



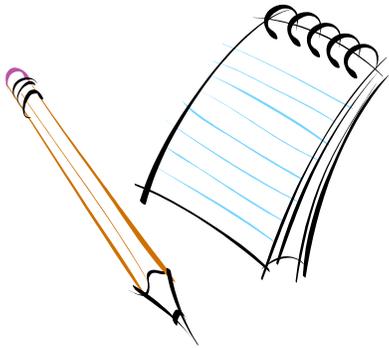
## The Retreat Newsletter

May/June 2012

Volume 9, Issue 3



# PERSONAL SPORT STORIES



## Personal Sport Stories

By Ron Woolfenden

Growing up in Washington, D.C., my brother (ten years old) and I (twelve years old) had the opportunity to attend many sporting events. We once went to the famous "9th Street Boxing Gym." That day we watched Rocky Graziano work out in preparation for his bout with Sonny Horne. After the workout we stood in line for an autograph. When it was our turn Rocky asked if we had a pencil and pad. We said, "We don't." He told his trainer to get a pad and pen. Rocky then asked if we would be coming to the fight. Again we said, "No." He then told his trainer to get two tickets. We went out to the old Griffith Stadium on Friday night and our tickets were for the third row ringside. Rocky won in ten rounds.

Later in life (sixteen years old) I was working as an elevator operator in the quite famous Mayflower Hotel. During that time, General Dwight D. Eisenhower was preparing to run for the presidency and his temporary headquarters were set up in the mezzanine area. One day Joe Lewis, the heavy weight champion of the world, got on my elevator. Same scenario—no pad or pencil. Joe asked his bodyguard to provide some—thus his autograph.

P.S. Wallet stolen in Army, 1953. Lost both autographs.

Note: J. Edgar Hoover, FBI Director came to lunch daily at the Mayflower—sorry he doesn't do autographs.

## SKIING—AN INGLORIOUS FAREWELL TO THE SLOPES



By Chuck Eschenburg

The only sport I enjoyed doing was downhill skiing. As a kid growing up in Denver, Colorado, it was easy to get into the mountains just to the west. An easy few hour drive to Loveland and Berthoud Passes as well as Arapahoe Basin, my favorite. One could also take the ski train through the Moffett Tunnel to its west portal which was renamed Winter Park. There a person could stay in the bunkhouse for 50 cents or so and nearly

*(Continued on page 2)*

## Fishing Buddies

By Dottie Williams

My **Personal Sport Story** is an ongoing event. As a child I spent many wonderful hours with my family boating on the Great South Bay. My father and grandfather built a 25' cabin cruiser and it was our home away from home through the summer. Since my siblings were quite a bit older than I, their children were my friends and also my fishing and sailing partners. We grew up together on the water. As adults, even though

*(Continued on page 2)*

(Continued from page 1) **An Inglorious Farewell to the Slopes**

freeze to death at night—or so it seemed.

After moving to Florida over 50 years ago, I was unable to “tackle the slopes” for over 20 years. I then returned for a jaunt where I found I could still ski. This was partly due to the improvements in equipment like shorter skis. I had learned on seven-foot wooden skis so the new ones were much easier to use. I did enjoy occasional short trips when I could ski in a variety of conditions. I even took two of my grandchildren once for their first exposure to snow and mountains.

My last trip was to Mammoth in California. I started out on the “bunny slope” but was elbowed off the chair lift by an eager novice before the departure point. I fell terrified of being struck by the next approaching chair. I was able to crawl out of the way before the lift was stopped. I hurt all over so it was no longer fun to ski. My confidence had vanished also.

I decided no more skiing for me at my age. I do miss riding the lifts in cold, clear air with lovely views of surrounding mountains. If was fun but goodbye.



New Retreat Mah Jongg Students

<b>Editor &amp; Publisher</b>	<b>Co-Editor</b>
<b>Lill Malinowski</b> 545.3732 wallylill@comcast.net	<b>Dottie Williams</b> 546.3866 davedottie@gmail.com

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

(Continued from page 1) **Fishing Buddies**



Rob, “Aunt” Dot, Rich

we did not live close to one another or have a boat at the time, we always made sure we got together to fish. We would take our children fishing on the Captain Gillen, a head boat at Captree State Park a few times each summer.

Now in retirement, we are back together again on the water. During the winter, two of my nephews, Rob and Rich spend time in the Stuart area. Rob has a 17’ Key West that is named after our family boat, the U & I. Just about every week weather permitting, you’ll find us out in the St Lucie Inlet fishing. It would probably be better stated as laughing and fishing. We reminisce, talk about our grandkids and tease one another about the fish that got away. We still manage to bring fish home for dinner. The Pompano we’ve been catching lately are outstanding. I’m hoping my **Personal Sport Story** continues for a long time to come!



## FIRST FRIDAY

**Come and join other  
Retreat residents for a  
casual get-together**

**Bring your beverage and an appetizer to  
share**

**ALL ARE WELCOME!**

**Upcoming dates:**

**May 4, June 1, July 6, August 3**

**Please mark your calendars**

*HAPPY MOTHER'S DAY May 13th*

*HAPPY FATHER'S DAY June 17th*

This includes parents, grandparents, godparents, aunts and uncles, friends and other special folks!!!

