



The Retreat Newsletter

November/December 2013

Volume 10, Issue 5



WHAT IS ON YOUR BUCKET LIST?



What's on my "Bucket List"

By Marlene Boobar

Most important to me on my "bucket list" is to create loving memories that my grandchildren will keep of their Grammy "Boo." When I was a little girl, I had an Aunt Theresa whom always made me feel special. I felt loved. I remember a warm feeling of being cared about...one that I still feel today as an adult every time I think of her. My Aunt Theresa sometimes would take me (*just me*) on trips. How special was that?!

Today, I have four grandchildren. How lucky I am to have two living close by at the Oaks, and the other two I enjoy when visiting in Maine. Two years ago, when there were just two grandchildren, we planned a family Disney cruise. Annabelle then four and Griffin then three still remember and talk about going on the "big boat."

In three years, when those new little ones each turn four and the older ones turn nine and eight respectively, I would like to take them all on another family cruise. I would very much like to create that memory for them and myself. The intention is for both young families to simply enjoy each other with a fun, carefree vacation. Those four grandchildren will remember a special time of fun with a Grammy "Boo" who just loves them. When they become adults, perhaps they will feel that special warm feeling of a time with their family when they vacationed all together on the "big boat." *I'm saving up!!*



WAR MEMORIALS

By Alan Benson

I want to visit three war memorials this year. They are: Gettysburg, the Arizona memorial including the Punchbowl, and Normandy beaches and cemeteries.



SEE THE REST OF THE USA

By Wally Malinowski

I would like to visit all the states that we have not yet been to. The states are Washington, Idaho, Oregon, Wyoming, and North and South Dakota. Our plans are to visit them next summer.



GAM ALERT! Can you guess whose legs they belong to? For the answer to this question, go to page 3.

WILDLIFE IN THE RETREAT

By Bill and Elaine Sandilos



Top picture—This fellow likes to perch on the sill of the window in our front door. He's not shy about looking right in at us.



Top picture—This beautiful doe emerged from the preserve behind our house while we were having dinner in the lanai. She stared at us for some time, then darted away. I think she may be a friend of the raccoon. (The picture of the raccoon was in the last Retreat Newsletter.)

Left picture—Elaine and I were biking one day last January when we encountered two turtles sunning themselves in the middle of the street at the Glacier-Retreat circle. I picked them up and moved them back to the pond.

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

* * * * *
 * *Thank you* *
 * **TO RETREAT RESIDENTS** *
 * Recently I had major back surgery and wish to thank all of you who helped make my days better. *
 * The cards, calls, gifts, visits were all great day-brighteners. *
 * It's a privilege to live here in the Retreat with such wonderful friends. *
 * Sincerely, Elaine Anderson *
 * * * * *

RETREAT TENNIS TEAM STEPS UP IN RED STILETTOS

By Tom D'Avanzo



Father & Son (Tom & Ben D'Avanzo) showing off their garters

It's that time of year again when a few brave men of the tennis group venture forth out of the closet to display their hidden talent/yearning to walk in red high heel shoes - - - for the benefit of **SafeSpace**, a shelter for victims of domestic violence. Stepping right up are **Bill Burns (Wild Bill)**, **Tom Morea (Buddha)**, **Joe Perry (Pepperoni Joe)** and yours truly. These brave soles, mean souls, were the stalwart representatives of the **Retreat's Tennis Group** with ample support coming from over 20 tennis players. Last year the tennis group raised \$535 for this worthy cause, but this year the players kicked up their heels and contributed an amazing **\$1,000!** Much fun was had in the process as evidence by the photos.



The Line UP: left to right -- Joe Elson, Tom D'Avanzo, Ben D'Avanzo (our tennis screen manager), Tom Morea, Joe Perry, Bill Burns and George Harris

MORNING FOLK

By Chuck Eschenburg

There seems to be more activity in the morning as I bicycle South on Hawks Nest Court.

I often almost run into **VIRGINIA DARCY** who prefers the presumably softer asphalt of the street instead of the concrete sidewalk. Virginia was a long time New York gal, born there, raised in Westchester and working there for many years as an executive secretary and assistant. In 1987, she enjoyed the snowbird life between New York and Florida. Then, in 1992, she and her late husband became permanent Floridians. There were four moves before settling in The Retreat. Virginia says, "Just keep moving so the dust doesn't settle on you." Meaning, I think,---walking but not changing homes. She has done this many mornings when health allows it.

