



# The Retreat Newsletter

March / April 2009

Volume 6, Issue 2



# Traveling Retreat Residents

## SO YOU WANT TO GO AROUND THE WORLD IN 120 DAYS?

By Chuck Eschenburg

The Grand Circle brochure was on the kitchen counter for several days when Carole said, "We could do it." So on a Saturday evening we called and found a couple of cabins were available at a reasonable price for an itinerary to over 30 interesting ports of call. It took four months for the trip which posed a lot of advance planning by Carole. The World Cruise Company had been taking people to Antarctica for several years and even had a promotional visit by the Canadian executive to West Palm Beach. Billed as an educational voyage, he glowingly outlined plans for an outstanding faculty and a refurbished ship, the old Emerald Seas which formerly sailed from Miami to Nassau. The faculty was outstanding. We had historians, oceanographers,

*(Continued on page 12)*

### My "Trip of a Lifetime"

January 4 to April 28, 2008

By Lois McGill

I was filled with anticipation, a little remorse, and a lot of excitement, as my husband, Bob, was driving me to the Fort Lauderdale port to begin a "World Cruise Tour" for 114 days, leaving him behind for the first time in 55 years. I would be spending the next four months on board Holland America's Amsterdam. My sister-in-law, Margaret from Vero, was my traveling companion, as my husband decided "that was simply too much time on

*(Continued on page 13)*



**RELAY FOR LIFE FUNDRAISER** - 78 Retreat residents and a few of their friends go cruising to raise money for the fight against cancer.



Kas, Jan, Kay, Lex

## Traveling Friends

By Jan Kasuboske

When Kas and I moved to the Retreat in the fall of 2002, the first people we met were our next door neighbors, **Lex and Kay Campbell**. We discovered that we had a lot in common as we were all from the Midwest, and we were all school teachers. Our friendship grew, and we learned that we were all also interested in travel.

Our first trip together was a Holland America Transition cruise, which began in Amsterdam and ended in Rome. Highlights of that trip included visiting an oyster farm in France, drinking port wine at the Sandemann Winery in O'Porto, Portugal, touring Monaco, and then seeing the

sites of Rome. That trip went so well, that the following year we decided we'd do it again.

We had been pleased with our Holland America cruise, so we booked another one. This time we started in Venice, visited Turkey, some countries along the Black Sea, Egypt, Croatia, and Greece. Highlights of that trip were: Lex's ride on a camel at the Pyramids, shopping in Istanbul, Ephesus, the canals in Venice, and the sites in Athens.

This past fall we decided to change our routine a little and take a river cruise. We booked with Grand Circle for a 14 day trip along the Rhine and Mosel Rivers. We found river cruising to be quite different from the larger cruise ships. First of all the ship held only 140 passengers. There was only one lunch and dinner time, and there were no assigned seats for those meals. Consequently, we met many of the guests at various meals. Unlike the large cruise ships, we visited many small river towns in France and Germany. The boat could dock very close to the downtown areas, and we had walking tours of the small towns each day. Afternoons were on our own to shop, nap, sightsee or take additional shore excursions. Our food was excellent and the service was phenomenal. Along with getting to know many of the other travelers, we got to know our crew quite well. Many of them were from Eastern Bloc countries and were quite happy to be working. Entertainment in the lounge was mostly local talent that would come aboard while we were docked in various towns. Highlights of this trip included the Reisling wine country along the Mosel, beautiful fall colors highlighting the castles along the Rhine, the American and German cemeteries in Luxembourg, a home visit in Germany, the windmills in Holland, and the diamond factory in Antwerp. This trip began in Basal, Switzerland and ended in Antwerp, Belgium. Many people ask

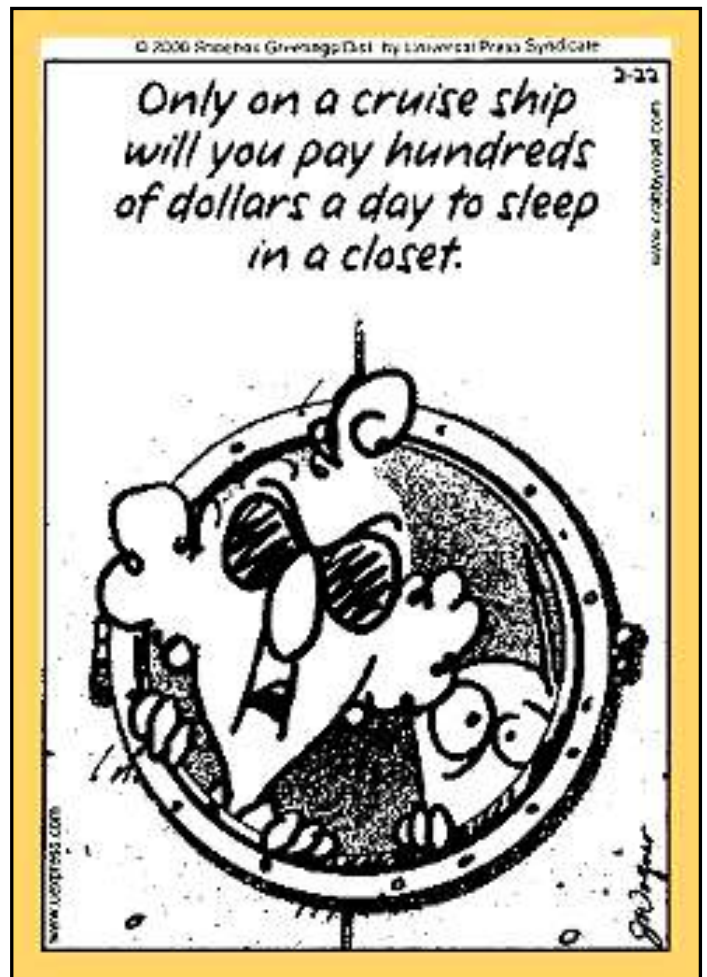
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us which we liked better - the large cruise ships or the small river boats. Actually we liked both and would do either again. They are quite different from each other, but on both we were able to see a lot, eat too much, and learn a lot about European history.

