



The Retreat Newsletter

November/December 2012

Volume 9, Issue 5



VOLUNTEERING AT THE RETREAT



Tom D'Avanzo, Dave Greaves, Bruce Woundy, Paul Larcom
Missing from picture: Dick Langbert, Alan Shattuck

RAN--Volunteers Extraordinaire

by Sally Troiani

A number of years ago, shortly after the completion of the last section of The Retreat, a number of residents put their heads and their pocketbooks together to attempt setting up a volunteer group that would offer assistance to all residents in need of temporary help. The idea that was the driving force for this group was that oftentimes folks who live alone have some situations that arise that require the assistance of others. Things, such as, taking people for doctor appointments, picking up prescriptions, or doing a bit of shopping make a tremendous difference in the quality of life of the homebound. If you have a need for any of these services or a need for an occasional meal preparation, the Retreat Assistance Network (RAN) organization is still alive and well and helping throughout the community on a regular basis.

Their most recent community-wide effort has been the arrangement of the flu and pneumonia vaccination shots that were offered at our clubhouse by the Visiting Nurses Association on October 10, 2012. Forty-eight residents took advantage of this convenient service.

There have been an untold number of hours expended by this devoted group. For further information or assistance call Alice Bernhardt at 600.5226, Muriel Barry at 545.1919 or Marie Ferrandino at 546.5476. If community service is of interest to you, RAN is always seeking additional volunteers to help in this great neighborhood.

Architectural Control Committee

By Jan Kasuboske

We live in a "Deed Restricted" community. When we bought homes here, we agreed to abide by the covenants, conditions, and restrictions of this community. People continuously want to personalize, beautify, and change their homes to fit their needs and personalities. However, in our community anything that is done to the outside of the home must meet certain requirements and the guidelines to keep The Retreat as beautiful and consistent as it was when we moved in.

In December 2004 when DiVosta turned The Retreat over to the homeowners, a Board of Directors was elected and many committees were formed to keep our community running smoothly. One of these committees is the Architectural Control Committee (ACC). This

(Continued on page 16)





Marlene and Bob Boobar had their 4th grandchild! Welcome to Baby Justin Abraham Caton. Born October 2, at 8:56 AM, 7 lbs 2 oz., 20 1/2 inches long.
Mom and baby are doing great!!

Grandchildren are Special

The thrill of seeing your grandchildren is always a great feeling. Recently we traveled north to New Jersey to celebrate our twin's third birthday. Johnny and Chloe turned three years old on October 8th. No matter what you think the woman is always in charge and Chloe is no exception!

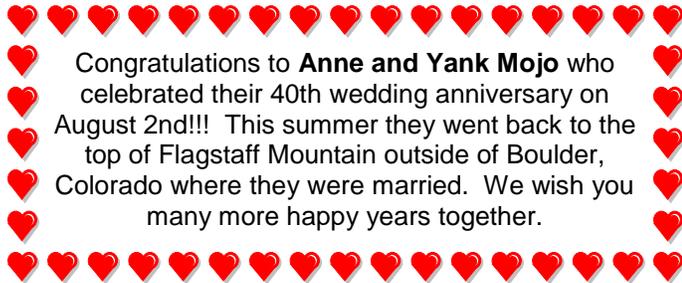
Proud Grandparents: Sandy and Jim Morrow;
Proud Parents: Kim and Carl Barbara

Thank You

By Joan Summers

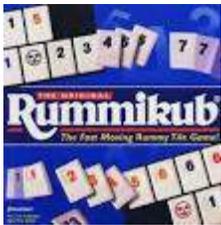
I just wanted to thank the Visiting Nurses Association (VNA) during the Flu Shot vaccination. I was able to attend just in time, and they were so gracious, they came to the house to inoculate my husband (Clive Summers) since it isn't easy getting him to the Clubhouse in a wheelchair

Thanks again to the VNA.



Congratulations to **Anne and Yank Mojo** who celebrated their 40th wedding anniversary on August 2nd!!! This summer they went back to the top of Flagstaff Mountain outside of Boulder, Colorado where they were married. We wish you many more happy years together.

Clubhouse News



Rita Lariviere has started a "Game Day" at the Clubhouse on Fridays from 1 till 4pm. Bring your games to share and play. Any questions, call Rita at 546.9744.

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



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 2, December 7, January 4,
February 1**
Please mark your calendars

The Community that Cares

by Sally Troiani

The real tenor of a community becomes apparent when the chips are down. Recently when we lost our dear son, Joe, Bob and I immediately became aware of just how impressive "The Retreat" really is. The outpouring of love and support that we received from our friends and neighbors was truly extraordinary. Our heartfelt thanks go out to everyone.



Our dear friend and member of the Women's Club of the Retreat, **Patte Kessler**, lost her four-year battle with ovarian cancer on September 26, 2012.

Patte was about to begin her 10th winter living at the Retreat. Her cheerful nature and positive attitude will be forever missed.



NATIVES IN OUR YARD

What's that noise?

By Dottie Williams

Just about every day on my morning walks, I either hear or see one of the three types of woodpeckers that are found in our community and the surrounding area. They are the downy, red-bellied and pileated woodpeckers and they are found in most wooded areas of North America.

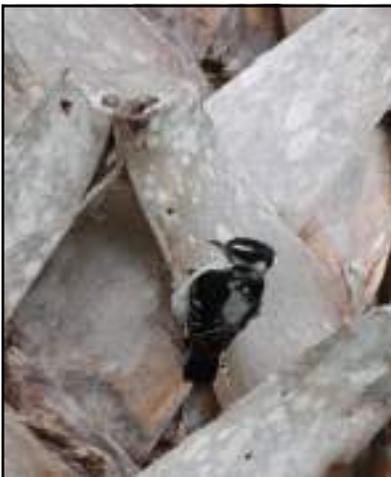
The **downy**, smallest of the North American woodpeckers, is 6-7 inches long with an 11-inch wing span. They have a white belly and black back with white patches. In addition, the male has a red patch at the back of his head. You will most likely hear them drumming on a tree trunk before you spot them. If you hear the drumming stop and look around. You're sure to see one. They eat insects, insect larvae and seeds. I often spot them working the trunks of palm trees.

