



The Retreat Newsletter

May/June 2004

Volume 1, Issue 2

The Women's Club of the Retreat

At the April 19th meeting of the Women's Club, the following officers were elected:

President:	Mary Paukstys
Vice-President:	Brenda Frank
Secretary:	Mary Regan
Treasurer:	Coni McGuinn

Elected officers are interim, and their term will expire on December 31, 2004. A new slate will be introduced for fiscal year 2005. Congratulations to the newly-elected officers!

Volunteers are needed—contact Mary Paukstys at 546.8054.

All Retreat ladies are welcome to join the Women's Club. Dues are \$25/year. Those who have not yet joined for 2004 may still do so by contacting Brenda Frank at 545.1205.

Going Away?



Very soon many in our community will return to their Northern homes or go to enjoy a summer vacation. The Neighborhood Watch Group suggests you follow these simple steps to help protect your property while you are away:

1. Stop newspapers and other deliveries.
2. Transfer valuables and cash to a safe deposit box.
3. Place radios and lights on timers.
4. Turn down volume on your telephone and answering machine so they cannot be heard outside.
5. Close blinds or curtains.
6. Arrange to have hurricane panels installed (and removed).
7. Notify neighbors and provide an emergency phone number.

Be Aware! The Retreat Telephone Advisory Network is in place but we need total involvement. The system enables neighbors to keep one another informed of any criminal activity and to receive information from the Sheriff's Office. Please respond to your area captain's letters and provide the necessary data.

Thanks to Bristol Management for providing the traffic radar equipment in our community. We encourage any method of deterrence to keep our streets and neighborhood **SAFE!**

Tom Palmer, 546.1696

Neighborhood Watch Coordinator

As a reminder, unless you have handicap parking authorization, do not park in the handicap designated parking spots in front of the Clubhouse. Although it might be tempting to park in a handicap space while getting the mail, doing so prevents someone with special needs access to these parking spaces.

NEW
WEL
COM
E
NEW
RES
IDENTS



- S *Social Bridge: Tuesday at 1 pm*
- S *Mah-Jongg: Monday and Wednesday at 1 pm*
- S *Men's Poker: Wednesday at 6:30 pm*
- S *Aqua Aerobics: Tuesday and Wednesday at 4 pm, Saturday at 9 am*
- S *Women's Club: Third Monday of every month at 7 pm*
- S *Neighborhood Watch Meeting: First Monday after first Thursday of every month at 7 pm*
- S *Women's Exercise Class: Monday, Wednesday and Friday at 8:45 am*
- S *Book Club: Third Thursday of every month at 7 pm*
- S *Tennis Mixed Doubles: Tuesday 9 am*

TRANSITIONAL COMMITTEES

Transitional committees are in place for the orderly transition from the developer, DiVosta, to the Retreat Homeowners Association. Ken Palmer, and Mike Gregory, Tom Fazio have been making our community aware of what needs to be done and in establishing the committees to insure a smooth transition. The following reports provide insight in what these committees are doing. Many residents have already volunteered their time and expertise. **More volunteers are needed!** As our new residents move in, we invite them to participate in these activities.

**MORE VOLUNTEERS
ARE NEEDED**

COMMITTEE	CHAIRPERSON(S)	PHONE	E-MAIL ADDRESS
Architectural & Landscape Review	Geri Morgan John Bendonis Mickey Vernacchio	546.2443 546.8558	mgermorg@aol.com joloben@msn.com N/A
Communications	Becky Freedman Coni McGuinn	545.3286 545.3465	beckyf561@aol.com conimcguinn@aol.com
Maintenance & Engineering	Dave Williams	546.3866	davrep@adelphia.net
Finance	Jim Vornholt	546.5990	jimvornholt@adelphia.net
Governmental Liaison	George Heisler	545.3698	N/A
Legal & Covenant	Dottie Williams Margaret Reeder	546.3866 545.9563	davrep@adelphia.net N/A
Management Services	Phil Kemp	545.3626	bonkeak8@aol.com
Social	Dotti Sacco Nancy Galihier	546.0654 546.8869	dotsacco@yahoo.com ourszygy@bellsouth.net

Management Services Committee

The Management Services Committee Mission Statement is:

- Obtain and review all contracts, warranties and management agreements now in effect.
- To understand the dynamics of these commitments and make recommendations to the Board. Homeowners will also be kept informed on a regular basis.
- To recommend candidates for the Board and if necessary assist in the election procedures.

Two members were delegated to approach Bristol Management and DiVosta to obtain copies of pertinent documentation.

