



The Retreat Newsletter
September/October 2007
Volume 4, Issue 4



VACATIONING RETREAT RESIDENTS

VACATION NOTES

By Jim Estes

We just returned from a three-week road trip through the northeast. We went to Long Island for a family wing-ding in early June and stayed a week at Joanne's sister's house. While we were there we took the ferry to Connecticut and visited Mystic Seaport. Then we went to Newport and toured several of the mansions. We also had lunch in the oldest tavern in the US (White Horse Tavern, built 1673). Newport is filled with history and very interesting buildings and scenery. We wished we had planned to spend more than one day there. Mystic was a bit disappointing, but interesting. We had some great food there at the Seamen's Inn.

The next day Joanne's brother, Phil, took me out deep sea fishing in his 48-foot Viking. Only problem is there were four-foot seas, and I got sick as a dog. On top of that, the fish weren't biting. All in all it wasn't such a great time. But it was nice of Phil to invite me. He was trying to show me a good time, and it wasn't his fault the weather didn't cooperate. It was cool, however to cruise out of the harbor past the Statue of Liberty (he lives in

(Continued on page 12)

OUR SUMMER VACATION?

By Chuck Eschenburg

Carole and I booked an Alaska cruise last year but we had to cancel due to health reasons. We booked another this year, but it was cancelled as the boat ran onto charted rocks near Juneau. We then chose a simpler short jaunt to the Black Hills of South Dakota which Carole had visited 60 years ago and to complete my visitation of all 50 states. We drove to Palm Beach International Airport thru ferocious rain

(Continued on page 4)

TRIP OF A LIFETIME

By Al Jacobs

We had a terrific vacation last June. We flew to **Brussels, Belgium**, where we spent four days. One day we took a train to **Brugge**, which we enjoyed greatly. We then took the **Eurostar**, the high speed train, under the English Channel. We made our way to **Southampton** where we departed on a 14-day cruise to the

(Continued on page 4)



Al and Marianne in Brussels



NICK AND DOTTIE SACCO'S VACATION

By Dottie Sacco

The highlight of our summer was a family cruise to the **Caribbean** with our four boys and two of the girlfriends. The laughter started when we picked up John who looked like the typical tourist with his fanny pack, sun glasses, and camera hanging around his neck. His brothers had to make that their first picture.

Lots of time was spent around the pool with me reminding everyone to use sun block and getting them involved in Dominos. Of course we took advantage of other amenities on the ship starting with the fitness center (NOT ME), basket ball (I WATCHED), tennis (I WATCHED), ping pong (I



LAUGHED) as the boys and Nick took turns running into the wall because of the tight quarters. Finally, Nick and I took dance lessons where we kept

tripping over our own feet.

I must say that dinner was my favorite time of the day, not just for the food which we all enjoyed but because of the hours we spent laughing as we reminisced about the day's events. Then it was on to the lounges for great entertainment and more fun. Nick and I said good night to the young folks about two in the morning; they partied on.

One night we had to skip the lounge because I was in the Princess Idol competition. There was a big yellow star on our stateroom door that evening and a letter congratulating me for being a **PRINCESS POP STAR** finalist. We all got a kick out of that.



The time we spent on the islands consisted of the men enjoying cocktails at an outside bar and the woman doing their part to keep the jewelry stores in business.

We hope to do this again in two years when we will celebrate our 50th wedding anniversary.

I feel so blessed to have such a wonderful family and the fact that John, Michael, and Tony all live within a half hour of The Retreat is a bonus. Nick Jr. lives in New York, but I am still working on him.

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

Favorite Vacation!

By Marlene Boobar

Bob and I feel the best way to take a vacation is going on a cruise. We have enjoyed many cruises during our 15 years of marriage. Last year, after visiting Bob's son who is working for the government in Amsterdam, we boarded the Celebrity Century ship and spent the next 12 days enjoying a **Baltic Cruise**. Weather in July was spectacular! Our visit to **St. Petersburg**, Russia included a visit with Bob's other son who was attending a Writer's Conference. Another highlight of our trip was visiting the little town of **Tallinn, Estonia**.

Tallinn is the capital city of Estonia, which lies about 40 miles south of Helsinki. This was a beautiful and charming little town with very warm and hospitable



people. The picture above shows Bob and I enjoying a Coke in the little town. Other ports along this voyage included Helsinki, Stockholm, Copenhagen and Oslo.

Cruising is a way to "sample" many cities while only having to unpack once. Besides this Baltic trip, we have enjoyed cruises featuring stops in the Mediterranean, tours up the coast of New England into Canada, brief visits to islands in the Caribbean, and we have even taken a couple of transatlantic cruises.

A vacation to us is learning something new while being pampered with excellent meals during the day and great entertainment at night. Our next big cruise is another transatlantic leaving from Miami next April.