Where are we going next? We still don't know but are reading all those travel brochures that come almost daily in the mail. We will decide before we head back North for the summer months. We enjoy fall travel in Europe as most of the crowds have dwindled by this time, summer has disappeared in the Midwest, and when we get back, we can get ready to come back to the Retreat, which we all love. Our children accuse us of being on vacation year round.



## **NO MORE NEWSLETTERS**

When the newsletter first came out, we had many residents telling us how great it was. In the past few years, we seldom hear from anyone. So we feel our residents have lost interest in the newsletter and we have decided that this will be the last issue. For more details, go to page 14.

## USEFUL COMPUTER LINKS

By "Cybrary Man" aka Jerry Blumengarten

[www.cybraryman.com](http://www.cybraryman.com)

### How I finished visiting all 50 states

To entice my wife to see Montana and North Dakota to finish my 50 state journeys, I had to be very creative. I promised visits to quilt stores and a final stop in Minneapolis-St. Paul to go to the Mall of America. We started our adventure in Spokane, Washington and yes we went to two quilt stores one of which has made my top ten quilt stores. On another trip to see Mt. Rushmore we stopped at seven quilt stores in three states! We have now visited quilt stores in ten states: Arizona, Colorado, Florida, Georgia, Maine, Massachusetts, Missouri, South Dakota, Washington and Wyoming. Only 40 more states to go visiting quilt shops!

To share my pictures with friends and families I like using [Picasa Web Albums](#) (you need a Google free email account). Picasa is easy to use and opens immediately in emails without having to sign in like Snapfish.

Picasa

<http://picasa.google.com/>

On the Travel Links page on my website I have links to some of our travels as well as tools for travelers on the Travel page.

Travel Links

<http://cybraryman.com/travellinks.html>

Florida Sightseeing

<http://cybraryman.com/florida.html>

A fun site to map your travels is [MyWorld66](#). You can make a map of the countries or states that you have visited and they also have travel guides.

<http://www.world66.com/myworld66>



## NATIVES IN THE YARD

By Dottie Williams



Have you heard the songs of the **coyotes** lately? In the past few weeks, we've heard them often at dusk and other members of the community have told me that they have heard the coyotes howling

too. Although coyotes can be heard year round, they are very vocal at this time of the year because it's their mating season.

Like the whitetail deer, coyotes are one of the most adaptable mammals in North America. They are found from Alaska to Central America and have adapted to live in all types of habitats from deserts to swamps. They even have adapted to living in close proximity to humans without an adverse effect on either. The animals we hear in the evening live in the preserve that surrounds our community. They resemble a small short-legged German Shepherd with grayish-brown to yellowish-gray coats with buff or white on their throat and belly.

These mostly nocturnal animals have a hunting range of about ten miles and usually hunt in pairs. They have an acute sense of hearing along with smell and sight that enables them to track down small animals. They can hear a mouse squeak several hundred yards away. **About ninety percent of their diet is made up of small mammals such as rabbits, mice and squirrels but they will also eat birds, insects, snakes and lizards.** Although they prefer fresh meat, they will also consume carrion (decaying flesh of a dead animal).

Male and female coyotes mate year after year and will use the same underground den for many years. They mate from late January to early March, and there are usually five to ten pups born to a litter in April and May. The pups will grow to full size in one year. These offspring will remain with the adults to form a pack. This family togetherness and their intelligence have helped them be successful survivors. When the pack gets too large the older offspring will go off to establish new territories for themselves.

Although we have seen an occasional coyote along the fence behind our home, they are not a common sight. Being nocturnal they are seldom seen during the day and avoid contact with humans. They just silently, except when they are howling, do their job of keeping the rodent population down for us while hunting for their survival.

# BRIDGING THE GENERATIONS

By Marsha Levine



Gary and Ryan Borosky

a successful working artist. They asked him about his work and showed him their own art work. They exchanged ideas and had quite an unusual dialogue, all while Gary was creating two beautiful drawings of eagles, one in pencil and one in ink. They just loved watching him draw and produce fabulous drawings right before their eyes. It was quite a memorable visit for all. I have a feeling it won't be the last one!

*A*s this saga continues to unfold, we had the pleasure of having my former (14-year old) art student, **Gary Kroman**, visit us once again over the holidays in Florida.

Most fortunately he came on a day when I had students, so he met three of them. They are Retreat residents, **Ryan Hoefling**, 10, **Ryan Borosky**, 7 and a student from Palm City, **Christian Burkett**, 14. They were very excited to meet my former art student and



Gary, Christian Burkett and Ryan Borosky



Gary and Ryan Hoefling



## MAXINE

Created by

John Wagner

*John Wagner, Hallmark artist since 1970, says Maxine was inspired by his mother, his maiden aunts and his grandmother, the woman who bought him art lessons when 'fill in the pumpkins' was about the extent of his art classes at*

*St. John's Catholic School he attended in Leonia, N.J.*

*John remembers doodling as a preschooler, and says both his grandmother and his mother encouraged his artistic interests. He eventually attended the Vesper George School of Art in Boston, and landed at Hallmark as part of a new artists group.*

*But it was the birth of the humorous Shoebox Greetings (a tiny little division of Hallmark) in 1986 that added a new dimension to John's professional life. The Shoebox way of seeing the world unleashed his talents and he created Maxine.*

