
needs to be done, regardless of the consequences.*

*I Believe...*

*That money is a lousy way of keeping score.*

*I Believe..*

*That my best friend and I can do anything, or nothing, and have  
the best time..*

*I Believe..*

*That sometimes the people you expect to kick you when you're  
down, will be the ones to help you get back up.*

*I Believe...*

*That sometimes when I'm angry I have the right to be angry,  
but that doesn't give me the right to be cruel.*

*I Believe...*

*That maturity has more to do with what types of experiences you've  
had,*

*and what you've learned from them.....and less to do with how  
many*

*birthdays you've celebrated.*

*I Believe..*

*That it isn't always enough to be forgiven by others.*

*Sometimes, you have to learn to forgive yourself.*

*I Believe...*

*That no matter how bad your heart is broken the world doesn't stop  
for your grief.*

*I Believe.*

*That our background and circumstances may have influenced who  
we are,  
but we are responsible for who we become.*

*I Believe...*

*That you shouldn't be so eager to find  
out a secret. It could change your life forever.*

*I Believe..*

*Two people can look at the exact same thing and see something  
totally different.*

*I Believe...*

*That your life can be changed in a matter of  
hours by people who don't even know you.*

*I Believe...*

*That even when you think you have no more to give, if  
a friend cries out to you.....you will find the strength to help.*

*I Believe...*

*That credentials on the wall do not make you a decent human being*

*I Believe...*

*That the people you care about most in life are taken from you too  
soon.*

*The happiest of people don't necessarily have the best of everything;  
They just make the most of everything.*

*...and finally...*

*I Believe...*

*Plan for tomorrow but live for today  
Don't be afraid that your life will end, be afraid that it will never  
begin.*

*Aspire to inspire before you expire.  
Live richly, love deeply, laugh heartily, pray always!!*

*Submitted by*

*Hank Stasiewicz*



**Ah, travel...  
My favorite  
thing to do!!  
By Lynn York**

Our trip was in November 10, 2006 to November 22, 2006 on the **Golden Princess to Egypt and Aegean**. We went with our friends Butch and Cathy Cooper, Vaughn and Norma Lavigne, Willie Herman and Priscilla Willame. We have all known each other since meeting in Florida in 1988. We all met at the port in Civitavecchia (Rome) to board our ship. We sailed from there to Naples, Italy, Kusadasi and Istanbul, Turkey; Athens, and Mykonos, Greece; Port Said and Alexandria, Egypt and back to Rome, Italy. We had the best time! Given our busy schedules, this was the first time we had to cruise together since 1995. The highlight of our trip was having martinis together every night before dinner and catching up on what we all did during the day! We were all lucky enough to see the GREEN FLASH at happy hour on a balcony party at sea cruising off the coast of Egypt!! What a phenomenon!! The itinerary was fabulous and our being together with our friends was the best. Half of us spent Thanksgiving in Business Class flying back and the other half had dinner at Vaughn and Norma's home since they flew in on Thanksgiving Day! Priscilla made a travel journal of our trip and gave it to us all as a Christmas present. Ah, travel..... My favorite thing to do!!

I might add, a quick and romantic trip to **Costa de Este in Vero Beach** (Gloria and Emil Estefan's hotel) is a great romantic and quiet weekend getaway!! Gorgeous hotel and great mojito cocktails at the beach bar!

**Things You Never Knew Your Cell  
Phone Could Do**

Received from Patti Greaves

Your mobile phone can actually be a life saver or an emergency tool for survival. Check out the things that you can do with it:

**Emergency**

The Emergency Number worldwide for Mobile is 112. If you find yourself out of the coverage area of your mobile network and there is an Emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you, and

interestingly, this number 112 can be dialed even if the keypad is locked. Try it out.

**Have you locked your keys in the car?**

Does your car have remote keyless entry? This may come in handy someday. Good reason to own a cell phone: If you lock your keys in the car and the spare keys are at home, call someone at home on their cell phone from your cell phone. Hold your cell phone about a foot from your car door and have the person at your home press the unlock button, holding it near the mobile phone on their end. Your car will unlock. Saves someone from having to drive your keys to you. Distance is no object. You could be hundreds of miles away, and if you can reach someone who has the other 'remote' for your car, you can unlock the doors (or the trunk).