HEIDI WICHMANN is seen most mornings with a broom sweeping her immaculate garage, or carrying little Schatzy, her tiny Yorkshire pooch. Heidi grew up on a large farm in the Hamburg area of Germany where they had cattle, corn, all sorts of things including weeds. She then went to work for Lufthansa airlines, travelling all over the world to places like New Zealand and Africa before being stationed in New York. Used to rising early for work as she did for 38 years, she continues to get up and enjoy the mornings with her Schatzy and neighbors..

She says, "Follow the rules--But ENJOY the Peace!"

HAPPY 50TH WEDDING ANNIVERSARY

BILL AND MARTHA TARQUINE



2014 RELAY FOR LIFE OF HOBE SOUND

By Lill Malinowski

The Relay For Life of South Martin has been renamed to the Relay For Life of Hobe Sound! We already have a date, site, and theme for this 2014 Relay:

Saturday, April 05, 2014 at 6:00PM till

Sunday, April 06 at 6:00AM

Martin County Kartway

5400 SE Bridge Road, Hobe Sound

Theme: Racing to the finish line to finish the flight!

This will be the tenth year that **The Retreat Remembers... Team** will be participating. We have a very ambitious goal of raising \$10,000 this Relay.

We need your help in supporting our fundraisers. We continue to sell Retreat logo items: polo shirts, t-shirts, caps, visors, bags and towels. The contact person is Dottie Williams at 546.3866.



Wally Malinowski is again selling Enjoyment Books. The books are \$35 with \$10 per book going to the American Cancer Society. Wally can be reached at 545.3732.

On Sunday, December 1st, we will have our 9th Holiday Home Tour. This has been a successful fundraiser for our team. Residents open up their homes and their hearts so others can see not only the holiday decor but also the improvements to their DiVosta homes. Each year the "honey do lists" get longer. The donation for this event is \$15. Please watch the bulletin boards and Channel 63 for dates that we will be selling the tickets. Or you can contact me at 545.3732. If you wish to have your home on the Tour, please let me know.

We are always looking for new team members. It is a very satisfying experience and a great way to meet new friends. Please join us in our fight against cancer.



LOST LAKE ADVENTURE CLUB

By Fred Dembowski

I organize the Lost Lake Adventure Club. We are going to begin our fifth season of activities in October. We have over 60 people in our email listing from The Lost Lake Golf Club, The Falls and the Arbors. We would welcome more. This is non-profit, with each person

paying their own expenses for admission, lunches, etc. I simply organize the activities. We usually have 18-24 people at each event. I would appreciate it if you would spread the word about these events. It is a great way to meet new friends and to explore the area. If you have any questions, please contact me.

Fred Dembowski
7945 SE Double Tree Drive
Hobe Sound, Florida 33455 USA
1-772-324-8049 drfdembowski@aol.com

LOST LAKE ADVENTURE CLUB

2013 – 2014 Calendar

Saturday 11/9/2013	Kayaking, walk & picnic at Halpatiokee Park, Stuart	Thursday 3/13/2014	Hobe Sound Wildlife Mgt. Area, Hobe Sound & (if time) Short Hike Blowing Rocks Preserve, Jupiter Island
Thursday 11/14/2013	Shark Valley, Everglades \$20/person for tram ride	Saturday 3/22/2014	Boat Trip to Bird Island \$35/person
Thursday 12/5/2013	A Day at Riverbend Park, Jupiter	Thursday 4/10/2014	Oslo Riverfront Conservation Area, Harbor Branch Oceanographic Institute & D.J. Wilcox Natural Area
Saturday 12/14/2013	Dubois Wildlife Preserve & Barber/Barley Preserve	Saturday 4/19/2014	2.2 Mile Hike Fern Forest Nature Center, North Fort Lauderdale, Lunch (TBA), 1 Mile Hike At Secret Woods Nature Center, Ft. Lauderdale
Thursday 1/9/2014	St. Lucie & McKee Botanical Gardens (Entrance Fees)	Thursday 5/8/2014	Swim/Snorkeling at Peanut Island \$10/person
Saturday 1/18/2014	Fairchild Gardens, Coral Gables, FL (Entrance Fee)	Saturday 5/17/2014	Key Biscayne National Park, Miami, tour & snorkeling (\$45/person)
Thursday 2/13/2014	Loxahatchee, Wakodahatchee, Green Cay, Boynton Beach		
Saturday 2/22/2014	Lake Kissimmee State Park, Lake Wales		



