



The Retreat Newsletter

November/December 2011

Volume 8, Issue 5



GREATEST GIFT EVER GIVEN/RECEIVED



IS FOR QUALITY TIME

Quality Time with Someone

By Tom and Ket Morea

Teach our children the gift of giving oneself rather than monetary gifts. Set aside plenty of time to share. Then the children's holidays and days after can be filled in a positive direction.

Many children lost Moms and Dads in these past years to severe weather in this world. Make everyday special.

GREATEST GIFTS

By Wally and Lill Malinowski



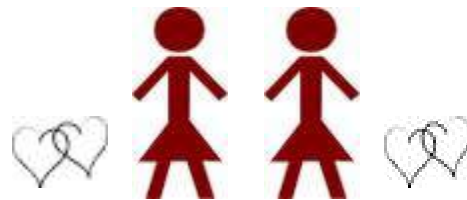
When our twin daughters were in kindergarten, they came home with a flyer for a seminar on how to pay for our children's college education. We had not even thought about that at the time. Wally went to the seminar which was given by a financial advisor. We took her advice and started a college fund for both our children. By the way, the presenter at the seminar became our financial advisor until last year when she retired.

We were recently asked what was the best gift that we gave our children. Wally immediately responded that the gift was not only our

(Continued on page 2)

Greatest Gift Given AND Received

By Marlene Boobar



The greatest gift that I have ever given and that I have received was exchanged last January. I have a wonderful husband. I have had two beautiful daughters who now each have great marriages and children themselves. I had the privilege of being at the hospital the days that my two grandchildren were born. So, I have had beautiful moments in my life which were truly gifts to me. I live in a caring community here at the Retreat. I enjoy summers in a lovely home in Maine and the list goes on. The gifts are so many, how to choose the greatest?

Last January, my sister felt some discomfort in her chest and neck area and reluctantly went to see her doctor. She was immediately sent to see a cardiologist, who scheduled a procedure which led to the insertion of a cardiac stent due to 80% blockage in a major artery. The greatest gift I have ever received is the gift of my sister's recovery. **Gerri** received another chance to have life! Had she continued to ignore these signs, she might have had a major heart attack and may not have survived, as was the case of my father. Gerri gave me another chance to enjoy her living presence and a new appreciation of our relationship.

(Continued on page 2)

(Continued from page 1) **Greatest Gift Given AND Received**

Something happened to me when I saw my sister in the hospital right after her procedure. I had been so scared for her and for me, worrying that I might have lost my dear sister and best friend. I started to research ways to reverse heart disease and found a book written by Caldwell Esselstyn, MD of the Cleveland Clinic. Right away, I began to experiment with recipes that would eliminate meats, poultry, dairy and oils. Basically, I began to try to eat more like a "vegan" and so did Gerri. We started on this path last January together and have been relatively faithful to this way of life. We have learned new recipes, attended cooking classes and continue to read health related books. Since January, Gerri and I became partners in this health journey. Because of this commitment to my health, I believe this is the greatest gift I have given back to my sister, and my entire family. There is no greater gift that I could ever give to my husband, friends and family than the gift of a healthier me!

(Continued from page 1) **GREATEST GIFTS**



children's college educations but the fact that they were free of college educational debt. Both had enough money left over to lease/buy new vehicles.

Last year we have been blessed with a wonderful grandson, Landon. Needless to say, we have already started his college education fund. For holidays and birthdays, he receives a small gift and a large donation to his college fund. His aunt and uncle contribute as well. Life is good.

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



Natives in the Yard Caribbean Crazy Ants

By Dottie Williams

Have you seen those trails of ants marching up and down the sidewalk, driveway or maybe even on your lanai? We certainly have at our house. Our lanai/ porch has been covered with them for the past six months. Thank goodness they are not in the house. They are **Caribbean Crazy Ants**.

Although not native to the United States, these ants have been in Florida for quite a while but not in the numbers that that have been seen in the past few years. Called "crazy ants" because of their quick and erratic movement, these insects nest just about anywhere from soffits of houses, cracks in cement, under potted plants to underground electrical conduits. Their diet consists of dead insects, seeds, fruits, garbage and any household food.