Maintenance and Engineering Committee

Maintenance and Engineering Committee's Mission Statement is: It will be the function of this committee to provide advisory services to the elected Community Board so as to represent the property owner's interests on a community wide basis. General committee functions will include differentiating between and monitoring Common Area, Environmental/Buffer Zone Areas, and areas of Homeowner Responsibility. These included areas are within the boundaries of The Retreat and relate to the upkeep and maintenance of the above-mentioned areas. Tasks include:

- Clarify regulations
- Develop procedures to review documents and contracts
- Network with other homeowners associations
- Engage an Independent Engineer during transition time for compliance with appropriate authorities
- Determine homeowner versus association responsibilities
- Meet with appropriate agencies in regard to special environmental areas

One issue requiring immediate attention is in regard to the sprinkler systems within our community. Do not adjust, repair, or in any way manipulate the system as this could cause additional problems. Report all sprinkler issues to Bristol Management. In addition, the amount of water allowed for the sprinklers is controlled by the South Florida Water Management Authority, and the Retreat is not allowed to exceed the agreed upon rate. If this rate is exceeded, the Retreat's irrigation water is subject to being shut off.

If a sprinkler head is stuck in the up position, tap it down with your toe to prevent it from being damaged.

Social Committee

The Mission Statement of the Social Committee is to unite the community through social events. Our vision is to be an informal group promoting harmony and friendship through socialization in the community. Past events have been:

- Cook out at the Clubhouse
- Party with Italian Theme
- Halloween Party
- Holiday party at Lost Lake Country Club
- St. Patrick's Day Party at Knights of Columbus

Mark your calendars for the following events:

October 15: Octoberfest at Knights of Columbus

December 4: Holiday Party at Lost Lake Country Club

Legal and Covenants Committee

The Legal and Covenants Committee has adopted the following Mission Statement:

The purpose of the Retreat Advisory Legal and Covenants Committee is to provide services of review and recommendation to the Retreat Transition Coordinators and Association members regarding federal, state, and county law as well as Retreat homeowner covenants, by-laws, rules, policies and procedures.

Our committee is in need of additional members. It is not necessary to have a legal background to work on this committee. Good common sense and a willingness to sit down and read our Covenants is all that is required.

One of the committee's tasks is to review the articles, by-laws, rules and regulations, policies and procedures of the Retreat for need, adequacy and enforceability. A task such as this can best be accomplished by combining the thoughts and ideas of many rather than a few. **WE NEED YOUR HELP.**

Architectural and Landscape Review Committee

The Mission Statement of the Architectural and Landscape Review Committee (ALRC) is:

- Review and act on all proposed changes or additions to all property at The Retreat that may have an adverse effect upon the original character of the community
- Review and act on all landscape, wetlands and other community ambiance issues
- Advise and act as a liaison between the Board of Directors, homeowners at The Retreat and/or all other concerned parties on all issues pertaining to architecture and landscape at The Retreat.

Our next and most important undertaking will be to develop an efficient application process for the timely approval of requests for architectural and landscape changes. Residents wishing to make changes will continue to use a form we are composing for this process.

The ALRC meeting schedule is as follows:

May 3, 2004 at 7:00 pm at The Retreat Clubhouse

June 7, 2004 at 7:00 pm at The Retreat Clubhouse



MEMORIAL DAY — May 31st

**Remember all our veterans and
military personnel**

Finance Committee

The purpose of the Finance Committee is to ensure reliable and relevant financial statements, develop appropriate budgets, review insurance contracts for adequate coverage and reasonable cost, evaluate reserves for capital improvements and repair, review and monitor assessment collections and report to the Board of Directors advising of any necessary action.

Tasks to be accomplished:

- **Insurance:** Obtain copies of current insurance policies, plot plan, streets maps, liability for lakes and swimming pool, also any other area of responsibility.
- **Budgets:** Obtain a detailed ledger of current income and expenses for assistance in preparing 2005 budget and end of the year audit.

Communications Committee

The Communications Committee's Mission Statement is: To communicate timely information to the residents of the Retreat from established committees, residents, and management. This will be accomplished via:

- The Retreat Newsletter
- Bulletin Boards - need and functions to be determined at a later date
- "Welcome to the Retreat" packet for new homeowners - work in progress
- WEB site - in place and operating
- Closed circuit cable channel - to be determined
- The Retreat Directory - committee researching format and design, printing after transition

Governmental Liaison Committee

The Mission Statement of the Governmental Liaison Committee is: To protect and promote the interests of The Retreat Community by developing and maintaining the appropriate relationships with those local and state governing bodies which can directly influence the quality of life and welfare of the community residents. To keep The Retreat Community informed of all public issues that affect them and communicate the Community's point of view to the governmental bodies involved.