Bathroom Wipes Put Drain on Nation's Sewage Systems

Printed in the Palm Beach Post September 24, 2013

Clogged drains coincide with sales push of towelettes

By Carolyn Thompson

Bemus Point, NY - Increasingly popular bathroom wipes – pre-moistened towelettes that are often advertised as flushable – are being blamed for creating clogs and backups in sewer systems around the nation.

Wastewater authorities say wipes may go down the toilet, but even many labeled flushable aren't breaking down as they course through the sewer system. That's costing some municipalities millions of dollars to dispatch crews to unclog pipes and pumps and to replace and upgrade machinery.

The problem got so bad in this western New York community this summer that sewer officials set up traps – basket strainers in sections of pipe leading to an oft-clogged pump – to figure out which households the wipes were coming from. They mailed letters and then pleaded in person for resident to stop flushing them.

"We could walk right up, knock on the door and say, 'Listen, this problem is coming right from your house,'" said Tom Walsh, senior project coordinator at South and Center Chautauqua Lake Sewer Districts.

The National Association of Clean Water Agencies, which represents 300 wastewater agencies, says it has been hearing complaints about wipes from sewer systems big and small for about four years.

That roughly coincides with the ramped-up marketing of the "flushable cleansing cloths" as a cleaner, fresher option than dry toilet paper alone. A trade group says wipes are a \$6 billion-a-year industry, with sales increasing nearly 5 percent a year since 2007 and expected to grow at a rate of 6 percent annually for the next five years.

Manufacturers insist wipes labeled flushable aren't the problem, pointing instead to baby and other cleaning wipes marked as nonflushable that are often being used by adults.

"My team regularly goes sewer diving" to analyze what's causing problems, said Trina McCormick, a senior manager at Kimberly-Clark Corp., maker of Cottonelle. "We've seen the majority, 90 percent in fact, are items that are not supposed to be flushed, like paper towels, feminine products or baby wipes."

Wastewater officials agree that wipes, many of which are made from plastic, aren't the only culprits but say their problems have escalated with the wipes market.

The Washington Suburban Sanitary Commission, which serves Montgomery and Prince George's counties in Maryland, has spent more than \$1 million over five years installing heavy-duty grinders while the Orange County California Sanitation District, in a single year recorded 971 "de-ragging" maintenance calls on 10 pump stations at a cost of \$320,000.

EDITOR NOTE: Here at the Retreat we have had similar problems. At the request of South Martin Regional Utility, we have hung notices on some resident's doors to ask that they or their house cleaners not flush cleaning products. A fairly simple test one could try is to put the questionable product in a bowl of water for 30 to 60 minutes. If the fibers disintegrate when handled or mixed, the product is flushable.



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

By Mona Wiley

Season 11 began October 1st. Can you believe it! The Women's Club of the Retreat continues to provide opportunities for women of the Retreat to welcome new residents, make new friends and share many experiences together. Every woman is welcome and encouraged to join our meetings held at 7:00pm every 3rd Monday of the month. Welcome All!!

November 1st will be a **welcome back brunch** at the Clubhouse. Gather at 10am and visit with friends who have been away for the summer or those you haven't met.

Paint a beautiful serving tray! Come to the Clubhouse on **November 9th** from 10-2 and begin the pre-paint poinsettia on the tray. Finish the tray process on Sunday, November 10th from 10-2. Painting of 2014 calendars will take place on Saturday if you want to participate.

As always, please sign up in the mailroom and pay that day. Cost for tray and materials is \$12/pp Contact: Emily Mussatto

Another creative event in which to participate is a card-making event. **Saturday, November 16th** between 10-2 you can create your own personalized greeting cards and gift cards. Cost is \$5 pp

November 15th, Friday there is a social committee event. A "**State**" **Dinner** at the Clubhouse. Wear something that displays the state from which you hail. Bring an elementary school picture of yourself with your name on the back. Cocktails (BYOB) at 5:30pm and 6:30pm will be dinner and dessert. Check the mailroom for more info.

