



The Retreat Newsletter

January/February 2016

Volume 13, Issue 1



MY HEARTFELT THANKS

By Mimi Brown

To my adoring friends at The Retreat. I have to say that my head is still reeling and in disbelief as to why. I am beginning to understand, as most of you have seen my decline over the years with my Muscular Dystrophy. But, I am and always have been a fighter, stubborn though learning, this cannot go on. Writing the truth is difficult, but evidently you see this. Each day is a huge struggle for me, but I have to do what I can each day. Enough of this.

My thanks and huge love for all of you for your support. I am so emotional when I think of all my friends and who could ask for more—for your cards, donations etc. My heartfelt thanks.

If you would be interested in learning more about my disease, you can go to:

www.fshsociety.org

Again, taking a deep breath, thank you.

Mimi

Editorial comment: For more about this event, go to pages 10 and 11.

THE RETREAT ANNUAL MEETING
MONDAY, FEBRUARY 8, 2016 7:00 PM
Doors open at 6:30 PM
SeaWind Elementary School
Election to fill 2 vacancies on the Board of Directors

THE BOARD BEAT

By Eric Wolf

A Big Thank You!

Even though Thanksgiving has disappeared in our hectic holiday season, I'd like us all to attend to two individuals who have greatly contributed to our community since its inception. **Coni McGuinn** has served on every Board since our Developer turnover. **Marlene Boobar**, serving two years on our Board, has been active in numerous Retreat organizations including serving as President of the Women's Club. Both ladies are ending their term on the Board—Marlene as Vice-President, and Coni currently as Secretary—and will not be running for another term. We offer our deep and sincere thanks for their service and commitment. I'm confident that they will find other ways to remain active in our vibrant community. Thanks Coni and Marlene!



Big Thanks also go to **Tom and Arlene Hartnett** and **Joan Sofia** who decorated our common landscaping with the Christmas lighting; it puts the Retreat into a festive holiday mood. A special thanks to **Audrey DeLoffi** and

the Women's Club for the decoration of the Clubhouse at this special time; their consistent participation and

(Continued on page 2)

contribution year-round is extraordinary. In addition, many residents are creating the special holiday atmosphere with festive homes, parties, fundraisers, and events that are ongoing at the Retreat this season.

Annual Board Elections

Our Board of Directors consists of five Members (Homeowners); each serve two-year terms. The election of directors occurs at the Annual Members' Meeting (see Retreat HOA Articles of Incorporation, VII). At the 2016 meeting (the evening of February 8 at SeaWind Elementary), two directors will be elected to serve along with the three directors elected last February.

Being involved in our community oversight is an important responsibility. The Board, on behalf of the Membership, is tasked with maintaining the community's financial health, preserving the visual aesthetic of our landscape, overseeing the Community-wide Standard, and planning for the future. Although the bulk of the work is performed by the Property Manager, the Board consults with and oversees our Management company.

At the Retreat, we are blessed with owners who have had diverse experience that well suits the skills conducive to effectively serving on the Board or as a Committee Chair. Above all, a commitment to the common good—not just to one's own pet projects—and an interest in dialoging with Members and residents, are necessary for a successful Board.

Whether you're an initial owner or are new in the Retreat, I'd like each Homeowner/Member to consider running for the Board this year. This is an exciting time as we are transitioning from a 'new' community to a 'mature' community: infrastructure is needing

refurbishment, repair, or replacement. Are you willing to make a commitment for the betterment of the Retreat? Speak to any of the Directors—Marlene, Coni, John, James, or myself—or Robert about submitting an application of intent to run.

Note: the deadline for submission is January 9, and there can be no nominations from the floor. Please consider serving!

2016 Budget

The Board approved the 2016 Budget at its November Meeting. We have worked hard to keep the assessments at the 2015 level, i.e., there is no increase this year, although some expenses are rising. You should have received a copy of the budget in the December mailing; please review it. The financial condition of the Retreat is good as the Reserves are at their intended level and needed maintenance is being performed.

