



The Retreat Newsletter
September / October 2008
Volume 5, Issue 4



Teachers, may I have your attention please!?!?!?



This edition of the newsletter focuses on teachers in the Retreat. Teachers have a tremendous impact on our lives and the lives of those we love. Thank you for making this a better world!



Teacher Kas Kasuboske

By Jan Kasuboske

Kas taught Driver Education and Physical Education at Fremd High School in Palatine, Illinois for 37 years. He also coached Varsity Basketball at the same school for eleven years. Rewarding experiences were when he met up with



(Continued on page 2)

Community Service and Teaching Go Hand In Hand

Article and photo by Sandy Goldfarb

“Core qualities” are the essential characteristics needed to be a good teacher. **Dottie Williams** has used these qualities to assist her in her volunteer work. She volunteers her time at John D. MacArthur State Park Nature Center located on Singer Island, writes and edits articles for our community newsletter, acts as a scout for turtle walks during the months of June and July, sings with the RSVP singers at area nursing homes and keeps The Retreat Digital Camera Club organized and on task.

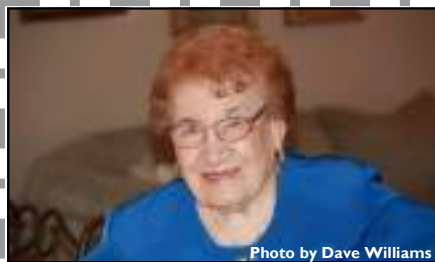


Photo by Dave Williams

Retreat Resident Victoria Zakian

Victoria Zakian turns 97 on August

31st!!! For those of you that walk or ride a bike on Glacier Terrace in the mornings, Victoria is there sitting on her easy chair in the garage observing the birds, giving treats out to the strolling dogs, and chatting with the residents. She always raises her hand as we leave and says, “God be with you.” Dear Victoria, may God be with you for many more healthy years. You are so special! **Happy 97th birthday Victoria!!!**

Knowledge

The number one quality of a good teacher is knowledge of the subject. You must be an expert in your field if you are going to be a good teacher. Dottie’s twelve years of teaching high school biology certainly laid the ground work for her work at the nature center.

Communication

The second core quality that good teachers possess is the ability to communicate their knowledge and expertise to their students. Part of her volunteering at the park involves working with high school students visiting on field trips as part of their marine/biology course of study. This is the age group that she most enjoys.

A good teacher allows students to understand the material,

and to understand what it means. She answers questions regarding the various eco-systems (estuary, reef, and beach) and the animals found in these areas. A good teacher can explain complicated material in a way that students can understand and use.

There is a saying, "Give me a fish and I eat for a day, teach me to fish and I eat for a lifetime." This is the philosophy of a good teacher. Give your students an answer and they can solve one problem, but show students the techniques needed to find the answer for themselves and they can become self-sufficient in the field. Her monthly articles on wildlife found in Florida and specifically in our community are another vehicle for her communication skills.

Interest

A good teacher starts with a firm knowledge of the subject, and builds on that with a clarity and understanding designed to help students master the material. The best teachers then go one step further. Because good teachers are interested in the material being taught, they make the class interesting and relevant to the students. They show students how the material will apply to their lives. Good teachers go far beyond this: they make students *want* to learn the material by making it interesting.

Respect

Good teachers always possess these three core qualities: knowledge, the ability to convey to students an understanding of that knowledge, and the ability to make the material interesting and relevant to students. Complementing these three is a fourth quality: good teachers have a deep-seated concern and respect for the students in the classroom.

Teachers read, write and create to build an exciting and interesting class every day. Just as Dottie researches, writes and creates interesting nature related articles for The Retreat newsletter. The only thing that would drive you to do that is a concern and respect for your readers. She also spends time singing at various local nursing homes with the RSVP singers showing respect for those who are older than she.

Dottie Williams is a good example how volunteerism and teaching go hand in hand. The qualities needed for one, pave

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

the road for the other. If you or someone you know is interested in volunteer work, you may visit the Martin County Volunteers newly opened Hobe Sound site on Wednesdays from 1 pm to 4 pm at the Property Appraiser's Office at 11726 SE Federal Highway or go online to www.martinvolunteers.org for a listing of community service opportunities in our area.

(Continued from page 1) **Teacher Kas Kasuboske**

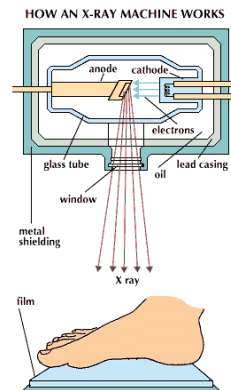
former students five to ten years later. They would remind him of something he had said in class that he had long ago forgotten. It was amazing to him that something which he thought was rather insignificant would be remembered by one individual years later. In education one never knows what kind of influence he has on a particular individual. The most famous students he taught to drive were the Wrigley Doublemint twins who appeared on television commercials.

Marlene, the X-Ray Teacher

By Marlene Boobar

Marlene (Griffin) Boobar graduated from Framingham State Teachers College, Northeastern University and Boston City Hospital School of X-ray.

A career of teaching in both the clinical and classroom setting ensued for some twenty years.



Kay Bowen-Smith, Educator, 35 years New York

By Kay Bowen-Smith

Never, ever wanted to be a teacher!! Was forced into it due to circumstances beyond my control. Really, really hated it until.....**I FELL IN LOVE WITH THE KIDS!!!** Then it became my joy and my passion. It was their honesty and challenging ways that taught me more than any professor...and they have kept me laughing ever since.



