



The Retreat Newsletter

January/February 2010

Volume 7, Issue 1



INSPIRATION

MY INSPIRATION IS MY MOM

By Vicki Celio

My inspiration is my mom **Victoria Zakian**. Mom started her young life in a catholic orphanage in Beruit at the age of four and stayed until she was sixteen years old. Not having a family at such a young age did not make her bitter or angry, if anything, this unfortunate start made her who she is today.

With her short childhood, the good lord gave her a long life which is now 98 years old. My Mom shares her love and faith with her family and all who come into her life. Mom has showed me how to accept whatever comes into my life good or bad and most important to be a good person and to love all.

The following article was taken from the November 26, 2009 PALM BEACH POST. It is about one of our Retreat residents, **Larry Anderson**. In addition to the groups listed in this article, Larry also volunteers in our community as Chairman of the Retreat's Finance Committee. Larry inspires us all to make an effort to help and support our neighbors and friends.

HE'S THE VOLUNTEER QUARTERBACK OF THE BIGGEST COMMUNITY MEAL

By Dauphne Duret

While food and football might be the staples of a great Thanksgiving day for many men of all ages, for the past 15 years **Larry Anderson** has been the volunteer quarterback behind one of the biggest community Thanksgiving meals in the Treasure Coast.

Anderson, a retired Minnesota native and chairman of the
(Continued on page 2)

A Celebration of Life

By Becky Freedman



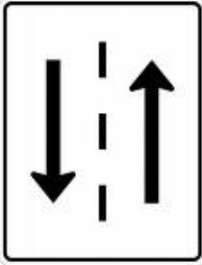
Bob and Becky

On April 13, 2009 my twin brother, **Bob Kingsley**, lost a brave and valiant battle with a brain tumor. Through the many challenges he faced with his diagnosis, surgery and treatments, Bob remained upbeat and matter of fact. He never lost the twinkle in his eye, giving his family the "thumbs up," even at the end. In every sense he lived his days for GOD, country and family.

To all our residents and friends who have lost loved ones, it is impossible to convey here in words how a loss transforms everything one takes for granted... into things that are precious and painful.

Bob loved nature and outdoor adventuring. In celebration of his life, and the lives of all our loved ones lost, a group of friends formed "Running for Bob..." We participate in the ancient spiritual discipline of running. We race through the glorious southern mornings. We take pledges and donations. All monies go to the American Cancer Society through the Retreat Remembers... Team. If you love to run,





Inspiration is a Two Way Street

By Mary D'Avanzo

Things that inspire us also lead to Inspiration. Take a long drive down a sunset lane and find gorgeous shades of pinks and lavenders that inspire the artist in you. That canvas becomes an inspiration to all who view that sunset again and again.

The road ahead is dotted with compassion, sympathy, creativity and around the corner... expression. We are inspired by a story, an event, or a loved one to have compassion and sympathy. Then creativity moves into the driver's seat. Our direction turns immediately to the expression of those inspirations. We mobilize the human values which prevail all over the world. These inspirations pave the way not only for works of art but are testaments to the human spirit.

In 2009 the Art League saw a need for children's art scholarships. We were inspired to design art chairs for our fund raising **"Chair-ity" Auction**. Because of the increased need to help feed the hungry, we were inspired to turn food cans into a **"CANstruction"** to deliver 1800 pounds of food. Our new **"ART-itude"** exhibit made it possible to inspire more high school art students in Martin County. As we look forward to 2010, we would like to thank our friends and neighbors in the Retreat for their support and inspiration.

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

(Continued from page 1) **He's the Volunteer Quarterback...**

Outreach Mission of the First United Methodist Church, each year coordinates a group of 200 volunteers who work to provide more than 2,500 free Thanksgiving meals to the less fortunate.

He runs the operation methodically, with the same precision he used for decades as an executive director of a bank in Minneapolis.

On Tuesdays, firefighters from Big Heart Brigade of the Treasure Coast cook the more than five dozen turkeys, carved by an assembly line of volunteers at the church.

On Wednesdays, volunteer cooks prepare the side dishes and Anderson arrives at the church early on Thanksgiving to organize the dozens of volunteers who help pack take-out dinners and serve people who come in.

"It's always amazing to me every year how many people are willing to take time out of their holidays to come and help out," Anderson said. For Anderson, the Thanksgiving feast is just part of a packed calendar of volunteer work that includes Martin Memorial Hospital and Hobe Sound/Port Salerno Rotary Club.

Anderson says he's been keeping the schedule since he and his wife, Elaine, moved to Stuart when he retired in the early 1990's and at 82 he's not planning to slow down anytime soon.

To unwind after each Thanksgiving feast, Anderson says he usually goes home, changes clothes and heads to his sister-in-law's house for a traditional Thanksgiving dinner with his family.

"You know what my sister-in-law says as soon as I walk through the door?" Anderson asks with a laugh. "She says, Larry, will you carve the turkey?" "

SWINE FLU VACCINES

By Lill Malinowski

The Stuart News had an article that the Martin County Health Department was hosting an H1N1 vaccination clinic. Wally and I decided to go. We arrived 20 minutes earlier than the starting time, and the line of people waiting went around half the building. We left to run our errands. We decided to go back and see if there was a line. In less than ten minutes, we filled out the paperwork and received our vaccinations.