Although they do not bite or sting, they certainly are a nuisance. Because they reproduce in such large numbers, it is not easy to do away with them. When they scavenge for food, hundreds of thousands of ants go on the hunt. It is truly an infestation.



After spraying almost daily, putting granules in the ground outside our lanai and regular visits from our exterminator, we think we are winning the battle.

We are vacuuming up thousands of dead carcasses as opposed to hundreds of thousands. We are also seeing less ants scurrying around on the lanai floor. It's just one of the things you have to deal with when you live in beautiful tropical Florida.

Additional note: Remember those strange creatures in the lake on SE Retreat that I wrote about a few newsletters ago? Dave and I were camping up at the St. Lucie Locks and we spotted them again in the St. Lucie Canal. After viewing the exhibits at the Visitor's Center and talking to the Naturalist, we've decided they definitely were **Tilapia**, a fish not native to Florida.





Women's Club Event



Welcome Back Brunch!

Friday, November 11th

10 AM

Retreat Clubhouse



Please sign up in mail
room

ALL ARE WELCOME

WOMEN'S CLUB OF THE RETREAT

By Mona Wiley

WHAT'S GOING ON AT THE WOMEN'S CLUB???

Well, a quiet, hot summer has passed and **WELCOME** back to all those who were away. Welcome back also, to those we have not seen, because we have all been sheltered in our homes from the heat.

October 17th was our first meeting of the season and we discussed the changed by-laws. Also in discussion was nomination of officers for the following year. If you have an interest in serving in any of the positions open, please speak to any of the present officers. This slate will all be rotating off in April of 2012 and we need some leaders to pick up the baton.



The Women's Club meets every 3rd Monday of the month at 7:00pm. In November we will feature **Ranger Jay Mann** who will speak about the Atlantic Ridge State Park, which is behind us. Points of interest will be wild life, hiking trails and the effect of fire on the area - even controlled burns.

The first weekend of December is tree decorating time. Think about helping to decorate the Clubhouse and enjoy fun and laughter and a pizza party!

We welcome all the ladies in the Retreat to come to the Women's Club. It's an opportunity to participate in events together, have lunch or dinners together, meet new people, hear about our interesting little town, and serve our community. Participating members welcome you!



**HAPPY
ANNIVERSARY
DAVE AND PATTI
GREAVES!!!**



CDC Warning: Over-the-Counter Topical Antibiotic Treatments

There is always a wealth of new information publicized about medical/pharmacy topics – so, I always have a variety of ideas for newsletter topics. Once in a while, though, the information is especially serious. This is the case for this month’s topic on the Centers for Disease Control and Prevention (the CDC) warning regarding over-the-counter topical antibiotic treatments (i.e., Neosporin®, Polysporin®) because they are so commonly used in the household.

We have all heard the warnings about the overuse of oral antibiotics – which can lead to the problem of resistant bacterial strains. This past month the CDC reported that the frequent and excessive use of **topical** over-the-counter anti-bacterial preparations in the United States is likely the cause of a new, antimicrobial resistant strain of MRSA (methicillin-resistant Staphylococcus Aureus) called “**USA300.**” As the name suggests, the USA300 pathogen is unique to the United States. This is due to the fact that these antibiotic creams and ointments are rarely used outside North America. These organisms are now also resistant to topical antibiotics as well.

MRSA generally causes skin infections. This infection is especially challenging to treat because it is resistant to so many common anti-bacterial treatments like penicillin and amoxicillin. For some people, this infection can be deadly. A recent report indicated that infection with MRSA resulted in 278,000 hospitalizations and more than 18,000 deaths. An estimated 1.5% of the U.S. population --over 4 million individuals – are now carriers of this bacteria.

In the past, MRSA infections have presented a problem in hospitals, nursing homes, and other health care facilities. This new strain of MRSA, the USA300 strain, can be acquired and spread via community settings – like homes, gyms and other athletic facilities. Children may be more exposed than in the past.