"Grammar Guru" Jan Kasuboske

By Jan Kasuboske



Jan taught high school English for twenty-nine years - taking a respite when her daughters were young. She mostly taught composition and grammar but always had a section or two of Freshman English. All of her teaching experiences were in Illinois - beginning in Pekin, Illinois, then at Conant High School and Schaumburg High School in Schaumburg, Illinois and finally at Crystal Lake South High School for the last twenty-one years. She always felt that the high school kids kept her young and certainly helped her to be a better mother to teenage daughters when that time rolled around. She graded enough essays over the years to wallpaper several houses if they hadn't been filled with red ink. She is the "grammar guru" so if you are ever in need of some advice ---



Art Teacher and School Board Member

By Gail Bjork

A long time ago, I was an art teacher and travelled among four schools in Upper Saddle River, New Jersey. In the late 60's, if you became pregnant, you were asked to resign before you "showed." So I did and, except for substitute teaching in both New Jersey and Florida, never went back into the profession.

My most rewarding experience, however, was not as a teacher but as a Palm Beach County School Board member. I served in that position for 12 years and during that time had the honor of handing diplomas to thousands of graduating students. To see the look upon their proud faces as they walked across the stage was rewarding beyond words. The position afforded me the opportunity to hand a diploma to each of my two daughters. Speak of rewarding!

ART EXHIBITS By Marsha Levine



Retreat artist, **Marsha Levine**, will be exhibiting her pen and ink drawings at Mariner Sands, for the entire month of October, 2008. Her art work will be on display at their Community/Library/Office/Chapel building, open daily.

She will also be exhibiting her animal and pet drawings at St. Luke's Church in October, 2008, when they have their annual "Bless the Animal Services". St. Luke's church is located on Salerno Road, close to A1A. For more information, call 546.6438.

FILLING IN THE YEARS!

By Marsha Levine

In addition to doing all my art work over the years, I have always taught art to children and adults. I started teaching at age 19 when I finished college and have never stopped. There is nothing like sparking an interest, inspiring, or awakening a talent in anyone, at any age!

It never ceases to amaze me how one can change someone's life. I have had countless art students in public schools and mostly private instruction. Many students stayed "connected" with me for many years but not all and I wonder what happened to them.

Recently, I "reconnected" and have been corresponding with one student, who had been a boy of 14 when I last taught him art in 9th grade. He is, as they say, "all grown up" and with his own children. He was very quiet and only wanted to draw. I introduced him to the use of



Ink drawing by Marsha's 14-year old student from his 9th grade art class

pen and ink. He made the most incredible drawings at that age. I saved the drawings he gave me and showed them to all my students over these many years. When I found him (via the Internet) recently, we started filling in the years. He has been a successful graphic artist, illustrator, designer, and painter. His first letter back to me said how much I influenced him and that he never forgot me. That's what teaching is all about.

We are planning to meet, and I will present him with his art that I have cherished and held onto all these years! I decided that he should "own" his original drawings and now give it to his daughters. Our meeting after all these years should be quite interesting!

**Gail Pezzicola, Elementary Teacher,
Toms River Regional Schools,
Toms River, New Jersey**

By Gail Pezzicola

My teaching career began in September of 1973 when I entered a classroom of twenty-one second graders. I was twenty years old, not turning twenty-one until October. It was the beginning of a thirty year learning experience for me. At age twenty I was "green" but by the time I retired at fifty-one the green began to fade, and I had learned more lessons than I had taught.



During those thirty years, I traveled between kindergarten, first, second, and third grades. I spent the majority of my career teaching first grade, which is my favorite by far. Why my favorite you ask?

First graders are like little sponges, soaking up every detail of information that you dish out. Watching them learn to read is most inspiring... a thrill for anyone to observe. One little boy said to me on the first day of school, "OK this is it, I'm in first grade, do you teach me how to read today??" What a wonderful teacher that would have made me, if only I could have taught him to read in one day. In his little mind, that was how it was going to happen.

Their progress over the course of nine months in all subject areas is mind boggling. I saw the curriculum change many times, and I watched as we asked them to learn more, to learn faster, to test better, and always be at the top of their game. And do you know what? There were very few times that any little six year old disappointed me. Because in the end, they loved me, like they loved their families. We spent a lot of time together everyday and like all children do, they wanted to please me. Wouldn't it be nice, if we carried that one simple trait through life, just wanting to please others?

One of the best parts of my job was meeting mom and dad on back to school night. You know the old saying. "the apple never falls far from the tree"...well trust me, there could be no greater truth than that. I read an Erma Bombeck article every back to school night. With her humor she reminds parents to enjoy their children because in no time they will be grown and gone. I thought that an important message in these days of rigorous after school activities and very little "down time" for children and families. Many a mom left my classroom in tears that evening, and that was a good thing!!

Thank you to all the wonderful children who were gifts to me during my years as a teacher.



What Do Teachers Make?

Received from Sue Harris

The dinner guests were sitting around the table discussing life. One man, a CEO, decided to explain the problem with education. He argued, "What's a

kid going to learn from someone who decided his best option in life was to become a teacher?" He reminded the other dinner guests what they say about teachers: "Those who can, do. Those who can't, teach." To stress his point he said to another guest; "You're a teacher, Bonnie. Be honest. What do you make?" Bonnie, who had a reputation for honesty and frankness replied, "You want to know what I make?"

(She paused for a second, then began...)

