



The Retreat Newsletter

January/February 2014

Volume 11, Issue 1



MAINTENANCE ISSUES IN OUR 10-YEAR OLD DIVOSTA HOMES

REFINISHING YOUR PATIO AND SIDEWALK

By Hank Stasiewicz



To refresh your patio and sidewalk finish, you need to get the DiVosta Tan "STAIN", it is not a paint. DiVosta never used a paint for those surfaces. You can buy the stain from Sherman-Williams 2880 S. Federal Hwy, Stuart, FL 34994 (772) 288-2021, in front of Home Depot either by the gallon or a 5 gallon bucket. Store hours Sunday 10:00 AM - 6:00 PM, Monday - Friday 7:00 AM - 7:00 PM, Saturday 8:00 AM - 6:00 PM.

I have listed the formulas and prices for both sizes. Hope this helps.

(Continued on page 2)



ROOF LEAK

By Wally Malinowski

I was walking past the front den window of our Oakmont when I happened to look up and noticed a dark stain around the soffit vent. I suspected it was mold. A few days later, a neighbor came by and saw it. He told me it was a roof leak and said he and his neighbor both had similar leaks. I contacted the roof contractor my neighbor recommended. The contractor came over and stripped off part of the roof—the decking was rotten. Everything is now fixed. I am glad that we did not have any water damage inside our home.

HOUSE ISSUES

By Gino and Connie Giliberto

We had DiVosta guys fix sto a few times. Sidewalks we always clean and paint with DiVosta Colorwheel as directed, when we first arrived. We do this ever so often.

The living room tile was tenting and hollow. The shower, was done without attention to detail (DiVosta). We have replaced our carpet with tile and retiled entire house, including the forever peeling paint on lanai (From Floors Direct...Lifetime warranty) would love to completely replace our shower tiles/grouting, etc. (DiVosta cut corners there.) Next would be the shower area.

Hot water heater has had smell from day one if left out of use. Would need to be drained/flushed and new water added. (We don't leave long enough for that to happen anymore.)

We did put a French drain/with river rocks, behind our home to keep moisture away from house

Two cabinets did peel but we have found replacements from someone that no longer needed theirs.

That's about it. With 10 years under it's belt, it will need some more improvements, repairs, etc. but well worth it.

THE RETREAT ANNUAL MEETING

MONDAY, FEBRUARY 3, 2014, 7:00 PM

Doors open at 6:30 PM

SeaWind Elementary School



This past year I embarked on a new journey I had often thought of since my childhood. I became a Guardian ad Litem for The Florida Guardian ad Litem

Program of The 19th Circuit Court. It has proven to be one of the most fulfilling and rewarding times of my life.

The Statewide Guardian ad Litem Program advocates for abused, neglected and abandoned children in the Dependency Court System. In other terms, Foster Care.

Here on the Treasure Coast, Martin, Saint Lucie, Indian River and Okeechobee Counties, we have over 1300 children in the system. Only about 800 of these children have a court appointed Guardian ad Litem, (GAL). There are approximately 299 current GAL and many are doing double and triple duty, some with as many as a dozen children.

With a GAL volunteer, a child is half as likely to languish in the foster care and child welfare system, and that much more likely to find a safe, permanent home.

And that's where you come in. We need to recruit, train, retain and recognize these tireless, caring and dedicated individuals. We also need to insure all the child's needs are being met, whether it is basic housing, food, and medical or educational needs. Tax revenue does not allow for expenditures outside of our attorney staffing and overhead.

I am honored to announce the formation of Voices For Children of Okeechobee and The Treasure Coast, Inc. We are a non-profit 501(c3) corporation with a mission to achieve 100% GAL coverage for all the children we serve. In the near future we will be launching our first annual development campaign. We are all volunteers and there is no paid staff. All funds will go directly in support of the 19th Circuit GAL Program.

Governor Scott recently said the Florida GAL Program saves taxpayers over \$44 MILLION a year. The lives of our children are our future and they are in our hands.

I hope you will consider joining us in whatever capacity and look forward to our continuing association. You may reach me here in The Retreat at 772-546-1841.

Sincerely, James F. Pawlak, GAL
President, Voices For Children of Okeechobee and The Treasure Coast, INC.

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

(Continued from page 1) REFINISHING YOUR PATIO...

1 GALLON FORMULA about \$20 +tax

CCE*COLORANT 0Z 32 64 128
B1-Black - 1 - -
N1-Raw Umber - 11 1 1
Y3-Deep Gold - 22 - 1

5 GALLON BUCKET normally \$193.45 +tax but if you watch for a sale you can get it for \$116.05 +tax

CCE*COLOR Cast 0Z 32 64 128
B1 Black - 5 - -
N1 Raw Umber - 58 1 1
Y3 Deep Gold 2 47 - 1

RAN

RETREAT ASSISTANCE NETWORK
NEIGHBORS HELPING NEIGHBORS
VOLUNTEERS ALWAYS AVAILABLE TO ASSIST YOU WITH:

CHECK-IN PHONE CALLS
PRESCRIPTION PICK-UPS
TRANSPORTATION
GROCERY SHOPPING
MEALS

OTHER SERVICES AVAILABLE UPON REQUEST

FOR CONTACT INFORMATION, GO TO PAGE 18

To My Retreat Friends

It is with much gratitude and appreciation to all of you for your caring, visits and genuine friendship during my recent surgery and rehab.