- God could not be everywhere and therefore he made mothers. ~ Jewish Proverb
- Mother love is the fuel that enables a normal human being to do the impossible. ~ Marion C. Garretty
- When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child. ~ Sophia Loren
- Fatherhood is pretending the present you love most is soap-on-a-rope. ~ Bill Cosby
- My father didn't tell me how to live; he lived, and let me watch him do it. ~ Clarence Budington Kelland
- When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much he had learned in seven years. ~ Mark Twain
- A father carries pictures where his money used to be. ~ Author Unknown
- Grandma always made you feel she had been waiting to see just you all day and now the day was complete. ~ Marcy DeMaree
- Grandmas hold our tiny hands for just a little while, but our hearts forever. ~ Author Unknown
- The best baby-sitters, of course, are the baby's grandparents. You feel completely comfortable entrusting your baby to them for long periods which is why most grandparents flee to Florida. ~ Dave Barry
- Grandmother - a wonderful mother with lots of practice. ~ Author Unknown
- One of the most powerful handclaps is that of a new grandbaby around the finger of a grandfather. ~ Joy Hargrove



## NATIVES IN THE YARD

### LOVEBUG SEASON

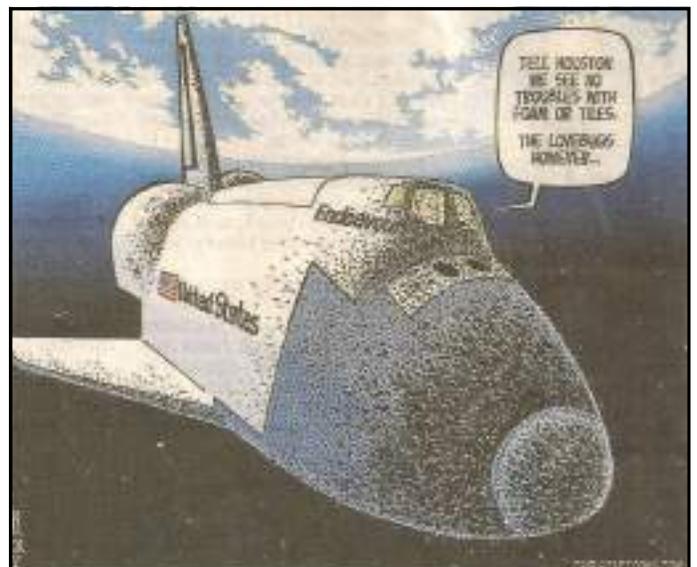
By Dottie Williams

It's that time of year again! Black splattered car windshields, hoods and radiator grills are inevitable if you take any kind of road trip especially on I-95 or the Florida Turnpike. It's lovebug season.

For about four weeks twice a year (May and September) the adult lovebugs emerge in large numbers to mate and how lucky are we that in south Florida there may also be a third flight in December. The December event is usually a lot smaller. The male and female black insects join and fly together and then the female deposits her eggs in swampy areas. There, the developing larvae feed on decaying matter such as dead vegetation. The adult lovebugs feed on nectar produced by flowers. The flying insects do not have many natural enemies because of their acidic taste but the larvae are susceptible to various parasitic fungi and dry weather.

Although they do not bite or sting, lovebugs are still considered a pest or nuisance because they tend to swarm in large numbers around highways. As a result, cars are usually covered with these insects after driving a few miles. If their carcasses are left on the auto for a few hours, the remains are very difficult to remove. In addition the dead lovebugs and eggs cases are very acidic and if not removed, may cause damage to the finish of the automobile.

Get the buckets and sponges out. You'll be needing them.





# Pharmacy Topics

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

## WHICH ALLERGY PRODUCT IS RIGHT FOR YOU?

Seasonal allergic rhinitis (also known as hay fever), as you might expect from the name, is associated with specific seasons of the year. Tree pollen, for example, typically peaks in spring (generally from March to June). Of course, the exact timing may vary based on geographic region and climate conditions. Outdoor mold allergies begin in early spring and occur more often in areas of increased dampness. With allergy season upon us, you may be seeking an over-the-counter (OTC) product for allergy symptom relief.

Allergic rhinitis (AR) is a very common ailment – and affects up to 30% of adults and 40% of children in the United States annually. Most develop AR before the age of 20. Because the symptoms of AR interfere with our daily activities, this condition results in over 20 million doctor appointments, 125 million days of reduced productivity, over 3 million missed work days, and 2 million missed school days every year.

AR is characterized by one or more of the following symptoms: nasal congestion, rhinorrhea (runny nose), sneezing, and itching. Ophthalmic symptoms include red, itchy, and tearing eyes. AR may also be associated with comorbidities, such as asthma, sinusitis, otitis media, and sleep apnea. Quality-of-life issues associated with AR include sleep disturbance, irritability, depression, productivity loss, slowed psychomotor response times, impaired learning and decision making, and fatigue.

### Antihistamines are the first line of treatment

Many sufferers can appropriately treat allergic rhinitis symptoms with an OTC antihistamine medication. These products work by down-regulating the amount of histamine in your body – which is responsible for the symptoms described above. There are many products on the market with differing properties. Some are fast-acting, some are non-sedating, and yet others are more long-acting.