"Well, I make kids work harder than they ever thought they could. I make a C+ feel like the Congressional Medal of Honor winner. I make kids sit through 40 minutes of class time when their parents can't make them sit for five without an I Pod, Game Cube or movie rental. You want to know what I make?"

(She paused again and looked at each and every person at the table.)

"I make kids wonder. I make them question. I make them apologize and mean it. I make them have respect and take responsibility for their actions. I teach them to write, and then I make them write. Keyboarding isn't everything. I make them read, read, read. I make them show all their work in math. They use their God-given brain, not the man-made calculator. I make my students from other countries learn everything they need to know about English while preserving their unique cultural identity. I make my classroom a place where all my students feel safe. I make my students stand, placing their hand over their heart to say the Pledge of Allegiance to the Flag, One Nation Under God, because we live in the United States of America. Finally, I make them understand that if they use the gifts they were given, work hard, and follow their hearts, they can succeed in life."

(Bonnie paused one last time and then continued.)

"Then, when people try to judge me by what I make, with me knowing money isn't everything, I can hold my head up high and pay no attention because they are ignorant. You want to know what I make? **I MAKE A DIFFERENCE.** What do you make Mr. CEO?" His jaw dropped; he went silent.

Pam Williams
Hopewell Elementary
West Chester, Ohio 45069



"PUBLIC SCHOOL CITY OF NEW YORK" door knob

NOBODY KNOWS THE TROUBLES THAT I HAVE SEEN...

A New York City Teacher's Story

By Jerry Blumengarten

This past school year I had the opportunity to give some presentations on how I write my educational activity booklets at the Hobe Sound Elementary School. I had a lot of fun and was very impressed with the boys and girls, teachers and their school.

It is a far cry from the 32 years I spent in East New York (Brooklyn). I taught in an area the size of Hobe Sound (five square miles) that was the "Homicide Capital of New York!" We averaged over 120 murders a year. The police precinct was nicknamed "Dodge City!" Our school was air conditioned with bullet holes. You literally tripped over crack vials on your way into the school. Nobody knows the troubles that I have seen. New York City police officers regularly came into our school to take out juveniles and teachers in handcuffs (yes, teachers who were involved with drugs and sex crimes). The police used to peruse the school yearbooks as if they were mug shot books. One day a colleague asked me why I could not go into my room. He looked through the classroom window and saw an undercover police officer talking on a walkie-talkie. He was doing surveillance on a crack and house of prostitution right across the street from our school. I was jealous of the police officers because at least they were armed.

I was fortunate to have one of my former students graduate from Yale University while many others went on to jail.

Even though I had to fear for my life I am glad I spent all those years working with children who really needed teachers who cared about them. I treasure the many letters that I got from students who appreciated my efforts to educate them.

Teacher Sally Troiani

By Sally Troiani

I was a math teacher out of college for three years and then I followed the motherhood route. My first job was in junior high school in Teaneck, New Jersey. Later after my kids were well along I taught at the Fanny Smith School in Bridgeport, Connecticut. There I taught Algebra I and II, Plane Geometry, and Trigonometry for two years. Much later, when I began running a bridge program in retirement, I taught contract bridge, both the offensive and defensive strategies. I continue doing that in our Retreat community.

As for what is wonderful about teaching, I think

any teacher would agree that the shining eyes of a student who finally "gets it" is the thing that makes teachers keep coming back for more. I know it was always my motivation. There is nothing better in my opinion than touching the life of a child.

Of course, over the years with four children, my kitchen table was always a tutoring session daily for the neighborhood kids who were having math



problems. In fact, after we retired and I was a grandmother, I offered to help a friend's child with her Algebra. I was not aware at the time but my daughter-in-law who has a PhD in

Endocrinology was nursing her son and listening to my session about the rowboat in a stream and how far the boat would go after a certain length of time. After the lesson was finished she paid me one of the best compliments I ever had: **"I never understood that until today. You made it seem so easy, Mom."**

Teaching Information – Sandy Goldfarb



Elementary educator for 26 years. I taught grades 1, 3, and 5

Last 17 years were spent as an elementary guidance counselor

Taught in New Jersey and Pennsylvania

In New Jersey I taught in the Scotch Plains School District

In Pennsylvania I taught in the Chartiers Valley, Purchase Line and Methacton School Districts

Was an elementary counselor for Purchase Line and Methacton School Districts

Most memorable moment - Receiving the Elementary Counselor of the Year Award for the state of Pennsylvania

Teacher Mary D'Avanzo

By Mary D'Avanzo

For the past ten years I was the supervisor of the computer labs at Simsbury High School in Simsbury, Connecticut. I taught students and helped faculty with their computer skills, software problems and most of all . "Help! I can't print!!". My first response in such instances was always, "Is it plugged into the wall socket?!"



The most meaningful experience was being a safe harbor for many students who didn't always "fit in". The most fun was being in an environment of "organized chaos" with memorable staff and students.

My Teaching Experiences

By Elaine Anderson

August, 1998, found us in central Asia in Samarkand, Uzbekistan. The **International Executive Corp**, a volunteer organization that Larry belongs to, sent us there. He helped a bank privatize and I taught conversational English to 12 to 15 year old students. They had a knowledge of English but were afraid to talk. I had to prepare questions that could not be answered with a simple yes or no. After six weeks they had improved considerably so it was very rewarding for me.



Subsequently, the next three years found us in Ashgabat, Turkmenistan, Chisinau, Moldova and Kiev, Ukraine. We did the same work in these countries. In Ashgabat I taught in a language college with students about 18 to 20 years old. Some of these students were more interested in conversing with their fellow students in Russian than having to learn English. It was a challenge!