We are planning one last visit with Bob's son in Holland before he returns for assignment back in the states.

What a way to beat jet lag!!!

AN ALASKAN ADVENTURE

BY DOTTIE WILLIAMS

Hi from Billings, Montana. Dave and I are returning home after an outstanding trip to **Alaska**. This is a trip we have talked about for almost six years. We have both been campers for a long time and have traveled extensively throughout the United States in some form of recreational vehicle. The one trip we've always talked about was RVing to Alaska. We finally decided that the summer of 2007 was going to be the date for the "dream trip." After about six months of research and planning, on May 14th we started our adventure in our 35-foot Holiday Rambler Diesel Pusher with the Explorer in tow.

Our first stop was **Bellefonte, Pennsylvania**, to visit Mike and Suzanne, our son and daughter-in-law. We were excited to see their new townhouse and after visiting for about ten days, we started our western trek. After a short stop in Indiana to tour the Holiday Rambler plant where our motor home was manufactured, we traveled west entering Canada just north of Shelby, Montana. Once in Canada, we headed for the Canadian Rockies. Our plan was to spend some time touring in **Banff, Lake Louise and Jasper**.

The **Canadian Rockies** were spectacular. The towering snow-covered peaks, glacial lakes and waterfalls were breathtaking. The area had an early warm spell and as a result, the rivers and waterfalls were raging. They truly were impressive. Our stay at Whispers Campground in Jasper had some interesting perks too. It was Elk calving season. Every day the Elk proudly paraded through the camp sites with their young calves. It was quite a picture opportunity.



Elk—Photo by Dave Williams

After an eight day visit in Canadian Rockies, we headed for Dawson Creek, British Columbia, the home of "Mile 0" of the Alaskan Highway. We traveled the Alaskan Highway to **Whitehorse**, the capital of the Yukon Territory. Along the way, we enjoyed the scenery and the wildlife. From Whitehorse we took the Klondike Highway to **Dawson City**. The highway followed the Yukon River and was the route the prospectors took to the Klondike Gold Rush. After visiting a working gold mine, panning for gold and celebrating the **summer solstice** (about 22 hours of daylight) in Dawson City, we crossed the Yukon River by ferry.

Once across the river, we started over the **Top of the World Highway** to Alaska. Words cannot describe the Top of the World Highway but I'll try. The scenery was beyond spectacular. There were views of mountain ranges in layers. For miles, all you could see was one mountain range after another. The road, on the other hand, was pretty scary. It was a dirt gravel road with steep inclines and declines. Once we entered Alaska, the road deteriorated

even more. It became very narrow with switchbacks. There was not much room to pull over to let anyone pass. Luckily, there was not a lot of traffic. At one point it took us 40 minutes to travel 14 miles. Both Dave and I literally cheered when we returned to the Alaskan Highway and it was paved.

Once in Alaska, we traveled just about every highway in the state including the marine highway. Our first stop was to **Wrangell St. Elias National Park**. It's a park of 13.2 million acres with spectacular mountains and glaciers. It's also home of the **Kennicott National Historic Landmark**, a non-working mine that produced copper in the early 1900's. After a guided tour of the mine, we took a flight seeing tour of the mountains and glaciers in the park. The views were outstanding. We then traveled the Richardson Highway to **Valdez**. We had to drive through the mountains to get to the seaport and the scenery along the road was breathtaking. We found Valdez to be a quiet fishing town with a pretty waterfront overlooking Prince William Sound. After our visit to Valdez, we moved on to the Mat-Su Valley. The Iditarod Museum in **Wasilla**, a Musk Ox Farm in **Palmer** and the Native Heritage Center in **Anchorage** were some of the places we visited.

The **Kenai Peninsula** was next on our agenda. First we traveled the east side of the peninsula to Seward. There we went to **Kenai Fjords National Park**. Since most of this park can only be seen by boat, we took a six hour boat tour to see the fjords, glaciers and wildlife. We saw it all. On the ride to the fjords, we were treated to sightings of a variety of birds and many marine mammals including Humpback Whales and Orcas. When we reached the Aialik Glacier, which rose 300 to 400 feet from the water, the captain positioned the boat and turned the engine off. We all watched in silence listening to the glacier crack and moan. Huge chunks of ice would come crashing down to the water. It was truly an amazing experience. **Homer** on the west side of the peninsula was our next stop. The weather was not too cooperative while we were in this area. I'm sure the scenery would have been truly impressive if the sun was shining.