Both first- and second-generation antihistamines alleviate AR symptoms or other upper respiratory allergies and are readily available in OTC preparations. The first generation OTC antihistamines include diphenhydramine (e.g., Benadryl®), chlorpheniramine (e.g., Chlor-Trimeton®), and clemastine (e.g., Tavist®). They were the first products on the market and are very effective – however, most of them are associated with somnolence (drowsiness and sedation) – making them undesirable for daytime use. Thus, the second-generation antihistamine products were born.

Second-generation antihistamines include fexofenadine (Allegra®), loratadine (Claritin® and Alavert®), and cetirizine (Zyrtec®). Because some second-generation antihistamines are less likely to cross the blood-brain barrier than first-generation antihistamines, they are associated with fewer nervous system effects, such as drowsiness. For this reason, second-generation antihistamines are often referred to as “non-sedating” antihistamines. Since these newer products have now dominated the market, these will be the focus of the remainder of this article.

### Second-Generation OTC Antihistamines

Second-generation OTC antihistamines are available in a wide variety of dosages for adults. They are also appropriate for use in the pediatric population. Allegra®, Claritin®, and Zyrtec®, are FDA-approved as liquid formulations for use in children two years and older. Please see the chart on the next page for a comparison of these products.

### ***Efficacy in AR Symptom Relief***

All three of the second-generation OTC antihistamines are very effective in providing symptom relief for: runny nose, sneezing, itchy & watery eyes, and itching of the nose or throat. They also all provide combination formulations that include a decongestant component (i.e., Claritin D® = combination of loratadine and pseudoephedrine), which adds relief from nasal congestion and sinus congestion and pressure.

Most studies confirm that all three drugs are comparable in their effectiveness to treat allergic rhinitis symptoms. Results from clinical studies indicate that fexofenadine (Allegra®) and cetirizine (Zyrtec®) generally have a *quicker onset of action* than loratadine (Claritin®).

### ***Side Effects & Label Warnings***

In general, the second generation antihistamines have less drowsiness and sedation associated with their use versus the first generation products. However, this varies even among second-generation products. Be careful about the “non-sedating” advertising pitch. Some patients taking cetirizine may experience sedation even at recommended doses – and the labeling information for cetirizine indicates that “drowsiness may occur” and to “be careful when driving a motor vehicle or operating machinery.” Patients taking cetirizine should also avoid alcohol, sedatives, and tranquilizers, as they may increase drowsiness. At higher-than-recommended doses, sedation can also occur with loratadine. Fexofenadine, even at higher-than-recommended doses, is the only one that has not been associated with sedation.

Other warnings include that “Pregnant or breastfeeding women should seek their physician’s advice prior to taking any antihistamines.” All three medications are contraindicated in patients with kidney disease. Loratadine and cetirizine also have warnings about usage with liver disease.

**Of course, you should always consult with your doctor before adding any new medications to your drug regimen.**

## **Comparison of Second Generation Antihistamines**

	<b>ALLEGRA® (fexofenadine)</b>	<b>CLARITIN® or ALAVERT® (loratadine)</b>	<b>ZYRTEC® (cetirizine)</b>
<b>Adult Dosage*</b>	180mg once daily (24-hour formulation); or 60mg twice a day (12- hour formulation) **	10 mg once daily **	5 to 10mg once daily **
<b>Adult Dosage Forms</b>	Tablets	Tablets, Liqui-Gels, and RediTabs	Tablets and Liquid Gels
<b>Select Warnings</b>	Ask a doctor before use if you have kidney disease.	Ask a doctor before use if you have kidney or liver disease;  Sedation can occur at higher-than-recommended dosages.	Ask a doctor before use if you have kidney or liver disease. In clinical trials, 14% of patients taking ZYRTEC® 10 mg reported somnolence.
<b>Other Considerations</b>	Do not take with aluminum or magnesium antacids. Do not take with fruit juices.		Avoid alcohol, sedatives, and tranquilizers.
<b>Other Benefits</b>	1 hour onset of action; Not associated with drowsiness; Children’s Oral Suspension available	Claritin has children’s syrup available	Children’s Chewable tablets and Syrup available

\* See individual package inserts for children and pediatric dosing

\*\* If pregnant or breast feeding, ask a health professional before use



## Big Brothers Big Sisters of Palm Beach and Martin Counties, Inc.

### Spend a Little Time...Make a Big Difference

By Jeanie Flanagan

Being a Big Brother or Big Sister is one of the most enjoyable things you'll ever do. Not to mention, one of the most fulfilling. You have the opportunity to help shape a child's future for the better by empowering him or her to achieve. And the best part is, it's actually a lot of fun. You and your Little can share the kinds of activities you already like to do.

Play sports together. Go on a hike. Read books. Eat a pizza with extra anchovies. Or just give some advice and inspiration. Whatever it is you enjoy, odds are you'll enjoy it even more with your Little—and you'll be making a life-changing impact.

Volunteering just a few hours a month with a child can start something amazing. So why not apply to be a Big today. There are kids out there ready to get started. Are you?

Right now there are over 275 children waiting to be matched in the Palm Beach and Martin Counties.

Call or visit us online today!