If interested, log onto www.martincountyhealth.com to keep up to date on future vaccination clinics.

GOOD-HEARTED LIVING

DAY-BY-DAY

Received from The WLT Laughter Club Way

Begin with mindfulness. Each day remember what the special practice is for that day. Whenever you see an opportunity, take some action to fulfill the practice for that day. These actions become habits and the habits become a positive way of life. Soon you will be amazed to find that you laugh more and are more cheerful and optimistic.

Mondays are for Compliments: This overcomes our tendency to criticize and be judgmental of others, which robs us of laughter. Look for the good in others, tell them about it, and you might just end up laughing together. *Monday thought: "A kind word often goes unspoken, but never goes unheard."*

Tuesdays are for Flexibility: There is no laughter in being stubborn. We all get set in our ways and yet it is a good thing to be open to new ideas. It can be more fun than being in a rut. An open mind lets the laughter in. *Tuesday thought: "The tree that bends in the wind does not break."*

Wednesdays are for Gratitude: A good way to feel miserable is to always think you need something more to make you happy. An attitude of gratitude brings serenity and laughter. *Wednesday thought: "As you go through life let this always be your goal: "Keep your eye upon the donut and not upon the hole."*

Thursdays are for Kindness: Think of ways to help make the other person's life a little easier. Simple kindness may be the most vital key to the riddle of how human being can live with each other in peace, and care properly for this planet we all share. *Thursday thought: "The practice of kindness creates healthy relationships and community connections and inspires people to pass kindness on to others."*

Fridays are for Forgiveness: Forgiveness means letting go of anger. Find a way to see those who have hurt you in the new light of compassion. Releasing your anger makes you healthier and opens up room in your heart for more laughter. *Friday thought: "I never hold a grudge because while I am being angry the other guy is out dancing!" (Buddy Hackett)*

Weekends are for Chocolate: Remember to eat some chocolate or any other favorite food. Remember to take time for leisure, pleasure and relaxation. *Weekend thought: "A bad day fishing beats a good day working."*

USEFUL COMPUTER LINKS

By "Cybrary Man" aka Jerry Blumengarten

www.cybraryman.com

I am inspired by the people around me who are combating life's difficulties with their heads held high.

"DON'T QUIT" AUTHOR UNKNOWN

WHEN THINGS GO WRONG, AS THEY SOMETIMES
WILL,
WHEN THE ROAD YOU'RE TRUDGING SEEMS ALL UP
HILL,
WHEN THE FUNDS ARE LOW, AND THE DEBTS ARE
HIGH,
AND YOU WANT TO SMILE, BUT YOU HAVE TO SIGH,
WHEN CARE IS PRESSING YOU DOWN A BIT,
REST IF YOU MUST, BUT DON'T YOU QUIT.
LIFE IS QUEER WITH THE TWISTS AND TURNS,
AS EVERYONE OF US SOMETIMES LEARNS,
AND MANY A FAILURE TURNS ABOUT,
WHEN HE MIGHT HAVE WON HAD HE STUCK IT OUT:
DON'T GIVE UP THOUGH THE PACE SEEMS SLOW.
YOU MAY SUCCEED WITH ANOTHER BLOW.
SUCCESS IS FAILURE TURNED INSIDE OUT,
THE SILVER TINT OF THE CLOUDS OF DOUBT,
AND YOU NEVER CAN TELL HOW CLOSE YOU ARE,
IT MAY BE NEAR WHEN IT SEEMS SO FAR;
SO STICK TO THE FIGHT WHEN YOU'RE HARDEST HIT,
IT'S WHEN THINGS SEEM WORSE,
THAT YOU MUST NOT QUIT.

HAVE A HAPPY AND HEALTHY NEW YEAR!

NEW YEAR'S SITES:

[HTTP://CYBRARYMAN.COM/NEW_YEARS.HTML](http://CYBRARYMAN.COM/NEW_YEARS.HTML)



5th Annual Relay For Life Holiday Home Tour

By Lill Malinowski

On December 6th, Retreat residents from eight homes opened up their hearts and their homes to help us in our fight against cancer. We were privileged to see the beautiful holiday décor as well as the amazing improvements residents have done to their DiVosta homes.

It is always amazing to see how the interior of each home is different. This year we saw kitchens completely remodeled; tile replaced with new tile or hardwood floors; bathrooms completely made over; pavers on lanai and sidewalks surrounding homes; roofs and awnings were added to the lanais; and bookcases were added with mirrors. Homes were decorated with art, some done by Retreat residents, artifacts from all over the world and one guest bedroom had a Murphy bed. We saw many different types of crown molding – one even lighted and tile in places we have not seen it before – under the kitchen counter. We actually had our first garage on the Tour this year! We all came home with many new decorating ideas.