MRSA spreads readily via physical contact. This includes person-to-person contact and also person-to-infected object contact. The best treatment is PREVENTION – which requires good hygiene. The CDC encourages people not to share items that come in contact with the skin such as towels, soap, razors. It also advises to shower or wash immediately after using shared equipment like weights and/or other exercise equipment (see the box below for more tips to help prevent MRSA infection).

Infection with MRSA may look like a spider bite, blister, boil or pimple. It can be swollen and red, and may often be sore and contain pus. If you have an infection that is not responding to topical over-the-counter antibiotics, you should seek medical help immediately to prevent complications and further spread of this infection.

For a more comprehensive overview of MRSA infection, including the symptoms, causes, diagnosis and testing, and the treatment of this infection, please go to the CDC website: <http://www.cdc.gov/mrsa/>.



TIPS TO HELP PREVENT MRSA INFECTION

- 1 Wash both hands with soap and water -- thoroughly and often.
- 2 Clean gym and sports equipment before use.
- 3 Keep cuts and scrapes clean and covered with a bandage until healed.
- 4 Do not touch other people’s wounds and/or bandages.
- 5 Suspect clothes should be washed with hot water and laundry detergent.
- 6 Do not share personal items (i.e., towels or razors).

NEWS FROM OUR BOARD OF DIRECTORS

By Bill Cole

- ✓ Some of our seasonal residents are back...welcome to you. Hope you had a pleasant summer. Fall is here...the weather is beautiful.
- ✓ We were able to hold the line again on budget increases. ***There will be no increase in your HOA fees for 2012.***
- ✓ Soon you will see an additional new treadmill in the gym and a new flat screen TV in the Clubhouse.
- ✓ Mulching will be done in January.
- ✓ The holidays are fast approaching and once again we are collecting for the workers who keep our community looking so great. If you wish to contribute, please drop off your donation at the Management Office with Ron before **December 15th**. Thank you for your continued generosity.
- ✓ Thank you all for your help and support. Call us with suggestions. We welcome your input.

GARBAGE COLLECTION

**Our regularly scheduled pick-ups are:*

Monday ~ garbage

Wednesday ~ yard clippings

Thursday ~ garbage and re-cycling

Please do not put garbage, trash or clippings out to the curb until the morning of the pick-up day.

Please use a garbage can or heavy duty plastic bag.

If you see your neighbor's can still out at the end of the day, please, be a good neighbor and pull it up to his/her garage door.

**If Monday is an official holiday then all pick-ups advance one day for the entire week. (i.e. Tuesday, Thursday and Friday)*

Information from the Retreat Board of Directors and the Property Manager

Now that we are welcoming back our seasonal and summer-vacationing community members, we want to remind everyone of the following. These items require all residents' attention and the management has been directed to pay close attention also.

1. Do your **driveway, rear deck, walls, sidewalks and two-sided blocking wall** need power washing? Please check them for dirt, algae, grey streaking, water stains, etc..
2. It is a violation to plant **fruit trees** in the ground but they may be placed in pots on rear screened lanais. Planting any trees on your property requires Architectural Control Committee (ACC) approval and they do not approve the planting of fruit trees.
3. Following the freezes and frosts of the past two winters, some **plants** were weakened and died. About 90% were saved by a "hard cut." Those that are now dead and on private property must be replaced by the homeowner. Please see the documents relating to this subject on our website (in particular the Zero Lot Line and plants documents).
4. **Water Conditioners:** New installations may not be placed in the Zero Lot Line area. They must be connected into the sewer in the laundry room area or the outside waste cleanout trap. We understand from South Martin Regional Utility, our water company, that a new and much improved water filtration plant/system will go on line in January, 2012. They have informed us that this may negate the need for having a water conditioner and even may adversely affect the efficiency of an existing water conditioner.