*'Cartoonists are sensitive to the insanities of the world; we just try to humanize them,' John says. 'If Maxine can get a laugh out of someone who feels lonely or someone who is getting older and hates the thought of another birthday, or if she can make someone chuckle about stressful interpersonal relationships, then I'm happy. Putting a smile on someone's face is what it's all about.'*

*Those smiles have led to Maxine's becoming a bit of a celebrity. She (and John) have been the subject of media stories, including People, USA Today, Good Morning America, The Wall Street Journal, St. Petersburg (FL) Times, and Las Vegas Journal-Review, and they have been included in a major Associated Press story.*

*Collector and trade publications have reported that fans nationwide are collecting Maxine items. Letters from consumers and fans to John and Maxine reveal a very personal connection to Maxine. Many people say they are just like Maxine.*

*Why the name 'Maxine'? 'People at Shoebox started referring to the character as 'John Wagner's old lady,' and I knew that would get me into trouble with my wife,' John says. The Shoebox team had a contest among themselves to name the character, and three of the approximately 30 entries suggested 'Maxine.' John says the name is perfect. John, who says he's humbled by such acceptance of Maxine admits he is proud of her.*

## ***SPRING***

*By Mary Kelly*

*Like a wayward lover  
Sneaking into my yard  
Dangling jeweled sunbeams  
Nudging me awake  
From winters brittle gray  
You come  
Cloaked in the night  
With your stinging howl  
And midnight tantrums  
Dancing and teasing the flowers  
From their frozen beds  
Seducing the leaves  
With whispers of  
Summers promise  
Wrapped in your cold damp arms  
Leave me to the solstice  
Snuggled in blankets  
And winter fires  
Your cruel touch  
Leaves me wanting*

*MSK 4-93 ©*



## **RELAY FOR LIFE OF SOUTH MARTIN**

By Dottie Williams  
**APRIL 3rd and 4th**

The **Relay For Life of South Martin** will be held on April 3<sup>rd</sup> and 4<sup>th</sup> at The Pine School in Hobe Sound. This event starts at 6 PM on Friday night and ends at noon on Saturday. Teams representing local businesses, school groups, communities, churches and clubs will come together to **REMEMBER** those who have lost their battle with cancer, **CELEBRATE** the survivors and **FIGHT BACK** against cancer. Members of each team will be walking the track throughout the night illustrating that cancer never sleeps. There will also be food and entertainment. All are welcome to come and support fellow community members raise funds to support the various programs sponsored by the American Cancer Society. Cancer survivors and their caregivers are encouraged to attend and take part in the opening ceremonies and survivors' lap. For more information contact **Lill Malinowski**, Event Chair, at 545.3732 or go to the WEB site: [www.relayforlife.org/southmartinfl](http://www.relayforlife.org/southmartinfl).

### **Dear Retreat Families,**

I wish to thank each and everyone for their prayers, good wishes, your cards and calls after the loss of my husband, **Ed Currier**. They were so appreciated. *Please don't forget to tell your loved ones how much you love them.* Thank you again.

Joy Currier



Photo by Dave Williams



# SHARE THE ROAD

Received from  
Amy Wexler

Did you know that bicyclists have a right to the road? Bicyclists have the same rights and responsibilities as motorists and/or bicycles are considered a vehicle in all 50 states. In many jurisdictions, bicyclists are not legally allowed to ride on the sidewalk. Motorists are actually more likely to hit a [bicyclist on the sidewalk](#) than one they are passing in the street. Wrong-way riding and riding on the sidewalk are two of the biggest contributors to car/bike collisions.

## Sharing the Road: Motorists

### Yield to Cyclists:

- Bicycles are considered vehicles
- Cyclists should be given the appropriate right of way
- Allow extra time for cyclists to traverse intersections

### Be Considerate:

- Scan for cyclists in traffic and at intersections
- Do not blast your horn in close proximity to cyclists
- Look for cyclists when opening doors

### Drive Cautiously:

- Reduce speed when encountering cyclists
- Don't tailgate, especially in bad weather
- Recognize hazards cyclists may face and give them space

### Pass with Care:

- When passing, leave four feet between you and a cyclist
- Wait for safe road and traffic conditions before you pass
- Check over your shoulder before moving back

### Watch for Children:

- Children on bicycles are often unpredictable
- Expect the unexpected and slow down
- Don't expect children to know traffic laws
- Because of their size children can be harder to see

## Sharing the Road: Cyclists

### On the Road:

- The same laws that apply to motorists apply to cyclists
- Obey all traffic control devices
- Use hand signals to indicate stops and turns other users

### Always Wear a Properly Fitting Helmet:

- Wear a helmet, no matter how short the trip

### Ride on the Right:

- Always ride in the same direction as traffic
- Use the furthest right lane that heads to your destination
- Slower moving cyclists and motorists stay to the right

### Ride Predictably:

- Ride in a straight line
- Don't swerve in the road or between parked cars
- Check for traffic before entering street or intersection
- Anticipate hazards and adjust your position accordingly

### Be Visible:

- Wear brightly colored clothing that provides contrast
- Use a white front light in low light conditions
- Use a red rear light in low light conditions
- Use a reflector or reflective tape or clothing anytime
- Announce yourself by making eye contact with motorists

For more information on Florida-specific laws concerning bicyclist and motorist, please see: [http://www.dot.state.fl.us/safety/ped\\_bike/laws/ped\\_bike\\_bikeLaws1.shtm](http://www.dot.state.fl.us/safety/ped_bike/laws/ped_bike_bikeLaws1.shtm)

# Retreat Assistance Network = RAN

## RAN—A MODEL FOR OTHERS

By Sally Troiani

On New Year's morning, Martin County awakened to a front page article by **Geoff Oldfather** about an organization that exists in our community. It was started by a group of concerned citizens that felt it would be very beneficial to our residents and who were willing to spend untold hours getting it up and running. This organization is called **RAN—Retreat Assistance Network**. After seeing the column in The Stuart News that morning, a reporter for Channel 5 in West Palm Beach contacted **Gene Gillis** and asked him to arrange an interview with several members of the group which ran on the local NBC affiliate news that evening. **Gene, Kay Bowen-Smith, Muriel Barry, and Susan Harris** all appeared in the news item that ran that day.