I am blessed for being a part of this community, a feeling that will forever be a part of my heart and life.

Mimi Brown

Morning Folk

By Chuck Eschenburg

Early about three mornings each week, for the past year, one can see a man in a golf cart in waterproof pants and a radio controller to check on the status of all the sprinklers in the Retreat, The Oaks and on Seabranched Boulevard. Arising at 4:30am in Port St. Lucie, **CRAIG WYLIE** gets in his parts-laden red pickup with the golf cart trailer to keep the waters in line for all of us.

Craig has lived in Florida for 20 years, but was originally from Yorktown, Virginia and then in the Carolinas. He urges us to keep on going and use water wisely.



Later in the morning, you might spot **Sasha**, the sleek yellow greyhound who was rescued by **JOE BAZAN**.

Joe was born in Panama and grew up there as well as summers in the farm countryside of Western Virginia.

Joe's mother went to the Canal zone during WWII to assist in case of an impending military attack, met his Dad, who was involved with Panamanian politics. Joe still has family there as well as two grown daughters.

He then attended the University of Miami and then was pleased to work for the servicing facility for Base exchanges of the Army and Air Force. Joe says to keep accumulating wisdom then do it yourself.



Florida Senior Games of Stuart

The Florida Senior Games of Stuart took place on Sunday November 10th. They started out at South Fork High School.

Our friend and resident, **Bill Burns** participated in the bicycling event. Bill came in 1st in the 5K and second in the 10K.

Bill enjoys riding and averages 100-150 miles a week. Congratulations Bill, keep up the good work.

**FIRST
FRIDAYS**



**Come see your friends and
meet new neighbors**

**Bring an appetizer to share and
your favorite beverage**

**FIRST FRIDAY OF EACH
MONTH**

Retreat Clubhouse

5PM to 7PM



THEATRE COLUMN?

Is there an interest in having a theatre column in the newsletter? Many Retreat residents go to various theatres in our area. Please let us know if you would be willing to start such a column.

**HAPPY BELATED 50TH
ANNIVERSARY**



**STEVE AND
GERRI STRONG**

SEPTEMBER 29

2013 HOLIDAY HOME TOUR

Our Retreat Relay For Life Team, **The Retreat Remembers...**, had another fantastic fundraiser. This was our 9th Holiday Home Tour and what a day it was. It started out in the morning with pouring rain, then slowed down for a short time, and then continued to pour. That did not dampen our spirits! We had five outstanding homes this year. As always, the “honey do” lists continue to grow for our own homes. There were spectacular pools—lap pools, custom pools, spas, custom finishes on the pool decks and lanais. The kitchen cabinets were amazing with a variety of countertops and backsplashes. Two of the homes removed the cabinets in the kitchen above the countertop across from the sink and installed beautiful hanging lamps. All of the home owners were either artists or art collectors—it was like going through art museums. The rooms had a variety of crown moldings and other wall treatments. There was plenty of things to eat and drink at the homes as well as the Clubhouse. It was a fun time for all! Best of all, we raised over \$2,500 in our fight against cancer. Thank you to Arthur and Tina Lubus, Terry and Pat Tevis, Bob and Marsha Mark, Don and Jeanette Hayes, and Jim Pawlak for opening their homes and their hearts for our fundraiser. Thank you to all the team members that prepared the refreshments, sold tickets, and worked in the Clubhouse during the Tour—you are the greatest! **CELEBRATE...REMEMBER...FIGHT BACK!**





**2013 HOLIDAY HOME TOUR
PARTICIPANTS**

Upper left: Arthur & Tina Lubus

Upper right: Jim Pawlak

Middle: Pat & Terry Tevis

Lower left: Marsha Mark

Lower right: Donnette & Jeanette Hayes



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

By Mona Wiley

All the holiday events are over, but take a deep breath because you need strength for all the January and February events that are planned. There was not a week in December that didn't have some fun activity to participate in or attend. I hope you were able to participate in some. **A salute to all of you who planned, directed and selected such memorable events for us!!**

So, looking forward to January, there will be the **International Food Taste** on **Saturday, January 25th** from 5-7pm in the Clubhouse. This is a chance to try foods from around the world. It is presented by the Women's Club Outreach Committee and tickets will sell at \$1.00 for 2 tickets and \$5.00 for 12 tickets. There will be a wine and jewelry raffle and our usual 50/50. The proceeds will benefit our charity selection for the year. Last year, many Retreat residents enjoyed trying new culinary flavors and some ended up enjoying it and going back for more!