Out and About

The Board has engaged ValleyCrest to refurbish the Nature Walk that runs along the wall from the Eastgate to the Main Entrance behind Seawind Elementary. This area has been neglected for several years and is being brought into a condition suitable for walking in a pastoral setting. The clean-up work is expected to be completed by New Year's Day.

The past month has been so wet that, having moved back to the winter every-other-week mow schedule, the grass tends to get shaggy. Just know that no one is falling down on the job, and ValleyCrest is doing the best that anyone can to keep the lawns looking nice. The ground being inundated with rainwater has lead to slow drainage and a crop of mushrooms. A few days or weeks of dry weather will allow the land to return to a more normal state. Remember, weather fluctuates! The good news is that the lakes are full and we won't need to be concerned with their levels receding.

Holidays

As a Christmas/Hanukkah present to yourself, introduce yourself to a resident that you haven't yet met. Stay safe in your travels; be healthy in your families, and on behalf of your Retreat Board of Directors, I wish you a Happy Christmas/Hanukkah season!

Editor & Publisher	Co-Editor
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**TO ADVERTISE IN THE RETREAT NEWSLETTER,
CONTACT CONI MC GUINN AT 545.3465.**

Coffee Drop in!

Saturday, January 9th

Clubhouse

2nd Saturday of the month

9 AM

**New Resident
Welcome!**

&

**"Meet & Greet" the BOD
Candidates**



Calling all new (*and longer time*) residents to

"drop in" to the Clubhouse

&

enjoy a coffee with us...**AND** meet the candidates

Natural Areas in a Residential Landscape

From ValleyCrest

While many of us take pride and satisfaction from a well-designed and maintained lawn and landscape, maintaining even a few small natural areas can add value to any landscape in a number of ways. One of the biggest benefits of natural areas is their ability to attract and provide food and shelter for desirable wildlife such as birds, rabbits, deer and more. To best achieve this it is recommended to maintain a variety of plant species with differing growth habits and sizes that can range from native grasses, to saw palmettos, to pines, oaks, and sabal palms. These areas can also be strategically maintained to provide a gradual visual transition from well-manicured landscapes to the wild areas beyond, making a yard seem larger than it might actually be. Gradual transition to natural barriers is typically much more aesthetically pleasing than an abrupt change, fence, wall, or hedge, and can still serve the same purposes in terms of privacy, noise abatement, or screening.

A gradual transition to the natural area will sometimes require occasional inputs to thin overgrown plants that might be encroaching on other plants or views. This thinning also performs the underbrush disposal job that fire normally would periodically in a completely natural setting. It is also an opportunity to potentially remove invasive species such as Brazilian pepper and carrotwood and also make sure the ornamental species don't encroach in the opposite direction.

SAVE THE DATE



CANDIDATE NIGHT

Monday, January 11th, 2016

Retreat Clubhouse

Please join us...get to know the volunteers who have stepped up to run for the Board.

Come and listen to the candidates – ask your questions - show your support.

Our candidates thus far are:



Alan "Santa Claus" Barton
and
Greg Strahm



2016 RETREAT DIRECTORY FORM

If you are not currently listed in the 2015 Directory and wish to be listed in the 2016 Directory, please fill out the form below. If you are currently listed in the 2015 Directory and would like to update your information, please fill out the form below with your name and the updated information only. **If your 2015 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, 2016**.

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



BRIDGE SCORES

By Patsy Shattuck

Well, we are finally at the end of 2015! The year has gone much too quickly but our "New Year" is upon us. We had a good year and are looking forward to 2016. Our group is steady and dependable and we hope it will be the same next year. Have a Happy Holiday season and a wonderful New Year!