The next meeting of the Governmental Liaison Committee is **May 4, 2004 at 7 pm** at the Community Center. New members are welcome to attend.



Festival of Retreat Artists and Crafters

A Festival of Retreat Artists and Crafters is in the planning stages for the November time-frame. If you have an interest in participating in this event, contact:

Mary Regan at 545.1101
Nancy Kisslinger at 546.3133
Brenda Frank at 545.1205

Riverwalk Café



Looking for a quaint little place to have lunch or dinner? Try the Riverwalk Café at 201 SW St. Lucie Avenue in historic downtown Stuart. Their lunch menu included Oysters Rockefeller which were excellent, and seared tuna with a tangy Asian sauce over a bed of greens. Also included was a selection of sandwiches and salads. The dinner menu offered a wide choice of entrees. We dined on Chilean sea bass with basil pesto cream sauce, double thick grilled pork chop perfectly cooked and moist inside. The lamb shanks were fork tender and served with an assortment of braised vegetables. Most entrees were served with a mélange of julienne carrots and zucchini cooked but still crunchy. A large Caesar salad which we shared between the two of us (anchovies optional) was crisp and fresh tasting. The Riverwalk Café is small with 8 or 10 tables as well as meal service at the bar. The service is friendly and accommodating. The prices are moderate, and they take reservations. Bon Appetite.

Restaurant reviewed by Bea Kozlowski

Happy Mother's Day May 9th

The Retreat WEB site:
www.retreatatseabranh.com

Thank you, Gene!
Gene@genegillis.com
545.9304



Trash pickup days are Wednesday and Saturday with recycling on Saturday. Let us all do our part to be considerate of our neighbors by placing trash barrels and recycle bins at the driveway edge on Wednesday and Saturday and returning them indoors as soon as possible after trash is picked up. If you are away for the day, ask one of your neighbors to move your trash barrels from the driveway edge to the side your home after pickup.

RECIPE CORNER

Honey Poppy Seed Dressing

1 cup canola oil	1/2 tsp. garlic
2 tbsps. water	1/3 cup vinegar
3 tsp. honey	1 tbsp. poppy seeds

Mix all ingredients except seeds in blender. Pour into glass container and stir in seeds. Cover, chill and serve over fruit of your choice.

Recipe received from Yvette Kelley

Cranberry Salad

3 cans whole cranberry sauce
1 cup dried apricots (cut in half)
1/2 cup walnuts

Mix together. Chill.

Recipe received from Ann Condon

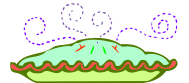
"Simply" Delicious

1 8-oz. cream cheese
1 8-oz. jar Major Grey's Chutney
Sprinkle of curry (optional)
1/4 pkg. almonds, toasted

Sprinkle chutney over cream cheese evenly, then curry, then toasted almonds.

Recipe received from Inez Poppe

Creamy Lemon Pie



This is easy and does not require much oven time.

1 (8 or 9-inch) graham cracker crumb crust or baked pastry shell
2 egg yolks
1 (14-oz.) can Eagle Brand Sweetened Condensed Milk (NOT evaporated milk)
1/2 cup ReaLemon Juice from concentrate
Yellow food coloring, optional
Whipped topping or whipped cream

Preheat oven to 350 degrees. In medium bowl, beat egg yolks, stir in sweetened condensed milk, ReaLemon brand concentrate, and food coloring if desired. Pour into prepared crust. Bake 8 minutes. Cool. Chill. Spread with whipped topping. Garnish as desired. Refrigerate leftovers.

Recipe received from Helen Larcom

Treasure Coast Food Bank

The Treasure Coast Food Bank helps those that are less fortunate. TCFB collects and stores wholesome food donated by community partners and the food industry (examples: product overruns, quality control mistakes, mislabeling) which it then makes available to non-profit member agencies for distribution to, or feeding of, the hungry in the Treasure Coast. Accessing food at the food bank is cost effective and enables agencies to improve and/or expand their services. The TCFB serves four counties, Martin, St. Lucie, Indian River and Okeechobee. The types of agencies using TCFB services are:

- **Soup Kitchens:** Agencies that serve meals to homeless and other hungry people
- **On-site Agencies:** Residential or day programs that serve meals. Examples include preschools, senior centers, residential treatment centers and shelters
- **Emergency Food Pantries:** Provides food for clients to take and prepare at home

Help from community partners is essential to TCFB. This assistance may be in a number of areas from sponsoring food drives, to fund raising events to volunteering at TCFB facilities. If we partner together, we can work toward eliminating hunger.

For more information, contact Beth Miller from TCFB at 489.5676 or Retreat resident, Joy Currier, at 546.7017.