Our regular monthly meeting will be November 18th at 6:30pm. Come for refreshments and a get to know you time with old and new friends!

On **Friday, November 22nd** there will be a group tour to the **Elliott Museum** on Hutchinson Island. Meet at the clubhouse at 9:30am to carpool. Cost is \$10/pp and will be collected by the end of the Tuesday prior. If you join the museum, the \$10 will be credited toward the membership. Lunch is planned after the tour. Contact: Lyn Kennedy

November 24th – Sunday the Treasure Coast Community Singers will present a Classical Concert at 3:00 pm. Tickets are \$20 at the North Stuart Baptist Church, 1950 N. Federal Hwy., Stuart. Contact: Dottie Williams

Then it's **GET READY FOR THE HOLIDAYS!** **November 29th – Friday** is Clubhouse Decorating and

Pizza/Salad Party. Come and help decorate at 10AM the stay for pizza and salad lunch and join the fun for a Yankee swap gift exchange. \$15 value for the gift. As always – sign up in the mailroom for an accurate count.

Take a deep breath now cuz you'll need it for all the activities in December!

December 1st – Sunday – Relay For Life, Holiday Home Tour

Beautiful homes here are on display. It's amazing how the same model can look so different on the inside. This has always been a fun event and a successful fund raiser for the American Cancer Society. Tickets are \$15. Contact: Lill Malinowski

December 4th – Wednesday is a thrift store shopping spree and lunch! Look for bargains and help a charity at the same time. Contact: Audrey DeLoffi

December 6, 7 and 8th is a "**Home for the Holidays**" concert by the Treasure Coast Community Singers at the North Stuart Baptist Church. Tickets are \$10 Contact: Dottie Williams

December 8th and 9th is an overnight trip to **Mt. Dora** for a "**Girls Christmas Shopping Trip**". It's a quaint little town in "old Florida" with many antique shops and craft stores. We have blocked off 10 rooms at the Lakeside Inn \$134.46 for single occupancy; \$67.23 for double occupancy and includes all taxes and morning breakfast. Call the inn directly to give credit card and confirm reservation. For specific room requests call 352-383-4610. Be sure to say you are with the RETREAT GROUP. Any concerns should be directed to Kim and you must reserve by November 15th

Contact in the Retreat: Vicki Celio

December 12th is a Lost Lake/Retreat Event

Bok Towers Holiday Carillion and Christmas House Tour. Tour the museum and enjoy a self-guided tour of the beautiful gardens and listen to the beautiful performance of the Bok Tower Carillion. Cost is \$75/pp and includes motor coach, tickets for guided garden tour, museum, decorated home tour, box lunch on property, tax and gratuities. A minimum of 30 is needed for the bus. Contact: Carol Schmidt 772-221-1712

December 14th – Saturday Calendar 2014 painting event at the Clubhouse from 10-2. We will be selling these as a fund raiser for the Women's Club. Just show up! You don't even have to know how to paint by numbers. Our resident artist, Emily is guiding our latent artistic talents.

Need to relax and enjoy some beautiful music? On **December 15 – Sunday** The Stuart Community Concert Band will perform at the Kane Center at 900 SE Salerno Road at 2:00pm "Holiday Merry Music Making" will set the mood for the holiday season. Contact: Lena Rublowsky 772-223-7800

AND now the 3rd Monday of December rolls around and it will be the **Retreat Family Christmas Party!** Gather at 6:30 for special music and fun for everyone. Families are welcome.

Put these dates on your calendar: **January 25th – Saturday International Food Festival** and

January 31st – Friday a tour and lunch at beautiful Butterfly World

There's lotz to do – you just have to do it!

Thank you to our board members Marlene Boobar, president, Mickey Vernacchio, vice president; Gerri Strong, treasurer; Emily Mussatto and Jean Scerbo, co-secretaries who put in many hours to offer so many events for our enjoyment. Thank you also to all committee members who make "things" happen!

Let's have a great year!!