**Hidden Battery Power**

Imagine your cell battery is very low. To activate, press the keys \*3370#. Your cell phone will restart with this reserve and the instrument will show a 50% increase in battery. This reserve will get charged when you charge your cell phone next time.

**How to disable a STOLEN mobile phone?**

To check your mobile phone's serial number, key in the following digits on your phone: \*#06#. A 15-digit code will appear on the screen. This number is unique to your handset. Write it down and keep it somewhere safe. If your phone gets stolen, you can phone your service provider and give them this code. They will then be able to block your handset so even if the thief changes the SIM card, your phone will be totally useless. You probably won't get your phone back, but at least you know that whoever stole it can't use/sell it either. If everybody does this, there would be no point in people stealing mobile phones.

**Free Directory Service for Cells**

Cell phone companies are charging us \$1.00 to \$1.75 or more for 411 information calls when they don't have to. Most of us do not carry a telephone directory in our vehicle, which makes this situation even more of a problem. When you need to use the 411 information option, simply dial: (800)FREE411, or (800) 373-3411 without incurring any charge at all. Program this into your cell phone now.



Photo by Kathy Haines

Kneeling: Bill Horstmann, David Greaves, Tom Hartnett, Ed Certisimo  
 Standing: Dottie Williams, Dick Keough, Ernie Spengler, Craig Haines, Jim Roach, Dave Williams

## 5<sup>th</sup> Annual Eldorado Regatta Saturday, March 7, 2009 By Patti Greaves

The sky was blue, the water sparkling; Mr. Gator was wondering what was going on; AGAIN! You could smell the pig roasting next door! Hey, do I detect a race today????

At precisely 3 pm the festivities began for the 5<sup>th</sup> annual Eldorado Regatta hosted by Dave and Dottie Williams. 50 or so Retreaters and guests arrived bringing with them 130 lbs. of food for the Women's Club House of Hope donation. Premier Rollout Awnings, (aka, Tom Hartnett/Dave Greaves) supplied the trendy "Sea Foam Green" Tee shirts again this year. Of course you have to look good!

In the **LARGE BOAT** category 1<sup>st</sup> place went to the host, **Dave Williams**, 2<sup>nd</sup> to rally was Retreat resident, **Dick Keough**, driven by Preserve's own **Jim Roach**, and rounding the finish line again for 3<sup>rd</sup>, was **Ernie (Boots) Spengler**. Participation awards went to our new neighbor **Bill Horstmann and Ed Certisimo**, a Chicago guest just in town for the race. **NITRO BOATS** 1<sup>st</sup> place and overall winner of the Eldorado Trophy was **Tom Hartnett** edging out partner Dave Greaves. **Craig Haines** (son-in-law of Dave and Dottie and our gourmet chef) was extremely preoccupied with the ultimate roasting experience but managed to get in a couple of laps.

The fun continued into the evening with everyone bringing a snack and feasting on the delicious roasted pig. We never ran out of ice and good conversation. Needless to say, our residents are wonderful people who just like to have fun! We're looking forward to next year's event, but have to find another start/finish buoy. Mr. Alligator ate the staff and flag. Guess it was payback time for infringing on his pond.

I'm thinking Purple Tees for 2010!

## RETREAT CLEAN UP DAY

By Dottie Williams

On Saturday, March 21st, about 25 hardy Retreat volunteers joined together to work on a general clean up of the community. They arrived at the Clubhouse at 10 AM. Teams were formed and areas assigned. For the next 2 hours they worked picking up trash. By the time they returned to the Clubhouse, 33 bags of trash had been collected.

While everyone sat and relaxed enjoying pizza, the topic of the conversation was what trash the teams had found. Golf balls, a sneaker, coaxial cable and construction debris were a few of the items mentioned. One group actually came back with a coffee maker, unbroken carafe included. All agreed that it was a morning well spent getting to know community members a little better while making The Retreat look a lot better.

Thanks again to all the volunteers who worked on the clean up.



Photo by Dottie Williams



## Blue Star Quilt By Gail Blumengarten

The quilt was made for John and Andrea Genua's son who has served several tours of duty in Iraq. John and Andrea live on La Creek Court.