Carmine's in West Palm Beach presented **Joy Currier** with a HUGE basket of edible and drinkable products for her birthday. Joy in turn donated this basket which was used for a chance drawing during the Tour. The lucky winners were **Arlene and Tom Hartnett!**

The Retreat Relay Team did a wonderful job in setting up, baking cookies, serving, checking folks in, and cleaning up. THANK YOU!

Everyone had lots of fun and the best news is that we raised **\$3,220.00** for the American Cancer Society!! This includes the ticket sales, chance drawing, and donations. Thank you to all!!!

Here are some comments from the folks that had their homes on the Tour:

A special love from Joe and Karin:

Thank you to all that bought tickets to see our homes. It was an especially nice day for me. I got to see so many of you that I have not seen for awhile. I think all in all I am so blessed to know 90% of all that came who I can call friend. Happy Holidays to everyone!

Grace and Mike Fazio:

Everyone was so complimentary about our house. Also the people were careful in our house. We loved seeing everyone else's homes, too. The whole affair was well planned, and

everyone had a good time.

Susan and George Harris:

It's we who should be thanking you for providing us with an opportunity in which we could participate in fund raising for such a worthy cause and simultaneously do something for our very special community! This comes with many kudos for all that you do so extremely well.

Dottie and Nick Sacco:

I thought the home tour was a great success. I would encourage other residents to consider opening their home next year. Three hours on a Sunday afternoon is very little to give up for such a worthy cause and it really is fun.

Amy and Brad Wexler:

Many people asked us how to make the German hot spiced wine that we served at our house. It's a traditional German or Austrian drink called Gluhwein that is served during the Christmas season usually at the outdoor Christmas markets. We used small spice sachets that we bought when we were in Germany. You can find a similar product on the internet at:

www.countrysidefarm.org/mullingsachets.htm.

If not, make your own using cinnamon, clove, bay leaf, lemon rind and orange peel. You can also add ginger, nutmeg, allspice and cardamom, as well. To one bottle of red or white wine (the cheap stuff is OK) add 1.5 cups of sugar, 2.5 cups of water, and about one tablespoon of the spice mix. Heat but don't boil or simmer or else the alcohol evaporates!

I can't believe how many people participated in the Home Tour and how much money was made. What a good idea!!!

Arlene and Tom Hartnett were asked for the recipe for the Champagne Punch which they served during the Home Tour. The recipe is from Dottie Williams, and here it is:

Champagne Punch

1 pound can crushed pineapple in own juice
3 oz Triple Sec
3 oz Orange Curacao
4 oz rum
¾ cup sugar
1 bottle cheap champagne
2 quarts of ginger ale
½ gallon orange sherbet – 2 quarts

Soak for 2 days the following in uncovered container:
pineapple & juice, Triple Sec, Orange Curacao, rum & sugar

Place pineapple mixture in bottom of a very big punch bowl.

Place sherbet blocks on top. Pour 1 quart of ginger ale over sherbet. Set for 1 hour.

Pour champagne & last bottle of ginger ale over top. Stir well & let sit for 10 minutes before serving.

NOTE: Stir punch while serving.