It's hard to understand how the **red-bellied woodpecker** got its name because the shades of red on their belly are not easy to spot. The most distinctive thing you notice is their red head. The rest of their bodies are shades of gray, tan, white & black. The female has less red on her head. They are about 10 inches long with a 17-inch wing span. Insects, fruit, seeds, sap and vegetables make up their diet. They are very noisy and have a strong, rapid high pitched call. These are the woodpeckers I see and hear most frequently.

You are more likely to hear a **pileated woodpecker** and never see it. They are the largest woodpecker in North American and in fact, one of the largest species of woodpeckers in the world. They have a distinctive loud and rapid call and they inhabit old forests with large trees. "Woody," as my daughter calls them, are pretty distinctive in appearance too. With their 18 inch length and 28-inch wing span, large black bodies and bright red heads, they make quite an impression. Every once in a while I see one in the morning foraging on the oak trees.

As you are out in the community, listen and watch for these woodpeckers. They are here year round.

Downy



Red-Bellied



Pileated



WOMEN'S CLUB OF THE RETREAT

By Mona Wiley

What's Up at the Women's Club???

Welcome back everyone! It has been quiet here without you. Marlene and the activity committee have been busy planning for the new year with more than 50 activities you can participate in. Our first meeting was October 15th with an interesting presentation on "cooking a new way." If you missed the other October events, here is a list of some of the events planned for November and into December. Always look for details in the mailroom, Channel 63 and check your email.

A **Welcome Back Lunch & '50's Dance Party** at the Clubhouse will be held on Monday, **November 5th**. Drag out your poodle skirt you couldn't throw away or dress up in '50's attire and swing to the lindy hop and jitterbug! Please don't tell me you couldn't come 'cuz your poodle skirt didn't fit – make it fit!! Squeeze into the poodle skirt by dancing off calories with group lessons. \$15 includes lunch and entertainment. Doors open at 11:00 am and lunch will be served at noon. Sign up in the mailroom by Friday, November 2nd. Checks payable to: Women's Club of the Retreat and mail to Marlene Boobar at 8055 SE Retreat Drive 33455 **Members welcome to bring a guest.**

Wednesday, November 14th -- Discover France Wine Tasting at 2pm at Total Wine in Jensen Beach. Taste white and red wines from various growing regions throughout France. Sign up and pre-pay by Monday, November 12th and carpool from Clubhouse at 1:00pm.

Friday, November 16th is the Designer Showcase home tour of Captain and Mrs. Henry Sewell's Indian Riverside Park home, now a museum. Tour discount price of \$25 is available if we pre-pay. (lunch on your own). Send check to Lyn Kennedy 9011 SE LaCreek Ct. by Monday November 12th.

Monday, November 19th is the monthly Women's Club meeting at the Clubhouse. It will be a **"Santa's Workshop"** – canvas bag painting, jewelry making and ornament creation. Create a gift for yourself or someone else during this fun girl time. **The meetings are always the 3rd Monday of each month – refreshments at 6:30pm and meeting begins at 7:00pm.**

End of November already?? The trim-a-tree and gift exchange/pizza party will be on **Friday the 30th**. Come at 10:00am and decorate the Clubhouse with lunch at noon. A Yankee Swap gift exchange will take place after lunch.

Bring and wrap gifts in the \$15 range. Sign up in mailroom and choose pizza type by Wednesday, November 28th.

Now, for December! The **1st Sat.** is Treasure Coast Community Singers "Season's Greetings Concert" at North Stuart Baptist Church at 3:00pm. \$10 is the advance price and sign up in mailroom. Any questions, call Dottie Williams.

December 2nd, Sunday is Relay For Life, Holiday Home Tour from 1:00 – 5:00pm. This is a fund raiser for the American Cancer Society. Tickets can be purchased from a team member or at the door for \$15.00.

December 4th, Tuesday. – Thrift Store Shop 'til we drop and help a local charity. Join us for lunch at a local restaurant after our shopping. Sign up in mailroom. Meet at Clubhouse at 9:30am and enjoy some "girl time". Call Audrey DeLoffi with questions. Just bring your credit card!!

December 9th, Sunday – Retreat Holiday Dinner Dance at Lost Lake – great cocktail hour, great food, great company and great DJ and dancing! Sponsored by the Social Committee. It's tooooo much fun to miss! Bring some friends.

December 14th a Friday is a Jupiter Lighthouse Sunset Tour for \$15. You've gotta come and enjoy the beautiful Christmas lights as seen high above the Jupiter Inlet from this historic lighthouse. It's from 4pm to 6:00. Pre-pay by Monday, December 10th and the contact is Lois Raska.

December 15, Saturday presents a chance to attend an afternoon concert at the Blake Library in Stuart. The Stuart Community Concert will perform. Contact Lena Rublowsky (time and cost TBA)

December 17th, Monday, is the monthly Women's Club Meeting – **Retreat Family Christmas Party** The Women's Club invites our Retreat Family for an evening of song and celebration. The Treasure Coast Community Singers will be leading us in caroling. Come at 6:30pm for goodies!

Now, on a sad note, the Women's Club remembers **Patte Kessler**, who recently lost her fight with ovarian cancer. She supported the club and participated in many of the events over the last four years. Even though she didn't always feel well, she was effervescent, willing and enthusiastic. Sympathy extends to Dick, her husband; Marlene Boobar, her sister-in-law and Bob her brother. A remembrance service in celebration of her life will be held sometime in the Clubhouse. Watch the board for announcements.

WOMEN'S CLUB OF THE RETREAT RESUMES MEETINGS

These ladies with flowers all celebrated birthdays since we last met. New members are included here, too. Happy birthday to all our sisters.





Mickey Vernacchio, Vice-President, Jean Scerbo, Co-Secretary, Gerri Strong, Treasurer, Marlene Boobar, President. Missing Emily Mussatto, Co-Secretary



Lee M. Cotton and Becky Freedman—both ladies presented at our October meeting on eating healthy and different forms of exercise.

Becky with a quilt made from t-shirts from the various races she has run in memory of her twin brother, Bob.



A very special thank you goes out to Women's Club member **Dotti Wurster and her husband George** for all the years that they have been taking food collected from the Retreat to the House of Hope to feed the hungry. You are so special!