These first two countries were Muslim countries, with customs very foreign to us. Kids went to school six days a week, no one but little kids (and us) wore athletic shoes and women didn't drive cars. Women didn't wear burkas but were very modest in their dress. We wore shorts once, but never again. The looks we received said "no, no, no." We had no hot water, no drinkable water, no microwaves, washing machines or Laundromats, no reliable phones and radio and TV in Russian only. All this made us appreciate what a soft life we have here at home.



In Moldova and Ukraine, things were more westernized, but we still couldn't drink the water. I taught bank employees who wanted to improve their English. They were very interested in the US map. While in these four countries, we learned as much about their culture as they did about ours and our language. We were in each country six weeks - long enough to be without our creature comforts! We found everyone to be very friendly and eager to learn about us and the way we lived. It was an experience never to be forgotten.

Here in Hobe Sound, I have tutored in reading, first at Port Salerno Elementary and now at SeaWind Elementary. I have had both 3rd and 4th grades. They are such delightful children and so different from the ones we saw in central Asia and Eastern Europe. Our children have had so many more life experiences than the foreign children so they are much more "worldly".

SeaBranch Art League News

By Mary D'Avanzo

This summer is hot, but so is art!! The members, who are residents of the Retreat, work in a variety of mediums and styles. Many are participating in shows, galleries, and competitions in Florida and other states as well.

Recently, **Ken Dara** was chosen to show his work, Gytaku, (the art of fish printing) at the Boca Raton Museum of Art Artist Guild in the Courtyard Building 5301 N. Federal Highway, Boca Raton (July 28 - September 5). **Stephen Stone** is currently showing his work in abstract painting at the Mark Fine Art Gallery and Studio on SE Osceola Street Stuart.

This fall, October 3 to November 7, 2008, the Jupiter Town Hall Gallery of Art will present a show with the work of several "Retreat" residents including **Marsha Mark** and **Mary D'Avanzo**. The opening reception will be Friday, October 3, 6-8 pm at 210 Military Trail, Jupiter, Florida. Please come and support our artists and enjoy the show.

For the month of February, **Marsha Mark** will be showing her oil paintings along with other League members in a gallery show at "Molly's House" (a residence for families to use while they have a friend or relative in the area hospitals or care centers). The artists will donate a portion of their proceeds to Molly's House. There is a lot to be said for art and healing in a setting like Molly's House (430 SE Osceola Street Stuart).

The Cultural Council of Indian River County annually calls for artists to submit work to be chosen for the cover design of their Cultural Event Planner. The entries must depict some facet, past or present, of life in Indian River County. **Mary D'Avanzo** has submitted a Collage/Beaded Art Doll depicting the "Spirit of Rio de Ais" (original name of the Indian River).

The members led by **Bosha Stone** will be entering a national competition called CANstruction (www.canstruction.org). Art will help the fight against hunger. Ten-foot sculptures made from full food cans will fill the galleries at the Lighthouse Center for the Arts (373 Tequesta Drive, Tequesta, Florida). Starting September 4, 2008, the CANstruction exhibition will run through November 4, 2008. All of the food cans will then be donated to the Treasure Coast Food Bank.

In the spring our artists hope to be surrounded by lush garden settings and tropical plants at the 2nd annual **"Art in the Gardens"** presented by No Monku Studios and the Tropical Ranch Botanical Gardens.

While in New England for the summer, Bettyann Dixon, Chuck and Joann Kelcourse continue their work in painting and photography.

Please take a minute to enjoy the changing artwork on Channel 63 and www.retreatatseabranh.com including the stained glass artistry of **Carol Stone**, collage by **Mary D'Avanzo**, and fabulous jewelry by **Richard Langbert**.

Wow!! Have we filled your calendar yet? If you enjoy doing an art or craft, please consider joining the SeaBranch Art League. "It's a beautiful thing!"

The Retreat Digital Camera Club continues to meet at the Clubhouse the first Monday of every month. At each meeting there is a presentation on some phase or aspect of photography followed by a group discussion with a question and answer session. Dave Williams and Gail Bjork do a great job of presenting these photo concepts and answering questions. The topics that have been covered are “the rule of thirds”, basic camera settings, bird’s and worm’s eye photos, taking portrait photos, downloading photos to the computer and different types of digital cameras. Since everyone attending has their digital camera and there are always a few laptops present, there is a great deal of hands on experience. At each meeting, the members are asked to take photos using the techniques that have been discussed. Once they have taken their photos, they then select a few of their best and email them to be posted on the club’s website, <http://the.retreatdcc.com>. In addition to the photo albums illustrating the meeting topics, the website also offers the opportunity to download the handouts on the photography subjects that have been discussed, our club calendar and information about the club. **Check it out!** In the spring, the group went on two mini field trips right in our community and we hope to plan more extensive trips in the future. Do you have a digital camera? Why not bring your camera and join us at our next meeting, Monday, September 8th at 7 PM in the Clubhouse. The topic is basic photo editing and on line photo hosting. If you have any questions, email us at retreatdcc@gmail.com.

REMINDERS

STOP AT ALL STOP SIGNS!!!



DO NOT TAKE SHORT CUTS ON ROUNDABOUTS. KEEP TO THE RIGHT!!!

Dear Retreat Residents,

We were so excited to read about all the wonderful teachers that we have in our community! Thank you for those wonderful stories and memories.