October 6, 2015

- 1 – Ann Sterling
- 2 – Lena Rublowsky
- 3 – Carol Flynn
- 4 – Anne Falcone
- 5 – Patsy Shattuck

October 13, 2015

- 1 – Jeanne Sopelsa
- 2 – Dodi Sopelsa
- 3 – Marie Ferrandino
- 4 – Peggy Johnson
- 5 – Sharon Davis

October 20, 2015

- 1 – Kathy Majewski
- 2 – Anne Falcone
- 3 – Muriel Barry
- 4 – Lyn Kennedy
- 5 – Sharon Davis

October 27, 2015

- 1 – Kathy Majewski
- 2 – Carol Flynn
- 3 – Peggy Johnson
- 4 – Ann Sterling
- 5 – Stan Rublowsky

November 3, 2015

- 1 – Peggy Johnson
- 2 – Steve Strong
- 3 – Stan Rublowsky
- 4 – Patsy Shattuck
- 5 – Ann Sterling

November 10, 2015

- 1 – Sharon Davis
- 2 – Steve Strong
- 3 – Lyn Kennedy
- 4 – Alan Shattuck
- 5 – Stan Rublowsky

November 17, 2015

- 1- Lena Rublowsky
- 2 – Peggy Johnson
- 3 – Lyn Kennedy
- 4 – Jeanne Sopelsa
- 5 – Kathy Majewski

November 24, 2015

- 1 – Lena Rublowsky
- 2 – Jeanne Sopelsa
- 3 – Emily Mussatto
- 4 – Bill Burns
- 5 – Peggy Johnson

RELAY FOR LIFE *HOME FOR THE HOLIDAYS* FUNDRAISER

What a wonderful day we had for our *Home for the Holidays* fundraiser. The Clubhouse was full with many Retreat and Lost Lake residents and other friends and family members. **Gino Giliberto** was singing away while others were deciding which prizes that wanted to win. There were home-made cookies and other goodies to eat along with punch, coffee, and water! We had 35 prizes which were donated by Retreat residents and team members. There was also a huge 50-50 prize of \$470. **Pat O'Neill** won the 50-50! Then we had our live auction by Retreat resident

Greg Strahm. There were six prizes:

Beautiful photo of a blue heron on canvas taken by Susan Steadman

Gorgeous king-size comforter donated by Joan Sofia

Basket full of handmade children's accessories donated by Joanne Kelcourse and Linda Wolf

Polish dinner for 6 donated by Wally and Lill Malinowski

14 karat gold jewelry donated by Lucille Sanchez

Golf package for four at Lost Lake Golf Course donated by the golf course.

In total we raised **\$3,387!!!!!!** **Marlene Boobar** was the mastermind of this event. Thank you, Marlene! Thank you to all that helped us to raise this amazing amount!!!!!!



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

By Mona Wiley

The Retreat had a lot of visitors over Christmas and Hanukkah. I hope you all had a wonderful holiday season with lots of special foods, special events, special music, special people making special memories. We make many resolutions heading into the New Year, and I hope one is to always make holiday times with family and friends better each year.

To ALL Retreat residents who helped to decorate the entry, the circle and the Clubhouse -- beautiful and festive!! Thank you. All the sights and sounds of the holidays make this time so special. We all appreciate the holiday spirit our community communicates!

Starting off on **January 15th – Friday Lunch Bunch** goes to Dolphin Bar and Shrimp House on Jensen Beach (separate checks). Pre-sign up in the mailroom. Gather at the Clubhouse at 12:15PM to car pool. If you have a ride, swing by and let someone know you're heading out. Lill Malinowski is arranging this, so call her if you have questions: 545-3732.

January 18th – Monday is our monthly meeting!! Does everyone know this? Welcome a new neighbor and come around 6:30PM for treats and then we'll have a fun event after the brief business meeting.

January 20th – Lincoln Culinary Institute & Protégé Restaurant in West Palm Beach. Enjoy a presentation followed by a luncheon from dishes made and served by students. Watch out, you might be selected to help prepare the dessert. None of you need worry – I've seen all those delicious desserts you bring to our luncheons!! Cost is \$30 per person. Check the mailroom for sign up. Once again, carpool from the clubhouse at 9:30AM. Contact person is Vicki Celio: 546-8119.