Retreat Family Christmas Party

Sponsored by the Women's Club of the Retreat

Monday, December 17th Clubhouse

7 PM

The Retreat Community is invited to...

***Music**

Caroling led by Treasure Coast Community Singers Quartet

***Refreshments**

*Punch and desserts
Candy Canes for the kids*

***Fun!**

Fun for all ages!

Please join us!! All Welcome!!!



**Meet the Retreat...
Volunteering at the Retreat**

By Marlene Boobar

At the opening meeting of the Women's Club this

October, two unsung volunteers prepared a very festive display of Halloween refreshments. **Mona Wiley and Joanie Sofia** always step up and show up doing so many tasks from behind the scenes. Those women and so many others work tirelessly to make our collection of houses...homes and our collection of residents...a community. They would not like to be recognized, because they do what they do for the love of whom they are doing it for. However, it is time that they are recognized, because they are appreciated and they are truly loved. **Thank you to Mona and Joanie and to all the unsung volunteers.**

RELAY FOR LIFE

Getting Ready for the 2013 Relay For Life of South Martin

By Lill Malinowski

The Retreat Remembers... our community's Relay For Life Team is getting ready for our fundraisers. The first fundraiser will be the sale of the Enjoyment Books. Wally Malinowski has chaired this event for the last few years and will do it again this year. The books sell for \$35 of which \$10 goes to the American Cancer Society. Wally has already ordered the books which should be in the early part of November. Watch for signs in the mail room.

Our next fundraiser is the Annual Holiday Home Tour. We will have 5 to 7 homes on the Tour. For a \$15 donation, you can tour the homes and come back to the Clubhouse for refreshments. The date is Sunday, December 2nd. The Tour is from 1pm to 4pm with refreshments in the Clubhouse from 3pm to 5pm. It is a fun afternoon. The "honey do lists" grow with every Tour. It is amazing how different our DiVosta homes look when you walk into the Home Tour homes. Watch the mail room for announcements of when the tickets will be sold.

We have another fundraiser that we will be selling before the holidays: light-weight, colorful crocheted necklaces. These necklaces are perfect to send to your family and friends in with your holiday card with no additional postage—easy shopping for the holidays!

Becky Freeman and her sister, Kate Kingsley, continue with Running For Bob in memory of their brother.

We always have our Retreat logo items for sale—shirts, caps, visors, and an all purpose towel. Dottie Williams is the contact person for ordering.

BINGOMANIA! will take place at our Clubhouse on January 13th. Mark your calendars.

We have several more fundraisers that are in the planning stages. Watch the bulletin board and Channel 63 for updates.

This will be our team's 9th Relay this year. The dates are Saturday, April 20th to Sunday, April 21st. This is a change from prior years when the Relay was on Friday to Saturday. This one will be in downtown Hobe Sound on Bridge Road where the Hobe Sound Art Festival is held.

Talk about Retreat volunteers—this team is amazing. You have seen pictures of them in many newsletters because they are always doing something with proceeds going to the American Cancer Society. The members of the team are:



Marlene Boobar



Kay Bowen-Smith



Kay Campbell



Ginny Carr



Anne Cole



Joy Currier



Ruth Dudziak



Chuck Eschenburg



Becky Freedman



Gene Gillis



Al Jacobs



Marianne Jacobs



Jan Kasuboske



Kate Kingsley



Helen Larcom



Wally Malinowski



Coni Mc Guinn



Anne Mojo



Lois Mc Gill



Joe Rosetta



Lucille Sanchez



Joanie Sofia

There are MANY more residents that help us whenever we need them and/or to participate in the Relay.

Dottie Sacco

THANK YOU TO ALL!

Jean Scerbo

Carol Stone

Martha Tarquine

Mickey Vernacchio

Dottie Williams





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

VOLUNTEERING AT THE RETREAT

My education includes a Doctor of Pharmacy Degree and an M.B.A. in Finance/Marketing from Temple University. I started out working in the traditional pharmacy roles: first as a retail manager at Rite Aid Pharmacy; next, as a hospital pharmacist both at The University of Pennsylvania and at Thomas Jefferson Hospital in Philadelphia. After earning my graduate degree, I decided to branch out into the pharmaceutical industry. For almost 20 years, I worked for Merck & Co., Inc.



During my tenure at Merck, I worked in positions of increasing responsibility. Various departments included: Sales; Field Communications (writing journals, newsletters, and making informational videos to provide medical and marketing communications to the sales force); Health-Education Liaison (setting up regional medical conferences); Medical Services (providing drug information to health-care professionals); and Manager of Educational Pharmacy Affairs (liaison between Merck and various pharmacy associations and the Schools of Pharmacy. I was also responsible for Merck's pharmacy continuing education programs).

At this point, I thought that I had experienced **all** facets of pharmacy, until a few years ago, when both my mother and my father-in-law had to undergo emergency open-heart surgery. During this very stressful and scary time, I got more involved in their healthcare to make sure that they obtained the very best possible medical care after each of their respective critical surgeries. It wasn't until this time, some 25+ years after earning my degree, that I actually got to see pharmacy from the **patient's perspective**.

What I learned from this experience was invaluable in terms of being able to offer services that would really be practical and helpful to patients. It was one thing to practice pharmacy – and quite another to see the struggles and potential mishaps that we encountered during this journey. It is the result of having gone through these experiences that made me realize that elderly patients really need to have a health advocate – to coordinate and monitor their healthcare and medication needs to avoid potential problems. To this end, I now volunteer to assist elderly relatives and friends with various aspects of their medical care.

Multiple medications, multiple chronic health conditions, and multiple medical care providers are unique challenges for the elderly – and can be fraught with multiple complications and pitfalls. One of the services that I provide is to make a customized, monthly Excel Spreadsheet for patients that are on multiple medication regimens (including RX, OTC and herbal & vitamin supplements). I list the drug(s); the dosage; the disease-state that corresponds to each respective medication; and a column for each daily dosage to be taken.