The above items relate to the general maintenance of homes and maintaining the community-wide standards that keep our community looking good. More detailed information can be found on our website, www.retreatatseabbranch.com. From the home page, click on the [Information](#) tab and then look at the [Rules Regulations & Standards](#) topic and the [General Information](#) topic. All items should be printable and you can also get this information from Ron, our Property Manager.

2012 RETREAT TELEPHONE DIRECTORY FORM

If you are not currently listed in the 2011 Telephone Directory and wish to be listed in the 2012 Directory, please fill out the form below. If you are currently listed in the directory and would like to update it, please fill out the form below with the updated information. **Please sign the form** and place it in the Drop Box in the Property Management Office located in the Clubhouse or mail it to Retreat Homeowners Association, 8700 SE Retreat Drive, Hobe Sound, FL 33455, ATTN: Communications Committee **no later than February 1, 2012.**

List your information exactly as you want it printed in the Directory.

PLEASE PRINT CLEARLY

LAST NAME(S) _____

FIRST NAME(S) _____

(For example: Jane and John)

RETREAT ADDRESS _____

TELEPHONE _____

CELL TELEPHONE (optional) _____

EMAIL ADDRESS (optional) _____

*Signature

*Signature

*Signature(s) are required to have information published in the Directory.

DISCLAIMER: Information contained in Directory is confidential and not for dissemination outside the Retreat community

REMEMBER TO RETURN THIS FORM BY FEBRUARY 1, 2012

News from Our NEW OneSource Property Manager

By Holly M. Chichester

It's been a whirlwind two months (plus!) since I assumed the landscape project manager helm here at The Retreat. I began my tenure with several weeks of evaluation--both the property and the crews. We've worked through each property and green space and I am pleased with the progress we've made thus far. We've made some pruning and mowing schedule shifts and had a few "teachable moments" along the way--all necessary steps as we move forward.

With the cooler months ahead, the pruning schedule will remain the same, but the mowing schedule will revert to every other week, freeing up that crew to address several other key landscaping efforts on alternate weeks. Projects such as reducing the height and width of our very mature "Philodendron selloum" plantings throughout the property (most found in rear yards and behind pool enclosures) are a priority. Many folks refer to them as "elephant ears" or cut-leaf Philodendron, but whatever you may call them...they need a haircut!

Palms will receive their official trim in January and February--any trimming done thus far was simply to remove dead fronds or offending seed pods. Also, working with the Retreat HOA, we look to enhance plantings in several common areas.

As with many aspects of nature, landscapes are an evolving entity--a perpetual work in progress. They mature and shift like all living things, so it's my goal to make sure our horticultural practices keep up. There will always be Philodendrons to trim, ant mounds to tackle and palm fronds to address, and the crews and I genuinely appreciate your patience as we make some changes and maintain our schedules, ultimately striving to keep The Retreat a place to which you love coming home each day.

While my focus has been to recapture an appropriate and horticulturally sound aesthetic throughout the property, meeting the residents has been the true highlight. Everyone has been welcoming and positive--and I am grateful. I look forward to meeting all of you--and your landscapes--over the coming months.

Holly Chichester is an ISA certified arborist, FNGLA horticulturist and has a Bachelor's degree in Horticulture from Virginia Tech. A Virginia native, she has been living and working in Florida since 2005.



The Retreat Social Committee

Invites you to attend

The Annual

***CHRISTMAS DINNER
DANCE***

Wednesday, December 7, 2011

Lost Lake Country Club

Cocktails: 6:30 PM

Dinner and Dancing:

7:30 - 11:30 PM

Music by: DANCE N SOUND

Tickets: \$56 per person

Sign up: November 12, 2011

Retreat Clubhouse

10AM to 12PM

**Table Reservations may be
made**

Contact: Lena and Stan Rublowsky

546 – 1316





By Lill Malinowski

The Retreat Remembers... Relay For Life Team is all set with our fundraisers. The first one will be our **Holiday Fair and Chinese Auction** which will be held on Sunday, November 6th at our Clubhouse. See the flyer on this page for more details. We will also be selling Retreat logo items, 2012 Enjoyment Books, a chance drawing for a quilt, and many other holiday gift items. There will be a Flourless Bake Sale as well. Come and have fun and get a head start on your holiday shopping.