*RAN is an organization that has been set up to assist older residents who have short-term needs for some very specific services. We do not exist to take on family responsibility in difficult times. All of the minor needs are handled by volunteers who come from our community—from something as easy as picking up a prescription or providing transportation to or from a physician's office. If more detailed assistance is needed, many informed choices are offered to our residents by members as well.*

On January 12th, the first Health Seminar was offered by the group. It was very well received by the community, with standing-room only in the Clubhouse that evening. Three speakers in outreach positions with their respective organizations gave us very good community lessons. They were Diane Scott from Treasure Coast Hospice, Mary Jones from the American Red Cross, and Calvin Patterson from Devcon Security. Each spoke about how their groups can be of assistance to us in times of need. More seminars are in the planning stages—stay tuned.



## Vial of Life

By Sally Troiani

The **Vial of Life** can be a veritable life saver. Often when someone is stricken with a heart problem, brain problem or syncope, and the rescue personnel arrive on the scene, the patient is unable to remember (or is even unconscious) and cannot communicate. It came to my attention through the Martin County Fire Rescue that the **Red Cross** has a program in place that we are encouraging residents to use. This simply requires each resident to take a few minutes, fill out the form that is supplied by RAN, put a copy in a plastic bag in your freezer put a Vial of Life sticker on the front of your refrigerator as well as a copy in the glove compartment of your car. The form to be filled out has all your pertinent medical information on it—prescriptions, name of doctor, insurance, next-of-kin, and respective telephone numbers. Even if you think you know what another family member is taking, it is very prudent to write it out because in an emergency our minds play tricks on us.

The **Martin County Rescue Squad** was very impressed that The Retreat was going to participate in this program. They asked RAN to contact them and let them know when the program was up and running.

If you haven't yet received your red folder and Vial of Life information, look for the RAN members who will be distributing them to anyone who has not received one at the mail room on FRIDAY, FEBRUARY 27 3:00 – 5:00 and SATURDAY, FEBRUARY 28 1:00 – 3:00. There is one folder per household. The Vial of Life form is contained within.

## **NEWS FROM OUR BOARD OF DIRECTORS**

*By Bill Cole*

### **Busy times at The Retreat:**

- Please join us in welcoming **Ron Barrow** as our new Property Manager from Capital Realty. We are fortunate to have someone with his background and knowledge. A bonus is that Ron and Deb are Retreat residents.
- We reached an agreement in principle with Lost Lake POA, our neighbors, concerning a cost sharing arrangement for our drainage system. We have been bearing the entire cost of our system which they use since our inception. They have agreed to pay for their share of costs in the past 4+ years and in the future.
- Our Annual Meeting was held on 2/9/09. A great turnout in person and **over 82% of our Members voted** in person or by mail. Unprecedented response. Thank you all for your support of The Retreat.

**Dave, Pat and Bill were re-elected. Thanks to Dom, George and Karin for running.**

- The dry conditions you see will be with us until rainy season. We are operating under watering restrictions which will most likely be made permanent in South Florida.
- We will not be mulching this year nor did we mulch last year. Our landscapers advised that we had too much mulch in many areas causing mold and mildew. They are turning over and spreading out existing mulch and raking all beds.
- Money in 2008 budget for mulch was put in reserve funds and spent on oak preservation. We only have a small amount of money in 2009 budget for mulch if needed perhaps near the Clubhouse. We will most likely mulch again in early 2010 if landscapers so advise.
- Please call or write us with your suggestions or concerns.

*Thank you, Bill*



## **FINANCE COMMITTEE**

**By Larry Anderson**

### **The Retreat Finance Committee 2008 Annual Report**

**COMMITTEE MEMBERS:** Larry Anderson, Chairperson, Tom Hartnett, Jim Morrow, Bob Plourde and Ralph Volpe (Former Member)

#### **ACCOMPLISHMENTS**

1. Recommended to the Board of Directors (BOD) to move the mulch application from December 2008 to later in 2009. This most importantly provided the budgeted \$95,000 to be available for other pressing items. In addition, it moved the date to cause less interference with holiday decorations in December. The BOD approved this recommendation.
2. The committee spent a great deal of time and effort researching reserve items. A detailed reserve plan and approach was developed and subsequently approved by the BOD.
3. The Devcon Home Security contract is coming to a close. The committee researched alternative firms that provide this service and presented the findings and recommendations to the BOD. The BOD subsequently negotiated and approved a new 5-year contract with Devcon utilizing the data provided by the Finance Committee.
4. We continue to review and comment on the monthly financial statements provided by Capital Management. We remind the BOD on an ongoing basis that virtually every dollar we take in is budgeted for and the BOD must be very careful to avoid expenditures on non-budgeted items. (Note: this year with the elimination of the mulch application there were several purchases for non-budgeted items - i.e. accordion shutters, security cameras, etc.)
5. A new landscaping company was contracted resulting in a much lower cost making available more monies for 2009 budgeted items. As a result the quarterly assessments did not increase. This may not be the case in 2010.