**Big Brothers Big Sisters of Palm Beach and Martin  
Counties, Inc.**

5033 SE Federal Hwy, Stuart, FL 33497

772.283.8112



My Dad, Mac, is 95 years old, still plays golf, and we go to the Martin Memorial Wellness Center three days a week. Colleen loves teaching at Martin County High School.

### Three Generations Living in Hobe Sound By Cindy Sullivan

My Dad is very good at picking homes. He picked Hobe Sound some thirty years ago and we loved vacationing with him here over many years. Ten years ago we settled here in Hobe Sound's Retreat on a recommendation from Dad and now my daughter is actively hunting for a house to call home here in the Seabranche area. That's three generations here in Hobe Sound, Florida! So, if you are thinking of selling your home, please give us a call.

Spring has arrived, and although it's very different than the spring we remember having moved here from the northeast, it's that time of year that we make plans with other volunteers for our MCAC Artificial Reef Builders Fishing Tournament. It's a fun event that we help with every year. I've had a chance to see how hard our county employees work for us and donate their time. When you get a chance to do volunteer work (and it IS work) with great people, the work turns to fun! We have a new website this year that we are really proud of, so please visit us there at [www.MCACreefs.org](http://www.MCACreefs.org).

Since we never do just one job, volunteering comes with crazy job titles and mine changes almost weekly! This job also involves editing videos of deep underwater dives by Kerry Dillon, Sea Rover Services, who is an important part of the artificial reef program. I've worked on video for both natural and artificial reefs. It was an honor to work on The Kyle Conrad Memorial Reef. When you visit the MCAC website, you can watch an incredible video of an octopus (under 'fun videos'). My grandchildren were fascinated with what the octopus does to the camera!

Martin County's artificial reef website is [www.MartinReefs.com](http://www.MartinReefs.com) where you can see a "fish eye view" of the county's reefs, and so much more. Be sure to check under "KIDS" for puzzles and games.

The tournament is held at FINZ Waterfront Grille and if you don't have a boat... you can fish on the Safari I Deep Sea Fishing Charter. So, save the date and join us on Saturday, July 7, 2012, if you like fishing and having a good time. This year, three generations will be volunteering for the MCAC Artificial Reef Builders Fishing Tournament. No, we aren't fishermen . . . but we do enjoy freshly caught fish!

We love living in The Retreat!  
3707 SE Big Bend Terrace  
772.545.8530

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

**By Bill Cole**

1. ValleyCrest continues to improve the landscaping in The Retreat and on Seabbranch. Irrigation systems on both properties are still being fine tuned. Sod replacement plans will begin when rainy season gets started in June.
2. Primary elections will be in August for Martin County, Florida and National elected offices. Please get involved, study the candidates and vote. If you are not registered to vote, please do it now.
3. Our finances are strong and everything is operating according to plan. You can now see year end and quarterly financials for The Retreat on the website.
4. To keep up to date on Retreat happenings, check the website, Channel 63, E-mail blasts (do we have your E-mail address?), bulletin board and of course our Newsletter. Board Members are available to you by phone or E-mail. We want to hear from you.
5. To our seasonal members, enjoy your summer. See you in the fall.

**YOU CAN REQUEST AN ABSENTEE BALLOT TO CAST YOUR VOTE IN THE PRIMARY ELECTION ON AUGUST 14TH AND IN THE GENERAL ELECTION ON NOVEMBER 6TH. TO REQUEST YOUR ABSENTEE BALLOT, CALL THE SUPERVISOR OF ELECTIONS OFFICE AT 772.288.5637. YOU MUST GIVE THE ADDRESS TO WHICH YOU WANT THE BALLOT SENT. NO BALLOT WILL BE FORWARDED FROM YOUR LOCAL ADDRESS.**

**THE UPCOMING ELECTIONS ARE VERY IMPORTANT FOR OUR COUNTY, STATE AND NATION AND YOUR VOTE IS IMPORTANT.**



## **COMMUNICATIONS COMMITTEE**

**[www.retreatatseabbranch.com](http://www.retreatatseabbranch.com)**

**By Lill Malinowski**

For those of you that have not surfed our community's WEB site lately, [www.retreatatseabbranch.com](http://www.retreatatseabbranch.com) is full of important and interesting information. The home page lists all the recent e-mail blasts and has a link to journals that have articles about the Retreat. There is also information about the Retreat Assistance Network (RAN) and how to purchase Retreat logo Items, cookbooks and license plates. There is an aerial photo of the Retreat as well as a map that can be printed.

At the top of the home page, you can click on the following titles (Administration, Information or Resident Activities) to display links to the pages listed:

<b><u>Administration</u></b>	<b><u>Information</u></b>	<b><u>Resident Activities</u></b>
Board of Directors	Newsletter	Committees
Minutes BOD	Calendar	Relay For Life Team
Financial Reports	Helpful Hints	Retreat Assistance Network (RAN)
Manager	Rules, Regulations & Standards	Women's Club
HOA Forms	General Information	Retreat Showcase
HOA Guidelines	Links	Volunteers
		Home

Thank you to Gene Gillis for his time and talent!



## **2012 RETREAT DIRECTORY**

**By Coni McGuinn**

The 2012 Retreat Directory is available for pick-up at the manager's office during regular business hours.