Sunday, December 4th, will be our annual **Holiday Home Tour**. This is our 7th Tour! Several residents in the Retreat will open their homes and their hearts to raise money for the Relay for Life. This tour will give people a chance to see and share some ideas in not only holiday decorating but great ideas in enhancing our DiVosta homes.

We will be hosting another **Simple Supper** on Sunday, February 26. We had a wonderful turnout last year so we hope you can join us.

Check the mail room and Channel 63 for details on these events. Thank you for joining us in our fight against cancer.

QUILT CHANCE DRAWING

By Becky Freedman



From the estate of Robert and Elizabeth Kingsley, comes the donation of a hand sewn, Americana appliqué quilt, circa 1900. The dimensions are 86" x 83". The Retreat Remembers... and "Running For Bob" will be conducting a drawing for this relic, excellent condition "Celebration Quilt of Elizabeth's Blossoms, with Bud, Flower and Vine Border." Quilt colors are in fuchsia, pink and green on an antique white background. To view the quilt and purchase tickets, please attend our team's Holiday Fair, November 6th at our Clubhouse, 2-4 pm or contact any team member. Tickets are 1 for \$5 and 3 for \$10.

Tickets \$5 each. 3 for \$10. All contributions go to the American Cancer Society. Drawing will be held at Relay For Life event, April 27th. Winner need not be present.

THE VERY MERRY HOLIDAY FAIR

&

Chinese (chance) Auction

Sunday, November 6th

2:00 PM to 4:00 PM

Jewelry, Baskets, Handmade items and more!

Get your holiday gifts!!

Retreat Clubhouse

Come one, come all to the Holiday Fair!!

Sponsored by:

The Retreat Remembers Team

Relay For Life

RUNNING FOR BOB

By Becky Freedman and
Catherine/Kate Kingsley

Hobe Sound CCC Stampede 5K

"Running For Bob" participated in Hobe Sound CCC Stampede 5K at 7am on August 27th. We dedicated this morning's effort to beloved Retreat Remembers...Relay For Life team members **Joy Currier, and Martha and Bill Tarquine**. Prayers are with Joy, who recently lost her mother, **Ruby Kramer**; and with Bill and Martha as they bravely continue their journey to Bill's full recovery.

Runners were greeted by the rising sun glistening on the inlet waters along Laurel Lane; and energized by the embracing ocean breezes...life's gift.

Pine School Knight Run



"Running For Bob" participated in The Pine School Knight Run, Friday evening, October 14. This 5K was part of the school's homecoming weekend festivities. One of the loveliest settings in Hobe Sound, this property proves to be a wonderful site for 2012 Relay For Life. Rolling hills, sandy

rough cross country course proved to be challenging and invigorating. This race will be a permanent part of our annual run schedule. Lots of fun.

Our race was dedicated to team member and cancer survivor, **Joan Sofia**; a symbol of the bravery of all those who fight back. People who inspire us every day.

We are "Running For Bob," celebrating the lives of loved ones battling and lost to cancer.



MARK YOU CALENDARS

**2012 RELAY FOR LIFE
OF SOUTH MARTIN
THE PINE SCHOOL
FRIDAY, APRIL 27TH
AT 6 PM TILL
SATURDAY, APRIL
28TH AT NOON
PLEASE SUPPORT
OUR TEAM**



RETREAT ASSISTANCE NETWORK (RAN)

Alice Bernhardt and Marie
Ferrandino

RAN again arranged for the Visiting Nurse Association to administer flu and/or pneumonia vaccines to our neighbors. Sixty-seven shots were given. This is our third year coordinating this service and we hope to continue it on an annual basis

RAN is a service-oriented organization supported by neighborhood volunteers. If you are unable to drive to a medical appointment, need a prescription picked up, or need a neighbor to check in on you, give us a call and we will attempt to assist you. Call Muriel Barry (545.1919), Marie Ferrandino (546.5476), or Alice Bernhardt (600.5226). One of them will assist you. Please give us a call if you would like to volunteer.