The theme for the November/December issue will be about our residents that are in the medical field. If you are a nurse, doctor, dentist, medical technician, pharmacist, hygienist, or have a career in the medical field, please share your stories with us.

As always, we ask for your comments and recommendations to continually improve *The Retreat Newsletter*.

Sincerely, Your Retreat Newsletter Staff

The Retreat Assistance Network

Recently, a small group of Retreat residents began discussing a project called **Beacon Hill Village**, an organization which enables residents, in their community, as they age, to remain in their homes. Further discussion with neighbors indicated strong interest in developing a similar program in The Retreat and a volunteer committee was formed to accomplish this.

The first initiative taken was to purchase the Beacon Hill Village manual, which describes, in detail, the services and operation of their organization. It proved to be extremely valuable in helping us put together the comprehensive questionnaire, which is included in this newsletter. If you are aware of any of our residents who are unable to get to the mailroom, please inform a committee member and we will be sure they receive a questionnaire. If you, yourself, are in any need now, please call one of us.

Like most of our residents, no one on this committee is presently in need of these services. However, each of us recognizes that the day will probably come when that need arises. With this in mind, our objective is to both create a directory and establish a network of providers, both paid and volunteer, who can be called upon for services we can no longer provide for ourselves.

Our goal is to put into place, now, an assistance network, which can be perpetuated for years to come, enabling every resident of The Retreat to have access to these services. **Thank You For Participating!!!**

The Retreat Assistance Network Questionnaire

We are a group of caring residents pooling our energies to help create an organization that would network with service providers who charge appropriate fees, as well as volunteers, to enable residents to remain independent in their homes.

Please fill out the following questionnaire as it will be most valuable in determining the viability of this effort.

- Would any of these services be of interest to you **either currently or in the future**? If yes, put an X under the Yes column next to that particular service.
- Is there a paid provider (including yourself) you highly recommend? If yes, put their name under the Paid Provider column next to that particular service.
- Would you like to volunteer to help your neighbors with a service? If yes, put your name under the Volunteer column next to that particular service.

| Service | Yes | Paid Provider | Volunteer |
|---|-----|---------------|-----------|
| Daily Living/Home Services | | | |
| Meal Preparation | | | |
| Transportation | | | |
| Shopping assistance | | | |
| Hair and nail care | | | |
| Light housekeeping | | | |
| Storm preparation | | | |
| Handyman | | | |
| Plant care | | | |
| Health Assistance Services | | | |
| Prescription pick-up | | | |
| Assistance in filling claim forms | | | |
| Medical equipment | | | |
| Overnight assistance | | | |
| Medical transportation | | | |
| Bereavement support | | | |
| Personal Financial Services | | | |
| Bill paying | | | |
| Banking assistance | | | |
| Tax preparation | | | |
| Miscellaneous Services | | | |
| Pet Maintenance, e.g., walking, feeding, transporting to vet or groomer | | | |
| Simple legal assistance | | | |
| Computer assistance, e.g., e-mail and "Googling" | | | |
| | | | |
| | | | |
| | | | |

Comments and/or services that you would like added:

Place completed questionnaire in the box in the mail room.

Name (optional) _____ Telephone (optional) _____ E-mail _____

We thank you in advance for your valuable input and encourage your comments and questions.

| | | |
|---------------------------|----------------------------|-------------------------|
| Barry, Muriel 545-1919 | Darcy, Virginia 546-4979 | Harris, Susan 546-2274 |
| Bernhardt, Alice 545-0048 | Ferrandino, Marie 546-5476 | Johnson, Peggy 546-1703 |
| Bowen-Smith, Kay 545-9192 | Gillis, Gene 545-9304 | Troiani, Sally 545-0984 |



Photo by Dave Williams

Gator in the Retreat Pool

By Dave Williams

Our pool maintenance man discovered the gator early Saturday morning on May 18th when he came to clean the pool. He phoned Frank, our property manager, who in turn

phoned Bill Cole and me. We both headed to the pool and sure enough an approximately two-foot long gator was enjoying our pool. They grow about a foot a year so I'm guessing it was about 2 years old. We tried using the long handled net and body hook to get him out but he was too fast to catch. I chased him around the bottom with the hook for 10-15 minutes, and he got really tired. Also, he had to surface for air several times. Finally, he got so tired I was able to get the hook under him, slowly raise him to the surface and then flip him onto the deck. Then Bill used the net to push him along the deck to a gate exit while I kept him from getting back into the pool. Once outside in the grass, Bill held his jaw closed with the pool net and I grabbed him behind the head and by his mid body and carried the little guy to the lake along Retreat Drive and released him. All told, it took us about 45 minutes to solve the problem. Animal control and sheriff said they didn't do the gator thing, to get a trapper. We guess it slipped in under a gate during the night and headed for water. They travel a fair amount and probably came out of the wetland behind the Clubhouse as it is drying out in this weather.



LOOK BEFORE YOU SIT

By Dottie Sacco

Nick was sure surprised when he picked up the lid on his toilet, so **LOOK BEFORE YOU SIT!!!**

NATIVES IN THE YARD

By Dottie Williams



Photo by Gail Bjork

White-Tailed Deer

Inspired by the recent photos of **white-tailed deer** taken in our community by

Gail Bjork and my own observations both in the Retreat and on our travels this summer in the northeast, I decided to make this graceful animal the topic of my "Natives in the Yard" column. White-tailed deer have the ability to adapt to various terrains and different food supplies and as a result, can be found from Canada down through Central and South America. The name, white-tailed deer, comes from the white undersurface of its tail, which is displayed as a flag when the deer are alarmed and bound away making their escape.