## WOMEN'S CLUB OF THE RETREAT

By Mona Wiley

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

"Gators love blondes, so hang on!" That's what Captain Wayne said on our recent airboat ride on Big Cypress Lake. All the blondes returned. No one lost appendages, and all 20 of us – blonde or not -- had a fabulous and informative ride. Blue Herons, Egrets and Osprey were nesting, as well as gators. The baby gators were camouflaged, but we spotted about a dozen. Doesn't everyone look like they're having FUN?

April 16<sup>th</sup> was a special evening for the members of the Women's Club. The new slate of officers was installed with the 4-candle lighting ceremony. **Marlene Boobar** will serve as President with **Mickey Vernacchio** as Vice-President. **Gerri Strong** will be Treasurer, and **Emily Mussatto** and **Jean Scerbo** will be Co-Secretaries. Congratulations and a big thank you to them for their willingness to serve as our board for the next year. Outgoing officers were honored, as most have served for more than two years. We are entering the 10<sup>th</sup>

anniversary of the establishment of the Women's Club at The Retreat. Many lunches have been consumed, recipes tested, friends made and community support established in those years. House of Hope has received more than 18,000 pounds of food from the Retreat.

**May 11<sup>th</sup>** will be the last event of the season. It will be at **Duffy's at noon** in their private room, and you can have your own checks! We will still have a meeting the **21<sup>st</sup> of May**. Wander in at 6:30pm and enjoy some delicious nibbles and visit with others. **Susan Barton** will speak briefly on dog training/ownership. Throughout the summer we will have lunch and/or dinner get-togethers, so watch the bulletin for dates and locations.

It's about that time again when many of you will head north. **You are wondering what to do with your food in the pantry??** Please bring your canned or boxed food to the basket in the mail room. If you can't do that, call Dotti Wurster (546-3248) and she or her husband will come and pick it up. The House of Hope has come to depend on the consistency of the Retreat food donations. Thank you!

Safe travels to all and best wishes for a wonderful summer! See you all back safely in October with new leadership, a new meeting format and new events.



Installation of the 2012—2013 officers of the Women's Club of the Retreat by outgoing President Bettyann Dixon: President Marlene Boobar, Vice-President Mickey Vernacchio, Co-Secretaries Jean Scerbo and Emily Mussatto, Treasurer Gerri Strong



From left: Helen Larcom, outgoing Membership Chair for 6 years; outgoing Vice-President Mona Wiley; Outgoing Treasurer Margaret Dara



Past Presidents Karin Ryan, Mark Paukstys, Joanne Estes



Past Vice-Presidents Mary Regan, Nancy Kisslinger, Martha Tarquine



Past Secretaries Mary Regan, Carol Stone



Past Treasurers Virginia Darcy, Nancy Kisslinger



Special treats to celebrate the installation of the new officers and the 10th anniversary of the Women's Club of the Retreat. Baked by Joanie Sofia with decorating helpers Lois McGill, Gerri Strong and Marlene Boobar.

The pedals were cut up mini marshmallows - then dipped in colored sugar; topped with jelly beans.

## Women's Club of

*The Retreat*

**New Membership** year ...

**April 1<sup>st</sup> to March 30<sup>th</sup>**

Dues of \$25 is payable to:

*"Women's Club of the Retreat"...join anytime!!!*

Seasonal (**Activity**) year...

OCTOBER - MAY

October	November	December	January
February	March	April	May

Members can expect Monthly:

Meetings, Luncheons, Events & Activities

during the Seasonal **Activity** Year!

*The objective of the club is to promote social, educational, cultural and charitable activities*

*in our community.*

*The Women's Club is about:*

*building and maintaining caring relationships*

*with other women.*

***Please join us!!***

Meetings are held at the Clubhouse

**7:00 PM**

3<sup>rd</sup> Monday of the month

*(Come just after 6:30 PM and enjoy refreshments before the meeting ☺)*

**Activities posted:**

**[Mailroom](#), [Newsletter](#), Ch. 63**

**[www.retreatatseabranh.com](http://www.retreatatseabranh.com):**

**Resident Activities (Women's Club)**

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

## WOMEN'S CLUB MEETING

Monday, May 21<sup>st</sup>



## Care and Training of Your Best Friend!

Our own Retreat Resident,  
Susan Barton

will speak to dog owners and all dog  
lovers about our very favorite fury  
friends.

All Welcome!!

*Not just for dog owners....please join us!!*

Refreshments

**Doors open at 6:30 PM**

**Captain Wayne's Air Boat Ride  
Big Cypress Lake, Vero Beach**



Osprey family with two chicks



Owl



**BECAUSE OF YOU...**

By Kay Bowen-Smith

Because of you... the **Women's Club of The Retreat** has collected almost 20,000 pounds of FOOD for **The House of Hope** which has provided well over 18,000 meals for the hungry of Martin County. This generous outpouring from The Retreat residents has surpassed our wildest expectations. Your generosity has been overwhelming.

**George and Dotti Wurster**, who have spearheaded this drive, especially want to thank all the ladies who so graciously volunteered their time and energy to shop for specific foods that help fill the needs of the House of Hope's program. Approximately \$100 per month is donated by the Women's Club and is very much appreciated. They also want to acknowledge the number of anonymous donors who give cash to support this drive.