This quilt (small wall hanging size) did not take too long to create. The lengthy part was doing research on the blue star quilts beforehand. Once that was done, the quilt took several hours to design. Then the actual making of it took the better part of a day. Mine may have taken a bit longer for I was learning to use a new sewing machine at the same time.

## WOMEN'S CLUB OF THE RETREAT By Marlene Boobar

**Women's Club Valentine Luncheon** - Forty women gathered on Friday, February 13<sup>th</sup> to enjoy a "Pot Luck" Salad Lunch at our Clubhouse. Our guest speaker was **Arlene Borg**, also known as the *Grammy Guru*. Arlene writes a column in the Hometown News called *Romancing the Stove*. Her articles offer suggestions for cutting the fat and cholesterol; yet still keeping those recipes delicious. She also sells a teaching guide cookbook in which original and family recipes from her Italian heritage are given in both the regular and low-fat or fat-free versions. Attendees enjoyed the variety of salads brought by members, the interesting and humorous speaker...but most of all everyone appreciated the camaraderie the Women's Club offers us here at the Retreat.

Our 3<sup>rd</sup> annual **Welcome Back Tea** is scheduled for Friday, November 13<sup>th</sup>. This year, it will include a very different fashion show. Our member "models" will sport clothing they have purchased from local thrift shops. Prizes will be awarded for ensembles that look the best but cost the least! A competition will also be held at this luncheon for best-decorated table. The snowbirds will be bringing back their fine china and linens, to show off their creative skills in arranging a proper High Tea setting. Teams of 4 and 6 will create their special tables in a spirit of light-hearted competition. Our intention is to support our local thrift stores and charities, work in small groups to create opportunity for socializing and most importantly, laugh with each other.

Membership in the Women's Club of the Retreat is open to all women residing in the Retreat Community. Meetings are held the third Monday of the month. The club supports a charity each year, monthly meetings usually offer a unique topic and presenter, events include Bingo, tours, excursions, and each 3<sup>rd</sup> Thursday of the month the gals gather for a luncheon at different area restaurants. Feel like meeting some new women, or wish to get to know your neighbors a bit better...join us! We are a fun bunch and all are most *welcome*.



## RAN - 2<sup>nd</sup> Health Seminar by Sally Troiani

On March 23, 2009, **RAN**, Retreat Assistance Network, presented another health seminar for the residents of The Retreat. The featured speaker was **Steven Jordan, M.D. from South Florida Orthopaedics and Sports Medicine**. Doctor Jordan spoke at length about how we could all lead a very active life style while taking care of our knees. His topic was very well received and most informative.

Approximately 50 people turned out to hear and see his very complete Power Point presentation. The information was presented in a way that made it easily understood by the attendees. He talked about the different parts of the knee and how the muscles, ligaments and bones must all work together for us to live without discomfort. By the time the evening was over, we all had a good understanding of Knees 101. The question and answer period following his presentation was very lively and Doctor Jordan was extremely generous with his time. He answered all questions posed by the audience in a very patient manner. If you need an orthopaedic surgeon, keep him in mind.

Stay tuned and check Channel 63 for the next offering on the health front from **RAN** including Fit after Fifty, a Health Fair, and Healthy Cooking coming in the fall.

## RAN

Retreat Assistance Network

**Neighbors Helping Neighbors**

*Volunteers always available to assist you with:*

**Check-In Phone Calls**

**Prescription Pick-Ups**

**Transportation**

**Grocery Shopping**

**Home Visit Companionship**

**Meals**

*Other services available upon request.*

*Call volunteer coordinators:*

*Muriel Barry 545-1919 and Marie Ferrandino 546-5476*

## BRIDGE SCORES By Patsy Shattuck

We have had a great year of bridge! Some of our residents will be leaving and again we will have some vacancies. If you are interested, call Patsy Shattuck at 546.2011. Thanks again to everyone for all your cooperation.