**Women's Club Retreat
Christmas Party
Monday, December 16th
Refreshments: 6:30 PM
Singing begins: 7:00
PM
Clubhouse
*All are invited....***



**HOUSE OF HOPE HOLIDAY
THRIFT SHOP**

4456 Federal Highway, Stuart FL

**Corner of Monroe Street & Federal
Highway**

Open Thursday thru Saturday 10AM to 4PM

Open thru December 31, 2013

**If you have holiday goods that you no longer need,
please donate during regular business hours.**

BRIDGE SCORES

By Patsy Shattuck



Where has this year gone? We are starting in our wonderful fall and winter schedule. It will be nice to have our winter residents here for a brief while. Hope everyone had a happy, healthy summer.

August 6, 2013

- 1 – Alan Shattuck
- 2 – Peggy Johnson
- 3 – Maryon Gonzalez
- 4 – Laura Rothman
- 5 – Patsy Shattuck

August 13, 2013

- 1 – Ann Sterling
- 2 – Peggy Johnson
- 3 – Muriel Barry
- 4 – Alan Shattuck
- 5 – Carol Flynn

August 20, 2013

- 1 – Maryon Gonzalez
- 2 – Ann Sterling
- 3 – Peggy Johnson
- 4 – Alan Shattuck
- 5 – Lena Rublowsky

August 27, 2013

- 1 – Ann Sterling
- 2 – Muriel Barry
- 3 – Stan Rublowsky
- 4 – Fran Elson
- 5 – Patsy Shattuck

September 3, 2013

- 1 – Patsy Shattuck
- 2 – Laura Rothman
- 3 – Peggy Johnson
- 4 – Mimi Burns
- 5 – Bill Burns

September 10, 2013

- 1 – Carol Flynn
- 2 – Bill Burns
- 3 – Alan Shattuck
- 4 – Marie Ferrandino
- 5 – Mimi Burns

September 17, 2013

- 1 - Lena Rublowsky
- 2 – Laura Rothman
- 3 – Maryon Gonzalez
- 4 – Muriel Barry
- 5 – Stan Rublowsky

September 24, 2013

- 1- Patsy Shattuck
- 2 – Marie Ferrandino
- 3 – Laura Rothman
- 4 – Peggy Johnson
- 5 – Stan Rublowsky



Pharmacy Topics

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

The Treatment of CORAL SNAKE BITES

In last month's *Retreat Newsletter*, there was an article that caught my attention – by Chuck Eschenburg, entitled **Caution Pool Users** about finding Coral Snakes in our pool. Yikes!! This was the first time that I had heard of this snake being spotted in our community. I often jump into our pool without giving it a second thought. It got me thinking about what to do if I did get bitten by a Coral Snake. And so, I started researching information related to the treatment of venomous snake bites – in particular the Coral Snake.

So, what happens if you do get bit by a coral snake?? First, the **good news** -- as far as venomous snakes go, the coral snake is a clumsy biter. Unlike pit vipers such as the rattlesnake, which has very efficient fangs that point forward during a strike and inject venom like hypodermic needles, the coral snake has small, rear-facing fangs that guide venom into a wound. As you might imagine, the rear-facing fangs do not always work well—and experts estimate that only 25 percent of coral snake envenomations are “dry bites”. The other good news is that these snakes are usually unaggressive and generally only about 100 or so bites are reported in the U.S. each year.

The **bad news** is what the coral lacks in efficiency and aggressiveness, it makes up for in **neurotoxicity**. Unlike bites from pit vipers, which cause immense pain and swelling at the wound site, coral snake bites may be painless at first. Do NOT make the mistake of thinking you will be fine if the bite area initially looks good and you are not in a lot of pain. Major symptoms typically appear within hours, with symptoms such as tingling sensations in the extremities, dysarthria (slurred speech) and ptosis (droopy eyelids) appearing at first. As the neurotoxins take hold, other possible symptoms include: blurred vision, breathing difficulty, convulsions, drowsiness, headache, low blood pressure, excessive salivation, nausea and vomiting, numbness, pain and swelling at site of bite, paralysis, shock, swallowing difficulty, swelling of tongue and throat, weakness, skin color changes, skin tissue damage, stomach or abdominal pain, and weak pulse. Untreated coral snake bites can be deadly. **IF YOU HAVE BEEN BITTEN BY A CORAL SNAKE, YOU NEED TO CALL 911 – AND IMMEDIATELY BE TRANSPORTED TO THE HOSPITAL.**

The treatment of choice for an Eastern Coral Snake bite, if the victim is asymptomatic, or if signs and symptoms of envenomation are already present, is to immediately administer the appropriate antivenom (also called antivenin). In the United States, there is only one FDA-approved product, **North American Coral Snake Antivenin (*Micurus fulvius*) of Equine Origin**.