The deer in our area are generally smaller than their counterparts in the north averaging about 77 pounds. Northern deer can weigh between 100 to 200 pounds. In the spring and summer their coat is reddish-brown and turns more grey-brown in the fall and winter. These shy animals are known for their great agility and grace and their main defense is speed along with excellent senses of smell and hearing. Since they are herbivores (plant eaters) and highly adaptable, their diet consists of a wide range of plants. Depending on the deer's habitat, they can eat fruit, acorns, corn, nuts, leaves, cactus, fruits and grasses.

The male deer, known as a **buck**, is usually larger than the female and has antlers. A buck grows new antlers every year. The antlers begin to grow in late spring and are covered with skin (velvet) with many blood vessels. These blood vessels supply the nutrients for the antlers' growth. Antlers covered in velvet can grow up to an inch in a day. As the mating season approaches, the antlers harden and the buck rubs off the drying velvet. Once he no longer needs the antlers to impress female deer and to fight with his competitors for the female's affections, the buck sheds them. The mating season ends between late December and early February. A female deer (**doe**) may also grow antlers but it is very rare. A buck will

mate with as many female deer as he can. The mating season starts in the late fall. A female deer will give birth to one to three young deer (fawns) in May or June. Fawns are born with white spots, which they lose during their first summer. These young deer must eat continually during the summer to prepare themselves for winter, especially in the north. By their first winter, the young deer can weigh over 45 pounds.

In the 1930's commercial exploitation and unlimited hunting threatened the population of the white-tailed deer but the implementation of conservation programs and regulated hunting have been almost too successful in protecting the deer. It is estimated that there are around 30 million deer in the United States and in some areas they are considered a nuisance. Overpopulation can cause many problems. Motor vehicle collisions with deer, especially at night, are common in some areas. These accidents can cause injuries or fatalities to both deer and humans. Also as the numbers of deer increase, they are forced to search for food. Farmland such as cornfields and orchards are a prime source of food. The deer feeding in the cornfields, orchards or other farmland has a definite economic impact on farmers. There are also incidents of residential flowerbeds being destroyed by hungry deer.

We are fortunate here that most of the deer we see are in the preserve or our back yards, although, one morning I did see one bounding across Eldorado Way.

RELAY FOR LIFE

By Lill Malinowski and Gerry Bourlier



Wally and I bid for an afternoon ride on the Intracoastal during the Live Auction for the Relay For Life in February. We were the fortunate winners! Our friends, **Gerry and Terry Bourlier**, from New Smyrna Beach accompanied us.

Stephen and Bosh Stone were our host and hostess aboard their lovely yacht "**Moray**." We left from Blowing

Rocks Marina in Tequesta and cruised north along the Intracoastal on a beautiful May day. We traveled in comfort enjoying the scenery as well as Stephen's narration of the homes of the rich and famous. The "Moray" was complete with a head and an air-conditioned cabin. The Stones treated us with delicious home-made hors d'ourves as well as cocktails. The personally made potato chips by Bosh and onion dip prepared by Stephen topped off a culinary extravaganza. The weather was picture perfect, and we even had time for a swim when the boat was anchored. Stephen and Bosh were the perfect hosts. We so enjoyed their company and parted as if we had known each other for years. In addition, **we helped in the fight against cancer!**

Upcoming Retreat Team Fundraisers

By Lill Malinowski

Please mark your calendars for the upcoming Retreat Relay Team fundraisers:

- Fall: Pet Parade
- December 7: Holiday Home Tour
- February 23 to 28: Celebrity Cruise



Don't miss the boat!

Relay for Life - Retreat Cruise

Join fellow neighbors, friends and family...

5 nights on a Celebrity Cruise

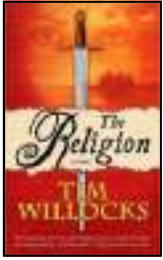
Feb 23 - Feb 28

(Our own bus from the Retreat)

Details:

marleneboobar@hotmail.com

772-545-1043



BOOK REVIEW

By Becky Freedman

THE RELIGION, by Tim Willocks, is the first of the Tannhauser Trilogy series, and introduces the reader to Captain Mattias Tannhauser, soldier of fortune, warrior hero, at once irreverent and romantic adventurer, formed at the core by scars of a horrifying wartime childhood kidnapping. The central theme of this historical novel is Mattias' journey to Malta at the time of the 16th century Siege of Malta, and his quest to find the illegitimate son of French countess Carla La Penautier. Willocks takes the reader into a bloody and remarkable wartime epic, through an interwoven tale of Turkish janissaries, Ottoman crusaders, Knights of Saint John the Baptists...as they grapple with the personal, religious and political trials of the times. The story is grounded in a dazzling tapestry of Muslim and Christian cultures and perspectives with characters, who seem to be at once imbued in life and death, ecstasy and horror, beauty and evil.

Tim Willocks lives in Ireland, is a trained surgeon, and long-practicing psychiatrist, who has written crime novels, screenplays, and produced films. He is known to incorporate elements of himself into his characters, especially involves aspects of addiction and martial arts. Willocks has years of experience treating the addicted mind, and holds a black belt in karate. The cornerstone of his work is a huge amount of research, which literally internalizes his reader in the romance, beauty and battle, horror and violence of 16th century culture; an unforgettable brilliant experience.



On Labor Day, if one of my relatives sees a shadow, they all quit working for six weeks.