In the example below, the patient is taking: Toprol XL 25mg once a day for hypertension; , Starlix 60mg before each meal (3 times daily) for diabetes, simvastatin 40mg daily for hypercholesterolemia; a baby aspirin 81mg to prevent blood clotting, and Zantac 150mg twice daily for gastric reflux disease (GERD) . The last three columns are allotted for the patient's blood glucose readings which are to be monitored three times a day prior to each meal. These columns can also be used to keep track of blood pressure readings, weight changes, etc. So, on a daily basis this patient takes five (5) different medications, totaling eight (8) doses per day, and records their blood glucose three

Oct.	Toprol XL 25mg once a day	Starlix 60 mg at least 15 min before meals			Simvastatin 40mg 1X / Day	Aspirin 325mg 1 X / Day	Zantac 150mg 2 times daily		BLOOD GLUCOSE READINGS		
	Lowers BP	Diabetes			↓Cholesterol	Anti- Clotting	GERD				
1	x	x	x	x	X	x	x	x	115	110	90
2	x	x	x	x	X	x	x	x	120	117	130
3											
4											

different times a day – you can see how confusing this might get – especially for an elderly person.

The chart accomplishes a few things:

1. By placing a check mark on the chart after taking each dosage, it helps the patient keep track of which medications were already taken each day. Thus, preventing the patient from missing doses and/or possibly taking the same medication more times than subscribed.
2. The shading of the evening doses alerts patients when to best take their medications for optimal results.
3. Labels identify why the patient is taking each respective medication.
4. It provides a permanent medical record that can be shared with each respective specialist to make sure that each health-care professional knows what medications other physicians have prescribed for the patient.
5. It lets me know if the patient is being compliant in taking his or her medications.
6. The extra columns (in this case for logging blood glucose reading) can be used to simultaneously keep a daily record of vital information to see if the medications are working appropriately.

As an extension of helping to provide practical medical information and advice, I have also started to write the *Pharmacy Topics* article for *The Retreat Newsletter*. I try to focus on topics that might help our Retreat community make informed decisions about their healthcare needs.

Right now, my husband and I live outside of the Philadelphia area and spend only a month or two each year at The Retreat. When we finally make a more permanent move to Florida, I plan to offer pharmacy consulting services to the community. In the meantime, if there are any topics of interest that I have not covered to date in the newsletter, please feel free to e-mail me at hbckb@msn.com with your requests.

MAIL SENT TO WRONG ADDRESS

By Ginny Carr

From time to time I notice that a piece of mail that was inadvertently delivered to the wrong address is placed on the small table or on the windowsill of the mailroom. I personally find this practice very disturbing. While I'm sure that most of the Retreat residents are honest citizens, I would be very uncomfortable to have a bank statement, 1099 Form or other personal piece of my mail displayed for all to see in the mailroom.

When my visit to the mailroom coincided with Connie's (our mail lady) presence there, I asked her the preferred way to deal with the situation. Her advice is to **throw the mail through one's own mail slot so that the mail falls onto the floor of the mail carrier's access**. This will clearly show the carrier that a piece of mail must be redirected and the mistake can be corrected the next day. Placing the mail in the slot is less desirable because those items go back to the post office and will take longer to be delivered to the proper address.

Whenever I see a piece of mail on the table or windowsill, I take it and throw it through my mail slot. The last piece was addressed to someone who did not even live in the Retreat. I'm sure the person who received it did not examine the address prior to placing it but the addressee could have failed to receive a very important piece of mail. It is simply a matter of common courtesy to follow this practice and it takes no effort whatsoever.



Volunteer for Veterans Hospital

By Ralph DeRibas

I am a volunteer for the Veterans Hospital in West Palm Beach, and I collect items from the residents of the Retreat which includes books, hard and soft back in good condition, magazines, including men's and women's which are three months or newer, and playing cards in good condition. I accept United States Flags for proper military disposal. Please call my home phone which is 772.546.1371 or my cell phone 772.349.0601 and I will pick up the items at your home and deliver them to the Veterans Hospital.

Every participant will receive a thank you from the Veterans Administration for your items donated.



Walk a Mile in Her Shoes

By Your Red Shoe Reporter,
Tom D'Avanzo

Stepping up to the challenge, **The Retreat Tennis Group** and friends raised \$535 as part of SafeSpace's 2012 Walk a Mile in Her Shoes fundraiser and awareness event. This is the second year our Tennis Group has participated in the fight against domestic violence. The five intrepid, male volunteers (pictured above) donned red, stiletto high heel shoes, ensuring that they would be kept on their toes for nearly a mile as they sashayed their way through the streets of Stuart on a recent Saturday morning, October 6th.



The Fearless Five + two - Tom Morea, Mary D'Avanzo, Sherry Perry, Bill Burns, Tom D'Avanzo, Joe Perry and Ben D'Avanzo

As you ladies well know the importance of accessorizing,

please notice the matching red gloves designating our team and complementing our shoes. Ben D'Avanzo sported a "knock 'em dead" hair doo" that made the rest of us balding types jealous. Yours truly displayed a "Mary Original" feather chapeau and matching boa that had many ladies swooning. Wild Bill(ie) ravished us all in his violet blouse and black form fitting ensemble. Joe Perry went all the way with his red ensemble of hat, scarf and shorts; and Tom Morea demonstrated that anyone can walk in 4" stiletto high heels. Nick and Kathleen Cocoves (our newest Retreat residents), Yank and Anne Mojo and Mary and Sherry (pictured above) were all there providing much needed support in addition to my cane.

Much fun was had by all. (The foot massage I received at the end of the walk by the local massage therapists was an added bonus!!!)

GIVING BACK

By Susan Harris

One wouldn't normally think of a tennis group as being a volunteer group, but the one in The Retreat certainly is. Some of our guys do the one mile walk every year in red high heels for Safe Space and many of us walk along side of them for moral support. At Christmas time they are instrumental in supplying funds and gifts for what has become our annual Christmas party for eight well deserving and hard working Mexican families who are trying to eke out a living, with no money for presents for their children. When this group is made aware of a need it immediately jumps in to do whatever is necessary. We are so fortunate to live in a community in which there are so many separate small interest groups of residents who all share in one interest-----giving back!



Bill Burns in foreground with shoes off and swollen foot! Left to right: Tom D'Avanzo, Sherry Perry and Mary D'Avanzo behind Joe Perry and Tom Morea and Nick Cocoves extreme right



Mah Jongg Group

Mary Regan, Carol Stone, Margaret Badcock and Angela Bibby. Missing are Audrey Ruggier, Rosemary Duffy, Polly Knodle, Fadelia Carralero and Norine D'Ambrozio

To join this group, contact Angela Bibby at 545.9195.