Tennis

Anyone interested in getting together to play mixed doubles, contact Muriel Barry at 545.1919 or join us at the tennis courts on Tuesday at 9 am.

Women's Exercise Class

Join us on Monday, Wednesday and Friday at 8:45 am at the Clubhouse. The three dollar per hour fee is paid monthly. For more information, contact Marguerite Badcock at 546.8427



*Congratulations to
Hank and Joann Stasiewicz
celebrating their 40th
wedding anniversary this May!!!*

Retreat Fishing Report

By Feature Reporter, Hank Stasiewicz



Fishing in The Retreat waterways can be productive as shown here by Steven Persico of Long Island, New York, who was visiting his aunt and uncle who live on Hawks Nest Court. He caught this five pound plus largemouth bass on a Rattletrap lure (NOT a Double Whammy) in February. Steven, an avid angler, did not tell us the exact location of his catch.

Aqua Aerobics

Join Diane in the pool for aqua aerobics on Tuesday and Wednesday afternoons at 4 pm and Saturday mornings at 9 am.

Cost: \$3.00 per class

Contact Diane for further information: 546.7876
DON'T FORGET YOUR NOODLE!

CERT Program

The Community Emergency Response Team (CERT) Program is a course with classroom instruction designed to teach neighbors how to help neighbors immediately after a disaster or emergency while waiting for emergency response crews. If you are interested in taking this course, contact Detective Joe Passanesi, Martin County Sheriff's Office, at 220.7091. If you have completed this course, contact Yvette Kelley at 545.2897. An emergency plan needs to be established.

Happy Father's Day June 20th



Candy Quiz

Received from
Brenda Frank

Identify the name brand of candy or candy bar which fits each of the following descriptions. Answers will be in the next newsletter.

Ex. Not laughing out loud = Snickers

1. A famous swashbuckling trio of old
2. Someone who can't hold onto anything
3. A famous former baseball player
4. A famous author
5. Famous New York street
6. Twin letters
7. Superman's other identity
8. A sweet sign of affection
9. A favorite day for working people
10. Nut happiness
11. Pleasingly plump
12. Single women look for him
13. Round floatation device
14. Two female pronouns
15. A galaxy

Answer to the last newsletter's puzzle. Insert the word **IN** in each of the following words (at the start, at the end, or somewhere inside) to get a new word.

PATER	PAINTER
IMAGE	IMAGINE
MUTES	MINUTES
VILLA	VILLAIN
SWISH	SWINISH
SPIRE	INSPIRE
BASSET	BASSINET
MISTER	MINISTER
CLARET	CLARINET
BULLET	BULLETIN
MILLER	MILLINER
FATNESS	FAINTESS
CONTENT	CONTINENT
BRALESS	BRAINLESS
FANCIER	FINANCIER



Dear Retreat Residents,

We would like to thank you for the kind words and positive feedback on the first issue of The Retreat Newsletter. Publishing a newsletter such as this takes the help and support of many. We thank all those who contributed to the publication and would like to add that we are grateful this community appreciates these efforts.

Thanks to Anne Madsen, editor of the Lost Lake News, and Hank Stasiewicz, a resident of The Retreat. Anne provided us with incite and advice on creating a newsletter. Hank is always there to provide his computer technical expertise.

Hank Stasiewicz, Jane Stokes, and Pat O'Neill are our new newsletter reporters. Welcome, Hank, Jane, and Pat, and thank you for volunteering. We need reporters for the various areas within The Retreat. Contact us if you are interested.

Those wishing to contribute articles, recipes, book or restaurant reviews or neighborhood news can contact us at our email addresses or by phone.

The cut-off date for the September/October newsletter is August 15, 2004. (There will be no July/August newsletter.) We would like to include a schedule of upcoming Retreat events for the season in the next newsletter. So if you head up an activity, send us your calendar.

We wish you all a safe and healthy summer season.

Lill Malinowski 545.3732 Michigan: 989.738.5912 malinowski@prodigy.net	Bea Kozlowski 545.3505 Connecticut: 860.388.4593 Bhswct@Aol.Com
--	---

REPORTERS

Hank Stasiewicz	545.7133	hsjs2349@hotmail.com
Jane Stokes	545.7438	janestokes11@aol.com
Pat O'Neill	546.0168	gono73@hotmail.com

Information in this newsletter is believed to be reliable, but is not guaranteed for accuracy or completeness. Such information is provided solely for informational purposes, and should not be construed as definitive. Any information contained herein is not intended to be a substitute for independent investigation on any subject matter. The Retreat at Seabranh Homeowners' Association as well as the editors and individual contributors to this newsletter expressly disclaim all liability in respect to actions taken or not taken based on the contents of this newsletter.