### February 3, 2009

- 1 – Susan Harris
- 2 – Peggy Johnson
- 3 – Kay Bowen-Smith
- 4 – John Bendonis
- 5 – Alan Shattuck

### February 10, 2009

- 1 – Alice Bernhardt
- 2 – Joyce Hill
- 3 – Patsy Shattuck
- 4 – George Harris
- 5 – Joanne Cichon

### February 17, 2009

- 1 – Bea Kozlowski
- 2 – Mimi Brown
- 3 – Kay Campbell
- 4 – Peggy Johnson
- 5 – Muriel Barry

### February 24, 2009

- 1 – Hilary Kozlowski
- 2 – Stan Rublowsky
- 3 – George Harris
- 4 – Kay Bowen-Smith
- 5 – Laura Rothman

### March 3, 2009

- 1 – Mimi Brown
- 2 – Marie Ferrandino

- 3 – Louise Bendonis
- 4 – Sally Troiani
- 5 – Alan Shattuck

### March 10, 2009

- 1 – Susan Harris
- 2 – George Harris
- 3 – Mimi Brown
- 4 – Mary Ellen Mix
- 5 – Sally Troiani

### March 17, 2009

- 1 – Peggy Johnson
- 2 – George Harris
- 3 – Kay Bowen-Smith
- 4 – Kay Campbell
- 5 – Jane Schultzaberger

### March 24, 2009

- 1 – John Bendonis
- 2 – Susan Harris
- 3 – Lena Rublowsky
- 4 – Marie Ferrandino
- 5 – Patsy Shattuck

### March 31, 2009

- 1 – Peggy Johnson
- 2 – Laura Rothman
- 3 – Patsy Shattuck
- 4 – George Harris
- 5 – Mimi Brown

(Continued from page 1) *Natives in the Yard*

our home and they are the sightseeing event for all our neighbors' company. The question often comes up – "Shouldn't they be captured and taken away?" Our response is "Why? They lived here before we did and they are not hurting anyone." Did you know that if a large alligator is taken away, they are not moved to another area? They are killed.

Alligators are reptiles and found only in the southeastern part of the United States from North Carolina to Texas. The largest population is found in Louisiana and Florida. They have a wide range of habitats from swamps, lakes, ponds, and rivers to roadside ditches. These animals are cold-blooded which means that they are not able to internally regulate their body temperature but instead their temperature is approximately the temperature of the outside air. That is why they are seen warming themselves along the banks of the ponds and lakes through the day. If the sun is too hot, they must return to the water to cool off. As long as they are not very active and are in a resting state, alligators can stay underwater without breathing for several hours. They feed on fish, turtles, frogs, water birds, deer and small mammals such as raccoons and otters. They have 70 to 80 cone-shaped teeth that are designed for grasping, holding and crushing. Most of their prey is swallowed whole but if it is too large they will twist and tear it into smaller pieces.

Mating season is in early April. It's during this time that you'll see the 3 to 4-foot alligators wandering. A few of us have actually seen them in the streets of our community. These alligators have gotten too large for their mother's territory and are setting out to set up a territory for themselves. Two months after mating, the female will build a mound nest and lay anywhere from ten to seventy eggs. She then covers them and the eggs take about sixty-five days to hatch. The temperature at which the eggs incubate determines the sex of the gator. The warmest eggs at the top of the nest closet to the female's heat produce males and the eggs at the cooler bottom of the nest produce females. The mother guards the nest and when she hears the young emerging from their shells, she digs them out. Once hatched the young gators stay together for their first couple of years and the group is called a "pod". Only one out of ten gators survive the first year.

From the Civil War to the 1900, alligators were hunted for their hide. By the 1960's the alligator population was almost wiped out. The 1973 Endangered Species Act gave mandatory protection to the alligators throughout the United States. Florida state law prohibits touching or feeding alligators. Today, the greatest threats to these animals are development, water pollution and water management practices.

**Alligators are to be respected.** They will not attack a human without provocation. Generally, they are afraid of humans and will retreat if approached. They do become dangerous when they are fed and equate food to people. Remember they are survivors of the Age of Reptiles.



# SECURITY SYSTEM COMMUNICATION

Received from Janett McMillan of Devcon Security

Your security system communicates over your telephone line. Until recently, most residents have maintained a traditional land line for their telephone service. Now days, there are many choices for the way that telephone service is delivered. It is important for you to know how the various choices will affect the communication of your security system.