OK, this sounds awesome!! It's a Royal Caribbean Cruise to the western islands. **January 31st to February 7th on Freedom of the Seas.** Enjoy the music and food and events with your friends from the Retreat, as well as support *The Retreat Remembers...Relay For Life Team.*

Contact is Lois McGill 545-0942. If you haven't signed up – do so – QUICK!

To finish – **January 31st, Sunday** – the Stuart Community Concert Band will perform Movie Favorites Old and New at 2pm at the Kane Center, 900 SE Salerno Road. For more information contact Lena Rublowsky at 546-1316.

Now for February

On **Saturday the 13th**, instead of tray painting, there will be a beading class with our talented Mickey Harris. She will help us create a beautiful pendant The class will be from 10AM to 2PM at the Clubhouse. Bring your own lunch or snack—if you want. Cost: I don't know – check the mailroom and sign up and pay up! Call Mickey with questions: 546-2252.

February 15th Monday is a **Valentine Pot Luck Supper** and monthly meeting. Gather at 6:30 and bring an appetizer, salad or dessert to share. Sign up in the mailroom. Please NOTE the time change for this meeting! Business meeting will follow.

February 20th Saturday: Music & Munchies is our theme for our biggest fundraiser. Music: Tunes by Tony. Come dance and/or listen to the music and bid on fabulous auction items. This is our largest fundraiser with proceeds supporting our charity – **Voices for Children**. Watch for more details on Channel 63 and in the mailroom.

February 24-26 Wednesday to Friday: Sail away on a two-night cruise on the Grand Celebration!! This will be a fun, short cruise for those who don't want to go far or who have never tried cruising! Good time to get your feet wet!! NO! please don't do that – that might be an indication you've taken leave of the ship. OK, cost is \$211 per person, (includes taxes) based on double occupancy in an inside cabin. Cost is \$301 per person including taxes for double occupancy in an ocean view cabin. You must make and pay for your own reservation. For instructions and further information contact Vicki Celio, 546-8119.

February 27 Saturday is Dog Parade & Games on Clubhouse lawn to benefit The Retreat Remembers... Relay For Life Team. Event is from 10AM to 12noon. Contact: Lill Malinowski at 545-3732.

Lots to do in the next two months so get out and get involved. **I wish all of you a very healthy, prosperous and happy New Year!**



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



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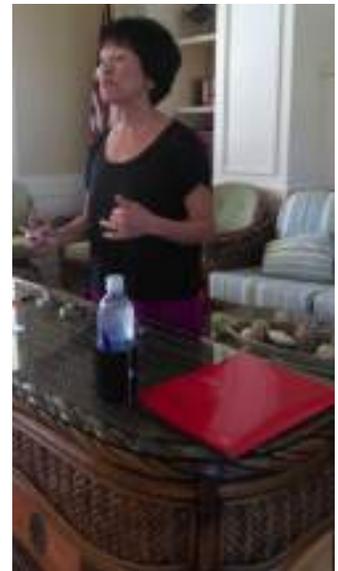
Women's Club does Tai Chi

By Jean Lahey

Tai Chi: Moving for Better Balance is a group program that focuses on improving functional ability, such as balance and physical function, to reduce fall-related risks and frequency. The program uses eight forms that have been derived from the traditional 24-form Yang style Tai Chi, and progress from easy to difficult. The Center for Disease Control & Prevention(CDC), acknowledges Tai Chi : Moving for Better Balance is one of many evidence-based interventions for the prevention of falls for seniors.

Health Benefits from practicing Tai Chi are improved mental well being; improved balance and daily physical functioning; improved self-confidence in performance of daily activities; and enhanced life independence and overall health.