On **Saturday, January 18th**, at the Clubhouse, it's a "bring your own apron, shirt or bag", and paint beautiful butterflies. \$5.00 includes all painting materials. If you have any paint brushes, bring them. Sign up ahead and pay on that day. Contact is: none other than Emily Mussatto.

Emily headed up some fantastic paint classes for the holiday season. The event calendars, trays and cards turned out beautifully! The non-painters self-esteem club also improved by 100%!

Monday, January 20th is our regular monthly meeting. Gather at 6:30pm for light refreshments and then a short business meeting. All women of the Retreat are most welcome.

January 31st closes out the month with a tour and lunch at beautiful **Butterfly World!** We'll be carpooling from the Clubhouse. Pre pay details and sign up in mailroom. Contact is: Sue Behn.

Exhalenow and take another breath and head into February's events. Sunday, **February 2nd** begins the month with a beautiful concert by the Stuart Community Concert Band at the Kane Center on Salerno Rd. Our own Lena Rublowsky plays in this concert band. For tickets, contact Lena at 223-7800.

February 3-8, Monday through Friday, is a **Ladies Only** 5 night cruise. Lois McGill is planning

this sure to be fun-filled get-a-way! You can contact her at 545.0942.

Friday, February 14th will be our annual Valentine Salad Lunch at the Clubhouse. This is a "pot luck". Bring an appetizer, salad or dessert to share. Sign up is in the mailroom.

Saturday, February 15 is the 25th Annual Stuart Historic Home Tour/10:00 a.m. to 5:00 p.m. Celebrate the city of Stuart's Centennial. Take a leisurely tour of homes and businesses dating back to 1914. The Start/Finish Line is Downtown Stuart's newly-renovated Stuart Feed Store where refreshments will be served. Your ticket is a souvenir brochure with a map and history of the mostly 100-year old buildings. Volunteer docents will be at all sites. Make a reservation early to facilitate delivery of tickets in advance of the event. Carpooling from the Clubhouse. Shuttle available in downtown area. Cost: \$15. Deadline January 31. Contact: Lill Malinowski for reservation.

February 17th is our monthly meeting beginning at 6:30 for refreshments and then program to follow.

February 21st, Friday, is an afternoon Sunset Cruise on the Island Princess. Adults cost is \$25. Sign up and pre-pay. Contact is Kathleen Nagro.

February 22nd, Saturday is beading with Emily and Mickey Harris. \$10 /pp includes all materials. Please sign up in mail room and pay that day.

Whew! I hope you found something to do in these last 3 months. There is a March event to think about now. **March 22, Saturday** - Secret Garden Tour Sat. 10:00am. It's a tour of seven beautiful gardens. Advance tickets \$20.00 until December 30th after the 30th \$25.00. Contact: Lois Raska for tickets.

For other March and April events, please consult your directory. This directory is a fantastic resource tool created for us by Marlene Boobar and Lill Malinowski. What a great job. Thank you!

Looking ahead to March and April with deadlines in February are some Lost Lake Events if you are interested. One is on March 11th and 12th - it's the Sarasota/St. Petersburg trip to the Ringling mansion, St. Armand's Circle, DALI Museum, the Chuhuly exhibit and Renaissance Vinoy Hotel. DEADLINE February 21st. Contact David at Travel Plus Events: 772.283.7118.

Another "look ahead" event is the Celebrity Cruise repositioning trip from Ft. Lauderdale to Lisbon, Paris, Dover, Bruges and disembarking in Amsterdam. Contact is David at 283.7118.

WOMEN'S CLUB LUNCHEONS AT GUSTO IN STUART AND TASTE IN HOBE SOUND



WOMEN'S CLUB TRIM-A-TREE PARTY, PIZZA LUNCHEON AND GIFT EXCHANGE



DID YOU KNOW?

Ever wonder how the Clubhouse gets decorated for Christmas? All of a sudden there is an outside lighted tree, lighted wreaths on the front, a lighted and decorated tree inside the Clubhouse and the Clubhouse itself is filled with holiday decorations! Magic!! Did Santa send his little elves to do the job...or is it the Women's Club?



Each year, the Women's Club makes sure the Clubhouse is ready for the holiday; and then makes sure all the decorations are taken down after the New Year. Thank you to all the women who donated their time and energy to complete this chore. And thank you too for our property manager, Ron, who hauls all the boxes back and forth from storage. As President Bill Cole often says...this place runs on volunteers. Decorating is just one more example of some creating enjoyment for many.



Our Women's Club President, Marlene Boobar, after talking to us about her bucket list of cruises. As you can see, she was ready to board on the ship.

JD Gaynor of Underwater Moments

At our November meeting, JD spoke to our Women's Club members on his experiences with photographing underwater. He kept our interest as we saw a video of JD swimming with sharks.