I want to thank each member of our committee for committing their time and skills to make our community a better place to live.





**SOCIAL  
COMMITTEE**  
By Gail Pezzicola

The **Social Committee** wishes to express a huge thank you to **Geri Morgan, Bev Gregory and Mary Paukstys** who put on a wonderful old-fashion barbeque for our first event of 2009. More than 90 folks attended this fabulous party. The men, who cooked for us and hauled their grills to the Clubhouse in order to do so, also deserve our gratitude for a job well done!!

The social committee has the following events planned for the upcoming months:

**Saturday, February 21** - Appetizers, Coffee, Dessert, and Music will be provided. 5pm-8pm at the clubhouse. BYOB Please call Gail (545.0706) or Sandy (545.1936) for reservations. Cost is \$5 a couple at the door.

**Saturday, March 14** - St Patty's Day Party at the Knights of Columbus \$30 per person includes dinner, dessert, Irish music and open bar. **Tickets sold at the Clubhouse Saturday, February 28th 9-10am.**

**Saturday, April 18** - Dinner in our Clubhouse. Theme and details to be announced.

**Saturday, December 5** – SAVE THE DATE for the 2009 Holiday Party at Lost Lake

We hope you will mark your calendars with these dates and plan to be a part of the fun!

Please watch Channel 63 and check the bulletin board in the mailroom for details.



**CLUBHOUSE  
COMMITTEE**  
By Gail Pezzicola

The **Clubhouse Committee** continues to meet the first Thursday of each month at 6pm at the clubhouse. We invite you to attend at any time with ideas or suggestions or perhaps just to visit our meeting.

Presently we are discussing options for the improvement of the meeting room of our Clubhouse. Estimates are being collected for interior paint and some furniture refinishing. These minor details would help to give that space a "face lift". It has served us well through the past

five or more years considering the daily use it receives from clubs and organizations..

Please be aware that **First Aid Kits** are available in the Clubhouse, fitness center and pool areas. It came to our attention recently that this necessity was missing!

Other items that have been on our agenda recently are repair of the tennis court chairs, antibacterial wipes supplied for the gym and new rollers for tennis court sweepers.

Thank you for all you do individually to help keep our corner of the world a pleasant place to be.



Photo by Jan Kasoboske

**Ron Barrow—Our New  
Property Manager**

By Jan Kasoboske

The new property manager for the Retreat is **Ron Barrow**. Ron and his wife Debbie live on La Creek Court in an Oakmont. Their original home in the Retreat was a Capri on Glacier. They moved from the Capri after eighteen months as they decided they needed more room. They have one daughter who lives in West Palm Beach.

Ron has a variety of responsibilities in his job with Capital Realty. He is really a liaison between Capitol Realty, the Board of Directors, and the homeowners. He meets almost daily with people from each group. He wants to be part of committees, so he is aware of rules, regulations, and changes made that affect any of the above groups. He has only been our property manager for one month, and he says he is still learning. A great deal of his time is spent with irrigation, landscaping, the drainage ditch, Florida Water Management, the Seabranh Organization, and scheduling of the Clubhouse.

Mr. Barrow has posted a schedule of times the Clubhouse is in use. It is posted on the door to his office from the Clubhouse. The room is available for rent to homeowners at other times. A damage deposit is required along with a rental fee for private parties.

Ron is available to homeowners Monday, Wednesday, and Friday from 8 - 11. However,

*(Continued on page 15)*

## WOMEN'S CLUB OF THE RETREAT By Rosemary Woundy

Our January meeting opened with refreshments, membership renewals and the distribution of our new by-laws. Coni McGuinn, one of the founders of The Women's Club of the Retreat, performed the installation ceremony for new and returning officers. Sworn in were: Joanne Estes- returning as President, Nancy Kisslinger - Vice President, Rosemary Woundy - Secretary and Margaret Dara - Treasurer.

The members unanimously voted to support House of Hope as our charity for 2009. Last year Retreat residents donated 4,000 pounds of food to the House of Hope food drive. We thank Kay Bowen-Smith, and Dotti and George Wurster for overseeing the collection and deliveries. This year the club will not only encourage donations of food items, but will give monetary support to this cause. The Women's Club Board decided to give a Retreat license plate and cookbook to anyone who makes a cash donation of \$15 or more to the food drive. Women's Club members and their friends are also encouraged to attend the House of Hope 10th Annual Fashion Show, Luncheon and Silent Auction fundraiser taking place at Mariner Sands on March 5th. For more information, call Emily Mussatto.

Committee Chairs and helpers were established as follows: **Sunshine Committee** - Lois Raska; **Membership** - Helen Larcom; **Refreshment Committee** - Chair: Lucille Sanchez, Helpers: Martha Tarquine, Bettyann Dixson, Patsy Shattuck and Mona Wiley; **Outreach Committee** - Chair: Carol Stone, Helpers: Kay Bowen-Smith, Dotti Wurster, Pat Keir and Liz Plourde; **Luncheon Committee** - Chair: Bernyce DeRibas, Helper: Jean Dungan; **Events Committee** - Chair: Geri Ciocia, Second Chair: Sue Behn; Helpers: Lorraine Marotta, Kay Campbell, Jan Kasuboske, Karen Soares, Gerri Strong and Marlene Boobar.

Marlene Boobar gave the details for the Salad Luncheon with a Valentine theme, which will be held February 13<sup>th</sup> at the Clubhouse. Arlene Borg (the Grammy Guru, columnist for the Hometown News) will be speaking. The kayak trip Bettyann Dixson had been organizing for February has been scheduled for March 9<sup>th</sup>. Check the Women's Club bulletin board and Channel 63 for more details. Also, in the planning stages in March: Bingo at the Clubhouse; a tour of six private gardens sponsored by Heathcote Botanical Gardens on March 20 or 21

costing \$20 plus tax; and a bus trip to the Hard Rock Casino March 26<sup>th</sup> for \$33 a person (includes \$20 slot play and a \$7.50 food coupon). Pick up would be right here at the Retreat. Reserve your seat by calling Geri Ciocia at 545.9767.