Just about everyone who visits Alaska, goes to **Mount McKinley and Denali National Park** and that was where we headed after the Kenai. We visited the sled dog kennel, hiked a few trails and took an eight hour bus tour into sections of the park where private cars are not permitted. The terrain in this park is so diverse and there are so many



Moose family in Denali—Photo by Dave Williams

beautiful sights. We were treated to many wild life sightings too. We saw Caribou, Brown Bears (Grizzlies), Wolves, Snowshoe Hares, Ptarmigan, Dall Sheep, Moose and a

(Continued on page 12)

(Continued from page 1) **OUR SUMMER VACATION?**

and waited a long time for seat assignments for the flight to Chicago. We got to Chicago's O'Hare, trudged a long way to another concourse and waited three hours for our flight to Rapid City. Time passed by until we were told our flight was cancelled due to plane problems. At about the same time, three other flights were cancelled even though the weather was fine. The service desks were overwhelmed with frantic travelers. When we finally got to the desk, we were told our only choice to get to Rapid City was to attempt standby for the next two days. Since that would eat up half of our trip, we chose to return home.

The nice part was a lovely hotel, a pleasant dinner and room service breakfast with views of colorful landscaping. We were lucky to get return flights that day thru Charlotte, where we found the airport jammed with holiday travelers munching fast food everywhere on the floors which made for deft footwork to find our gate. We got home OK, but our luggage did not. It somehow went on to Rapid City where it sat until a helpful baggage agent at PBI was able to track it down and send it home.

So our summer "vacation?" was an expensive 40-hour overnight in Chicago. Planes and ships are not on our wish list, at least for awhile. The Retreat looks mighty good.

(Continued from page 1) **TRIP OF A LIFETIME**

Mediterranean. We stopped in **Cadiz (Seville), Barcelona, Monte Carlo, Florence and Pisa, Civitavecchia (Rome), Sardinia, Mallorca, and Gibraltar.** Then we went back to Southampton. We made our way to **London** where we remained for four days visiting all the popular sights, castles, museums, changing of the guard at Buckingham. I even got Marianne up on the **London Eye**, a giant Ferris wheel where the entire city was visible. Then we took a train to York, a medieval city, which we enjoyed greatly. Then it was on a train up to **Edinburgh**, Scotland where we walked the **Royal Mile**, the distance from the queen's palace and the castle. Then it was on the train, back to London and Gatwick Airport from which we flew home.



It was a trip of a lifetime for us, and every day I thanked the treadmill in the **Retreat exercise room** as that enabled me to do all that walking and stair climbing in those old castles.

USEFUL COMPUTER LINKS

By "Cybrary Man" aka Jerry Blumengarten

www.cybraryman.com

Gail and I are exploring our new state by taking short trips all over Florida. This summer we have explored **Sarasota, St. Augustine, Winter Park and Miami.** We loved the Ringling Museums and Siesta Key Beach in the Sarasota area, the Morse Museum in Winter Park and the Flagler College Tour, Fountain of Youth and St. George Street in St. Augustine. The AAA office in Stuart is a very good place for help with your travel plans. They are extremely helpful providing maps, securing good accommodations and have excellent guides on what to see and do.

The travel page on my website has tools for travelers, best gas prices, and travel links. I also have some of the pictures of our trips.

Travel Links Page

<http://www.angelfire.com/stars3/education/travel.html>

Gas Prices - MSN Autos - Find best gas prices for your zip code

<http://autos.msn.com/everyday/gasstations.aspx?zip=src=Netx>

September Holidays and Celebrations

<http://www.suelebeau.com/september.htm>

October Holidays and Celebrations

<http://www.suelebeau.com/october.htm>

How To Drive Like A Floridian...

1. Turn signals will give away your next move. A real Florida driver never uses them.
2. Never leave a safe distance between you and the car in front of you, or the space will be filled in by somebody else, putting you in an even more dangerous situation.
3. The faster you drive through a red light, the smaller the chance you have of getting hit.
4. Never, ever come to a complete stop at a stop sign. No one expects it, and it will result in you being rear-ended.
5. Never get in the way of an older car that needs extensive bodywork, especially someone from Florida or Georgia. With no-fault insurance, the other guy doesn't have anything to lose.
6. Braking is to be done as hard and late as possible to ensure that your ABS kicks in, giving a nice, relaxing foot massage as the brake pedal pulsates.
7. Never pass on the left when you can pass on the right. It's a good way to prepare for people entering the highway.
8. Speed limits are arbitrary figures, given as a suggestion and are apparently not enforceable in any County during rush hour.
9. Just because you're in the left lane and have no room to speed up or move over doesn't mean that a Florida driver flashing his high beams behind you doesn't think he can go faster in your spot.
10. It is traditional in Florida to honk your horn at cars that don't move the instant the light turns green.

HAVE A SAFE JOURNEY!!!