TAKE THE 14 DAY CHALLENGE!

The Retreat is going Healthy in 2014

Mary D'Avanzo and Sherry Perry have put together a vegetarian recipe book for sale with sections including: **Breakfast, Lunch, Dinner, Snacks, Soups and Salads.**

The selections will vary for 14 days. Thus the 14 Day Challenge!

Purchase the book for \$14, and give it a try for 14 days.

Even if you choose **not** to take the challenge, the book will still be available for purchase. One may contact **Mary D'Avanzo** or **Sherry Perry** to order a book **anytime** during the month of January, whether or not one chooses to take the challenge.

Kick off: Saturday, January 4th 9 AM Clubhouse

Challenge begins/ends: Saturday, January 11th- Friday, January 24th

Challenge Complete - Check in: Saturday, January 25th 9 AM Clubhouse

14 DAYS....\$14.00

Prize for Biggest Loss of Weight

Prize for Biggest Reduction of Blood Pressure Reading

*Prize for **each** person who stayed **strict** vegetarian/vegan for **14** days!!*

Let's Get Healthy!



International Food Taste
Saturday Jan. 25, 2014, 5-7p.m.
presented by The Women's Club Outreach Comm.
CLUBHOUSE



Try a sampling of foods from around the world!

Purchase Tickets for each tasting:

2 Tickets/\$1.00 12 Tickets/\$5.00

Retreat Community Invited! Charity Event

Wine Raffle Jewelry Raffle 50/50

Please join us!!

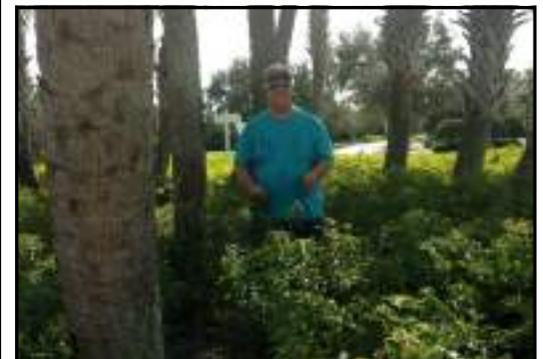
SATURDAY, JANUARY 25TH 5 PM to 7 PM CLUBHOUSE

Did you know?

The beautiful lights that are seen in the shrubs coming into the East Gate and at the Rotary were put up by Joanie Sofia, Tom and Arlene Hartnett and Kathy Doran.

Joanie Sofia loves the Christmas Holiday and wanted to do something special for the Retreat. The Women's Club purchased these lights, with the help of some private donations, and Joanie's generous contribution. Thus, the lights were set in place.

Special *thank you* to those four individuals who worked in the heat to place these lights and make our Retreat home more festive for this holiday.





Kayaking at Savannas State Park



Thrift Shopping and Lunch Outing



Mount Dora Overnight Shopping Trip



SANTA VISITS THE RETREAT!!!

By Marlene Boobar

Santa arrived at the Retreat Clubhouse on Monday, December 16. He had a real white beard and real white hair. When we all called out..."Here Comes Santa...it really seemed like Santa was in our presence!

All the children enjoyed sitting on Santa's lap and telling him of their wishes for

Christmas. Even the adults had a chance to speak with Santa and have their pictures taken. What a fun time for kids of all ages!!

At 7 PM, all enjoyed hearing the five member female singing group called: "**Reflection**." These women brought their own sound system including five microphones, two large speakers and music accompaniment. Bells were given to all the attendees to assist in the singing of "Jingle Bells" and "Sleigh Bells Ring". After the bells were collected, we were moved by the singing of the popular song: "Mary, Did You Know"....tears were seen in many eyes as the group beautifully sang this heartfelt melody. The evening closed with all standing and singing "Silent Night" with limited lighting in the clubhouse. What a delight for our community to share in the sounds of the Christmas season! The evening was sponsored by the Women's Club of the Retreat.



NEWS FROM OUR BOARD OF DIRECTORS

- The Retreat is on schedule to have all our house roofs cleaned and treated. This project will begin about the 3rd week of January, 2014. We are also scheduling meetings with our contractor, Coastal Painting, to be held at our clubhouse. At these meetings, the contractor will answer any and all questions or concerns residents may have and fully explain their procedure for accomplishing the cleaning project. Our clubhouse informational meeting will be held January 9 and the meeting time will be posted after January 1 in our Post Office, on the website and via email blast.
- Please remember that after the first of next year (2014), the Retreat HOA will again require that each owner send us a copy of proof of insurance on your home. We only need the "declaration page" of the current dated policy. Our documents require this each year. Our documents also indicate that being "self insured" does not apply for proof of insurance. Documents can be sent to Capital Realty or submitted to our manager's office in the clubhouse.
- We constantly deal with 'after the fact' situation were a homeowner makes changes to the exterior of their house or plants, etc without first getting approval from our ACC Committee. This can create a difficult situation between the owner and HOA. It can be avoided by getting pre-approval from the ACC which is required by our documents. The HOA can require an owner to un-do a project once complete if it is not ACC approved and is not consistent with our community wide standard, our documents or our adopted rules and regulations
- COMMITTEES – We are looking for volunteers that are interested in serving on Retreat committees. We are reforming our ACC and need interested

people to serve. We are also looking into a new Neighborhood Watch Committee that would have a formal and approved structure to help keep our community safe. Please see or call Ron in the Retreat office if interested