This product was manufactured by Wyeth Pharmaceuticals, now a subsidiary of Pfizer, Inc.. Wyeth kept up production of coral snake antivenom for almost 40 years. But given the rarity of coral snake bites, this product was deemed unprofitable, and the company shut down the factory that made the antivenom in 2003. Wyeth worked with the FDA to produce a five-year supply of the medicine to provide a stopgap while other options were pursued. After that period, the FDA extended the expiration date on existing stock from 2008 to 2009, and then again from 2009 to 2010. A final expiration date extension for North American Coral Snake Antivenin (*Micurus fulvius*) (Equine Origin)

Lot 4030026 occurred last year -- and the existing supply can be used through October 31, 2013. A final expiration date extension for North American Coral Snake Antivenin (*Micrurus fulvius*) (Equine Origin) for Lots #4030024 and #4030026 occurred this year -- and the existing supply can be used through April 30, 2014 and October 31, 2014 respectively.

With no new antivenin being produced since 2003 -- there is currently a shortage of the antivenin product across the U.S. Hospitals that do not have the product on-hand, will call their local **Poison Control Center** to locate nearby hospitals that do have the Coral Snake Antivenin and get it transported to their facility as quickly as possible. Our closest **Poison Control Center** is located in Tampa – their hotline is **1-800-222-1222**.

There is no alternative product licensed in the U.S. for coral snake envenomations. Without antivenom, victims can be managed with sound supportive care with an expectation of an excellent outcome as long as airway management (intubation) and respiratory support are administered. Ventilator dependence could persist for many days (even weeks) following serious bites until the effects of the toxin wear off.

There is a coral snake antivenom produced by Mexican drug manufacturer Instituto Bioclon that researchers believe could be even more effective and safe than the outgoing Wyeth product. But that drug, Coralmyn, is not currently licensed for sale by the FDA. The tests required for licensing would cost millions of dollars, and for such a rare treatment, it could take decades for Bioclon to make its money back. So, this drug company will probably not pursue FDA approval to market the antivenom in the US.

So, long story – short – this is a very dangerous snake – its bite is venomous and contains deadly neurotoxins! Be able to recognize the coral snake, and note that it has very distinctive markings (see photo below).



Coral Snake

The coral snake has a black snout, and the colored rings go all the way around the body of the snake. Also, note that the red band always touches the yellow band. If you have trouble identifying the Coral Snake from some of the harmless snakes which have similar colored bands – remember this rhyme:

“If red touches yellow, it can kill a fellow” (Eastern Coral Snake)

“If red touches black, it is a friend of Jack” (Scarlet Kingsnake or Scarlet Snake)

If you see one, do whatever you can to avoid direct contact or confrontation. If you or someone around you gets bitten – even if symptoms do not manifest or appear at first – call 911 and get to the hospital. Also, take extra measures to “look before you leap” into our community pool.

NEWS FROM OUR BOARD OF DIRECTORS

By Bill Cole

1. Welcome home to our seasonal residents. The fall weather is beautiful here. The Retreat looks great!
2. Please be alert for any one that you do not think belongs in The Retreat. All roads are private property. No trespassing signs are posted. If you see any one that you do not think belongs, call 911 at once. Do not call me...do not call Ron...do not call your friends. CALL 911. This is the only way we can help keep our homes safe from people who do not belong. The Sheriff wants you to call and so do we.
3. All is operating well here and on Seabranh.

Enjoy your fall and send us your ideas or questions. Thank you.

Landscape/Irrigation Work Orders

By Ron Barrow

Please submit landscape/irrigation work orders directly to Capital Realty at 800.940.1088.

Business owners—The Retreat Newsletter

is a great place for you to reach local customers. Ads are business card size in black and white. The ads appear in color on our WEB site, www.retreatatseabranh.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.

2014 RETREAT TELEPHONE DIRECTORY FORM

If you are not currently listed in the 2013 Telephone Directory and wish to be listed in the 2014 Directory, please fill out the form below. If you are currently listed in the 2013 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, 2014**

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 MAP FACTS

The information below is compiled from Retreat Maps used during the construction phase. Some are taken from Site Information charts on the maps and other statistics are obtained by taking accurate measurements directly from the maps.