The steady outpouring of food delivered to the mailroom has been truly generous. The surge that comes when "snowbirds" leave and empty their cupboards is always welcome. If help is needed to transport food to the mailroom, pickup is available by calling the Wursters, at 546.3248. who are always willing to come to your home to pick up the items.

Again, BECAUSE OF YOU... we are able to address the needs of many unfortunate residents who are hungry. Thank you for making this possible.



Six Members of the Women's Club of the Retreat enjoyed High Tea, along with a tour of the Flagler Museum in Palm Beach on Friday, March 23, 2012. A fun time was enjoyed by all.

## VALENTINE'S DAY SALAD LUNCHEON



## BRIDGE SCORES

By Patsy Shattuck



Here we are at the end of another great winter with all our northern neighbors. As usual we had a great time and a lot of fun on Tuesday afternoon. The offer still stands if you would like to join us, call Patsy Shattuck at 546.2011.

I would also like to take this opportunity to "thank" our wonderful staff that puts our Newsletter together so promptly and for all the information they provide. We do appreciate all your endless work but don't always say so. So a big "THANK YOU" from all of us.

### February 7, 2012

- 1 – Kay Bowen-Smith
- 2 – Lena Rublowsky
- 3 – Alan Shattuck
- 4 – Carol St. John
- 5 – Gerri Strong

### February 14, 2012

- 1 – Sue Lynn
- 2 – Stan Rublowsky
- 3 – Lena Rublowsky
- 4 – Emily Mussatto
- 5 – Laura Rothman

### February 21, 2012

- 1 – Steve Strong
- 2 – Peggy Johnson
- 3 – Kathy Majewski
- 4 – Alan Shattuck
- 5 – Carol Flynn

### February 28, 2012

- 1 – Gerri Strong
- 2 – Steve Strong
- 3 – Lena Rublowsky
- 4 – Kay Campbell
- 5 – Muriel Barry

### March 6, 2012

- 1 – Alan Shattuck
- 2 – Steve Strong
- 3 – Alice Bernhardt
- 4 – Lena Rublowsky
- 5 – Stan Rublowsky

### March 13, 2012

- 1 – Sally Troiani
- 2 – Barry Mussatto
- 3 – Emily Mussatto
- 4 – Jeanne Sopelsa
- 5 – Sue Behn

### March 20, 2012

- 1 – Sue Behn
- 2 – Sue Lynn
- 3 – Sally Troiani
- 4 – Patsy Shattuck
- 5 – Kay Campbell

### March 27, 2012

- 1 – Anne Falcone
- 2 – Lena Rublowsky
- 3 – Kay Bowen-Smith
- 4 – Sally Dunmire
- 5 – Stan Rublowsky

# RELAY FOR LIFE

## RELAY FOR LIFE FISH TALES

By Anne Mojo

On April 15<sup>th</sup>, renowned angler and Retreat resident, **Captain Norm Isaacs**, regaled a crowd of 35 Retreat supporters of the **American Cancer Society's Relay for Life Team** ("The Retreat Remembers") with tales of big game fishing adventures. Drawing on 25 years of charter boat fishing experiences, Captain Isaacs related stories of seeking and catching Marlin, Sailfish, Swordfish, Wahoo, Mahi Mahi and Tuna.

His professional fishing career began about 40 years ago on the Bass fishing tournament circuit. One day he ventured out into the open ocean and hooked his first big fish, a 400-pound Marlin. Although the fish got away, he was hooked on big game fishing from then on.

After running a charter fishing boat out of Kona, Hawaii for 4-5 years, he was cajoled into filming a series of TV shows based on his 225 days a year fishing trips seeking big game fish. The rest is history. Starting on a small TV station in Hawaii and then in Florida, it was not long before the sports networks picked up the show and for 17 years he was a prominent fishing host for ESPN, followed by a 2-year stint on Fox TV. His new series of shows is currently scheduled for broadcast on NBC this coming fall.

The **Relay For Life** crowd enjoyed a selection of pizzas donated by **Stevi B's Pizza Buffet** at Cove Road and Federal Highway in Stuart, and several other appetizer items donated by **Relay for Life Team** members.

The event raised over **\$600** from ticket sales,

donations, and from the 50/50 chance drawing. The winner of the \$50/50 chance drawing was **Dan Wiley**. All proceeds raised by the team were donated to the **American Cancer Society**.

The **Relay for Life Team** is especially appreciative for the support shown by the Retreat attendees and volunteers, Stevi B's Pizza, and Joe Rosetta's son, Rick, for video recording the program. Most of all we are grateful to Captain Norm Isaacs for presenting his fascinating and riveting tales from the sea.



Above: Norm with event chair Joe Rosetta

Right: Captain Norm Isaacs

Below: Al Jacobs and Paul Larcom

Norm and Otto Vernacchio



## RUNNING FOR BOB

By Becky Freedman

"**Running For Bob**" participated in the 2nd annual **Riverbend 5K Green Run**, held Saturday, February, 25th at Riverbend Park in Jupiter. More than 500 runners were met with zero visibility fog banks, saturating the air with moisture, followed by a cold driving rain, and winds. Conditions did nothing whatsoever to dampen spirits, and the music blared on as runners sped through the most glorious of wooded preserve and waterway trails. It was one fantastically energizing experience!