- LANDSCAPE RESPONSIBILITY – We would like also to remind owners that they are responsible for the replacement of shrubs, trees, bushes etc. when they die or deteriorate significantly. Our landscape company has informed us that many plants that are trimmed on a continual basis have shortened life spans. Plants can deteriorate naturally in 3-4 years up to 10-12 year or maybe never. There are a lot of variables that affect them. At a certain point they cannot be 'brought back' and will need to be replaced. Remember that the Oakmonts and Carlyles have zero-lot-lines and these plants are cared for by the facing homeowner.



Highlights from the Social Committee

By Sandy Morrow

We had a great turnout for the "State Dinner" on November 15th at the Clubhouse. Lots of food, friendship and live entertainment by our own Dottie Sacco.

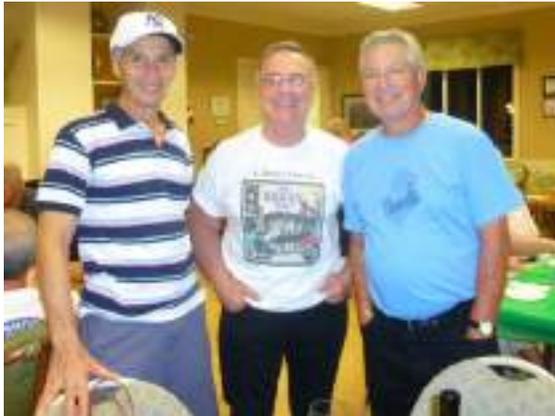
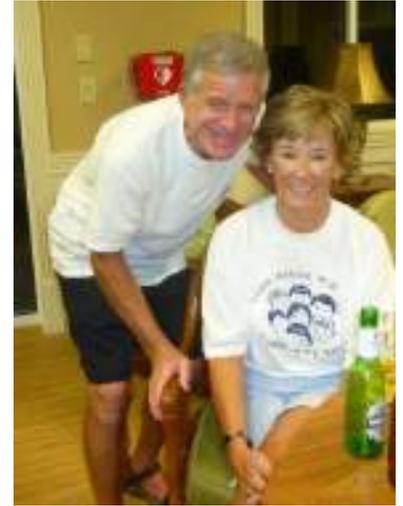
Everyone had a fun night. There were three winners that correctly identified all the states on a US Map in record time.

The proof is in the picture. Everyone wore a shirt from their home state. It was clear that the majority of the folks were from the Northeast!

THE SOCIAL COMMITTEE STATE EVENT



KNOT JUST KNITTING GROUP





Pharmacy Topics

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

New Guidelines in the Treatment of High Cholesterol

Just when you think that you understand how to treat high cholesterol levels in order to reduce your cardiovascular risk, all of the guidelines have changed. In November, 2013, a panel of experts from the American Heart Association and the American College of Cardiology released their updated guidelines on the treatment of cholesterol. These official cholesterol guidelines were last published in 2003, and haven't been updated since 2004. A lot of new information about cholesterol and its treatment has come to light since that time period – so, the new guidelines constitute a striking change.

The 2013 guidelines represent a rather fundamental change in how cholesterol and its treatment are now viewed in relation to cardiovascular risk. The most obvious difference between these new guidelines and the old ones is that the new guidelines no longer recommend that doctors aim therapy toward specific target cholesterol levels. The 2013 guidelines on cholesterol treatment focus more on one's cardiovascular risk versus just aiming to lower the LDL (or "bad") and total cholesterol levels to fall within a certain range. If the cardiovascular risk is considered "high," adding a "statin" drug is strongly recommended.

There are four categories of "high risk" individuals for whom statin therapy ought to be considered:

1. Patients 75 years of age or younger with clinical cardiovascular disease (i.e., have or have had a heart attack, angina, peripheral artery disease, or a stroke).
2. People who have very high LDL cholesterol levels - greater than 189 mg/dL. In most cases these are people with familial hypercholesterolemia (high cholesterol passed on genetically).
3. People with diabetes who are 40 to 75 years old.
4. People whose 10-year risk of developing cardiovascular disease due to atherosclerosis is estimated to be 7.5% or higher. The National Heart, Lung, and Blood Institute (NHLBI) has developed a simple on-line tool to estimate your 10-year risk. The tool can go found by going to: <http://cvdrisk.nhlbi.nih.gov/calculator.asp>. Plug in your age, gender, total and HDL cholesterol levels; indicate if you are a smoker or a non-smoker; and enter your

systolic blood pressure. Press "Calculate Your 10-Year Risk" button – and your risk assessment will be revealed.