\$5K TROPHY WINNING SWORDFISH: Above left, l to r Bill Shuda - Stuart, of Home Port Charts, Fred Taht - Port St. Lucie, Mike Pollis - Hobe Sound, owner of the 32' Proline "Sea Monkeys" and Hank Stasiewicz - The Retreat. Team Sea Monkeys took top honors in the Grand Slam Broadbill Classic tournament on July 21-22 with a 119.4 pounder caught in 1,450 feet of water, east of the Jupiter Inlet. Hank fought the 62.5 inch (tip of lower jaw to middle of fork in the tail), swordfish for two and a half hours before finally landing it, at 5:30 am, just north of the St. Lucie Inlet. The big fish also places Team Sea Monkeys in contention for the \$10,000 Super Swordfish Category paid to the team that weighs the heaviest fish of four events this year - two out of Finest Kind in Stuart and two out of Grand Slam in Jupiter. Above right, the winning rod and reel combo !



CATCH OF THE DAY: l to r Bill Tarquine, Paul Larcom, Ken Ryan, Joe Boucher, Ron Paukstys, Barry Spitz and Ken Dara. Larry Lieberman was the boat's photographer. We fished out of Jupiter on the Black Dog drift boat and caught a mixed bag of Kingfish, Bonito, Snapper and Dolphin. We met at the boat at 6:30 am and were back at the dock by 10:30 am where our catch was filleted.

Everyone went home with dinner.

RETREAT ANGLERS



DOLPHIN DELIGHT! Our own Otto Vernacchio caught this hefty 33 pound dolphin outside the St. Lucie Inlet in 180 feet of water while on his Sea Pro.

Nice work Otto!

Page created by Hank Stasiewicz

Our New Granddaughter



By Kas and Jan
Kasuboske

Siena Leigh Smiejek was born on August 11 at 8:53 pm to Tim and Michele Smiejek. She weighed 9 pounds 3 ounces and was 21 1/4 inches long.

Everyone is doing well and the family came home from the hospital today. Grandma and Grandpa Kas got to meet her on Sunday. She has lots of hair. Everyone is happy and feel that our prayers have been answered.

A June Wedding

By Marlene Boobar



This is the picture of my daughter, **Jessica Mula, and Brian Howard** on their wedding day, June 29th. This picture was taken

down the street from my house in Saco, Maine. What a beautiful day we enjoyed. The other picture is of Bob and I going down the aisle.



Expecting a First Grandchild

Marlene Boobar is expecting her first grandchild this Thanksgiving!

Her daughter, **MaryAnna Caton** (who lives in Jupiter) is expecting a girl!!! You'll be seeing Marlene this winter pushing a stroller.



MORE RETREAT WILD LIFE



Well-Hidden Alligator

By Bob Flynn

I was fishing around the lake behind my house, looking for a spot that was clear of weeds so I could reel in without snagging my line. I almost walked directly up to this well-hidden alligator. I got to within ten feet of it before I saw its eyes. I estimate its length to be about five-to-six feet. While it probably would not attack an adult, it could be hazardous to small children or pets. I thought you may want to see this picture and perhaps remind people that alligators can be anywhere near fresh water, and, as you can see, that they aren't always easy to spot.

"A SNAKE"

By Marsha Levine

While working on a drawing, I could see two of our landscape guys stop working behind our house and staring at something in the preserve. They looked so long I went out and said, "What do you see out there?" "A snake," they answered. A few moments later, the rest of the crew showed up. They proceeded to corner, round up, and take away what turned out to be, not any old snake, but a **six-foot Diamond Back Rattle Snake** !



Of course I ran to get my camera and got as close as I wished to be just to get a few shots. No closer, thank you. The neighbors were alerted in case their cousins or others were also nearby.

Martin CARES (Citizen Academy and Resource Education Series)

An in-depth look at Martin County government

The Martin County Board of County Commissioners is pleased to invite you to participate in an exciting, innovative program designed to provide citizens an in-depth, detailed look at Martin County government. Now available for interested citizens is Martin County CARES, the Citizen Academy Resource Education Series.

Why Martin CARES

Why Martin County CARES? We want to familiarize citizens with the function and purpose of Martin County government, increasing citizen awareness of services offered by local government. Participants hear presentations from all the departments under the direction of the Board of County Commissioners as well as each of the Martin County Constitutional Officers: Supervisor of Elections, Sheriff, Tax Collector, Property Appraiser, Clerk of the Courts and the Nineteenth Judicial Circuit. One session is dedicated to an in-depth look at the Martin County School District. Field trips visit many County Buildings and locations including the Emergency Operations Center, recreation facilities, a water treatment plant, even the County jail! Through Martin County CARES, participants will personally get to know the key service providers who oversee the diverse operation of the departments who provide roads, water service, parks, emergency medical services and law enforcement. Upon completion of the program, participants will have a knowledge of the organizational structure and function of the County government which enables them to share that information with friends and neighbors.

+++++

Seven Retreat residents attended the Martin CARES program last spring. One of the Retreat attendees was **Catherine Klinger**. At our graduation, Catherine was asked to speak for all the attendees. The following is what Catherine said:

We would like thank the commissioners and all of the employees who worked with us for our truly inspiring experience in the Martin Cares program.