NEWS FROM OUR BOARD OF DIRECTORS

By Bill Cole

Welcome back to our seasonal residents and the rest of us have enjoyed the beauty of our setting this summer. More and more animal sightings are reported as the community matures and the park does too. We are blessed to have a site like The Retreat...one of a kind probably never to be duplicated in Martin County.

The 2013 budget for operations reflects a \$38.00 per quarter per home increase. This is the same cost as in 2006. Your HOA fee was reduced for 2 years but now we need to go back to the 2006 level. We need this increase for reserve contributions for irrigation and to cover increased costs to run our current irrigation system. We are studying to see if we need to replace the controls for our aging and trouble-prone system. We will keep you advised. You can see the whole budget and Board minutes on our website: www.retreatatseabbranch.com.

We still need more volunteers. Contact Ron or a Board Member if you want to help.

Elections will be coming in 2013 for 3 Board seats. A mailing will be going out soon announcing the 2013 Annual Meeting date and asking for candidates. Bill Cole, Pat Pezzicola and Dave Williams have all announced that they will be running again for their current seats. They want to complete projects under way.

We will have an arbitration hearing in late October with our Double Tree neighbors concerning their non-payment of drainage monies owed The Retreat. We hope to collect the past due funds with interest and settle this without having to bring additional legal action against them. We will keep you advised.

Fall is a beautiful time here, and we hope you all enjoy the season. Please let us hear from you with any questions or suggestions. Please take a look at the new Great Room and gym floor in the Clubhouse.

Thank you for all your help and support.

Holiday Donation

By Coni Mc Guinn

The holidays are fast approaching and once again we are collecting for the landscapers who keep our community looking so great. Last year, we were able to give each worker a Wal-Mart gift certificate for \$100.00. If you wish to contribute, please drop off your donation at the Management Office with Ron before December 12th. Thank you for your continued generosity.

The Retreat at Seabbranch Board of Directors Accomplishments from DiVosta - Turnover to 10/2012

At takeover (12/15/04) we had \$9,000 in The Retreat's bank account. Six months later we were able to fire the developers' management company, Bristol, and hire the current company, Capital Realty Advisors. We also dropped the developers' landscape company, Saunders, but not before forcing them to complete planting and staking up of trees and shrubs that they did not intend to complete to the tune of about \$150,000 in material and labor.

When we took over, DiVosta was not going to give us \$180,000 in capital contributions that they had collected from all home buyers for turnover, saying they had used it. We got legal help and forced them to pay our association this money.

In our early years the BOD was required to hire a licensed company to oversee our lakes and wetlands and natural areas. We hired Allstate Resource Management. They were terminated in 9/07 for lack of service. We then hired Lakes and Wetland Management Company in October of 2007. They are required to keep our property 90% exotic free and to maintain our ten lakes. At no change in cost we have negotiated expanded treatment coverage of these areas from only about 40% of the Retreats' open land area to 95% of our open area. Essentially, we have doubled our coverage for the same cost.

We went through a BOD requested energy audit with Florida Power and Light in late 2007 that went into effect in 2008. This has saved us 1/3 on our electric bills since revamping our power usage and devices.

In 2010 we negotiated a new Comcast contract (former Adelphia). This got us a \$75,000 cash return and greatly expanded services for our residents, clubhouse and fitness center. This was a great deal and it's in effect from August 2010 and for the next seven years.

In 2009 we renegotiated the Devcon Security contract, formally Adelphia, for the next six years. This contract resulted in dramatically reduced costs for Retreat residents and it allowed for better and more complete security services and upgrades at no or reduced costs to residents.

When we initially terminated Saunders Landscaping from the developer and changed to the privately owned landscape company, Concepts in Greenery, we saved \$100,000 on that service change. That company was sold to ValleyCrest Landscaping, a nationwide service based in California and service went dramatically downhill, so we had to let them go. We then hired One Source Landscaping. That contract was \$100,000 less than prior, resulting in more money

(Continued on page 12)

going into reserves, etc. In 2012 we had to terminate One Source Landscaping because of local management issues and gross negligence on the job, so we returned to ValleyCrest who had gotten their act together and that's where we are now.

Now I'll try to address the long delayed turnover issues we had to deal with via DiVosta/Pulte-Double Tree at Lost Lake -The Retreat –SFWMD-The Conservancy District and our neighboring Atlantic Ridge State Park.

Initially, Double Tree found fault with DiVosta on their Drainage Easement issues saying they had been harmed by the building of the Retreat. Basically, they had been harmed and so had The Retreat. Turnover could not be completed until all parties negotiated and sorted out permits, drainage, access, etc. No community can be built in Florida without a drainage permit and we had it via DiVosta and the Conservancy District.

Double Tree had two excess water drainage outfalls available. One was through Retreat property and the second, 'north outlet', they held a permit for but never used. This 'north outlet' was an overgrown creek bed that neither the state park or SFWMD would let Double Tree use. So we negotiated for two to three years and all parties came to an agreement on a Drainage Easement Package in 2010. It was signed and legally filed by the Retreat, Double Tree and others. As part of this agreement, since Double Tree had to share Retreat's permitted drainage facilities, we had to negotiate a separate contract between the Retreat and Double Tree for payment to maintain the drainage elements. The majority of this maintenance falls to the Retreat by government and contract mandate and includes Lakes 1,2, and 4; the excess flow structure at Retreat Drive and Angelina; emergency overflow structure on Lake 1; the outflow Retreat ditch; the flapper gate outflow structure; the Seawind ditch; the 8 ft drainage pipe to the Conservancy ditch and the unit 1 outfall structure leading to the south fork of the St Lucie River system. We met many times over several years and signed the Shared Facility Agreement with Double Tree in 2010. Double Tree did pay us \$70,000 at the onset for the four years prior to negotiation of the agreement. They agreed to pay us 46% of the maintenance costs and we pay 54% of the costs. Double Tree has not lived up to this signed and filed agreement and thus we have a lawsuit in progress to make them pay per the agreement.

Another agreement with SFWMD, the Conservancy District and the Retreat was that we capped the mandated reserve amount of replacing the 8 ft diameter culvert at \$60,000. That is a savings of \$10,000 per year for many years to come.