For the first two categories, high-intensity statin therapy - is recommended for optimal risk reduction. High-intensity or moderate-intensity statin therapy can be used for the last two categories, depending on the judgment of the doctor and patient.

Lifestyle modification to reduce risk, of course, is recommended for everyone, whatever their level of cardiovascular risk. It is possible, with aggressive lifestyle changes, to move some people out of some of the "risk" categories altogether.

What Do the New Cholesterol Guidelines Really Mean?

- The new guidelines almost minimize the importance of cholesterol-lowering itself. In particular, the guidelines do not recommend adding any of the non-statin, cholesterol-lowering drugs - such as ezetimibe (Zetia, Vitorin), niacin, bile acid resins, or fibrates - in order to achieve some target cholesterol level. These other cholesterol-lowering drugs are not even included in the new guidelines.
- Statins alone are recommended -- because of the cholesterol-lowering drugs, the statin drugs alone have been shown to significantly reduce cardiovascular risk in high-risk patients.
- While the cholesterol-lowering ability of statins may indeed have something to do with their risk-reducing effects, it now seems clear that the **non-cholesterol-lowering** features of statins are equally or even more important - which may be why these drugs are uniquely effective in lowering cardiovascular risk. In fact, many practitioners now view statins as "risk-reducing drugs" that also happen to lower LDL cholesterol levels. Put another way – many patients that may have normal cholesterol levels, will now be started on "statin" therapy.

The main idea behind these new guidelines might be summarized this way: High LDL cholesterol levels are a well-documented marker for an elevated risk of cardiovascular disease. However, if the risk for cardiovascular disease is high, the treatment ought to be

aimed primarily at reducing the risk itself, rather than primarily at reducing cholesterol levels. Statins are the only cholesterol therapy proven to significantly reduce elevated cardiovascular risk.

What Is Likely To Change About These New Guidelines?

There is already substantial controversy regarding which people fit into the fourth category - that is, which people are judged to have at least a 7.5% 10-year risk of having a potentially dangerous cardiovascular event.

Some of the risk factors that are widely agreed upon as being important in lowering one's cardiovascular risk (i.e., sedentary life-style, high CRP levels) are totally ignored in this calculation. Since these factors do not currently meet the panel's strict evidence-based standards, they have been omitted. Some medical practitioners are claiming that the NHLBI risk calculator is too liberal - others are stating that it is too conservative.

This debate will surely lead to changes in the future regarding how this 10-year risk is calculated and which people ought to be included in the fourth category. In the meantime, if you are in one of the four "high" risk categories, and are not currently on a "statin" medication, you may want to ask your doctor if starting on this drug might be right for you. Of course, like any medication, there are risks and benefits of treatment.

The Benefits of the "Statin" Drugs

Currently, it is thought that statins (see chart below for a list of the statins that are currently marketing in the U.S.) are better than other drugs at improving outcomes because they have several beneficial effects in addition to their cholesterol-lowering capabilities. These "extra" effects may help to prevent the rupture of atherosclerotic plaques in the coronary arteries, and may help to prevent acute coronary syndrome. These "extra" effects of statins include:

- An anti-inflammatory effect.
- An anti-clotting effect.
- A direct plaque-stabilizing effect.
- A reduction in C-reactive protein levels (CRP).
- An improvement in vascular function.
- A reduction in dangerous cardiac arrhythmias.
- Some regression (shrinking) of atherosclerotic plaques themselves.

These "extra" effects of statins may actually be even more important than cholesterol reduction in improving outcomes. For instance, these non-cholesterol effects may be the reason that giving statins during acute coronary syndrome provides an immediate clinical benefit (a result that would not be anticipated if the only thing these drugs did was to reduce cholesterol).

"STATIN" MEDICATIONS CURRENTLY ON THE MARKET

- **Altoprev[®]** (lovastatin extended-release)
- **Lescol[®]** (fluvastatin)
- **Lescol XL** (fluvastatin extended-release)
- **Lipitor[®]** (atorvastatin)
- **Livalo[®]** (pitavastatin)
- **Mevacor[®]** (lovastatin)
- **Pravachol[®]** (pravastatin)
- **Zocor[®]** (simvastatin)

Correction to the **Pharmacy Topics** article in the last newsletter, The Treatment of CORAL SNAKE BITES, the 5th paragraph, pages 8 and 9.