313.4 acre Represents the area within our boundary. To give some perspective, try to visualize the area of 237 football fields including the end zones. (One such field equals 1.32 acre) (91 yards without end zones equals one acre.)

4.83 miles (25,500ft) Represents the Retreat perimeter. If you were to hike beginning at our entry and the Lost Lake Doubletree entry, to the end of Lake 1 at the end of Angelina, proceed around the lake and walk the length of lake 2 back to the end of lake 2 across from the Clubhouse where the fence gate is located, this would be about 1/3 of your hike. Continue from the gate and follow the fence and drainage ditch the length of Eldorado, behind lake 10 at the end of Eldorado. Then proceed East along Glacier and Hawks Nest and continue following the fence behind the ends of La Creek, Maryhill and

along Nicolete to our East Entry. To finish, hike back to the start point.

5.46 miles If you were to add to your hike the .74-mile perimeter fence and wall around Seawind School, the distance would add to this.

.74 miles (3900 ft) SeaWind School perimeter wall/fence.

3.85 miles (20,250 ft) This is the approximate length of our privately owned paved street system. It would also follow that this number to a degree represents the length of water pipe, sewer pipe, cable and phone trunk lines, and electric power cable. Street and swale drainage pipe systems and lake pipe systems are probably twice that length. Irrigation piping and control wires are so many miles long that I can't even guess.

.84 miles The length of our drainage ditch located on our property. It begins by the fence gate across from the Clubhouse and ends at the SeaWind ditch off property behind Lake 10 at the end of Eldorado Way.

Information compiled by Dave Williams, BOD
January, 2007.

RETREAT FACTS

The Retreat at Seabranh was permitted to Divosta by various county and state authorities using the following criteria. This information is taken from our Planned Unit Development (PUD) maps.

Retreat Land Use Allocations (based on 313acre total)

Residential lots	87.74 acre	28%
Roads & right of ways	22.4 acre	7.15%
Recreational parcel	2.96 acre	.94%
Lakes & water bodies	55.89 acre	17.83%
Green/open space	144.42 acres	46.08%

Lot Development Criteria-

	<u>Oakmont/Carlyle</u>	<u>Capri III</u>
Minimum lot area	6500 sq ft	4750 sq ft
Minimum lot width	50 ft	36 ft
Minimum lot length	135 ft	135 ft
Maximum building height	1 story or 35 ft	

Max lot coverage: bldg, pool, deck, drive 75% of total lot size

Other Info

Our house slabs are built between 18.5 and 23 feet above sea level. Check this on your house survey. It has other interesting info on it.

We have 10 lakes in the Retreat. Eight lakes are held by Control Structure at 15ft; one at 16ft and one at 14ft above sea level.

Compiled by Dave Williams: Retreat BOD; VP, October 2007

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	retreathoa@comcast.net
		Capital Realty for Work Orders, General Questions, Emergencies: 1.800.940.1088	

RETREAT COMMITTEES

Architectural Control	Dave Greaves	545.2664	david.greaves@ globalriskconsultants.com
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 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.

Channel 63	Jim Morrow	545.1936
First Fridays	Audrey DeLoffi Jean Scerbo	245.8420 545.3592
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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Dear Retreat Residents,

We thank all that have contributed to this newsletter. Your input is key to this newsletter.

Many of the homes in the Retreat are 10+ years old. **What are some of the maintenance problems you are encountering and how are you fixing them?**

This is our theme for the upcoming newsletter. Examples are: tile tenting, roof leaks, cabinet problems, driveway problems, sto coat peeling, algae growth on house exterior, sewer drainage, water quality, hot water heater and smell, sliding glass door rollers, brush seals, deck/sidewalk paint.

Enjoy your holidays!
Your newsletter staff



**Don't forget to FALL
BACK on Sunday,
November 3rd at 2AM**



**PHOTO
CREDITS**

Retreat Tennis Team—
Sherry Perry, Ericka
D'Avanzo

Wildlife in the Retreat—
Bill and Elaine Sandilos



Prudential

Linda Kosmaia, PA, Broker
I Live, List and Sell in the RETREAT !!!

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