In dealing with the turnover we basically extracted about \$400,000 in services and materials by having DiVosta/Pulte build the berm to prevent state park surface water from flowing into our ditch. That flow causes

maintenance and erosion problems as well as excess permitted water flow problems.

We are proud and dedicated to work for our residents. We in the past eight years have saved our Homeowners' Association hundreds of thousands of dollars, and have built strong reserves (over 1 million dollars). We are proactive in trying to maintain the Retreat for maximum appeal and property value at reasonable expense.

We have also accomplished the following:

- Changed out our gas pool heaters for heat pumps at a large savings
- Upgraded the clubhouse and fitness center after 9-10 years of use
- Enhanced the plantings at the clubhouse and east entrance (several times)
- Have a full-time property manager to run day to day operation in this \$2 million business
- We have a nice website and great newsletter
- There are many clubs, activities and organizations for our members to participate in

Bill Cole is active in Martin County politics, and we have access to the County Commissioners if needed.

Your Board of Directors has two people who have been active and involved in the above for eight years. They have spent several thousand hours of their time to run and better our community. They are Bill Cole (President) and Dave Williams (at large position). The other Board Members, Coni McGuinn, Patrick Pezzicola, and Susan Hemmer serve the community in many ways and are a valued asset to The Retreat. We also thank former BOD Members for their service.

We wish to remind all of our 555 home owners that we need your vote at the next annual meeting in February 2013. At this time three Board Members, Bill, Patrick and Dave are up for re-election for a two-year term. At this point we still have unfinished business to complete.



Dave Williams, Bill Cole,
Pat Pezzicola, Susan Hemmer and Coni McGuinn

PRUNING SHRUBS

By Ian Rodriguez, Ph.D, Assistant Director of Technical Services, South Florida

VallyCrest Companies

While trimming shrubs is most often associated with powered shears, it is sometimes necessary to perform more dramatic pruning cuts on shrubs in an effort to “rejuvenate” or reshape the plant. Unfortunately we often encounter plants that are poorly located in areas that are too confining, necessitating frequent pruning to keep them in their bounds. Some smaller-leaved plants such as hibiscus are not as tolerant of the shearing, and are often left with jagged leaves and branch stubs. In either case, each time a branch tip is cut it triggers the development of several new branches from just behind the cut site. The proliferation of new shoots and leaves in the outer canopy gradually shades out the inner and lower branches, resulting in branch dieback and plants with 75% of their leaving in the upper 25% of the canopy.

By selectively pruning back or “hard-pruning” shrubs we can remove dead branch material, open up the canopy to allow lower branches to produce leaves again, and reshape the plant. Periodically reducing the shrub height and width by pruning branches back well below the desired level can also allow it to develop into a more natural form that is more aesthetically pleasing and will not require constant shearing. This is often referred to as “**rejuvenation pruning**” as it typically induces the plant to flush new growth from branches that have been lying dormant for years. When successful, hard pruning can extend the useful life span of the plant for several years in a landscape and is a much more affordable alternative to removing and replacing shrubs when they outgrow an area or have started declining due to over-shearing.

2012 RETREAT TELEPHONE DIRECTORY FORM

If you are not currently listed in the 2012 Telephone Directory and wish to be listed in the 2013 Directory, please fill out the form below. If you are currently listed in the 2012 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, 2013**

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

PLEASE PRINT CLEARLY

LAST NAME(S) _____

FIRST NAME(S) _____

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



Retreat Clubhouse Committee

Standing: Mary Regan, Mark Elliot, Joyce Fordham
 Sitting: Marguerite Badcock, Margaret Dara,
 Chairperson Gail Pezzicola
 Missing from picture: Russ and Jean Lahey



Retreat Social Committee

Lena and Stan Rublowsky and Carol St. John have done a wonderful job keeping things moving for several years. They are retiring from the committee. Thank you to the three of you!

We are proud to announce that Sandy Morrow and Gail Pezzicola will be co-chairing the Social Committee for 2013. Thank you, ladies!



Retreat Communications Committee

Pat Brown (Bulletin Board), Coni McGuinn (Directory, Newsletter ads, e-mail blast), Lill Malinowski (Chairperson, Newsletter, e-mail blast backup), Dottie Williams (Newsletter), Gene Gillis (WEB site)



Jim Morrow (Channel 63 and WI-FI)

The Retreat Social Committee

Invites you to attend
The Annual
HOLIDAY DINNER DANCE
Sunday, December 9, 2012
Lost Lake Country Club
Hors D'oeuvres: 6:30 PM
Dinner and Dancing:
7:30 - 11:00 PM
Music by: DANCE 'N SOUND
Tickets: \$55 per person
Sign up: November 17, 2012
Retreat Clubhouse
11AM to Noon
Table Reservations may be made
Choice of:
Prime Rib of Beef
Chicken Cordon Bleu
Vegetarian meals on request
Contact: Lena and Stan Rublowsky
546.1316

THE RETREAT'S AMOROUS BUCK

By Hank Stasiewicz

Summer is now but a memory and Fall has arrived in The Retreat and along with it, Mother Nature's animals are responding to their seasonal instincts. The rut is in full swing. Two weeks ago, while on my morning walk with Ken Dara, at 8:25 AM, we observed a magnificent six point buck standing in the open area opposite our clubhouse. Our presence did not seem to have any bearing on his desire to eat the succulent foliage he had chosen for his breakfast. Little did I know, this was the beginning of many sightings that my neighbors and I would have of this stately animal.

On September 26, 2012 at 12:30 PM, Joann and I saw a fairly large six point buck strolling eastbound on Seabranche Boulevard about halfway between the school and the traffic circle by the clubhouse. He was walking on the grass between the sidewalk and the bushes to the north side of Seabranche. This buck looked very regal because as he was walking, he was holding his neck, head and antlers erect and far above the ground. His stride was elegant and his antlers towered high on his head. As I slowed down so Joann could try to take a picture, he took one graceful jump into the brush and that was the last we saw of him. I am sure we will cross paths again.