This product was manufactured by Wyeth Pharmaceuticals, now a subsidiary of Pfizer, Inc. Wyeth kept up production of coral snake antivenom for almost 40 years. But given the rarity of coral snake bites, this product was deemed unprofitable, and the company shut down the factory that made the antivenom in 2003. Wyeth worked with the FDA to produce a five-year supply of the medicine to provide a stopgap while other options were pursued. After that period, the FDA extended the expiration date on existing stock from 2008 to 2009, and then again from 2009 to 2010. A final expiration date extension for North American Coral Snake Antivenin (*Micrurus fulvius*) (Equine Origin) for Lots #4030024 and #4030026 occurred this year -- and the existing supply can be used through April 30, 2014 and October 31, 2014 respectively.



BRIDGE SCORES

By Patsy Shattuck

Well, another beautiful year come and gone. We had a good year for bridge. The dedication of our group is commendable, and I appreciate all of you. Hope your holidays are happy and the New Year healthy.

October 1, 2013

- 1 – Maryon Gonzalez
- 2 – Fran Elson
- 3 – Peggy Johnson
- 4 – Patsy Shattuck
- 5 – Bill Burns

October 8, 2013

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

October 15, 2013

- 1 – Peggy Johnson
- 2 – Alan Shattuck
- 3 – Marie Ferrandino
- 4 – Laura Rothman
- 5 – Carol Flynn

October 22, 2013

- 1 – Jeanne Sopelsa
- 2 – Marie Ferrandino
- 3 – Stan Rublowsky
- 4 – Patsy Shattuck
- 5 – Kathy Majewski

October 29, 2013

- 1 – Laura Rothman
- 2 – Steve Strong
- 3 – Jeanne Sopelsa
- 4 – Carol Flynn
- 5 – Patsy Shattuck

November 5, 2013

- 1 – Laura Rothman
- 2 – Ann Sterling
- 3 – Peggy Johnson
- 4 – Joe Elson
- 5 – Maryon Gonzalez

November 12, 2013

- 1 – Peggy Johnson
- 2 – Barry Mussatto
- 3 – Kay Campbell
- 4 – Bill Burns
- 5 – Laura Rothman

November 19, 2013

- 1 – Barry Mussatto
- 2 – Kay Campbell
- 3 – Laura Rothman
- 4 – Patsy Shattuck
- 5 – Emily Mussatto

November 26, 2013

- 1 – Diane Dempsey
- 2 – Ann Sterling
- 3 – Laura Rothman
- 4 – Kay Campbell
- 5 – Lena Rublowsky

RETIREES VISIT A BAR



Four old retired men are walking down a street in Martin County, Florida. They turn a corner and see a sign that says, "Old Timers Bar - ALL drinks 10 cents." They look at each other and then go in, thinking this is too good to be true.

The old bartender says in a voice that carries across the room, "Come on in and let me pour one for you! What'll it be, gentlemen?" There's a fully stocked bar, so each of the men orders a martini. In no time the bartender serves up four iced martinis shaken, not stirred and says, "That'll be 10 cents each, please."

The four guys stare at the bartender for a moment, then at each other. They can't believe their good luck. They pay the 40 cents, finish their martinis, and order another round. Again, four excellent martinis are produced, with the bartender again saying, "That's 40 cents, please."

They pay the 40 cents, but their curiosity gets the better of them. They've each had two martinis and haven't even spent a dollar yet. Finally one of them says, "How can you afford to serve martinis as good as these for a dime apiece?" "I'm a retired tailor from Jacksonville," the bartender says, "and I always wanted to own a bar. Last year I hit the Lottery Jackpot for \$125 million and decided to open this place. Every drink costs a dime. Wine, liquor, beer it's all the same."

"Wow! That's some story!" one of the men says. As the four of them sip at their martinis, they can't help noticing seven other people at the end of the bar who don't have any drinks in front of them and haven't ordered anything the whole time they've been there. Nodding at the seven at the end of the bar, one of the men asks the bartender, "What's with them?"

The bartender says, "They're retired people from the Retreat in Hobe Sound. They're waiting for Happy Hour when drinks are half-price, plus they all have coupons."

2014 RETREAT HOMEOWNERS' TELEPHONE DIRECTORY FORM

If you are not currently listed in the 2013 Telephone Directory and wish to be listed in the 2014 Directory, please fill out the form below. If you are currently listed in the 2013 Directory and would like to update it, please fill out the form below with your name and the **updated information only**. **If your 2013 information is correct, do not fill out another form. Please sign the form** and place it in the Drop Box in the Property Management Office located in the Clubhouse or mail it to Retreat Homeowners Association, 8700 SE Retreat Drive, Hobe Sound, FL 33455, ATTN: Communications Committee **no later than February 1, 2014**.

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

PLEASE PRINT CLEARLY

LAST NAME(S) _____

FIRST NAME(S) _____

RETREAT ADDRESS _____

TELEPHONE _____

CELL TELEPHONE (optional) _____

EMAIL ADDRESS (optional) _____

*Signature

*Signature

*Signature(s) are required to have information published in the Directory.