I am a professor of business and, frankly, the last place I thought I would find a high-performing organization was in county government. However,

that is exactly what we all feel we have here in Martin County. Some of the strengths we noted are: leadership that is simultaneously visionary and focused; a genuine sense of intra- and interdepartmental collaboration and camaraderie; lean operations; and visible measurement and control systems.

On the first day of the program, the individual who is responsible for maintenance of the county fleets told us with pride that we could see the cost per repair and cost for operating each vehicle on his department's website. This wonderful sense of employee pride and enthusiasm was reflected in every aspect of the Martin Cares program.

Thank you for your hospitality and leadership.

To find out more information about Martin CARES, go to:

http://www.martin.fl.us/portal/page?_pageid=356,264037_dad=portal_schema=PORTAL

Irving Rothman, Retreat Resident

Retreat resident, **Irving Rothman**, died of cardiac arrest on May 31st. He was 86 years old, born in Irvington, New Jersey. Irving was a World War II veteran; he served in the South Pacific. He had his own civil engineering business, and he was the proprietor of an antique car museum called Roaring Twenty Autos in Toms River, New Jersey, which also sold antique cars. Irving and Laura were very happily married for 50 years, did lots of traveling around the country by RV, and enjoyed boating. He is survived by his wife, Laura, daughter Sue Conkling, son-in-law Frank Conkling, and grandson Christopher Conkling.

To My Friends and Neighbors,

I am so grateful and fortunate to have moved into the best community ever. Those of you who knew **Roger**, know what I am missing. For all of your calls, caring and donations, my many thanks. Looking forward to my return in October.

Mimi Brown

Living Will

By Carrie Stradley Lavargna, an attorney
practicing law in Stuart

Reprinted from The Stuart News, March 31, 2006

Received from Joanne Estes

I remember well the Friday night call from St. Lucie Medical Center on Father's Day weekend almost eight years ago, that my father's health unexpectedly turned critical. Racing to the ICU waiting room where, with my mother and our dear friend Terri Foley, we heard the news that my father had died. He was gone. Disbelief and grief. Consoling and being consoled. Then the doctor came in and said that my father was still on the respirator – standard ICU procedure with sudden cardiac arrest - and that he would take the respirator off when my brother arrived from Vero. That was weird.

I asked to sit with my dad, thinking of the movie images where the spirit lingers over the body. I was holding dad's hand and talking to him. When I told him that we would take good care of mom, his hand squeezed a bit. When I told him he was such a wonderful father and grandfather, his hand squeezed again.

I told the nurse, she got the doctor, and they thought there was a slight possibility that dad was alive in some kind of coma. More probably though, the squeezes were automatic reflexes. We heard: "There is a chance." My brother arrives at the hospital moments later and is told that maybe dad died and maybe he didn't. We keep my father on the respirator and watch the brain movement machine. The family maintains a vigil, but throughout Saturday hope is dwindling.

Fortunately for us, my mother and father had made their wishes clear, had both signed the "Living Will" and on several occasions told each other and my brother and I that neither would want to be kept alive artificially. By Sunday morning – Father's Day - the answer was clear and the respirator was removed. The doctors said it would be only a few hours. My father kept breathing on his own until 2:00AM, early Monday morning. He died, maybe on Friday or maybe on Monday – but not on Father's Day.

By signing the Living Will and communicating his wishes to us, my father death was without a legal battle – and more importantly, *much more importantly* - with our family in agreement and at peace with the difficult decisions made.

The Florida Legislature has recognized that every competent adult has the fundamental right to determine health decisions for themselves, including the right to

choose or refuse medical treatment or procedures which would only prolong life when a terminal condition or end stage condition exists or when in a persistent vegetative state. By Florida law your instructions - your will – regarding these difficult decisions are carried out in the event you are incapacitated if you have signed a document called the "Living Will." You may also name the person to make health care decisions for you. This person is known as your "health care surrogate."

The Living Will and Designation of Health Care Surrogate should be signed by you, its maker, in the presence of two witnesses, at least one of whom is neither the spouse nor blood relative of the maker. If the maker is physically unable to sign, then one of the witnesses can sign at the direction of the maker and in the presence of the maker and the other witness.

Once the Living Will and Designation of Health Care Surrogate have been signed, it is a good idea to provide a copy of the documents to your physician and hospital to be placed within your medical records. Most importantly, though, tell your family of your wishes and of the location of the signed documents, so that if ever faced with this incredibly difficult decision, they will know what you would want and be reconciled in their actions and with each other.

We miss you dad.

DEFINITIONS NOT IN DICTIONARY RECEIVED FROM BECKY BROWN

ADULT: A PERSON WHO HAS STOPPED GROWING AT BOTH ENDS AND IS NOW GROWING IN THE MIDDLE.

BEAUTY SHOP: A PLACE WHERE WOMEN CURL UP AND DYE.