I believe it was the same one Ken and I saw on our walk two weeks ago. One can never tell what you will see within the boundaries of The Retreat. I have also observed many "baby" Eastern Diamondback Rattlesnakes on my morning walks. Fortunately, they have all been road kills. As they say, where there are babies, there are also mature adults so take the time to be observant when you are outdoors.

This morning (9/27) one of my neighbors, who lives at the end of our block, told me that she saw what appears to be the same deer in front of her house last week. She thought that the buck's behavior was strange because it quickly walked from one side of our street to the other, in broad daylight, following another deer and then it went right up the driveway with its nose to the ground and walked antlers first into her neighbor's garage door. He hit the door so hard that he dented the door. After he bounced off the garage door he continued to follow the doe down the sidewalk towards the back yard. Love is in the air!

Other recently confirmed sightings within our development: a bobcat on a front lawn, a coyote causally walking across the road in front of one of our resident's cars, again in broad daylight, a fox in the middle of the intersection of Hawks Nest Ct. and Glacier Terrace, too many turkeys, rabbits, harmless snakes, opossums and armadillos to count, a mature Bald Eagle in our back yard last week along with three otters playing in the pond in our back yard two weeks ago. Now that our lakes are full, the overflow outlet on Glacier Terrace is a smorgasbord for the many species of wading birds that inhabit The Retreat. This location is a photographer's paradise especially if one's chosen species are wading birds.

Small experiences like these are what make living in The Retreat such a pleasure.

Perhaps, as my neighbor suggested, we should rename our community... **"Wild Kingdom at The Retreat"!**



Received from Otto Vernacchio

Picture of alligator taken at the Retreat East Gate

STORING SMALL PROPANE CYLINDERS

- **NEVER** store or place a propane cylinder indoors or in an enclosed area such as a basement, garage, shed, or tent.
- **NEVER** store or place a propane cylinder in an area of excessive heat (120 degrees or higher) or near a stove, fireplace, or other heat source. The heat builds up pressure inside the cylinder, which may cause the pressure relief valve to release propane. Flash fires or explosions can result from exposing cylinders to heat.
- **NEVER** store or place a spare cylinder under or near a barbecue grill.
- **DO NOT** smoke or have any ignition sources such as flames or spark producing electrical tools in the area while handling or transporting cylinders.
- **DO NOT** use your cell phone near a propane cylinder or when pumping gasoline.

(Continued from page 1) **Retreat ACC**

committee is responsible for approving or rejecting requests from homeowners for changes on the outside of their homes and property. The function of this committee is to ensure that all architectural changes are in compliance with the requirements set forth in the covenants. The goal of the committee is to try to keep everyone happy and this includes not only the homeowner making the request but also his or her neighbors. The ACC wants to act to best preserve and enhance property values and to maintain a harmonious relationship among structures and the natural vegetation and topography.

The current members of the ACC are **David Greaves, chairman, Paul Larcom, secretary, Bruce Woundy, Tom D'Avanzo, Dick Langbert, and Alan Shattuck**. They are appointed by the board and some of these people have been involved since its inception. The committee meets once a month on the 3rd Thursday at 7:15 in the clubhouse. It is an open meeting and any interested parties are welcome to attend. At these meetings all application requests are considered and either approved or rejected. All requests must either be approved or rejected within 30 days of receipt of the application or it is automatically approved. If the homeowner is not satisfied with the decision of the ACC, an appeal can be made to the Board of Directors within 45 days. Sometimes the rejections are because the committee does not have enough information to make an informed decision and those requests can be resubmitted with more information for further consideration.

There is a special application form for making a request to the ACC and it is available on the Retreat web site or from Ron Barrow at the clubhouse. It must be accompanied by a survey of the property showing the location of the proposed changes on the map, proof of property insurance, any photos to help the committee understand the request, and other support materials.

There is a great deal of information on standards and guidelines on the Retreat web site. Specific requirements are in place for fences, awnings, pools, satellite dishes, pool equipment, swing sets, generators, screening the porch of the Carlyle, and the adding or eliminating of landscape material. All improvements for which an approval is made must be completed within twelve months unless granted an extension.

The ACC is here to help the homeowners make changes and modifications to their homes and property, not to

stop them from doing so. We are governed by the restrictions in the "green book" and try to keep The Retreat as it was originally intended to mature. Residents are required to submit applications to the ACC for any changes to their home or property. If you are in doubt whether an application is necessary, call Ron Barrow in the office (546.6112) or feel free to call David Greaves (Chairman, 545.2664). The ACC is here to help with your requests and to assist all homeowners keep this community a more desirable place to live.

Interesting Facts about Our Little 'Village'

Received from Kathleen Kindstedt

I read this in the Hobe Sound map that I picked up at our Chamber of Commerce. It seems that Hobe Sound was named for the Jove/Jobe Native American tribe whom the Spanish found here when shipwrecked close to shore north of the Jupiter Inlet in the late 1600's. The ship: *The Reformation*, was carrying Jonathan Dickinson. He and the crew met two Native American tribes on this unplanned visit: the Tekeestas from which Tequesta got its name and the Jove, which the Spanish pronounced "Ho-bay." So, we can see from where the name 'Hobe' Sound eventually evolved. Hobe Sound got its originally identity by 1699 according to the Florida WPA Guide. The Hobe Sound map goes on to say that parts of Hobe Sound were included in the 12,000 acres of the Gomez grant given by Spain to Don Eusebio in 1815 and in 1821, Gomez sold 8,000 acres, including Jupiter Island, to Joseph Delespine, for \$1 per acre.

During the 1920's there were plans for a movie city to be planned right here in Hobe Sound! It was going to be in a Greek theme and that is why you see streets with names such as: Zeus, Saturn, Mercury, Mars, Olympus, etc. For a brief time, Hobe Sound was even named 'Picture City!' However, there was a nasty hurricane in 1928 that destroyed all plans for further development of this dream. Hobe Sound went back to its original name but the streets kept their names. So much for fame~ah it is fleeting.

For more interesting facts about our little village, I would recommend a trip to our Chamber of Commerce to pick up a map of Hobe Sound which is where I found this information. Sources are: *Shipwrecks in Florida Waters*, Robert F. Marx; *Places in the Sun*, Bertha E. Bloodworth and Alton C. Morris.