Photo by Carol Stone

2009 Holiday Home Tour Participants



Photo by Wally Makowski

Elizabet DuBois



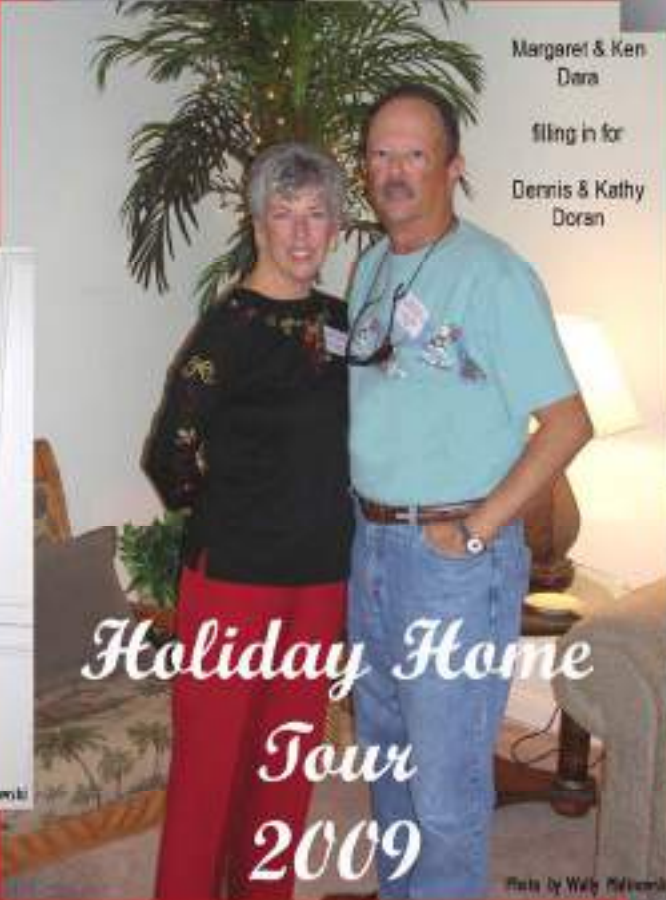
Photo by Wally Makowski

Amy & Brad Wexler



Photo by Carol Stone

Joy Currier & Carol Stone



Margaret & Ken Dara
filling in for
Dennis & Kathy Doran

The Hartritts



Photo by Wally Makowski



Photo by Wally Makowski

Susan & George Harris
Heide Pastuch & Mom, Karin Ryan



Nick & Dottie Sacco



Photo by Wally Makowski

Joy Currier & Tom & Arleen Hartritt



Photo by Wally Makowski

Santa, Grace & Mike Fazio



Photo by Carol Stone



GRANDSON JOEY

By Dottie Sacco

On November 24, our grandson, **Joey**, graduated from boot camp into the **United States Coast Guard**.

Nick and I along with Joey's dad Tony and his girlfriend, Jennie Marie, flew up to Cape May, New

Jersey for the graduation ceremony. We met our son, Nick, my brother, Ray, and wife, Kathy, along with their daughter, Brienne, and husband, Michael.

We all spent the night before graduation in Cape May at a lovely Bed and Breakfast called "The Angel of the Sea".

Michael has been in the Coast Guard for ten years and presented Joey with his certificate at the graduation.

The next couple days were busy with a trip to New York City where we watched the Macy's Day Parade balloons being inflated, and Thanksgiving dinner at Nick's sister, Marguerite, and husband, Tom's, home. The following day Joey flew back to Florida to spend a couple days with friends before going to Rockland, Maine where he is stationed.

The day he left for home we took a picture next to the American flag. We went back into the house and as I turned back I saw Joey salute the flag before coming in. It touched my heart and made me feel so proud.

He called from Maine and said it was real cold, and he was experiencing his first snow storm. Being a native Floridian he was enjoying every minute of it. I got his new address and will be sending out the first batch of cookies which I just finished baking.



FIRST FRIDAY CLUB

Come join other Retreat residents for a casual get together

On the first Friday of the month.

4:30 to 6:30 PM at the Clubhouse

Bring your beverage and an appetizer to share

All Welcome

Dates for 2010: January 8th, Feb 5th, March 5th, April 2nd, May 7th and June 4th

Interested in Forming an Interest Group?

We met many people during our "holiday home tour" who seemed interested in travel, history and current international events. If you are interested in forming an interest group which would meet perhaps once a month, please email Amy Wexler at wexler0703@aol.com or leave a message at 545.7586. If there is enough interest, perhaps we could start a new group!



SAVE THE DATE AUCTION FUNDRAISER

Sunday, March 21, 2010

Retreat Clubhouse

Going...Going...*Gone* !!!!

More details will follow in the next newsletter, Channel 63,

Retreat web site and mailroom

Don't miss the fun and bargains!!!

Sponsored by: *The Retreat Remembers...*
Relay For Life Team



Photo by Dave Williams

NATIVES IN THE YARD

By Dottie Williams



BALD EAGLES

The sightings of bald eagles in our community last spring and then again in the back of our house in September, inspired me to attend an **Eaglewatch Orientation** program sponsored by the Audubon Society of Martin County held at Jonathan Dickenson State Park in early November. I knew that there was an eagle's nest in the Atlantic Ridge State Park, which surrounds our property and I thought it might be interesting to learn more about the eagles in our area. I was surprised to learn that **19 eagles' nests were counted in Martin County in 2008**. It was also amazing to learn that there are more bald eagles' nests in Florida than any other state with the exception of Alaska. With that in mind, I'd like to share some information with you about these distinctive birds and perhaps it will inspire you to keep your eyes peeled for a possible sighting of our national bird.

Mature bald eagles are easily spotted because of their distinctive coloring and size. These large birds have white heads and tails with blackish dark brown bodies and yellow bills and legs. Their feet have black claws or talons for grasping prey and perching on branches. The bill is curved at the end with a sharp tip to tear prey in to bite size pieces. They can weigh from 6 to 14 pounds and have a wing span between 5 1/2 to 8 feet. The females are larger than the males.

Eagles return to the same nest every year. If for some reason their nest has been destroyed or taken over by another bird of prey, they will build another nest in the same area. The eagles prefer tall mature trees for nesting. Our tall pine trees are their favorites. They return to Florida in the fall and remain through the spring. During that time they will mate, the female will lay her eggs (usually 2-3) and the resulting chicks will develop in to fledglings (immature eagles). By the spring the fledglings will be developed enough to migrate north just

as their parents do. The eagles' diet consists of fish, snakes, herons, road kill and they have been known to forage through garbage dumps.