"Running For Bob" is honored to be a part of the Retreat Remembers..Relay For Life team. We celebrate the human spirit of those who battle cancer, and the memories of all lost to the disease. We accept pledges and donations. All proceeds go to the American Cancer Society.

"Running For Bob" dedicates this race to the memory of **Dr. William Hewson** of Stuart, FL, beloved physician and devoted family man, lost to our world this past January. Dr. Hewson's kind and gentle spirit will remain forever in the hearts of all who knew him.



## DUFFY DAYS

Thanks to all those that participated in our Relay For Life (RFL) Duffy Days. For all the Tuesdays in March ALL DAY LONG, Duffy's of South Stuart donated 10%

of the bills prior to taxes to the American Cancer Society for those folks that turned in a special RFL flyer with their bill. We raised **\$241** for just eating and received double points on our Duffy's MVP cards!!! This is our easiest fundraiser. This is our 6th year that we have been doing this. We received from Duffy's almost **\$2,000** in total.

We thank Duffy's of South Stuart for their continued support in our fight against cancer.

## SIMPLE SUPPER

By Lill Malinowski

On Sunday, February 26th, our Relay For Life Team hosted their second annual Simple Supper. For those attending this event, it was anything but SIMPLE. This event was chaired by **Helen Larcom** who did a fantastic job. There were many helpers—soup and dessert chefs, salad assemblers, ticket sellers, servers, setup and cleanup crews, decorators, and more. There were seven different homemade soups:

BEEF MUSHROOM BARLEY by Coni McGuinn

BLACK BEAN PUMPKIN by Anne Cole

CHEDDAR CORN CHOWDER by Wally Malinowski

ROSE'S CHICKEN by Becky Freedman

CABBAGE/BACON AND GORGONZOLA CHEESE by Carol Flynn

LENTIL WITH SAUSAGE by Dottie Sacco

SPLIT PEA by Brian Dixon

Our salad team consisted of Jan Kasuboske, Kay Campbell, and Lois McGill. The salad was so fresh and crunchy.

Freshly baked bread came from Publix and from Helen Larcom's oven—Irish Soda Bread.

Our beverage and drink servers were Carol Stone and Joan Sofia.

To conclude this "SIMPLE" meal were desserts:

DOTTIE SACCO'S RUM CAKE by Martha Tarquine

RICOTTA CHEESE CAKE, by Joe Rosetta

ONE STEP LEMON POUND CAKE by Helen Larcom

DATE BARS by Marlene Boobar

PINEAPPLE UPSIDE DOWN CAKE by Carol Stone

CHOCOLATE CHEESECAKE BROWNIES by Joan Sofia

CARROT CAKE by Joan Sofia

LEMON BARS by Joan Sofia

CHERRY NUT AND WHISKEY CAKE by Joe Rosetta

Do these recipes sound delicious? There are over 70 folks that could tell you how scrumptious everything was. Wish you had the recipes? You are in luck—Coni McGuinn, Ruth Dudziak, and Anne Cole created recipe sets complete with a pink ribbon. We are asking for a \$5 donation to have your own set of these recipes. If interested, call Lill at 545.3732.

Al Jacobs and Chuck Eschenburg were our ticket sellers for the huge gift basket which Joy Currier received from Carmine's Restaurant. Our lucky winner was Retreat resident **Winnie Cotter!!** Congratulations, Winnie! Helen also provided door prizes as well.

Most importantly this year's Simple Supper's theme was **BREAST CANCER AWARENESS**. The Clubhouse was in the PINK! There were pink roses in bud vases which were given to breast cancer survivors after the supper. Huge pink tie balloons greeted the attendees at the door. Heart-shaped PINK balloons were part of the table décor to match the PINK

napkins. The American Cancer Society (ACS) loaned us BRA DÉCOR in every imaginable shape, size and color. The ACS also provided a vast number of brochures on breast cancer and other helpful literature.

Everyone had lots of fun and plenty to eat. In addition, we raised **\$1,875** in our fight against cancer.

I thank the folks that helped us with the Simple Supper—there were many more than those mentioned here. A big thank you to all that attended this event. It was a sellout in many ways!



Picture on left: Chairperson Helen Larcom with Marianne Jacobs taking care of business in the kitchen

Picture below: Some of the workers—Joan Sofia, Martha Tarquine, Mickey Vernacchio, Al Jacobs, Dottie Williams, Marianne Jacobs, Lill Malinowski, Helen Larcom, Patricia Mahon, Paul Larcom