DISCLAIMER: Information contained in Directory is confidential and not for dissemination outside the Retreat community

RETREAT BOARD OF DIRECTORS

President	Bill Cole	546.5353	wcole2b@yahoo.com
Vice-President	Pat Pezzicola	545.0706	pezzicolap@comcast.net
Secretary	Coni McGuinn	545.3465	conimcguinn@aol.com
Treasurer	Susan Hemmer	349.0030	syacht@comcast.net
Director at Large	Dave Williams	546.3866	davedottie@gmail.com

RETREAT PROPERTY MANAGER

Office Hours: Monday Wednesday Friday 8 am to 11 am 772.546.6112	Ron Barrow	Clubhouse Fax: 546.1699	retreathoa@comcast.net
		Capital Realty for Work Orders, General Questions, Emergencies: 1.800.940.1088	

RETREAT COMMITTEES

Architectural	TBA		
Clubhouse	Gail Pezzicola	545.0706	gpezzicola@comcast.net
Communications	Lill Malinowski	545.3732	wallylill@comcast.net
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Social	Sandy Morrow	545.1936	sandymorrow7@gmail.com
	Gail Pezzicola	545.0706	gpezzicola@comcast.net

RETREAT ACTIVITIES AND COMMITTEES

All Retreat residents are invited to take part in our Retreat Activities. Retreat Homeowners are also invited to participate in the Retreat Committees. For more information, please call the contact person.

Channel 63	Jim Morrow	545.1936
First Fridays	Audrey DeLoffi Jean Scerbo	245.8420 545.3592
Mah Jongg	Angela Bibby	545.9195
Duplicate Bridge	Carol Flynn Alice Bernhardt	772.359.8274 600.5226
Knot Just Knitting	Sandy Morrow Liz Plourde	545.1936 546.5673
Poker—Men's Straight	Joe Ciocia	545.9767
Poker—Texas "Hold—Em"	Lois & Charles Raska	545.2733
	Lois & Otto Vernacchio	546.7523
Red Hat Society	Rita Lariviere	546.9744
Relay For Life	Lill Malinowski	545.3732

Retreat Assistance Network (RAN)	Muriel Barry	545.1919
	Alice Bernhardt	600.5226
	Marie Ferrandino	546.5476
	Sally Troiani	872.6053
Retreat Directory	Coni McGuinn	545.3465
Retreat Newsletter	Lill Malinowski	545.3732
	Dottie Williams	546.3866
Social Bridge	Patsy Shattuck	546.2011
Tennis	Tom D'Avanzo	545.7229
WEB Master	Gene Gillis	545.9304
Women's Club of the Retreat	Marlene Boobar	545.1043
	Mickey Vernacchio	546.4236
	Gerri Strong	545.9963
	Emily Mussatto	546.2774
	Jean Scerbo	545.3592

CLEVER IDEAS WORTH KNOWING

Received from Becky Brown



Easy Deviled Eggs

Put cooked egg yolks in a zip lock bag. Seal, mash till they are all broken up. Add

remainder of ingredients, reseal, keep mashing it up mixing thoroughly,

cut the tip of the baggy, squeeze mixture into egg. Just throw bag away when done - easy clean up!

PEPPERS



Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.

GARLIC



Add garlic immediately to a recipe if you want a light taste of garlic, and at the end of the recipe if you want a stronger taste of garlic.

FOR ALL MY SENIOR FRIENDS—PLEASE DON'T OVER DO IT!



PHOTO CREDITS

Biker Bill—Wally Malinowski

Relay For Life—Dream Share Photos, Wally Malinowski

Women's Club—Marlene Boobar, Carol Flynn, Sandy Morrow

Shrub lights—Marlene Boobar

Social Committee—Sandy Morrow

Business owners—The Retreat Newsletter is a great place for you to reach local customers.

Ads are business card size in black and white.

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

Dear Retreat Residents,
We thank all that have contributed to this newsletter. Your input is key to the Retreat Newsletter.

This January/February 2014 Newsletter is our 50th issue! Our first newsletter was the March/April 2004. Our theme for the next issue is: WHAT IS YOUR MOST FAVORITE ISSUE OF THE RETREAT NEWSLETTER AND WHY?"

Go to our WEB site, click on INFORMATION and then NEWSLETTER. All the newsletters are available here.

Thank you!
Your newsletter staff



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Kevin E. Knoop
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Bicycle Repair & Maintenance

4wheel2wheel@gmail.com

772-349-4585



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Cell: (561) 758-8889

Email: NickTheRealtor1@yahoo.com

YOUR NEIGHBOR IN THE RETREAT

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www.retreatgeorge.com

George Rebholz &
Chad Thurman

Office 772-346-8696
(cell) 772-631-6097

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Residential Real Estate LLC.

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Ph# (772) 631-1338
Molly
Massage

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LMT Lic# 63077

5641 Crooked Oak Ave.
Hobe Sound, FL 33455 (STUART)



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