CANNIBAL: SOMEONE WHO IS FED UP WITH PEOPLE.

COMMITTEE: A BODY THAT KEEPS MINUTES AND WASTES HOURS.

DUST: MUD WITH THE JUICE SQUEEZED OUT.

EGOTIST: SOMEONE WHO IS USUALLY ME-DEEP IN CONVERSATION.

HANDKERCHIEF: COLD STORAGE.

INFLATION: CUTTING MONEY IN HALF WITHOUT DAMAGING THE PAPER.

MOSQUITO: AN INSECT THAT MAKES YOU LIKE FLIES BETTER.

RAISIN: GRAPE WITH A SUNBURN.

SECRET: SOMETHING YOU TELL TO ONE PERSON AT A TIME.

TOOTHACHE: THE PAIN THAT DRIVES YOU TO EXTRACTION.

TOMORROW: ONE OF THE GREATEST LABOR SAVING DEVICES OF TODAY.

YAWN: AN HONEST OPINION OPENLY EXPRESSED.

WRINKLES: SOMETHING OTHER PEOPLE HAVE. I HAVE "CHARACTER LINES."

WOMEN'S CLUB OF THE RETREAT

By Barbara Farley, Women's Club President

Within the past couple of months, Mr. Gary Hendy, owner and his assistant, Barbara Thommes, of Premier Party Rentals in Stuart graciously donated, one round 72-inch table to **The Safe Space House**. Bill Bibby supplied the truck to deliver it. Thanks for making this possible. Mary Pratt also donated several pieces of furniture, which included a sleeper/sofa, a chair, a computer desk plus kitchen pots and pans. Bob Regan's Moving Company assisted in delivering Mary Pratt's donations. In addition, Carol Stone made arrangements for a refurbished commercial washer and dryer to be donated to the Safe Space House from Mr. Michael Albanese of Commercial Laundry Equipment in Tampa.

Our other charity, **Hope Rural School**, has been able to purchase audio headsets for the school library.

Twenty-six gals attended a July luncheon and fashion show at **Prawnbroker Restaurant** and found some good buys at the plaza's sidewalk sale.

Thai Bistro

By Stephen and Kathleen Kindstedt

We just got back from our second time eating out at **"Thai Bistro"** on Federal Highway. I just *had* to write to you as a heads-up if you like Thai food, it is absolutely so good! The owners and chef are from Thailand and so the cooking is authentic. Once the food is inside your mouth...your taste buds are very happy! The combination of flavors is superb. So far everything we've tried has been very delicious. The atmosphere is very clean. The tables are decorated with table cloths and the soft music helps to adhere to desirable dining. The decorations are in good taste and many are of the customs of Thailand. If you have not been there, we highly recommend it. It is on the West side of the road going North in the GOLF USA Plaza across from Bartons' Jewelers, just North of Salerno Road.

Thai Bistro is closed on Mondays. They open at 4:30 for dinner Tuesday through Sunday. They do lunches Tuesday through Friday only, 11:30-2:30.

Upcoming Women's Club Events

Save the Date!

By Marlene Boobar

Keep a LOOK at Channel 63 for more information. Let me know if you want to join us!

marleneboobar@hotmail.com

October 24th Wednesday	Morikami Museum and Japanese Gardens	Bus Trip
October 26th Friday	Hat Decorating	Clubhouse
October 27th Saturday	Mt. Dora	Bus Trip
November 1st Friday	Ladies High Tea!	Clubhouse
November 10th Saturday	Rockettes! Broward Performing Arts	Bus Trip
November 14th Wednesday	Sawgrass Mall Shopping	Bus Trip
November 18th Sunday	2nd Annual Taste of the Retreat	Clubhouse
December 2nd Friday	Christmas Pageant	Bus Trip
December 7th Friday	Christmas Lights Mt. Dora	Bus Trip

NEWS FROM OUR BOARD OF DIRECTORS

By Bill Cole

- **Ken Gregory** resigned from the Board. We all thank Ken for his contributions and wish him well. Please thank Ken for his service when you see him.
- **Pat Pezzicola** was appointed to complete Ken's term. Gail and Pat are now living at The Retreat full time. Please welcome Pat and thank him for serving.
- **Channel 63** on your cable service is your Retreat channel.
- **Heat pumps** are being installed at the pool to save heating costs.
- Everything is working and running smoothly. The property looks great, and we are running ahead of budget.
- All of Seabranh Boulevard has never looked better, and the repaired irrigation system is now running well.

Thanks to all our volunteers and thank you for your support.