April events being discussed include a tour of Jonathan Dickinson Park, a Princess cruise, a Jupiter Island Lunch Cruise (box lunch) along Jupiter Island to the Jupiter Lighthouse for \$38. All of the Women's Club events will be posted with a sign up sheet and also displayed on Channel 63 as soon as details are finalized.

The Luncheon Committee holds their luncheons on the third Thursday each month at local restaurants. The March luncheon will be held at the Courtyard Grill in Hobe Sound. Check the bulletin board in the mailroom and the Retreat community cable TV channel 63.

**Membership in the Women's Club of the Retreat is open to all women residing in the Retreat Community.** We invite you to come out to our meeting the third Monday of the month and meet some new people. In March, our speaker will be Ruth Petzold, a photographic artist, who has had her photos published in The National Geographic Magazine. The April speaker will be Ms. Dianne Matthew and the topic will be "Sexy Over 60."

### The Heart of Art

A picture paints a thousand words. We all have photos, portraits, thoughts in our mind that bring us back to people and times of comfort and joy. There are many art forms that bring love and connection to our hearts.

A color remembered, a stone with the depth of the cosmos, a scene burned in our mind – how do we save these moments for a lifetime?

In our busy lives we take no notice of a simple smile, a new blossom, the gentleness of waves. We take for granted the balance of nature and circle of life.

As painters, photographers, jewelers and carvers, all that we do speaks from the heart of the artist. Each medium and style wants you to see the joy and feel the emotions you have known. To remember, recall and pass on to others these things to enrich their lives.

With love (Happy Valentine's),

The Art League

The **Retreat Digital Camera Club** has been meeting on the first Monday of the month at 7 PM in the Clubhouse for almost a year now. Gail Bjork and Dave Williams continue to present lessons on photocomposition and different photography concepts. Some of the topics that have been covered are using the Macro feature on your camera, taking portraits, and the use of Picasa (Goggle's free photography program) to edit photos and create photo albums that can be shared online with others.

We took our first field trip of the year to Sandsprit Park in Stuart. There were a variety of photo opportunities at the park and everyone who attended took some great pictures. Some of the photos taken on this trip along with other photos taken by the group can be viewed on our website, <http://the.retreatdcc.com>. Once on the site, just click on online galleries.

Everyone is welcome. Bring your camera. Watch Channel 63 or the bulletin board in the mailroom for the dates of our meetings. If you have any questions, email us at [retreatdcc@gmail.com](mailto:retreatdcc@gmail.com).



Photo by Dave Williams

Camera Club Members at Sandsprit Park  
Bettyann Dixson, Dottie Williams, Arlene Hartnett, Jean Dungan

## BOB'S TOMATO TRELIS

By Sally Troiani

On a recent airline flight, Bob and I were looking through the Sky Mall Magazine and an upside down tomato planter was pictured. It intrigued me and I asked Bob how it would work. He told me that all you had to do was put the tomato plant through a hole in the bottom of a pot, fill the pot with soil and let it grow down, rather than up.

One day a few weeks later, I found some lumber in the garage and lo and behold a tomato trellis was being planned and built. The four pots were equipped with a



Photo by Sally Troiani

tomato plant and then put in the frame of the upside down garden. Then the realization hit, that now there were four pots with nothing growing out of the top of them. Next four pepper plants were purchased and planted in the top of the pots. Now we have tomatoes, peppers, cucumbers, yellow squash and zucchini growing in pots inside the lanai next to the pool. We are all ready for ratatouille time.

## THE RETREAT HIDDEN TREASURES

By Rita Lariviere



I am member of the **Red Hatters**. Six years ago, my husband and I finally were able to fulfill our retirement dreams and move to Florida. However, I have always been a social person and was not looking forward to leaving most of my family and all of my friends. Luckily in these times, there is a whole world to be discovered online and that is how I stumbled upon the **Red Hat Society**. As I read about all of the adventures and camaraderie, I knew I wanted to find a group in the development where I live. I decided that since there was not an informal chapter in my community, it was time I started one myself. I had already made a few friends at the Retreat Clubhouse pool, so I decided to talk to them about the Red Hats. I told them about all of the wonderful things we would be able to do together to cultivate fun, friendship, freedom and fulfillment - no rules just fun. We decided to call ourselves **The Retreat Hidden Treasures**, since we all consider ourselves treasures of the Treasure Coast donning our red hats and purple outfits.

At this time our chapter has twenty members and we are having a great time. We meet once monthly for either an informal meeting that consists of lunch, dinner or perhaps a movie together. Once we even decided to go on an adventure together to Mount Dora. It was a great trip. You are welcome to call me at any time to become a member of our chapter. If you have any interest at all in the Red Hats, just give me a call at 772.546.9744.

(Continued from page 1) **So You Want To Go...**

naturalists, astronomers and anthropologists, mostly from the University of British Columbia. We also had visiting journalists and local experts along the way. In addition, local folkloric dance groups came aboard to perform in many ports. As we discovered when boarding the vessel in Athens, the refurbishing was not outstanding.

Athens was a disappointment since much of the city was blocked off due to Bill Clinton arriving. Protests arose and police and army were everywhere. Sightseeing was mostly back streets and detours.

