



The Retreat Newsletter

March/April 2008

Volume 5, Issue 2



TAKING ACTION

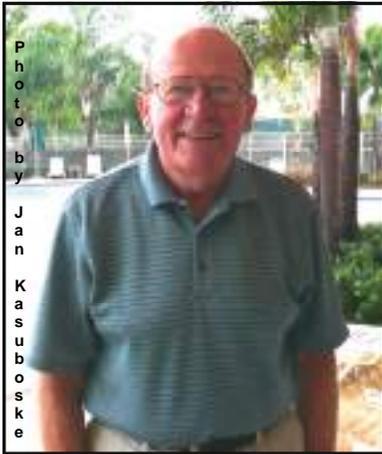


Photo by Jan Kasuboske

Roger Jesse

HELPING OTHERS

By

Jan Kasuboske

"It is one of the beautiful compensations of life that no man can sincerely try to help another without helping himself."

Ralph Waldo Emerson

The Retreat is lucky to have a man like Roger Jesse living among us. He is a kind, caring, sincere man who has helped himself by helping others. Roger began his full time volunteering after his wife passed away five years ago. He wanted to have something to do with his time, but he also wanted to give back to others and help those less fortunate than himself.

He first contacted the library in Hobe Sound, and they got him in contact with United Way. In less than a week's time, they had him in a training program. Through this organization he is on the Advisory Board for Martin Volunteers, chairs the Agency Relations Ambassador Program, and helps with VITA, an offshoot that helps people prepare their tax returns and e-file them. He is also on the Citizen Review Board but especially enjoys his Friday afternoons as he is a member of R.S.V.P. Singers who perform at nursing homes every week. This group has about 30 – 40 members. He also served as a math tutor for the Boot Camp, which was part of Juvenile Offender Training

(Continued on page 2)

NEWS FROM OUR BOARD OF DIRECTORS

By Bill Cole



Photo by Carol Stone

Pat Pezzicola, Dave Williams, Susan Hemmer, Bill Cole, John Galiher

Our Annual Meeting was held on February 11, 2008. **John Galiher** and **Susan Hemmer** were elected as new directors for a two- year term.

The Board now is **Bill Cole, President, Pat Pezzicola, Vice President, Susan Hemmer, Treasurer, John Galiher, Secretary, and Dave Williams, Director at Large.**



Please join us at The Relay For Life of South Martin

Friday, April 18 at 6 PM till Saturday, April 19 at Noon

The Pine School

12350 SE Federal Highway

Hobe Sound

Corporation. Although this program is no longer in existence, it was quite satisfying to Roger as these were young people who were troubled and needed assistance. Through his work in this program, he could see progress in these youth, and most got their act together and could go back into society as good citizens.

A completely different part of Roger's volunteering is with the Treasure Coast Hospice program. Roger has some computer skills, so he often is called upon to use those whether it be a spreadsheet, some graphic designs, or a Power Point presentation. However, there are times when he is called upon just to stuff envelopes

Roger must enjoy singing as he not only is involved in the RSVP Singers, but he is also in the choir at St. Christopher's Catholic Church in Hobe Sound.

All of these volunteer activities are what he does now to keep busy, but he was always a busy man in his earlier years. He and his wife raised four daughters, who have now given him eight grandchildren. Three of his daughters live in Naperville, Illinois, where Roger lives for about three months in the summer months. He enjoys helping out with his grandchildren. Another daughter lives in Greensboro, North Carolina.

When Roger retired, he and his wife spent one winter in Florida trying to figure out where they wanted to settle. He loves the East Coast and Martin County in particular, so when they found the little trailer at Seabranched and Route 1 selling DiVosta Homes, they bought a Capri on Big Bend Court and moved here in July of 2002.

Roger was born and raised near Dodgeville, Wisconsin. He is a chemical engineer but has also worked in management, sales, and other areas of business. He worked for General Electric for twenty-six years after spending three years in the Navy. He continued working in the silicone industry until his retirement.

Roger and his family lived in the Chicago suburbs of Hoffman Estates and Naperville for over eighteen years,

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

and his daughters went to high school at Naperville Central. However, he also has lived in Wisconsin, California, New York, Connecticut, and Michigan. We are glad he decided to call The Retreat home as he is certainly a fine example of a very caring man who spends hours helping others, and the payback is he has helped himself.