On another note, I have read and highly recommend a book about early Florida and how it was to settle here at the time. It follows a man and his family through the Florida back then. I would list it as historical fiction. Others to whom I have lent the book have raved about it as well. It is called: *A Land Remembered* by Patrick D. Smith.

BRIDGE SCORES

By Patsy Shattuck

Starting a new season in the Retreat. We are already getting some of our people back and I'm hoping for great bridge on Tuesdays. We have a newly-decorated, brighter room in which to play. Hope everyone will enjoy the new surroundings.



Patsy and Alan Shattuck (Social Bridge); missing from picture: Carol Flynn and Alice Bernhardt (Duplicate Bridge)

Aug. 7, 2012

- 1 – Patsy Shattuck
- 2 – Kay Bowne-Smith
- 3 – Alan Shattuck
- 4 – Marie Ferrandino
- 5 – Peggy Johnson

Aug. 14, 2012

- 1 – Kay Bowen-Smith
- 2 – Muriel Barry
- 3 – Lyn Kennedy
- 4 – Alan Shattuck
- 5 – Bill Burns

Aug. 21, 2012

- 1 – Carol Flynn
- 2 – Lena Rublowsky
- 3 – Stan Rublowsky
- 4 – Peggy Johnson
- 5 – Kay Bowen-Smith

Aug. 28, 2012

- 1 – Carol Flynn
- 2 – Alan Shattuck
- 3 – Muriel Barry
- 4 – Stan Rublowsky
- 5 – Patsy Shattuck

Sept. 11, 2012

- 1 – Kay Bowen-Smith
- 2 – Stan Rublowsky
- 3 – Alan Shattuck
- 4 – Lyn Kennedy
- 5 – Marie Ferrandino

Sept. 18, 2012

- 1 – Muriel Barry
- 2 – Carol Flynn
- 3 – Kay Bowen-Smith
- 4 – Lena Rublowsky
- 5 – Stan Rublowsky

Sept. 25, 2012

- 1- Stan Rublowsky
- 2 – Carol Flynn
- 3 – Lena Rublowsky
- 4 – Alice Bernhardt
- 5 – Alan Shattuck

Oct. 2, 2012

- 1 – Kay Bowen-Smith
- 2 – Alan Shattuck
- 3 – Lena Rublowsky
- 4 – Jeanne Sopelsa
- 5 – Sally Troiani

Oct. 9, 2012

- 1 – Kay Bowen-Smith
- 2 – Lyn Kennedy
- 3 – Sally Troiani
- 4 – Alan Shattuck
- 3 – Lena Rublowsky

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3RD WED. OF EACH MONTH
FIRE STATION #16
2710 NE SAVANNA RD.

PORT SALERNO

4TH WED. OF EACH MONTH
FIRE STATION #30
4725 SE DIXIE HWY.

SEWALLS POINT

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TOWN COMMONS PARK
SOUTH SEWALLS POINT RD.

TEQUESTA

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18405 SE COUNTY LINE RD.

INDIANTOWN

4TH FRIDAY OF EACH MONTH
FIRE STATION #24
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- FURNITURE STRIPPERS
- LUBRICANTS
- OILS
- POLISHES
- PESTICIDES
- ANTIFREEZE
- PAINT

THINGS YOU CANNOT BRING TO THE HAZMOBILE:

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- NO GASOLINE
- NO FUEL
- NO TIRES
- NP PRESSURED GASES
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**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	324.8670	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
COMMITTEES**

Architectural	Dave Greaves	545.2664	david.greaves
Clubhouse	Gail Pezzicola	545.0706	gpezzicola@comcast.net
Communications	Lill Malinowski	545.3732	wallylill@comcast.net
Covenant	Nick Sacco	546.0654	nicktherealtor1@yahoo.com
Finance	Larry Anderson	546.9357	llea22@bellsouth.net
Social	Sandy Morrow Gail Pezzicola	545.1936 545.0706	sandymorrow7@gmail.com gpezzicola@comcast.net

Retreat Activities

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

For more information, please call the contact person.

Channel 63	Jim Morrow	545.1936
First Fridays	Mary Paukstys	546.8054
Mah Jongg	Angela Bibby	545.9195
Duplicate Bridge	Carol Flynn Alice Bernhardt	772.359.8274 600.5226
Knot Just Knitting	Sandy Morrow Liz Plourde	545.1936 546.5673
Poker—Men's Straight	Joe Ciocia	545.9767
Poker—Texas "Hold—Em"	Lois & Charles Raska Lois & Otto Vernacchio	545.2733 546.7523
Red Hat Society	Rita Lariviere	546.9744
Relay For Life	Lill Malinowski	545.3732

Retreat Assistance Network (RAN)	Muriel Barry 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
Tennis	Tom D'Avanzo	545.7229
WEB Master	Gene Gillis	545.9304
Women's Club of the Retreat	Marlene Boobar Mickey Vernacchio Gerri Strong Emily Mussatto Jean Scerbo	545.1043 546.4236 545.9963 546.2774 545.3592

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Photo Credits

ACC: Jan Kasuboske

Social Committee: Marlene Boobar

Mah Jongg Group: Marlene Boobar

Communications Committee: Marlene Boobar,
Wally Malinowski

Walk a Mile in Her Shoes: Carol Stone, Ben
D'Avanzo

Alligator: Otto Vernacchio

Women's Club: Carol Stone

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The ads appear in color on our WEB site,
www.retreatatseabbranch.com. Cost for each ad
is \$125 for the year. A yearly contract is
required. Please contact Coni McGuinn at
545.3465 or conimcguinn@aol.com. The revenue
from the ads is used to defray our newsletter
printing expenses.



Thank You, Retreat Volunteers!

What makes our community so wonderful? The answer is
all our dedicated volunteers. They share their time and
talents with not only the Retreat but with many other
organizations. They make the world a better place to live.

There is always a need for more volunteers. If you want to
join a group or committee, go to page 18 and get in touch with the contact
person or talk to one of our Board of Directors.

We are in need of themes for the 2013 Newsletter. Please forward to the
newsletter staff (lower left-hand corner on page 2).

Our next newsletter deadline will be December 10th—a little earlier than usual
due to the holidays. We will let you know what the theme is as soon as we
know.

Thank you, Retreat volunteers!!!

Have a safe and fun holiday season. Your Newsletter Staff

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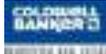


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