COMMUNICATIONS COMMITTEE

VOLUNTEER FOR CHANNEL 63

IF YOU ARE INTERESTED IN TRAINING AS AN
ALTERNATE FOR CHANNEL 63 AND ARE
COMPUTER PROFICIENT, PLEASE CONTACT
JOANNE ESTES AT 419.8704 OR
J.C.ESTES@COMCAST.NET

RETREAT NEWSLETTER

Our next issue's theme will feature "**Lady Anglers in The Retreat.**" Lets go, ladies! Get those fishing pictures out and add a brief description on when, where and how you caught your fish. Please forward all entries to one of the Retreat Newsletter staff (bottom left on page 2).

NEWS FROM OUR PROPERTY MANAGER

By Frank Lennane, LCAM

Please understand that the quarterly assessments are due on the first day of each quarter regardless if you receive a bill or not. The quarterly fees are due January 1, April 1, July 1, and October 1. New legislation recently passed allows HOA's to charge 5% late fees on late dues. Allow 5 to 7 days for mail to be delivered.



SOCIAL COMMITTEE

The Social Committee's upcoming events are:

Saturday, September 15th -- "Italian Feast"

Saturday, October 13th -- "Octoberfest"

Saturday, November 10th -- "Men Who Cook"

Monday, December 3rd -- "Social Committee's
Grand Finale for 2007"

Please mark your calendars!

CHICKEN BARLEY CHILI "A ONE POT WONDER"

RECEIVED FROM HANK STASIEWICZ

- 1 (14.5 OZ.) CAN DICED TOMATOES, UNDRAINED
- 1 (16 OZ.) JAR OF SALSA (HOT)
- 1 (14.5 OZ.) FAT-FREE CHICKEN BROTH
- 1 CUP MEDIUM BARLEY (NOT THE INSTANT TYPE)
- 4 CUPS WATER
- 1 TABLESPOON CHILI POWDER
- 1 TEASPOON GROUND CUMIN
- 1 CAN BLACK BEANS, DRAINED AND RINSED
- 1 (15 1/4 OZ.) CORN, UNDRAINED
- 4 UNCOOKED CHICKEN BREAST CUT INTO 1/2 INCH CUBES

OPTIONAL: SHREDDED CHEDDAR CHEESE AND/OR SOUR CREAM (I RECOMMEND USING BOTH AS A TOPPING WHEN SERVED).

IN A 6-QUART SAUCEPAN, COMBINE THE FIRST 7 INGREDIENTS AND OVER A HIGH HEAT, BRING TO A BOIL. REDUCE HEAT AND SIMMER FOR 40 MINUTES. ADD BEANS, CORN AND CHICKEN AND BRING TO A BOIL. COVER AND REDUCE HEAT TO LOW. SIMMER UNTIL BARLEY IS TENDER (ABOUT 20-30 MINUTES). IF TOO THICK, ADD MORE CHICKEN BROTH.

RELAY FOR LIFE

By Lill Malinowski

The Retreat Remembers... 2007 Relay For Life Team did very well. Our total donations were **\$7,937!!!** The American Cancer Society awarded us the following certificates:

Best Banner—thanks to Becky Freedman and Coni McGuinn.

Best Cancer Control Message—thanks to Carol Stone.

Best Participation—thanks to the Team, the survivors, and the Retreat residents that participated in the Relay.

We were the Team with the **highest fundraising**. A big thank you to ALL Retreat residents that donated in many ways. We are in the **Silver Club** for the third year in a row!!! To be in the Silver Club, the Team needs to raise between \$5,000 and \$10,000.

We look forward to your participation in the **2008 Relay For Life**. We have several events planned:

November 18—Our Team will participate in the **Taste of the Retreat** along with other groups. For those of you that attended this event last year, I am sure you will be back!

December 9—The **2007 Holiday Home Tour**. If you wish to participate in this event, please contact me at **LillMalinowski@comcast.net** or on my cell phone, 772.349.1832. I thank those that already contacted me wishing to participate this year.

Every Monday in February—**Duffy Days**.

February 24—A **Live Auction** and a **Silent Auction**.

We look forward to these and other events during the 2008 Relay For Life! **Please contact me if you are interested in joining the Retreat Team.**



The Retreat Remembers... Relay For Life Team is shown presenting a thank you plaque to the Duffy's of South Stuart Team.

Jensen Beach Students



Pictured are Exceptional Student Education children decorating luminary bags for the 2007 Relay For Life of South Martin. These students are from **Jensen Beach High School**. Other special-needs students from the



Felix A. Williams Elementary School in Jensen Beach also decorated luminary bags for the Relay. We thank these wonderful students



and their teachers for helping in the fight against cancer! In total, they decorated over 500 bags.

Luminaries at the 2007 Relay For Life of South Martin. Luminaries are lit in honor of those that are survivors and in memory of those that have lost their battle with cancer.



Going Away Tip

By John and Nancy Galiher

This is a quick hint that may help even on shorter trips. If a timer is used, always use a three-way bulb as a 50-100-150 bulb and set it the highest level. This way you are burning two separate filaments and, if one goes out, the other will still come on. The additional cost is minimal compared to the knowledge you will have some light coming on.