IRISH LUCK

Received from Joe Giordano

His name was Fleming, and he was a poor Scottish farmer. One day, while trying to make a living for his family, he heard a cry for help coming from a nearby bog. He dropped his tools and ran to the bog. There, mired to his waist in black muck, was a terrified boy, screaming and struggling to free himself. Farmer Fleming saved the lad from what could have been a slow and terrifying death.

The next day, a fancy carriage pulled up to the Scotsman's sparse surroundings. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy Farmer Fleming had saved. "I want to repay you," said the nobleman. "You saved my son's life."

"No, I can't accept payment for what I did," the Scottish farmer replied waving off the offer. At that moment, the farmer's own son came to the door of the family hovel. "Is that your son?" the nobleman asked.

"Yes," the farmer replied proudly.

"I'll make you a deal. Let me provide him with the level of education my own son will enjoy. If the lad is anything like his father, he'll no doubt grow to be a man we both will be proud of." And that he did.

Farmer Fleming's son attended the very best schools and in time, graduated from St. Mary's Hospital Medical School in London, and went on to become known throughout the world as the noted **Sir Alexander Fleming**, the discoverer of **Penicillin**.

Years afterward, the same nobleman's son who was saved from the bog was stricken with pneumonia. What saved his life this time? Penicillin.

The name of the nobleman? Lord Randolph Churchill. His son's name?

Sir Winston Churchill !



NATIVES IN THE YARD

By Dottie Williams

There was no question which animal I was going to write about for this newsletter. It popped right out at me. As I was driving down Eldorado Way last week, an otter hopped across the road right in front of my car. Since I have seen them many times in our yard, it's a perfect choice for Natives in the Yard.

River otters are common in all Florida waters except for the true saltwater habitats. They can be found in brackish river waters, fresh water ponds and salt-water marshes. In our community, you might see them playing in the lakes, running on the grass or crossing the road.

These animals are aquatic carnivores with long streamlined bodies, thick muscular tails and short legs with clawed and webbed feet. They are dark brown to black in color with lighter shades of brown around their face. Their fur is dense and soft and the under fur is oiled to keep their bodies dry and insulated while in the water. Adults are from 3 to 4 feet long and weigh from 12 to 30 pounds. The males are larger than females.

Most active in the daytime, especially from dawn to midmorning and at sunset, otters use their sensitive long whiskers to hunt for their food in murky waters. Their diet consists mostly of aquatic animals such as frogs, fish, turtles, crayfish and crabs, but they are also known to eat small birds, bird eggs, and small land animals. They are excellent swimmers and have the ability to stay under water for three to four minutes on one breath. During that time, they can swim a quarter of a mile at speeds up to six miles per hour or can dive to sixty feet.

Otters are mostly solitary animals. Males and females are only together during mating season. If you see a group of otters, it's most likely a mother with her young from the previous breeding season. Otters do not build

their own den but instead, use burrows of other animals or natural hollows. An average of two to three pups are in a litter and March and April are the peak months for their birth. The young pups are helpless at birth. They are even unable to swim. The female tends to them for the first eight weeks of their life.

These extremely intelligent animals communicate with one another through whistles, growls, chuckles and screams. In captivity, they have been taught to capture and release fish and to retrieve waterfowl. Playful in nature, they have been observed sliding down mud banks and playing games with one another in the water. Keep your eyes peeled on our lakes and the lakes at Lost Lake along Seabranh Boulevard. You might be treated to a show presented by some river otters.

USEFUL COMPUTER LINKS

By "Cybrary Man" aka Jerry Blumengarten

www.cybraryman.com

March – April

Wherever I have lived I have made it a point to do something for my community. There are many volunteer opportunities in The Retreat and in our community. The Notables publication from The Palm Beach Post each week has a listing of volunteer opportunities.

I would suggest researching the causes or issues that are important to you. Consider the skills that you have to offer or are you willing to learn something new? There are even virtual volunteering opportunities where you can do your work from home.

Martin Volunteers - United Way of Martin County

<http://www.martinvolunteers.org/index.shtml>

March Links – Happy St. Patrick's Day and Happy Easter

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

April Links – Happy Passover – Earth Day

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

WOMEN'S CLUB OF THE RETREAT

By Joanne Estes and Lucille Sanchez



Photo by Gail Bjork

Audrey Ruggier, Joanne Estes, Nancy Kisslinger, Lucille Sanchez

Our 2008 Women's Club had its first meeting of the year on January 21 with approximately 50 ladies who braved the rainy evening to attend. It started with Past President, Brenda Frank, conducting the candle-lit **Installation Ceremony** and each officer agreeing to abide by the job description read by Brenda. The new Board consists of **President, Joanne Estes; Vice President, Audrey Ruggier; Treasurer, Nancy Kisslinger; and Secretary, Lucille Sanchez.** Thank you to Brenda for a unique and uplifting beginning to the new year.