As I was putting this article together these past few days, I received a telephone call from **Clare Rue Morgan**. Clare Rue is part of the Florida Eaglewatch Program and has been watching the nesting pair of eagles she calls **George and Gracie** for many years. This is the pair that has been nesting for over 12 years in what is now the Atlantic Ridge State Park. Clare Rue explained to me that this year their nest has been taken over by Giant Horned Owls and she is trying to locate where the eagles are building their new nest. I invited her to come and view the park from my backyard to search for the eagles. Clare Rue and two other eagle watchers came to take a look. They arrived with their binoculars and spotting scopes and spent over an hour watching and whistling bird calls but made no sightings. As we discussed where the eagle pair might be, I told them of our sightings and that neighbors had spotted an eagle flying over head just within the week. The group started immediately asking questions. Which way was it flying? What time of day? Of course, I had no answers but it started me thinking that we (Retreat residents) are in the perfect spot to help Clare Rue and the eagle watchers with their search. **I'm asking all our Retreat residents to keep an eye on the sky for George and Gracie.** Eagles, as I mentioned above, are distinctive. Their white heads and tail, black bodies and large size make them easy to identify. If you see one, please note the time of day, the direction it's flying and the direction it came from. You can email me at davedottie@gmail.com or Clare Rue at clarerue@aol.com with the information. Any information the eagle watchers receive will help them in their search for the new nest. Note: The photo with this article was taken by Dave on September 19, 2009. The eagle was perched on the pine tree behind our home.

RETREAT ALLIGATOR



Photo by Ken Dara

This little guy (about 3 feet) was behind the bushes in front of the Dara home on Retreat Drive. Please remind your children and guests to be aware of the wildlife in our community.

WOMEN'S CLUB OF THE RETREAT

By Joanne Estes

WOMEN'S CLUB OF THE RETREAT - ALIVE AND WELL



Joanne Estes,
reigning
President for
the last two
years and
Bettyann
Dixson, the
incoming 2010
President

Photos by
Marlene
Boobar



Looking back over the past two years the Women's Club has flourished thanks to the many women who made a commitment to become involved. Working together as a team we have quite a few accomplishments to be proud of and have shared many happy occasions. We've made some changes that worked out very well, such as starting up a Refreshment Committee, and updating the bylaws. We've had a wide range of guest speakers, from a belly dancer to an underwater photographer; a variety of activities from kayaking to bowling; and some wonderful special events, such as the Welcome Back Tea and Fashion Show. My sincere appreciation to all of my fellow officers, committee heads and their helpers, for their collaborative efforts and for making my job so easy. I couldn't have asked for a more efficient or more congenial group.

At the last meeting in November, the membership voted to donate the sum of \$200.00 to SeaWind Elementary's PTSA; and to purchase a new coffee urn for the clubhouse as our end-of-the year contribution to the community. In addition, all the committee members in attendance were presented with beautiful bouquets arranged by Dimar Florists as a token of appreciation for their tireless efforts.

Our guest speaker was rather unique and her presentation nothing short of hilarious. Audrey Michele is a "Certified Laughter Leader" who had the ladies doing all sorts of silly exercises to induce some therapeutic laughter. If anyone was peeking, they must have thought we had all gone a little mad. However, we were all good sports and threw our inhibitions to the wind

while we took an imaginary trip to Hawaii, frolicking with a beach ball, riding a motorcycle and dancing the Hula.

Bettyann Dixson has graciously stepped forward and agreed to serve as President in 2010, along with Mona Wiley, Vice President; Linda Kosmala, Secretary; and Margaret Dara, Treasurer - a terrific slate of officers. *And the beat goes on.....* into our seventh year!

2010 promises to be an exciting year for the Women's Club and there will be much to look forward to. Bettyann couldn't be more perfect for this position and will undoubtedly make us proud as she leads us in her own inimitable style. There are already plans underway to form a "Welcome [to the Women's Club] Committee" headed up by Mickey Vernacchio, who we can credit for this fantastic suggestion. A "sponsor" will be assigned to each new member to help her become acquainted with the other ladies and familiarize her with the workings of the club.

Some of the ladies stepping down this year are Officers, Nancy Kisslinger, Vice President, and Secretary, Rosemary Woundy; and Committee Heads, Lucille Sanchez (formerly Secretary), Lois Raska, Bernyce DeRibas and Geri Ciocia. I applaud all of these women for their unwavering support and the conscientious and excellent manner in which they executed their duties. Their contributions to the success of the club were invaluable and they are taking a well-deserved break. Our new Sunshine Lady will be Mary Pratt, and we offer our congratulations to Mary for getting back on board. More good news is that in 2010 Gerri Strong will be heading up the Refreshment Committee, Marianne Jacobs will be our new Luncheon Committee Chair and Helen Larcom will be staying on as Membership "Committee". Volunteers will be needed to serve on the various committees and we encourage all of the members to take an active part.

I would be remiss if I failed to mention the wonderful work the club has done on behalf of the House of Hope Food Bank, with the help of the residents and our outstanding and dedicated Outreach Committee. **Dotti (and George) Wurster and Kay Bowen-Smith** have been doing a phenomenal job, along with all of the volunteer grocery shoppers. I would also like to thank those generous individuals who made monetary donations to this cause and contributed to its success. We will have the option next year of continuing to support this extremely worthy charity.