Golden Eagle. We had been told that the chances of seeing all of Mount McKinley at this time of the year were pretty slim. The cloud cover prevents you from a complete view. Each day we drove to different vantage points but without any success. We were disappointed but we certainly enjoyed our visit to Denali. After leaving Denali, we drove up the Parks Highway to **Fairbanks**. What a great town! The people were so friendly. We actually camped at the "northern most" Elk's Lodge. It was located on the Chena River, and we could easily walk to town. We also visited the Museum of the North at the University of Alaska Fairbanks.



Black bear along Dalton Highway

Photo by Dave Williams

While we were in Fairbanks, we prepared the Explorer for the trip up the **Dalton Highway** to the Arctic Ocean. The trip to the ocean is about 500 miles and the road is mostly gravel and desolate. It's recommended that you take two spare tires and extra gas. Equipped with all the recommended items, we drove the Dalton Highway following the path of the Alaska Pipeline. The changes in the terrain on the two-day ride were drastic. We drove through forests some that were scarred by huge fires; crossed the Arctic Circle; climbed the Antigon Pass (4,739 feet) through the Brooks Range and rode for miles through Arctic tundra. In **Deadhorse**, we took a tour to the oil fields and the **Arctic Ocean**. Four people in our group actually went swimming in the ocean. Dave managed to put his hand in the water, and I was the official photographer for all the brave souls. We then returned to Fairbanks and prepared for our trip to Haines.

Haines is one of the towns on the Inland Passage that can be reached by highway. It's known for the Bald Eagle migration in the fall. About 4,000 eagles arrive to winter in this area. While we were there, they estimated about 300 to 400 eagles were in the area. We were awestruck at the sight of all the eagles. They were everywhere. Dave was able to take some great pictures. We then traveled from Haines to **Skagway** on the Alaska Marine Highway ferry.

Once in Skagway, we headed for Canada and the Cassiar Highway. Our plan was to ride it south through British Columbia. We stopped in Whitehorse to check on the road conditions on the Cassiar, and it was a lucky thing we did. It seems as though there had been three slides in the past two days. The road was being closed intermittently for repairs and was not in good condition. As disappointing as it was, we felt that it was not wise to take that route and instead we continued on the Alaskan Highway toward the lower 48 and home.

Now, here we are in Billings. To date we have been on the road almost three months and have traveled 9,326 miles with the RV and over 2,000 with the Explorer. It truly has been the trip of a lifetime. We are looking forward to being back in Florida and sharing all of our great experiences with our friends there. See you all soon.

Brooklyn).

After the week in Long Island, we went to Philadelphia and stayed four nights in a great little boutique hotel in the historic district. Went to Independence Hall, saw the Liberty Bell and Betsy Ross' house, and the oldest continuously inhabited street in the US. We also went to the Franklin Institute of Science and saw the King Tut exhibition there (amazing!). The next day we went to the Philadelphia Museum of Art (of Rocky fame) and saw some great artwork, including several complete rooms from European estates.

Then we moved on to Washington. Washington has more stuff to see per square mile than almost anyplace I've been (except Rome) but we didn't plan our visit well and so we really didn't get to enjoy it as much as we'd liked. We did get to visit Mount Vernon (George Washington's home) and enjoyed that very much. Besides being filled with history, it's in a very beautiful location on the Potomac (which, thankfully, has not been developed, and is pretty much as Washington would have seen it). We got to the Smithsonian Air and



Space Museum and saw (among many other things) the original plane the Wright Brothers flew and Lindberg's Spirit of St. Louis. These and many other actual planes and space capsules are on display. Many of them hang from the ceiling as though in flight. The space capsules can be entered. We also saw the Museum of Natural History very quickly.

The problem in Washington was that we stayed in Fairfax, Virginia, thinking we could just get on the subway and go into town whenever we wanted, but it turned out to be pretty time consuming to do that (or to drive anywhere for that matter). If I had it to do over again, I'd pay more for a hotel in the city.

After three days in DC, we drove to Ashville, North Carolina, via the Shenandoah Valley of Virginia. In Ashville, we went to the Biltmore Estate. Biltmore was built by George Vanderbilt in 1893 and is modeled on a French Chateau. It's got more than four acres under the roof (four floors and a basement). It's an amazing place and well worth the trip. We also had dinner one night at the Grove Park Inn which sits on a mountainside looking out at the Blue Ridge Mountains.

So we're through traveling for the summer. We've spent the last two years or so visiting much of the colonial sights up and down the east coast. We've been to Savannah, Charleston, Beaufort, South Carolina, Williamsburg, Virginia, Philadelphia, and Washington of all the main locations. We have Boston and St. Augustine left to visit in the next year or so.

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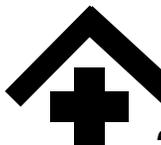
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