WOMEN'S CLUB OF THE RETREAT

By Joanne Estes

It's time to resume our Women's Club meetings and we will begin again on September 15th, at 7 pm, with featured speaker, **Vicki Davis**, Martin County Supervisor of Elections. Additionally, resident **Sally Troiani** will give a brief presentation on a new community project entitled **The Retreat Assistance Network**. It will also be time to form a nominating committee for the appointment of next year's officers. My, how time flies by!

In the coming months, we will also be looking forward to guest speakers, **Arlene Borg**, the Grammy Guru of the Hometown News, **Tom Clements** of the Florida Trails Association, and a representative of the Senior Solutions organization.

Since June, the ladies have met for lunch on two occasions, at Sinclair's in July, and Giuseppe's in August, for some delicious repasts and spirited conversation. A group of our members will be attending the **Pink Tie Friends fundraising luncheon** being held at the St. Lucia Club at Ballantrae on August 23rd. At that time, we will present them with a \$500.00 donation, in addition to the cost of the tickets for the luncheon. We expect this to be a spectacular event for a very worthy cause.



We are all looking forward to the **Welcome Back High Tea and Fashion Show**, and **Taste of the Retreat**, being organized by our diligent and hard-working Events Committee. Our final get-together for the year will be a combination **Trim-the-Tree and Pizza Party**, with exchange of grab bag gifts to follow for those who wish to participate. We will decide on the date at the next meeting with some input from the members.

Special recognition goes to **Kay Bowen-Smith** for overseeing the Food Drive project.

Women's Club Food Drive for The House of Hope



Heartfelt thanks to resident, **Ralph DeRibas (The Retreat Driver)**! Ralph generously donated \$500 towards The Women's Club food drive to benefit the House of Hope. He handed his check to **Kay Bowen-Smith**, who oversees the project, as Women's Club president **Joanne Estes** looked on. **Kay Bowen-Smith** and **Dottie Wurster** are co-chairs for this project. Special recognition goes to **George Wurster** for his

daily vigilance, all of our volunteer shoppers and the many residents who made contributions. We have a great community which we can all be proud of.

As you may know, we have been continuing with our monthly Food Drive for The House of Hope. This is the latest photo taken of the 138 pounds collected in one month. Our total, since we started is over 1700 pounds!



WOMEN'S CLUB EVENT



*Welcome Back
Tea and Fashion
Show*

Friday, November 7

Noon - Clubhouse

*Fashions by BonWorth, Jensen
Beach*

RSVP Monday, November 3

Sign up in Mailroom

Or contact:

marleneboobar@hotmail.com 545-1043



3rd Annual Taste of the Retreat

**Sunday, November 23,
2008**

(Sunday before Thanksgiving)

4 PM - 6 PM Clubhouse

**All Community Pot-Luck / Bake
Sale**

**Come and enjoy a sampling of your
neighbor's favorite recipe**

All Welcome!!!

Sponsored by the Women's Club

NEWS FROM OUR BOARD OF DIRECTORS

By Bill Cole

* **John Galiher** resigned from the Board. **Coni McGuinn** was appointed to complete John's term and she was elected Secretary.

* DiVosta turnover activity centers around legal issues with our drainage system. DiVosta is paying the legal bills to resolve this. Our turnover can not be finalized until these issues are clarified.

* Only 5% of our Members responded to a questionnaire. Main issue of concern was landscaping problems. These are being addressed.

Thank you. Best regards, Bill



SOCIAL COMMITTEE

The Retreat Social Committee has been planning for our fall activities. We hope that you have saved some time in your busy calendars to meet your friends and neighbors at another fun filled event. Make a note of the following dates. Keep an eye to the mailroom for posters with sign up information. Channel 63 will be advertising all the social plans as well.

- September 20, 2008 Signs of September... Supper at The Retreat Clubhouse
- October 25, 2008 Autumn Leaves Dinner...Come to Oktoberfest!!
- November 1, 2008 The Clubhouse Cocktail Lounge
- December 6, 2008 Holiday Dinner and Dancing at Lost Lake

We hope to see many of you coming out for an enjoyable evening. Plan ahead and bring some friends.

As the 2008-year comes to an end, it's time to look for new Social Committee members for 2009. Why not bring a friend and join the fun of planning upcoming social events for our community.

Gail Pezzicola, Sandy Morrow, Mary Clifford



ARCHITECTURAL CONTROL COMMITTEE

Former Architectural Control Committee Chairman **Stephen Stone** wishes to thank his committee members **Brenda Frank**, secretary, **David Greaves**, **Dick Langert** and **Bruce Woundy**, past secretary for their dedicated and tireless work over the past two years.



FINANCE COMMITTEE

Homeowners have been asking our members how the committee meetings are progressing, so here is a brief update.

Your board has charged our committee with reviewing the needs for our reserve funds. We have been adding items to the growing list of replacement items. We are now accumulating costs, and will be adding dollars to each item.

The decision has been made to break down the reserve needs into three groups. Total dollars will be applied to each group. This will give us the liberty to move dollars around within each group as needed. We expect to present to the board a suggested plan and how the reserve can be funded in the next couple of months.

The board has now asked our committee to help put together the 2009 budget. This will give us the opportunity to review each line item in the budget.

We share a copy of our monthly minutes with each board member so they are aware of our concerns.

Our committee made the recommendation to the board to move the mulch application from December 2008 to early 2009. This accomplishes two things:

1. It moves the mulch application from December when homeowners have Christmas decorations out.
2. It makes available the \$95,000.00 budgeted for mulch in 2008. We recommended that this money be moved to the reserve fund to offset future assessments.