Jean Lahey has volunteered to lead the Tai Chi classes on Tuesday at 10 AM and Friday at 2 PM in the Clubhouse. Jean was sponsored by the Floridians, Fighting, Falls Inc. and the Women's Club of the Retreat. She is certified by Master Suman Barkhas from the Tai Ch/Yoga Center in the State of Oregon.





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

Preventing Cardiovascular Disease

Cardiovascular disease (CVD) is the leading cause of death in both men and women, accounting for about a quarter of all deaths in the United States. With the start of a new year, you can add a few resolutions to your list that may go a long way to helping you prevent cardiovascular issues.

Risk factors for CVD include age (older patients have a greater risk), gender (men are at higher risk), and family history. While these three factors cannot be modified, there are a few preventive steps that you can take to help you live a healthier life:

1. QUIT Smoking.

The general consensus is that smoking or using tobacco products **of any kind** is one of the most significant risk factors for CVD.

The US Centers for Disease Control and Prevention estimates that 70% of U.S. adult smokers do want to quit smoking, and millions more have already attempted to do so. Consult with your pharmacist to determine the most effective smoking cessation method for you. There are a whole host of over-the-counter products that have proven results. A smoker's risk of developing CVD falls to nearly that of a nonsmoker after only five years of smoking cessation. So, it is never too late to quit – and definitely worth the effort!

2. Stick to a Heart-Healthy Diet.

A diet rich in fruits, vegetables, and low-fat dairy products; and, one that is also low in sodium and saturated and trans-fats is the best course for patients to prevent CVD.

Heart-healthy foods are the key to lowering CVD risk. Light or moderate wine intake has been associated with reduced risk of cardiovascular events, but that these benefits disappear as wine intake increases.

3. EXERCISE -- Set Fitness Goals.

Studies confirm that exercising for at least 30 minutes most days a week protects against heart-related issues by controlling lipid levels, reducing blood pressure, preventing obesity, and improving inflammatory and hemostatic factors.

4. Ask your doctor about the benefits of taking Low-Dose Aspirin Therapy.

Health care professionals have long touted the benefits of adhering to a low-dose aspirin (81mg or a baby aspirin per day) regimen to prevent thromboembolic (blood clotting) events such as heart attacks or strokes in high-risk patients.

A 2014 study involving 3500 middle-aged Americans who did not have CVD but qualified for preventive low-dose aspirin therapy based on their risk factors showed that 34% of men and 42% of women were never informed by their primary health care providers about this therapy. Ask your doctor about the potential benefits of starting a low-dose aspirin regimen. Aspirin may be contraindicated for certain patients – so, do not add aspirin until checking with your physician first. Also, bring a list of your current medications (including over-the-counter medications and herbal supplements) to your pharmacist. They can screen your drug profile to check for drug interactions that they may have negative consequences in combination with aspirin.

5. Reduce Stress.

Stress has been linked to or shown to exacerbate negative heart and vascular system issues. This is a tough one to implement. However, there are a whole host of relaxation and stress management tips on the American Heart Association online site for behavioral stress management techniques.

6. Don't Rely on Vitamins, Dietary Supplements, or Nutritional Aids.

Although Americans spend billions of dollars a year on these products, the U.S. Preventative Services Task Force has concluded that there is insufficient evidence to determine that vitamins and minerals alone or in combination can reduce the risk of CVD.

Start the New Year off right – and incorporate these steps into a healthier lifestyle!

Celebrating a Woman of Grace, Courage and Strength



A surprise lunch was held in honor of **Mimi Brown** on Thursday, December 10, 2015 – just before Bridge. Mimi is a woman who does not complain and tries her best to be cheerful to all whom she meets, even though life is difficult for her.

Mimi suffers from Facioscapulohumeral Muscular Dystrophy (FSHD). Friends and neighbors gathered to show Mimi that she is cared for and loved.

Love was in the air! It was so beautiful to see the surprise look on Mimi's face.

The Retreat is a caring community...how blessed we are to live in this place.