We have set up the 2008 committees and any member is still welcome to join the committee of their choice. We have also formed a new committee, a permanent Refreshment Committee, which will provide goodies for each monthly meeting paid for by the Women's Club. The Events Committee is already hard at work. Keep an eye out for what is being planned throughout the year.

The Ladies of the Preserve invited us to join them on two occasions - first a fashion show and luncheon at Mariner Sands and then an outing to the Culinary Institute in West Palm Beach. We hope to reciprocate in the future. What a great way to meet new people in our neighboring communities!

At our February meeting, we honored **Muriel Barry and Coni McGuinn**, both faithful supporters of The Women's Club, for their hard work as officers of the Retreat's Board of Directors. They were praised and razzed equally and presented with plaques memorializing our appreciation of their service to the community.



Photo by Carol Stone

Muriel Barry and Coni McGuinn

The March 17th meeting will feature a **belly dancer** who will perform and, I'm sure, encourage audience participation. Sounds like a good time!

We have a most interesting special event planned for March 7th at noon at the Clubhouse - **Salad Luncheon and speaker, Dr. Dianne McCaughey, Gerontologist**, will give a presentation on women's health awareness and empowerment, early detection of breast cancer, knowing our bodies, and the importance of diet and exercise. This program is of vital importance to all of us and should be well attended.

We invite all Retreat ladies to join in the fun (and work) of our Women's Club. Come to one meeting and see what it's like (with no commitment). Then if you care to join, bring a check for \$25 to the next meeting for the annual dues. We look forward to seeing past members and hopefully many new faces too!

Please remember to tune in to Channel 63 and check the Women's Club bulletin board regularly to be kept informed of what will be coming up in the future. Thank you to all the ladies in the community who support The Women's Club of the Retreat.

Women's Club of The Retreat

2008 Events

Please mark your calendars!



Details posted in Mailroom Bulletin Board and on Channel 63

- Thurs. Feb. 28th Culinary Institute with Ladies Club of Preserve
- Wed. Mar. 5th Bus Trip to the Kennedy Space Center w/Lost Lake
- Fri. Mar. 7th "Pot Luck" Salad and Speaker Luncheon at Clubhouse
- Wed. Apr. 23 IRCC Chorale Concert at Blake Library
- Early May/ June Boat Ride on the "Lady Atlantic" - Hutchinson Island
- Early Fall Shopping: either Vero Beach Outlets or Pompano Beach Flea Market (.
- Fri. Nov. 7 "Welcome Back Tea" and Fashion Show at Clubhouse
- Sun. Nov. 23 3rd Annual "Taste of The Retreat" at Clubhouse



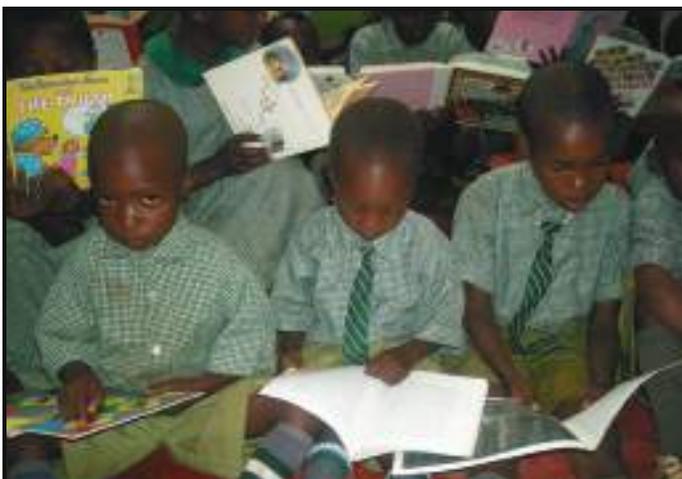
The Bev Gregory Library

By Andres Sugrue

Grandson of Retreat Residents Ken and Bev Gregory

Editorial Comment: This is a follow-up story to the article in the November/December 2007 Retreat Newsletter.