TUNIS, then CANARY ISLANDS were visited, but only after a tumultuous Mediterranean storm rocked bottles off the ships stores and old plumbing pipes broke initiating an ongoing shuffle of musical cabins. The untrained cabin crew, mostly from Goa, learned rapidly under the supervision of a surly Greek senior group. CASABLANCA offered a shore excursion to Marrakesh where many became ill from dates purchased there. An outbreak of Parapertussis produced chronic coughs for a couple of months for most passengers. Food was adequate, but often shortages of senior essentials such as banana, bran and prunes were common. There was an escalating money feud between the Canadian cruise company, the Greek crew and the Chinese owners plus the Royal Bank of Scotland. There was a resultant feeling of gloom pervasive also due to the non-refurbishment and ongoing cabin catastrophes when the seas got rough. We proceeded anyway to the impoverished CAPE VERDE ISLANDS (where the hurricanes form) then across the Atlantic to colorful, Afro/colonial SALVADOR, BRAZIL and a cool overcast RIO DE JANEIRO. BUENOS AIRES with the obligatory visit to Evita's grave was followed to the very British FALKLAND ISLANDS with its penguins, abandoned ships and minefields from the Argentine invasion. The war is described as two bald men fighting over a comb.

ANTARTICA for Christmas was actually the South Shetland Islands where we boarded zodiacs to visit the beaches with their giant elephant seals and slippery pink penguin poop. It was quite beautiful skimming the blue waters viewing shiny ice and pristine landscape. We had to return to USHUAIA, ARGENTINA, as the ship had been booked for a week by the young Canadian executive group and their families to observe the millennium in Antarctica. So we had to pack up our cabins and then board two chartered LAN jets for that week in SANTIAGO, CHILE. We spent part of that week at a colonial hacienda in the fertile central valley.

Returning to Ushuaia, we found the cabin crew busy cleaning up Canadian vomit from the rough Drake Passage. PUNTA ARENAS, CHILE was next, a great stop because of a shopping center to stock up on detergent and liquor to avoid ship charges for same. Carole spent most days hand washing clothes

in our perpetually dripping bathtub and all cabins were festooned with drying clothes. Thru the Straits of Magellan and Beagle Channel, we sailed up the fjords of Chile to the vast Pacific.

EASTER ISLAND was the first stop and a major event of near tragedy which completely changed the mood of the voyage. The second day there, about half of the passengers returned to the island while the ship refueled on the opposite side of the island. This caused a major delay resulting in nightfall for zodiacs to return to the small 6-foot landing platform, difficult at best but with the increasing seas and violent thunderstorms, the poor folks in the boats and those waiting on shore became drenched as the small craft tried to return to the ship for about three hours. Finally all were told to return to shore. The wonderful folks of Easter Island came and gave them warm food, blankets and sheltered them in their homes. The resultant gratitude changed the general attitude. It could have been better if the captain had turned the ship so the platform was on the leeward side.

PITCAIRN ISLAND folks came to the ship in their longboat bringing a bazaar of wood carvings, souvenirs and even baggies of dirt so we could say we had trod on the soil of the isolated island, FIJI, then the beautiful but expensive TAHITI and BORA BORA was followed by NEW CALEDONIA and then AUSTRALIA where we took a five-day excursion to the emetic, overcast barrier reef and the outback and Uluru (Ayers Rock) which was drenched with cascading small waterfalls. The astronomer from University of British Columbia who came with us was sorely disappointed not to see the clear southern hemisphere sky in the middle of nowhere because of constant clouds. We ended up in DARWIN where we were able to visit nearby interesting parks. BALI seemed so spiritual and again a night return to the ship in unlighted small local boats. JAVA was the chance to visit Borobudur, the Buddhist shrine and nearby Sultan's palace where again we were thwarted by local police due to some sort of parliamentary meeting. We were supposed to visit Sumatra but local disturbance changed our landing to SINGAPORE. A passenger missed the departure from there but was able to rejoin in Sri Lanka.

We passed thru the Straits of Malacca at night not knowing the ships fire hoses and guns had been brought out because of the piracy there. The MALDIVE ISLANDS also had streets blocked that day for some sort of affair. SRI LANKA and side trip to Kandy was marked by heavily polluted air and sales of gemstones by flashlight. THE SEYCHELLES, quite beautiful, hot and expensive. MOMBASA, KENYA gave another opportunity for a short safari up unbelievably bad roads to Tsavo East Park and game viewing, enticing enough for us to return to East Africa on another adventure with two of our grandchildren. ERITREA was a rare treat our land trip covered by local TV as we were the largest group to visit Asmara since WWII. We had police escort because of the ongoing war there. PETRA was *THE*

reason for our stop in Jordan and was well worth it.

The Suez Canal convoy brought us to Egypt and PORT SAID with the side trip to Cairo with the disappointing cacophonous museum and pyramids with sphinx. ISRAEL visit was at the same day of a papal visit so pilgrims were everywhere blocking access and we left Jerusalem with many shouting nasty anti-American things at us. This was not a pleasant experience there either. A passenger went missing while we were at sea and we found out later, her body washed ashore in Israel. We were supposed to visit Santorini, but the Greek crew decided they had enough and went straight to Piraeus. So many mixed memories:

We found out on a subsequent cruise, where there was an unexpected reunion of 11 from the OE1 (the renamed Emerald Seas), that the World Cruise Company went bankrupt on their second scheduled trip--stranding passengers in Tahiti. Grand Circle came to the rescue of their passengers flying them home from that expensive paradise.