2015 Retreat Holiday Cocktail Party—December 12th





RETREAT BOARD OF DIRECTORS

President	Eric Wolf	932.7969	eric33455@gmail.com
Vice-President	Marlene Boobar	545.1043	marleneboobar@hotmail.com
Secretary	Coni McGuinn	545.3465	conimcguinn@aol.com
Treasurer	John Clifford	508.990.6363	retreattreasurer@gmail.com
Director at Large	Jim Pawlak	546.1841	jpawlak2000@gmail.com

RETREAT PROPERTY MANAGER

Office Hours: Monday Wednesday Friday 8 am to 11 am Or by appointment, call	ROBERT IRETON- HEWITT	Clubhouse Fax: 546.1699 Capital Realty for Work Orders, General Questions, Emergencies: 1.800.940.1088	8700 SE Retreat Drive Hobe Sound FL, 33544 retreathoa@comcast.net
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RETREAT COMMITTEES

Architectural Control	John McGuinn	545.9704	
Clubhouse	Linda Wolf	932.7969	lwolf913@gmail.com
Communications	Lill Malinowski	545.3732	wallylill@comcast.net
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Finance	Tom Hartnett	545.3107.	tmhartn55@gmail.com
Landscape	Greg Strahm	546.4853	strahmg@gmail.com
Neighborhood Watch	Bill Burns	546.6990	burnsjro@aol.com
Social/First Friday	Sandy Morrow Jean Scerbo	545.1936 545.3592	sandymorrow7@gmail.com jeanmscerbo@yahoo.com

RETREAT COMMITTEES AND ACTIVITIES

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

Bulletin Boards <small>(Sell items & business cards)</small>	Pat Brown	
Channel 63	Zackary and Brennan Botkin	546.6308
Mah Jongg	Angela Bibby	545.9195
Duplicate Bridge	Carol Flynn	359.8274
Knot Just Knitting	Sandy Morrow Liz Plourde	545.1936 546.5673
Poker—Men's Straight	Joe Ciocia	545.9767
Poker—Texas "Hold—Em"	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 Alice Bernhardt	545.1919 600.5226
Retreat Directory	Coni McGuinn	545.3465
Retreat Newsletter	Lill Malinowski Dottie Williams	545.3732 546.3866
Social Bridge	Patsy Shattuck	546.2011
Tennis	Tom D'Avanzo Frank Ziegler	545.7229 545.8786
WEB Master	Gene Gillis	545.9304
Women's Club of the Retreat	Pres. Audrey DeLoffi Vice Pres. Pam Levy Treas. Gerri Strong Sec. Alice Bernhardt	245.8420 546.8204 545.9963 600.5226



PIGS IN THE RETREAT

By George Wurster

I thought you may be interested in the photo I took of a family of seven wild pigs who have been in our yard for the last two days. They have not bothered anybody and run back into the preserve soon as they sense a human...all they do is eat the grass. I took the picture through my screen enclosure because they wouldn't let me get any closer. So interesting living in the Retreat.



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.

Hello Retreat Residents!

It is hard to believe that this is our 60th Retreat Newsletter!!!! Our first issue was the March/April 2004 Newsletter. Although we do not always have themes for our newsletter, one of the more memorable issues is the January/February 2006 issue with the theme: *The Spot Light is on Retreat Volunteers*. Go to our WEB site and find this issue. This is an incredible newsletter. Our upcoming March/April 2016 issue will have a repeat of this theme. We have so many new residents in our community. There are many opportunities to help others. Share your volunteering with all of us.

Wishing you a peaceful and healthy new year!

Photo Credits

Holiday Light Decorators—Marlene Boobar
 Alan "Santa" Barton—Cindy Eaton
 Home for the Holidays—Linda Wolf, Emily Mussatto, Lill Malinowski
 Women's Club Trim a Tree—Audrey DeLoffi
 Tai Chi—Susan Barton
 Mimi—Carol Flynn, Marlene Boobar, Lill Malinowski
 Holiday Party—Cindy Eaton

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