It's really hard to contain my excitement in finally being able to share these pictures! In a way, I feel like I had a baby or something as something I have cared for and dreamt of for so long has now risen! Thank you all for your support along the way, and I believe the library stands as a true testament to Gramma, honoring her amazing and compassionate spirit that has always encouraged us. I also believe that the library accurately represents what we believe as a family, that through hard work the sky is the limit for one's future! I remember all of the **BOB books** that Gramma would bring every time she visited, and I attribute my current love affair with books to her spirit and encouragement when I was a child. So it is only fitting that her educative and encouraging spirit will live on through the passion and love of learning her library will develop in the children of **Kilimara Primary**. I love you all and thank you for everything you have done to get us this far!



HANDBAGS



Received from Helen Larcom

Have you ever noticed gals who sit their handbags on public toilet floors, then go directly to their dining tables and set it on the table? Happens a lot! It's not always the 'restaurant food' that causes stomach distress. Sometimes "what you don't know will hurt you!"

We decided to find out if handbags harbor a lot of bacteria. We learned how to test them at Nelson Laboratories in Salt Lake and then we set out to test the average woman's handbag. Most women told us they didn't stop to think about what was on the bottom of their handbag. Most said at home they usually set their handbags on top of kitchen tables and counters where food is prepared. Most of the ladies we talked to told us they wouldn't be surprised if their handbags were at least a little bit dirty. It turns out handbags are so surprisingly dirty, even the microbiologist who tested them was shocked.

Microbiologist **Amy Karen of Nelson Labs** says nearly all of the handbags tested were not only high in bacteria, but high in harmful kinds of bacteria. Pseudomonas can cause eye infections, staphylococcus aureus can cause serious skin infections, and salmonella and e-coli found on the handbags could make people very sick. In one sampling, four of five handbags tested positive for salmonella, and that's not the worst of it. "There is fecal contamination on the handbags" says Amy. Leather or vinyl handbags tended to be cleaner than cloth handbags, and lifestyle seemed to play a role. People with kids tended to have dirtier handbags than those without, with one exception. The handbag of one single woman who frequented nightclubs had one of the worst contaminations of all. "Some type of feces, or possibly vomit," says Amy.

So the moral of this story is that your handbag won't kill you, but it does have the potential to make you very sick if you keep it on places where you eat. Use hooks to hang your handbag at home and in toilets, and don't put it on your desk, a restaurant table, or on your kitchen counter top. Your handbag has gone where individuals before you have sneezed, coughed, spat, urinated, emptied bowels, etc! Do you really want to bring that home with you? The microbiologists at Nelson also said cleaning a handbag will help. Wash cloth handbags and use leather cleaner to clean the bottom of leather handbags.



CLUBHOUSE COMMITTEE

By Gail Pezzicola

The **Clubhouse Committee of the Retreat** continues to meet monthly on the first Thursday of each month at 6:00 pm at the Clubhouse. Our members have their eyes and ears open as they go about their daily business. They bring to our meetings any issues they see or hear about that might apply to our committee. As we use our Clubhouse, pool, gym, and tennis courts, there are many details that require our attention and this information comes to us through our committee members and good neighbors sharing their ideas.

Most recently, we have added new signs in the clubhouse area. Our cleaning service has been keeping up with the outdoor furniture, shower area, and outdoor fans, in addition to their other responsibilities. New tennis nets are on the horizon. The maintenance of the gym equipment is completed regularly by local professionals. All of these recreational areas in our community are frequented by different individuals with various interests. It is our pleasure to do our best to keep them clean, appealing, and in working order for all of our enjoyment. Feel free to contact this committee with any ideas.



SOCIAL COMMITTEE

By Gail Pezzicola

The **Retreat Social Committee** takes part in the theme of this newsletter "Taking Action" as they began 2008 with a well-attended "Santa Fe Barbeque." Our Clubhouse set the scene on January 19th for more than 70 guests. The local restaurant "BONOS" on Route One in Stuart brought in pulled pork, chicken, baked beans, cole slaw, corn bread, cookies, and iced tea. It was a stellar beginning for our new committee, who were thrilled with the response.

In February, we are looking forward to the Stuart Paddleboat Dinner Cruise on Saturday, February 23rd. Lucky and the Drifters will be there to provide the tunes for dancing. The response for this event is already overwhelming!

March brings St. Patrick's Day at the local Knights of Columbus. Keep your eye out for further details in the mailroom as to the date and sale of tickets.

The Social Committee thanks all of you who so generously support the community through the attendance of our programs.

RETREAT OPERATIONAL NOTES OF INTEREST

By Dave Williams

Grass Cutting – Due to imposed water restrictions, our landscapers are cutting the grass a bit higher than normal to help retain soil moisture. All watering in The Retreat is limited to Thursday for about 16 hours at approximately 15 minutes per zone.