We ended the year with our Trim-A-Tree Pizza Party, putting up the tree and decorating the clubhouse, enjoying lunch together, and playing our favorite gift exchange game. It was great to see everyone getting into the Holiday spirit, sharing laughter and joking with each other. The number of women participating this year was record-breaking and I sincerely hope this is a sign of things to come for the Women's Club. We will be replacing those Christmas decorations which were either lost or broken and there was also discussion of purchasing a new Christmas tree for the Clubhouse.

As a reminder (old habits are hard to break☺), the installation of new officers will be on January 18th, 2010, at which time we will also form committees and renew our memberships. **All women residing in the Retreat are invited to attend this meeting, and are most welcome to join the club at that time.** There will also be a luncheon and fashion show with the Ladies of the Preserve at Mariner Sands on January 20th. More details about the luncheon will be forthcoming.

In closing, I would like to say that I thoroughly enjoyed the honor of serving as President of the Women's Club. It was a fabulous and gratifying experience filled with fun, and I'm very pleased to have had the opportunity to become acquainted with all of the women who are involved and contribute so much to this wonderful community of ours. I would also like to congratulate and wish every success to the incoming officers for 2010, and ask all of the members to likewise pledge their support.



Photo by Carol Stone

2009 Women's Club of the Retreat Officers and Committee Chairs



Photo by Carol Flynn

The Retreat Clubhouse was transformed into a beautiful Tea room on Friday, November 13th. Tables decorated for a spirited competition, models showing off their best buys from local Thrift Stores and little flavorful treats, made for a delightful afternoon. It has become an annual tradition for the Women's Club to enjoy welcoming back our Snowbirds to the community.



RETREAT DIGITAL CAMERA CLUB MEETING

MONDAY, FEBRUARY 1, 2010

7 PM in the CLUBHOUSE

ALL ARE INVITED

BRING YOUR CAMERA

Dave and Dottie Williams 546.3866

YOUNG ARTISTS OF THE RETREAT

By Marsha Levine

Out of 500 entries for the children's art contest at the Hobe Sound Art show in early February, only three children were selected to receive prizes. Two of the winners were our own young artists from the Retreat! **Anna Gorostiaga** (8 years old) won a Blue Ribbon. **Ryan Hoefling** (10 years old) won an Honorable Mention.

Congratulations to our young Retreat artists!

NEWS FROM OUR BOARD OF DIRECTORS

By Bill Cole

HAPPY NEW YEAR!

Please plan to attend your **Annual Meeting at SeaWind Elementary School on Monday, February 8, 2010 at 7:00pm.** Sign in at 6:30pm. Election for two Board seats.

Martin County Commissioner Sarah Heard will be the guest speaker. These meetings are important.

Thank you to all that donated for gifts for our service personnel. They keep the Retreat looking great. Each will receive a \$100 gift certificate.

Thank you for your support, help, and ideas. Please contact any of the Board officers with your ideas, questions or concerns.

Best wishes for the New Year.



2010 RETREAT DIRECTORY

DEADLINE – February 1, 2010

If you have any changes to your present listing or would like to have your name added to the 2010 Retreat Directory, please complete a Telephone Directory form and place it in the Drop Box in the Property Manager's office at the Clubhouse. Forms can be found in the 2009 Directory, the last Retreat newsletter or obtained from Ron Barrow, our property manager. Please make sure you sign the form. Signature(s) is/are required to have information published in the Directory. All forms must be returned by February 1, 2010.

Retreat Wall and Sidewalk Maintenance

By Dave Williams

A number of residents have noticed and brought to the Home Owners' Association's attention the unsightly condition of some Retreat residents' lot perimeter wall or privacy wall as well as a few sidewalks. It is the responsibility of each resident homeowner or occupant to perform routine maintenance for the benefit of the community as a whole and for the health and safety of the individual homeowner. When residents do not maintain, clean or power wash their exterior walls and sidewalks, they become discolored with mold or streaked with atmospheric dirt. This is unsightly and can be unhealthy in the extreme.

The Association fully realizes that our documents refer to the Association as being responsible for the periodic maintenance of home walls and roofs. However, this Board of Directors' position is that our responsibility for cleaning will only occur when homes are ready to be painted. We estimate that time to be 15 years from the build date. Reserves or special assessments would be used to clean and repaint the entire community when this is needed.

The Association sees no need for any homeowner to have their roof cleaned. They can be damaged by workers walking on them and the smooth surface of the tiles can be washed off by excessive power washing.

Keeping your home clean is an obligation of routine maintenance and should be performed yearly. There are biodegradable chemicals that make this job a lot easier and there are several power washing companies that work in the Retreat that do this cleaning at a very reasonable fee.

At this time, we, the Association, have a friendly reminder letter that some residents may receive if they neglect this maintenance resulting in exterior walls or sidewalks that are unsightly or moldy. To clarify, when we refer to sidewalks, we mean sidewalk surfaces and patio areas that adjoin your home and not the common property walks by the street. Keep in mind that if you have a privacy wall, it gets dirty on the opposite side that you do not normally see. Its condition affects your neighbor and reflects on your home's condition. Please check your exterior walls to see if they require cleaning and help our Community to look great and assist in maintaining our property values.