## DIGITAL VOICE OVER CABLE

There appear to be very few problems with security systems using Comcast Digital Voice to communicate. Comcast has stated that they use their own internal network, directing lines to a Comcast central hub and sending calls out over traditional telephone lines. It is critical, however, that the Comcast representative correctly connects the digital voice line to the security system to ensure proper communication and line seizure functionality. Please have the Comcast technician call Devcon Security at **800-878-7806** to test the alarm system before leaving the home to avoid additional costs.

## VOICE OVER INTERNET PROTOCOL (VOIP)

The use of VOIP (i.e., Vonage) service with a security system is not recommended. If you read the Vonage website, it clearly states that it will not work with your security system. This is because telephone calls are sent out over public internet lines with constantly changing IP addresses to manage volume. For that reason, the signal can become scrambled before it reaches the monitoring center. We may receive a signal, but it there is no way to guarantee that it is the correct signal for the correct residence.

## CELLULAR PHONE

The security system will not communicate with a monitoring center without a telephone line. The system will sound an alarm locally, but no signal will be sent to the monitoring center. This includes any devices connected to the security system.

## COMMUNICATION WITHOUT A TELEPHONE LINE

To overcome the issue with VOIP and Cellular Phone, you can purchase a GSM Digital Communicator from Devcon that connects to your security system. All of the alarm signals are transmitted over this digital cellular line rather than the VOIP or the cellular phone.

If you have any questions, contact Devcon Security at **800-878-7806**. *The comments herein are not intended to endorse or discourage the selection of any provider and are intended for informational use only.*

# SECURITY SYSTEMS AND HURRICANES

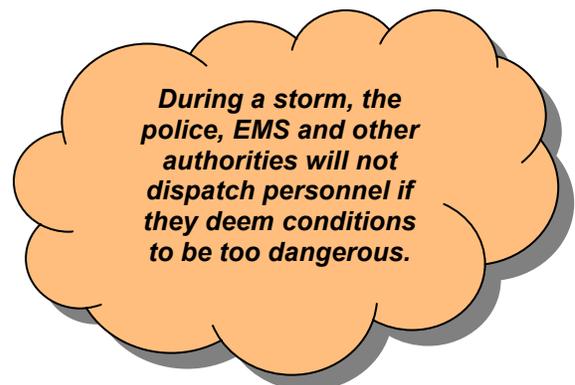
Received from Janett McMillan of Devcon Security

We all hope that a hurricane does not reach South Florida, but being informed can help avoid confusion if one does come our way.

Devcon Security's monitoring center operates 24/7/365 and will be fully staffed and operating throughout the storm. Housed in a building rated to withstand a category five hurricane, with triple redundancy and 3 large commercial generators, service will not be interrupted during the storm; however, it is important to remember that:

Your security system communicates over a telephone line or cable (if you have digital voice over cable). If you lose your telephone line or cable, your system will not communicate with the monitoring center. Your system will sound locally if an alarm is triggered, but the monitoring center will not receive a signal. If your system has a GSM digital communicator the monitoring center will receive a signal as long as cellular service remains.

Your security system is powered by electricity and has a battery backup that can work up to 24 hours. If you lose power, the battery backup will automatically take over. When the battery begins to get low, the system will emit a periodic beeping sound and a "low battery" message will appear on your keypad. If the beeping becomes more frequent, it may be necessary to input your "code and off" into the keypad from time to time. If your power is off for more that 24 hours, your system will stop working. Once power is restored, the battery will automatically recharge. It may take a few days for the "low battery" message to leave your keypad and the battery to fully charge. In rare instances, your alarm may sound when power is restored. Simply input your "code and off" to silence your alarm.



Devcon sent us decals and magnets with their telephone number. They are available in the manager's office.

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**FROM YOUR RETREAT NEWSLETTER STAFF**

**WE HOPE YOU ARE ENJOYING THE RETREAT NEWSLETTERS. IF YOU HAVE ANY SUGGESTIONS FOR FUTURE THEMES OR OTHER IDEAS TO IMPROVE OUR NEWSLETTER, PLEASE LET US KNOW.**

**AS IN PRIOR YEARS, WE ARE TAKING A BREAK FOR THE SUMMER. THE NEXT NEWSLETTER WILL BE THE SEPTEMBER/OCTOBER 2009 EDITION. THE DEADLINE IS AUGUST 15TH.**

**STAY SAFE, STAY HEALTHY AND HAVE FUN!!!**

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