Grass Chemical Treatment – Residents should be aware that Concepts in Greenery, from time to time, needs to spray chemicals on the grass. The spraying can be for unwanted invasive grasses, treatments for fungus or ants and other bugs. The chemicals used are environmentally friendly but when they are first applied and at their strongest concentration, residents should be watchful with small children and pets.

Your HOA and Our Website – Please log onto www.retreatatseabbranch.com and check out all the information available there. On the Administrative Tab, there are forms and important information concerning our community. Also, newsletters, information on clubs and helpful hints concerning our homes are posted on the site. Check out all of the drop down tabs for a wealth of other community information.

ACC Approval - Just a reminder that your Association requires Architectural Control Committee (ACC) approval prior to making just about any changes or additions to your home or yard.

Handy Tips to Conserve Water

Take shorter showers or "shower with a friend"

Only do full loads of wash

Run dishwasher when fully loaded

Have you heard about a **hot water circulation pump**? It is available at building supply stores. It takes plumbing skills to install. The quicker hot water is received at your desired temperature, the sooner city water stops filling your water heater and equally less water is wasted down the drain.



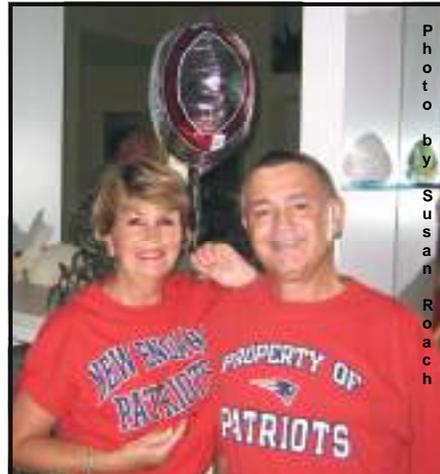
Ernie and Marian Spengler

SUPER BOWL SUNDAY

By Marian Spengler

All the noise coming from the cul-de-sac on Eldorado Way was due to **Ernie and Marian Spengler's Annual Super Bowl Party**. It was very exciting, as the 24 enthusiastic friends and neighbors who attended, were equally divided between the Giants and Patriots.

There was great food including chili, eggplant parmesan, sausage in sauerkraut, meatballs,



Pattie and Dave Greaves

ham, deviled eggs, casseroles and much more, not to mention, the yummy desserts. It couldn't have been, as everyone certainly would agree, a more exciting and intense game! Everyone was on the edge of their seats with the tension almost unbearable to the very end.

Congratulations go out to both teams having gone so far; however, having had Giants Season Tickets for many years, we have to say, **"GO GIANTS!!!"**



Mary and Tom D'Avanzo

ART WORK DISPLAYED AT THE TASTE RESTAURANT

By Marsha Mark

On the weekend of the Hobe Sound Festival of the Arts, the Seabran^{ch} Art League, hosted by The

Taste Restaurant in Hobe Sound, displayed their artwork in the beautiful gardens next to the restaurant. Retreat residents who had their work on exhibit were **Mary D'Avanzo, Ken Dara, Betty Ann Dixson and Marsh Ismailoff Mark**. All of the participants enjoyed the delightful weekend and the camaraderie of many talented people. The most exciting part of the weekend was that our residents sold some of their artwork.

We are looking forward to planning our 2008 events at our next meeting, February 26th at 7 PM in The Retreat Clubhouse.

SEABRANCH ART LEAGUE

By Dick Langbert

The **Seabran^{ch} Art League** invites you to become a member. The League was formed in 2005 with 30 current members and a mission to open doors of art to the community through collaboration and communication.

As a member you will become aware of all the art events, juried and non-juried shows and more in the Martin, Palm Beach and St Lucie Counties. Don Malardi and Dick Juckniess will lecture on the Giclee' process at our next meeting on Tuesday, February 26th.

COME JOIN US!