Here is a proven idea that will help prevent gray streaking and dirt build up on that rear privacy wall whether it has screen rail on it or not. The flat top of these walls accumulate dirt and it streaks down the sides. You can purchase and cut to size vinyl house siding pieces and caulk it in place along the top of the wall. The curved edge of the siding must overlap the wall sides by 1 to 2 inches to form a roof type barrier on top of the wall. The dirt now washes off this mini roof without hitting the wall and keeps the wall clean. This fix is very effective and is inexpensive.




The Social Committee drew 2009 to a close with a fabulous **Holiday Dinner Dance** at the Lost Lake Golf Club. One-hundred and six party hearty “Retreaters” were in attendance. The appetizers included scallops wrapped in bacon, bruschetta, Brie cheese with maple topping, and sweet and sour meatballs. Everyone enjoyed either chicken franchise or prime rib dinners. Lucky and the Driftwoods inspired a great deal of dancing. Ten fortunate guests won door prizes. The evening ended with dessert, coffee, and one final dance. There was some Christmas magic throughout the evening!

Happy New Year!!!

Please thank the folks that provided the door prizes for the Holiday Dinner Dance::

- 6 Free A/C Filters— Den-Air**
- Free Tax Preparation—Otto Vernacchio**
- Original Artwork—Marsha Levine**
- Floral Arrangement—Dimar Florist (Elizabeth DuBois)**
- Mini Facial—Delfino’s**
- 8 weeks membership—Gold’s Gym**
- 2—\$50 Gift Certificates at Duffy’s—Premier Rollout Awnings (Tom Hartnett and David Greaves)**
- \$50 Gift Certificate at Guanbanas—Pezzicola Travel (Pat Pezzicola)**
- \$50 Gift Certificate at Outback—R & K Moving & Storage (Bob Regan)**
- \$25 Gift Certificate at Dunkin Donuts—Retreat Social Committee**
- \$50 Gift Certificate at Wal-Mart—Retreat Social Committee**
- \$50 Gift Certificate at Bealls Retreat Social Committee**

In the December 2009 **Florida Community Association Journal**, there is an article on the Retreat. *The Retreat at Seabbranch—Building on Strong Foundations* article is very upbeat in describing our wonderful community. The photographs were taken by Dave Williams.

To read this article, go to our WEB site or go to our property manager’s office during office hours. Ron has several copies for those that wish to read the article.

WILDACRES RETREAT, LITTLE SWITZERLAND North Carolina

By Ken and Margaret Dara

Each year the **Nature Printing Society** holds its annual workshop, one year on the west coast and the next year on the east. Last year's was held in Santa Barbara and next year it will be in Oregon. This year's Nature Printing Society Workshop was held in the mountains of North Carolina at Wildacres Retreat. There were 90 people from all over the



Mineo Yamamoto and poodle friend

United States and Japan attending. Twenty-one different workshops, dealing with all aspects of nature printing on clay, paper, metal, cloth and **Gyotaku (fish printing)** as well as the elements of design and creation of items related to nature printing process were held. The Wildacres Retreat was established over 80 years ago by the Blumenthal family and is today funded by the Blumenthal Trust. The facility is open to any not-for-profit group looking to benefit their interest from choral groups, artists to the group before ours, The Wild Mushroom Society.

Ken enjoyed taking all the different classes in fish printing to learn different techniques of the process. **Mineo Yamamoto** is from Japan and is one of the best instructors in the art of fish printing. Ken volunteered to supply fish from the south and another person from Long Island had a cooler full of large fish from Long Island. We needed 80 fish for all the workshops. On the first day at check-in fish printers from



Mineo Yamamoto and Ken Dara

other areas than the south were excited to see the fish Ken brought with him. His fish were still frozen. The people made their choices of fish they never get a chance to print and left them out to defrost while we ate dinner. Unfortunately, the caretaker's giant poodle decided to have her own dinner of these choice fish. Later in the week, our Japanese instructor showed how to do indirect printing on silk using the giant poodle. He laid the dog down and covered her with silk. Using a Tampo (a cotton ball covered in silk) he dabbed paint on the dog producing a "pink poodle" on silk. Everyone signed it for the

(Continued on page 15)



PASTA WITH SHRIMP TOMATO SAUCE

Received from Hank Stasiewicz

1. 8 oz. *penne/rotini or campanelle* pasta
2. 4 Tbs. *olive oil*
3. 1 *large red onion cut into 1/4"-thick slices*
4. ½ tsp. *crushed red pepper flakes or to taste (we bumped it up to ½ tsp). Perfect!*
5. 1 lb. *medium shrimp, peeled, tails on, deveined*
6. ½ cup *pitted Kalamata olives, halved*
7. ¼ cup *white wine or chicken broth (we used the wine, of course)*
8. 2 Tbs. *drained capers*
9. 2 Tbs. *fresh lemon juice*
10. 2 lbs. *assorted vine-ripe plum and/or cherry tomatoes, cut into thin wedges or halved, 5 cups*
11. 4 oz. *baby spinach, 4 cups*
12. 1 tsp. *grated lemon zest*
13. ½ tsp. *salt*

Cook pasta according to directions; drain. Meanwhile in a large skillet, heat 2 Tbs. olive oil over medium heat. Add onion and pepper flakes; cook stirring often, until softened, 2 minutes.