RAN welcomes the new families to the Retreat. You will find this a very warm and friendly community.



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:

November 4 and December 2

Please mark your calendars

Thank you from Joy Currier

Thank you for your prayers, good wishes, and cards when my Mother died. Thanks to Becky Freedman for dedicating her 5K run to my Mother.



*Retreat
Tennis
Team
"Walks a
Mile in
Her
Shoes"*

By Tom D'Avanzo (Retreat Tennis)

On October 1st we witnessed an incredible feat performed by none other than the high stepping, hips a swaying fashionista in red, high heeled shoes — our beloved **Joe Perry**, tennis player extraordinaire.

He sashayed through the streets of Stuart waving to his many admirers along the way. Accompanying him for moral and physical support were resident tennis players, Tom Morea, Frank Ziegler and yours truly. Technical shoe support was provided by Sherry Perry and Mary D'Avanzo .

No doubt evidentiary proof of this amazing accomplishment would be needed so expert photographer Ben D'Avanzo was engaged to provide photos and Tom Morea has a video of the event for you doubting Thomas'. Other resident tennis players, Allison Metcalf, Merlina Madden, and John Stephens also sponsored the brave Perry so that a total contribution of **\$125** was given to **Safe Space** to benefit abused and battered women in the local area. (If you would like to learn more on how to help this worthy cause, contact resident Carol Stone at 545.2125.)

Much fun was had participating in this worthy event, and we hope the photos may inspire more to participate next year. Rumor has it that excuses of bad ankles by some (John Stephens and Tom D'Avanzo) will not be acceptable next time for donning the red high heel shoes.

If you happen to be walking by the tennis courts on a Monday, Wednesday or Friday morning, look carefully and you might see a pirouette or two being performed at the nets.



High healer
Joe Perry
getting
support
from Tom
D'Avanzo



Safe Space
supporters
Tom
D'Avanzo,
Joe Perry
and Jim
Stone



Standing: left to right--- Norm Hole, John Stephens, Joe Perry, Frank Ziegler, Nick Cocoves, Tom D'Avanzo
Kneeling: left to right--- Allison Metcalf, Tom Morea
A number of players were not present that day. Including the snowbirds, we now have over 20 players.



BRIDGE SCORES
By Patsy Shattuck

Here we go - starting another wonderful fall and winter in the Retreat. Our northern neighbors are beginning to return as the weather up north

starts to "cool." We have had a great summer—HOT but great! Our loyal players and a few new ones have had a good time. If you would like to join, call Patsy Shattuck at 546.2011.



We give thanks to the millions of Americans who have strengthened our nation as a result of their military service.

August 2, 2011

- 1 – Patsy Shattuck
- 2 – Lena Rublowsky
- 3 – Laura Rothman
- 4 – Alan Shattuck
- 5 – Kay Bowen-Smith

August 9, 2011

- 1 – Alan Shattuck
- 2 – Alice Bernhardt
- 3 – Patsy Shattuck
- 4 – Kay Bowen-Smith
- 5 – Laura Rothman

August 16, 2011

- 1 – Kay Bowen-Smith
- 2 – Lucille Sanchez
- 3 – Joanne Cichon
- 4 – Patsy Shattuck
- 5 – Mimi (Brown) Burns

August 23, 2011

- 1 – Muriel Barry
- 2 – Joanne Cichon
- 3 – Alice Bernhardt
- 4 – Stan Rublowsky
- 5 – Kay Bowen-Smith

August 30, 2011

- 1 – Carol Flynn
- 2 – Laura Rothman

- 3 – Muriel Barry
- 4 – Alan Shattuck
- 5 – Adele Sindler

September 6, 2011

- 1 – Marie Ferrandino
- 2 – Laura Rothman
- 3 – Stan Rublowsky
- 4 – Kay Bowen-Smith
- 5 – Peggy Johnson