## BRIDGE SCORES

By Patsy Shattuck

<b>December 2, 2008</b> 1 – George Harris 2 – Kay Bowen-Smith 3 – Peggy Johnson 4 – Kay Campbell 5 – Alan Shattuck	4 – George Harris 5 – Laura Rothman
<b>December 9, 2008</b> 1 – Alan Shattuck 2 - Sally Troiani 3 – Jane Schultzaberger 4 - Muriel Barry 5 – Sandy Goldfarb	<b>January 6, 2009</b> 1 – Allison Metcalf 2 – Patsy Shattuck 3 – Louise Bendonis 4 – Lena Rublowsky 5 – Laura Rothman
<b>December 16, 2008</b> 1 - Peggy Johnson 2 – Kay Bowen-Smith 3 – Alice Bernhardt 4 – Sally Troiani 5 – Bea Kozlowski	<b>January 13, 2009</b> 1 - Laura Rothman 2 – Allison Metcalf 3 – Stan Rublowsky 4 – George Harris 5 - Kay Campbell
<b>December 23, 2008</b> 1 – Joanne Cichon 2 – Laura Rothman 3 – George Harris 4 – Sandy Goldfarb 5 – Bob Ferrandino	<b>January 20, 2009</b> 1-- George Harris 2 – Alan Shattuck 3 – Patsy Shattuck 4 – Kay Campbell 5 - John Bendonis
<b>December 30, 2008</b> 1 – Alice Bernhardt 2 – Peggy Johnson 3 – Sandy Goldfarb	<b>January 27, 2009</b> 1 – Kay Campbell 2 – Laura Rothman 3 – George Harris 4 – Louise Bendonis 5 – Sally Troiani

Call Patsy Shattuck at 546.2011 if you wish to play. New people are always welcome!

(Continued from page 1) *My "Trip of a Lifetime"*

board a ship."

We toured 29 countries and 40 ports, traveling thru the Panama Canal, the South Sea Islands, New Zealand, Australia, Indonesia, Brunei, Philippines, Hong Kong, Vietnam, Singapore, India, Oman, Egypt, Turkey, Russia, Greece, Italy, Croatia, Gibraltar, Portugal, Madeira, Bermuda, New York and finally, on April 28, returned home to Fort Lauderdale.

I saw sites I never dreamed I would visit. I remember as a young girl hoping to visit the Boardwalk in Atlantic City, and perhaps someday, traveling "all the way to California". This cruise was my dream come true!

After a few days on board, I met many interesting people who were cruising this "Round the World" itinerary for the 15th time or even longer! After being asked by other passengers if this was my first "World Cruise", I hung my head but still answered proudly, "Why Yes it certainly is!!!!"

Was I bored that many days on a ship? Not hardly!!! There were so many activities on board ship that I had to choose the activities that interested me most. Poker, bridge, knitting, wine tasting, art, dancing, and cooking classes were just a few of the classes I had the opportunity to participate in. Many talks on port of calls from famous speakers were very informative, offering me valuable insight and information regarding the history of the countries we were scheduled to visit. Nightly entertainment was abundant, including a visit from Regis and Joy! I also enjoyed "watching" the many male escort dancers on board that entertained the ladies on the dance floor!!!

People ask me what my favorite destination was. I can't answer one specific place, as the whole trip focused on learning about other countries including people, history and native cultures. India was the most "unusual" as I encountered a naked dead body left laying in a field, along with beggars whom had "rented" babies for props, and begged for tourist money. The cleanliness of Singapore impressed me, the Pyramids of Egypt were an awesome sight, and the remarkable beauty of Milford Sound were some of my many highlights.

I certainly would encourage anyone to experience this 'TRIP OF A LIFETIME!' I shall never forget the sights I saw, the many new friendships I made, and the numerous memories. Now maybe next time, I can talk my husband into cruising along and be able to exclaim..."Why Yes...this is my second Cruise Around The World"!!

For booking information on World Cruises, give my son, Ray, a call. He is the owner of Nittany Travel 570.748.6611 or see [www.nittanytravel.com](http://www.nittanytravel.com)

He did an excellent job sending me!

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**NO MORE NEWSLETTERS**

**READ THE FOLLOWING  
BACKWARDS:**

**!!!!SLOOF LIRPA**

(Continued from page 9) **Ron Barrow...**

he is a full-time employee and can often be found in his office, out in the neighborhood, or by one of the ponds or ditches meeting with representatives from those groups. He says he meets almost daily with someone from Capital Realty, as well.

At some time Ron would like to get back into fishing and boating. He was a boater in New Jersey and enjoyed all the social activities that went along with the water. Ron was originally into magazine advertising sales and eventually owned two small businesses of his own. One was a car wash, and the other was an ice cream store - Yummy's! With those businesses he gained valuable experience that will help him in this job with Capitol Realty .

When asked if he had any advice for homeowners, he said "**I wish more people would attend meetings** - whether it is a town hall type meeting, a meet the candidates night, or the yearly homeowners' meeting. When only about 10% of the homeowners in the Retreat (and they are usually the same 10%) attend meetings, many owners are unaware of all that is going on in our great neighborhood. Each home should be represented just for information."

Ron is available to people who have questions about their home or yard, concerns about the lake or preserve behind their home, need a

phone number, want to reserve the clubhouse, or just want to chat with a very kind, concerned, and knowledgeable homeowner. He can also be reached by e-mail [retreathoa@comcast.net](mailto:retreathoa@comcast.net) or by phone at 772.546.6112.

When Ron first moved to Florida, he worked for a few months at Lowes. Through another employee he learned about Capital Realty and had already begun the application process for a position with them. At the time they had no openings; when this position became available, he was ready to start. We are fortunate to have someone who has a personal interest in the overall surroundings of the Retreat. **Welcome aboard, Ron.**

Our theme for the  
May/June 2009  
Retreat Newsletter is:  
"Residents' Favorite  
Quotes."

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