Add shrimp; cook, stirring, until just pink but not cooked through, 2 minutes. Add olives, wine, capers and lemon juice; cook until liquid comes to boil and shrimp are cooked through, 2-3 minutes.

Remove from heat stir in tomatoes and spinach until tomatoes are warmed and spinach is wilted, about 1 minute. Stir in remaining 2 Tbs. oil, lemon zest and salt until combined. Serve over pasta.

BRIDGE SCORES

By Patsy Shattuck

Happy New Year one and all! It's hard to believe another year has come and gone. 2009 was a great year for all our "Retreat" bridge players. On December 8th we had a **potluck luncheon** prepared by our players. It was a great idea and the food was excellent! We plan to do this again in the future. We welcome anyone that would like to join us. Call Patsy Shattuck at 546.2011. I would also like to thank all of you for your generosity and cooperation. It's only because of everyone's dedication!



All photos
by Joanne
Cichon

October 6, 2009

- 1 – Marie Ferrandino
- 2 – Jane Schultzaberger
- 3 – Susan Harris
- 4 – Stan Rublowsky
- 5 – Muriel Barry

October 13, 2009

- 1 – Doris Shirk
- 2 – Alan Shattuck
- 3 – Marie Ferrandino
- 4 – Laura Rothman
- 5 – Muriel Barry

October 20, 2009

- 1 – Alan Shattuck
- 2 – Sandy Goldfarb
- 3 – Joanne Cichon
- 4 – Marie Ferrandino
- 5 – Peggy Johnson

October 27, 2009

- 1 – Alice Bernhardt
- 2 – Susan Harris
- 3 – Joanne Cichon
- 4 – Stan Rublowsky
- 5 – Alan Shattuck

November 3, 2009

- 1 – Allison Metcalf
- 2 – Peggy Johnson
- 3 – Doris Shirk
- 4 – Mary Ellen Mix
- 5 – Marie Ferrandino

November 10, 2009

- 1 – Kay Bowen-Smith
- 2 – Muriel Barry
- 3 – Peggy Johnson
- 4 – Kay Campbell
- 5 – Susan Harris

November 17, 2009

- 1 - Susan Harris
- 2 – George Harris
- 3 – Lena Rublowsky
- 4 – Laura Rothman
- 5 – Kay Campbell

November 24, 2009

- 1 – Lena Rublowsky
- 2 – Kay Bowen-Smith
- 3 – Patsy Shattuck
- 4 – Stan Rublowsky
- 5 – Muriel Barry



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Need a friendly call each day?

By Sandy Goldfarb, Retreat Assistance Network

211 Palm Beach/Treasure Coast has received funding from the Hobe Sound Community Chest to initiate the Sunshine Daily Telephone Reassurance Program for Hobe Sound residents. The "Sunshine" program originated in Palm Beach County and currently has over 440 clients receiving reassurance calls every day.

Sunshine is a free telephone reassurance program designed to check on the well-being of **seniors, the homebound or the disabled**. Sunshine clients receive one phone call at the same time every day. Whether it's simply to say hello or reminding clients to take their medication, or to offer the comfort of knowing someone cares, the Sunshine program is available for individuals seven days a week from 7:30am to 5:00pm to

brighten a person's day.

If an individual or loved one, living in Hobe Sound, is interested in receiving a Sunshine call, they can simply dial 2-1-1 and request information regarding the Sunshine Program. Again, **the service is free** and provides the assurance of knowing someone cares for your well being.

211 Palm Beach/Treasure Coast provides information and referrals to health and human service programs, crisis intervention, suicide prevention, and community education services, 24 hours a day, seven days a week. **211 is the central access point for individuals of all ages who are overwhelmed or aren't sure where to turn.** For more information on the vast array of programs and services that are available to assist individuals in the community, dial 2-1-1 from a home or cell phone, or visit the website at www.211treasurecoast.org.

(Continued from page 12 Wildacres Retreat)

caretaker.

It was fun to see all the beautiful nature printing crafts that other people were creating. The best way to view this art is to go to the website: www.natureprintingsociety.info and click on the gallery to view everyone's work.

Margaret was my "Klingon" the name given to spouses that did not take workshops. She enjoyed meeting other Klingons and hiking the trails and visiting the Biltmore Estate. We had a great time meeting new friends and enjoying the fall in the Carolinas.

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For more information or a free on-site demonstration, call Devcon Security at 800.878.7806 or go to: WWW.DEVCON-SECURITY.COM



Gentle Reminder

All roads in the Retreat have a speed limit of 25 MPH. Please observe the speed limit.

THE THEME FOR OUR NEXT NEWSLETTER IS:

WHICH STATE(S) ARE YOU FROM?

TELL US A LITTLE BIT ABOUT YOUR HOME STATE(S).

THE DEADLINE IS FEBRUARY 15TH.

HAPPY NEW YEAR

FROM YOUR RETREAT NEWSLETTER STAFF



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