The board at the May meeting approved moving the mulch application to 2009, but they did not address moving the money to the reserve. Our minutes also reflect our concern with the board continuing to approve unbudgeted items. We budget and spend every dime in the budget each year. We are also losing approximately \$30,000.00 of income due to delinquent fees and we expect this to get worse. This makes it all the more important for the board to keep spending within the budgeted items.

We have a very active committee and will continue to review the monthly Financial Statements and reflect any concerns in our monthly minutes, which are sent to each board member.

Respectfully submitted,

Your Finance Committee

TUESDAY BRIDGE WINNERS

By Patsy Shattuck

I want to give a big, "thank you," to our loyal summer players. It has been a great summer, and we are looking forward to fall and our northern residents will soon be here. If you have any new or old residents that want to join in our fun, please call Patsy Shattuck 546.2011. Again, **THANKS!**

| | | | | |
|--|---|--|---|--|
| <p>April 1, 2008 1- Laura Rothman 2 – Peggy Johnson 3 – Sandy Goldfarb 4 – George Harris 5 – Kay Bowen-Smith</p> | <p>5 – Stan Rublowsky April 29, 2008 1 – Sandy Goldfarb 2 – Patsy Shattuck 3 – Alan Shattuck 4 – Lena Rublowsky 5 – Stan Rublowsky</p> | <p>4 – Lena Rublowsky 5 – Muriel Barry May 27, 2008 1 – Kay Bowen-Smith 2 – Susan Harris 3 – Alan Shattuck 4 – George Harris 5 – Peggy Johnson</p> | <p>3 – Maryon Gonzalez 4 – Susan Harris 5 – Patsy Shattuck June 24, 2008 1 – Peggy Johnson 2 – Kay Bowen-Smith 3 – Lena Rublowsky 4 – Muriel Barry 5 – Joanne Cichon</p> | <p>2 – Alan Shattuck 3 – Kay Bowen-Smith 4 – Lena Rublowsky 5 – Marie Ferrandino July 22, 2008 1 – Patsy Shattuck 2 – Susan Harris 3 – Sally Troiani 4 – Lena Rublowsky 5 – Peggy Johnson</p> |
| <p>April 8, 2008 1 – Susan Harris 2 – Lena Rublowsky 3 – Laura Rothman 4 – Maryon Gonzalez 5 – Peggy Johnson</p> | <p>5 – Stan Rublowsky May 6, 2006 1 – Mary Ellen Mix 2 – Stan Rublowsky 3 – Peggy Johnson 4 – Joyce Hill 5 – Patsy Shattuck</p> | <p>4 – George Harris 5 – Peggy Johnson June 3, 2008 1 – George Harris 2 – Alan Shattuck 3 – Lena Rublowsky 4 – Kay Bowen-Smith 5 – Sally Troiani</p> | <p>3 – Lena Rublowsky 4 – Muriel Barry July 1, 2008 1 – Laura Rothman 2 – Stan Rublowsky 3 – Lena Rublowsky 4 – George Harris 5 – Susan Harris</p> | <p>2 – Susan Harris 3 – Sally Troiani 4 – Lena Rublowsky 5 – Peggy Johnson July 29, 2008 1 – Maryon Gonzalez 2 – Sally Troiani 3 – Lena Rublowsky 4 – Muriel Barry 5 – Laura Rothman</p> |
| <p>April 15, 2008 1 – Susan Harris 2 – Kay Bowen-Smith 3 – Alan Shattuck 4 – Patsy Shattuck 5 – Laura Rothman</p> | <p>5 – Patsy Shattuck May 13, 2008 1 – Kay Bowen-Smith 2 – Kay Campbell 3 – Laura Rothman 4 – Joanne Cichon 5 – Susan Harris</p> | <p>4 – Kay Bowen-Smith 5 – Sally Troiani June 10, 2008 1 – Kay Bowen-Smith 2 – Alan Shattuck 3 – Laura Rothman 4 – Lena Rublowsky 5 – Peggy Johnson</p> | <p>4 – George Harris 5 – Susan Harris July 8, 2008 1 – Susan Harris 2 – Patsy Shattuck 3 – Maryon Gonzalez 4 – Peggy Johnson 5 – Joanne Cichon</p> | <p>3 – Lena Rublowsky 4 – George Harris 5 – Susan Harris July 15, 2008 1 – Laura Rothman</p> |
| <p>April 22, 2008 1 – Sally Troiani 2 – George Harris 3 – Susan Harris 4 – Louise Bendonis</p> | <p>5 – Susan Harris May 20, 2008 1 – Laura Rothman 2 – Stan Rublowsky 3 – Kay Bowen-Smith</p> | <p>4 – Lena Rublowsky 5 – Peggy Johnson June 17, 2008 1 – George Harris 2 – Stan Rublowsky</p> | <p>3 – Maryon Gonzalez 4 – Peggy Johnson 5 – Joanne Cichon</p> | <p>4 – Muriel Barry 5 – Laura Rothman</p> |

STROKE - Remember the First Three Letters...STR

Received from Several Retreat Residents

It only takes a minute to read this...

A neurologist says that if he can get to a stroke victim within three hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within three hours, which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember the "3" steps, **STR**. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a

stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to **SMILE**.

T *Ask the person to **TALK** . to SPEAK A SIMPLE SENTENCE

(Coherently) (i.e. . . It is sunny out today)

R *Ask him or her to **RAISE BOTH ARMS**.

{NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out their tongue... if the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke}

If he or she has trouble with ANY ONE of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

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