September 13, 2011

- 1- Alice Bernhardt
- 2 – Joanne Cichon
- 3 – Lyn Kennedy
- 4 – Stan Rublowsky
- 5 – Jeanne Sopelsa

September 20, 2011

- 1 – Alan Shattuck
- 2 – Stan Rublowsky
- 3 – Peggy Johnson
- 4 – Lyn Kennedy
- 5 – Lena Rublowsky

September 27, 2011

- 1 – Alan Shattuck
- 2 – Patsy Shattuck
- 3 – Peggy Johnson
- 4 – Lyn Kennedy
- 5 – Laura Rothman

Photo Credits

Walks a Mile in Her Shoes: Ben D'Avanzo

Running For Bob: Len Freedman



**Sunday
November 6th**

Dear Retreat Residents,

Thank you to all that have contributed to this issue of the newsletter. We always appreciate input from the community.

The theme for the 2012 January/February issue is **"Let's Hear it From the Kids."** Our youth can tell us what they like about the Retreat, what their favorite things are or whatever they want to share with all of us. Photos and drawings would be appreciated as well. The deadline is **December 10th.**

We wish you a happy holiday season and a new year full of peace, good health, and good will.

Your Newsletter Staff

RETREAT BOARD OF DIRECTORS

President	Bill Cole	546.5353	wcole2b@yahoo.com
Vice-President	Pat Pezzicola	545.0706	pezzicolap@comcast.net
Secretary	Coni McGuinn	545.3465	conimcguinn@aol.com
Treasurer	Susan Hemmer	349.0030	syacht@comcast.net
Director at Large	Dave Williams	546.3866	davedottie@gmail.com

RETREAT PROPERTY MANAGER

Office Hours: Monday Wednesday Friday 8 am to 11 am 772.546.6112	Ron Barrow	Clubhouse Fax: 546.1699 Capital Realty for Work Orders, General Questions, Emergencies: 1.800.940.1088	retreathoa@comcast.net
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Retreat Activities and Committees

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

Architectural Review Committee	Dave Greaves	545.2664
Aqua Aerobics	Diane Rothacker	546.7876
Channel 63	Jim Morrow	545.1936
Clubhouse Committee	Gail Pezzicola	545.0706
Communications Committee	Lill Malinowski	545.3732
Family Activities	Katrina Collette Lisa Rothenberg	546.9880 263.8344
Finance Committee	Larry Anderson	546.9357
First Fridays	Mary Paukstys	546.8054
Mah Jongg	Angela Bibby	545.9195
Needlecraft & Knitting	Sandy Morrow Liz Plourde	545.1936 546.5673
Poker—Men's Straight	Joe Ciocia	545.9767
Poker—Texas "Hold—Em"	Lois & Charles Raska Lois & Otto Vernacchio	545.2733 546.7523
Red Hat Society	Rita Lariviere	546.9744
Relay For Life	Lill Malinowski	545.3732

Retreat Assistance Network (RAN)	Muriel Barry Alice Bernhardt Marie Ferrandino Sally Troiani	545.1919 600.5226 546.5476 872.6053
Retreat Directory	Coni McGuinn	545.3465
Retreat Newsletter	Lill Malinowski Dottie Williams	545.3732 546.3866
Social Bridge	Patsy Shattuck	546.2011
Social Committee	Lena Rublowsky Carol St. John	546.1316 545.4087
Tennis	Tom D'Avanzo	545.7229
WEB Master	Gene Gillis	545.9304
Welcome Committee	Susan Hemmer	349.0030
Women's Club of the Retreat	Bettyann Dixson Mona Wiley Margaret Dara Emily Mussatto Jean Scerbo	546.2663 546.9545 546.8467 546.2774 545.3592
Women's Exercise Class	Marguerite Badcock	546.8427

Personal Services by Priscilla

- Organizing
- Downsizing
- Moving
- De-cluttering
- Care Giving
- Errands



Retreat Resident—References Available
 772.245.8377
 E-mail: Smithdubba1@aol.com



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Retreat resident with references

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