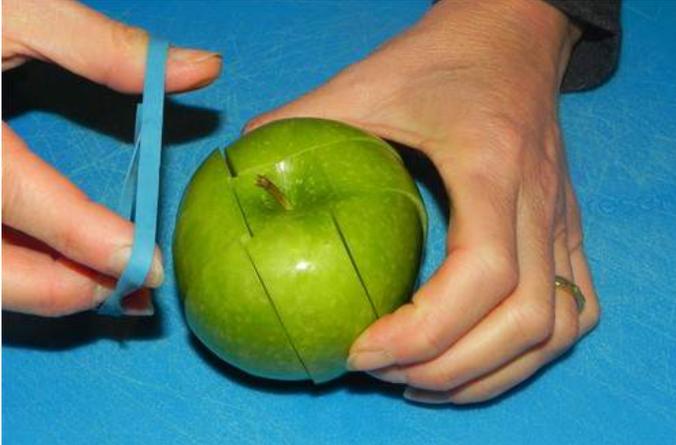
Picture above: Soup chefs and/or servers—Wally Malinowski, Becky Freedman, Mickey Vernacchio, Anne Mojo, Dottie Sacco, Anne Cole, Coni McGuinn



Picture to the left: Some of the BRA décor

## **IDEAS TO MAKE LIFE EASIER**

Why didn't I think of that?! We guarantee you'll be uttering those words more than once at these ingenious little tips, tricks and ideas that solve everyday problems.



Stop cut apples browning in your child's lunch box by securing with a rubber band.



Pump up the volume by placing your iPhone and iPod in a bowl. The concave shape amplifies the music.



**Berries, particularly super-fresh berries, are just wonderful, aren't they?**

Received from Helen Larcom

They're also kind of delicate. Raspberries in particular seem like they can mold before you even get them home from the market. There's nothing more tragic than paying \$4 for a pint of local raspberries, only to look in the fridge the next day and find that fuzzy mold growing on their insides. Here is a tip on how to prevent them from getting there in the first place.

Wash them with vinegar. A friend of mine shared this tip with me a few weeks ago, and it really, really works. When you get your berries home, prepare a mixture of one part vinegar (white or apple cider probably work best) and ten parts water. Dump the berries into the mixture and swirl around. Drain, rinse if you want (though the mixture is so diluted I find you can't taste the vinegar,) and pop in the fridge. The vinegar kills any mold spores and other bacteria that might be on the surface of the fruit, and voila! Raspberries will last a week or more, and I've had strawberries go almost two weeks without getting moldy and soft.

So go forth and stock up on those pricey little gems, knowing they'll stay fresh as long as it takes you to eat them.



## **SOLAR LIGHTS FOR EMERGENCIES**

I have a friend who used her solar lights inside at night when her power was off during the hurricane. She stuck them in a jar or bottle and said they gave off plenty of "free light." She put one in each room and would put them back outside in the daytime and bring them in at night as long as the power was off. They are safe to use and cheaper than batteries. Bring in a solar light one night and test it. Perfect for power outages, hurricanes, etc.

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<b>Communications</b>	Lill Malinowski	545.3732	wallylill@comcast.net
<b>Covenant</b>	Nick Sacco	546.0654	nicktherealtor1@yahoo.com
<b>Finance</b>	Larry Anderson	546.9357	llea22@bellsouth.net
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<b>Welcome</b>	Susan Hemmer	324.8670	syacht@comcast.net

**Retreat Activities**

*All Retreat residents are invited to take part in our Retreat Activities.*

*For more information, please call the contact person.*

<b>Channel 63</b>	Jim Morrow	545.1936
<b>First Fridays</b>	Mary Paukstys	546.8054
<b>Mah Jongg</b>	Angela Bibby	545.9195
<b>Knot Just Knitting</b>	Sandy Morrow Liz Plourde	545.1936 546.5673
<b>Poker—Men's Straight</b>	Joe Ciocia	545.9767
<b>Poker—Texas "Hold—Em"</b>	Lois & Charles Raska Lois & Otto Vernacchio	545.2733 546.7523
<b>Red Hat Society</b>	Rita Lariviere	546.9744
<b>Relay For Life</b>	Lill Malinowski	545.3732

<b>Retreat Assistance Network (RAN)</b>	Muriel Barry Alice Bernhardt Marie Ferrandino Sally Troiani	545.1919 600.5226 546.5476 872.6053
<b>Retreat Directory</b>	Coni McGuinn	545.3465
<b>Retreat Newsletter</b>	Lill Malinowski Dottie Williams	545.3732 546.3866
<b>Social Bridge</b>	Patsy Shattuck	546.2011
<b>Tennis</b>	Tom D'Avanzo	545.7229
<b>WEB Master</b>	Gene Gillis	545.9304
<b>Women's Club of the Retreat</b>	Marlene Boobar Mickey Vernacchio Gerri Strong Emily Mussatto Jean Scerbo	545.1043 546.4236 545.9963 546.2774 545.3592

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Hello Retreat Residents!

Thank you to all the contributors to this newsletter!

As in the past, there will not be a July/ August newsletter. We need a rest.

Our September/October theme will be:

**What is your best DiVosta home improvement?**

The deadline is August 15th.

Have a fun, safe and healthy summer!

Your Newsletter Staff

**Photo Credits**

Relay For Life: Carol Stone, Becky Freedman, Gene Gillis, Anne Mojo, Otto Vernacchio

Women's Club: Carol Stone, Susan Barton, Dottie Sacco

Fishing Buddies: Kathy Haines

Mah Jongg: Carol Stone

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- ✓ *Other services upon request*

**Always Accepting New Volunteers**  
**Contact any RAN Board Member:**  
**Muriel Barry, Alice Bernhardt,**  
**Marie Ferrandino, Sally Troiani**

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