Membership Annual Dues: \$35.00

Meetings the last Tuesday of the month at 7 PM

The Retreat Clubhouse

Please contact: **Dick Langbert**

9001 SE Retreat Drive - 772.545.9599

Taking Action

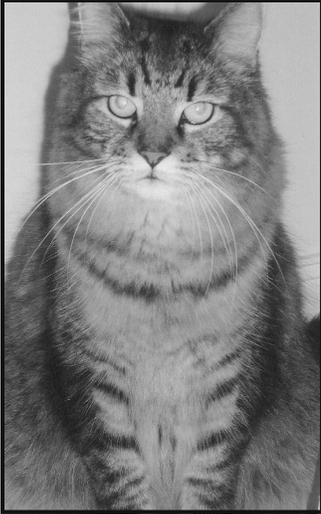
By Lill Malinowski

I would like to applaud our Retreat Relay For Life team for **"TAKING ACTION"** in the fight against cancer. **The Retreat Remembers... Team** will do anything and everything to keep our fundraising efforts going. They sell tickets, pass out flyers, bake, clean up, sell logo items, set up and tear down our camp site at the relays, set up

auctions, get items for the auctions, attend seminars, make up posters, collect money, receive Luminaria and Stars and Moons donations, eat at Duffy's, get food donated, make appetizers, provide and set up beverages, promote the Relay at the Art Festival, and they have **FUN** at the same time! This is truly an amazing group!

Thank you... from the bottom of my heart.





Mr. Buttons II

By Rondi Wetzel

Hi, my name is Mr. Buttons II. Reason for "Mr." is most folks think all kitties are little girls, but we guys also have our place in society, so "Mr."

I will be eight years old in June and came from the animal Shelter out in Palm City. My person mom, Rondi, always tells me how lucky she was to

find me. It really was quite an honor to be picked out from all the rest of the kitties and I had only been at the shelter one day. I am friendly and like meeting visitors when they come over. I really have a lot of fun when Lilly, the little white dog across the street, comes to visit. At first I didn't know what the little white ball of fluff was, but now we are friends and love playing together and having her chase me.

I spend most of my time snoozing on my back with all four legs up in the air. When not snoozing, I love lying on the patio, watching the big birds go by and trying to catch those little lizards. Mom gets very upset when I catch them, so I try to be as good as possible. Remember, little guys like me can be so much fun and also GREAT companions. Get a little guy or girl and you will both be so happy you found each other.

RETREAT ROVING PHOTOGRAPHER



WE now have a "roving photographer" taking photos of pets while she is walking. Gail Bjork and her husband, Stig, moved to The Retreat last June. If approached by Gail, please introduce yourselves to her.

INSIDE HOBE SOUND

By Lill Malinowski

Seven Retreat residents went on the Inside Hobe Sound tour last month. This event is sponsored quarterly by the Hobe Sound Chamber of Commerce. This is a one-day event which includes numerous overviews from our County and Hobe Sound representatives as well as tours to various Hobe Sound locations. This is very informative as well as an enjoyable day. The next tour is scheduled for May. For more information and to sign up, go to:

http://www.hobesound.org/images/event_images/Inside_Hobe_Sound_pdf.pdf

TUESDAY BRIDGE WINNERS

By

Patsy Shattuck

December 4, 2007

- 1 - Ali Kuron
- 2 - Bea Kozlowski
- 3 - Sandy Goldfarb
- 4 - Sally Troiani
- 5 - Anne Falcone

December 11, 2007

- 1 - Laura Rothman
- 2 - Nick Falcone
- 3 - Lena Rublowsky
- 4 - Muriel Barry
- 5 - Bea Kozlowski

December 18, 2007

- 1 - Louise Bendonis
- 2 - Peggy Johnson
- 3 - Laura Rothman
- 4 - Stan Rublowsky
- 5 - Mimi Brown

January 8, 2008

- 1 - Ali Kuron
- 2 - Peggy Johnson

- 3 - Jim Scanlon
- 4 - Laura Rothman
- 5 - Louise Bendonis

January 15, 2008

- 1 - Anne Falcone
- 2 - Nick Falcone
- 3 - Marie Ferrandino
- 4 - Kay Bowen-Smith
- 5 - Louise Bendonis

January 22, 2008

- 1 - Laura Rothman
- 2 - Nick Falcone
- 3 - Sue Harris
- 4 - Kay Bowen-Smith
- 5 - Kay Campbell

January 29, 2008

- 1- Anne Falcone
- 2 - Stan Rublowsky
- 3 - Nick Falcone
- 4 - Lena Rublowsky
- 5 - Louise Bendonis

For information on our Bridge Club, call Patsy Shattuck at 546.2011.

NEW NEW NEW

Retreat Digital Camera Club

First meeting Monday, April 7th

7 PM in the Clubhouse

All interested digital camera owners welcome!

RETREAT BOARD OF DIRECTORS

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KEEPING FIT

The theme for the May/June 2008
Retreat Newsletter is **KEEPING FIT**.
Thank you to Becky Freedman for
suggesting this theme!

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