



The Retreat Newsletter

March/April 2011

Volume 8, Issue 2



MUSICAL TALENTS



My Road to the Stuart Community Concert Band

By Lena Rublowsky

I am trying to remember how I came to be playing in the **Stuart Community Band** for the last five years. It goes like this. Over the years I had always loved to hear saxophones, French horns, clarinets, bassoons and had played recorder and clarinet. Seems I always needed something in my mouth as I did not ever smoke. Then, one day I woke up and realized that the saxophone was my first love and if I was ever going to play it, it had to be right then. That was ten years ago, and I rushed out and bought my first **alto saxophone**.

(Continued on page 2)



Ginosings

By Gino Giliberto

My name is **Gino** (also known as **Ginosings**). You may have heard me sing if you have attended the "Relay For Life Auctions" at the Clubhouse.

Some of you might have stopped by the restaurant "**La Borgata**" (excellent food there, by the way) in Palm City, where I sing on most Fridays and Saturdays from 6:00 to 9:30PM. I also provide singing or sing-a-long entertainment for many of the retirement homes and occasionally I do private parties.

I was inspired by my **Grandpa** playing his guitar

(Continued on page 2)



"I Love To Sing!"

By Dottie Sacco

My earliest recollection of singing was in the church choir in grammar school. At home my sister, **Ronni**, and I would put on plays, singing and dancing for our parents. We thought we were sooo

(Continued on page 3)



Singing in a Choir

By Dottie Williams

My love is the harmony and blending of voices to produce the sound of good choral music. To me there is nothing better than singing in a choir. As a child I sang in the church choir and in high school was lucky enough to sing in an a cappella choir with an outstanding director. He instilled and developed my love for this type of music and is the reason that I continue to seek out the opportunity to perform with choral groups. Although my musical training is limited, my experience singing under his direction and in other choral groups as I

(Continued on page 2)

(Continued from page 1) **Singing in a Choir**

grew older, has helped me develop an ear for the music and the vocal sound necessary to produce that blend. Singing in a choir is not about being a soloist but instead listening to the people around you and tuning your voice with theirs to produce one sound.

I have been very fortunate. The choirs I have sung with have offered me the opportunity to travel and perform throughout Ireland, perform at Radio City Music Hall, Carnegie Hall and just recently the Lyric Theater.

Presently I am a choir member of **St. Christopher's Catholic Church**. Church choirs have always been a part of my life. I am also a member of the **Treasure Coast Community Singers (TCCS)**. The TCCS has four different performing groups—the Community Choir, Classical Choir, Ensemble and Classical Ensemble. I sing with the Ensemble, Classical Ensemble and the Community Choir. The 120-member community choir offers anyone who loves to sing the chance to do so. It's fun, and I've made some great friends being part of it. The Ensemble is a little more challenging. It is smaller group that entertains at club parties, holiday parties and various community events. The Classical Ensemble is the most challenging and rewarding at the same time. It surrounds me with many talented voices and inspires me to improve my vocal skills and ability to read music. All three choirs certainly give me the opportunity to continue doing something that I truly love and enjoy doing.

If you like to sing you are certainly welcome to come join the Treasure Coast Community Singers. If you like listening to good choral music, come hear us perform.

(Continued from page 1) **My Road to the Stuart...**

Then I found a teacher at the Greenwich House Music School in Greenwich Village, the same school where **Stan**, my husband, had studied violin as a child. **Dennis**, my teacher, was very patient, encouraging and always found interesting material beyond the exercises. Although I was teaching fulltime then, I LOVED to practice and grabbed every moment. However, in the high rise where we lived, I didn't have many fans. The resident below me explained that she was having surgery and could I cool it for a week. Once at 8:00AM on a Saturday morning, I was blowing my horn. I got a call from the doorman that another resident was asking that I stop. How could they not appreciate my budding talents?

However, after a year or two Dennis and I created a jazz ensemble made up of adult students at the school—piano, trumpet, bass, drums and three saxophones. We tried hard to be Dizzy, Charlie and Coltrane but soon found out that improvising is not so easy so they rose even higher in our esteem. We forged ahead and gave several concerts at the school with great pleasure and a fair amount of success.

When I moved to Florida, I found the Stuart Community Band which has 50 volunteer musicians who meet every Monday evening to rehearse for the eight concerts we play every year in various venues. The next concert will be at the **Lyric Theatre on March 14th** when we will play a selection of Irish music to celebrate St. Patrick's Day. Do come and enjoy the music.

My love for the saxophone endures.

**USAGE STATISTICS for
www.retreatatseabbranch.com**

VISITS to our WEB site:

December 2010: Daily Average=35; Monthly Total=1,106

January 2011: Daily Average=40; Monthly Total=1,266

<i>Editor & Publisher</i>	<i>Co-Editor</i>
Lill Malinowski 545.3732 wallylill@comcast.net	Dottie Williams 546.3866 davedottie@gmail.com

Information in this newsletter is believed to be reliable, but is not guaranteed for accuracy or completeness. Such information is provided solely for informational purposes, and should not be construed as definitive. Any information contained herein is not intended to be a substitute for independent investigation on any subject matter. The Retreat at Seabbranch Homeowners Association as well as the editors and individual contributors to this newsletter expressly disclaim all liability in respect to actions taken or not taken based on the contents of this newsletter.

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

(Continued from page 1) **GINOSINGS**

and singing, and mesmerized by radio and Al Jolson, many years ago. I sang as a hobby while working for Boeing and volunteered at many of the retirement homes while working in Oklahoma City. One year, Boeing put a group of us together sponsoring a scholarship fund for Rose State College. Another year a group of us, including my wife, **Connie**, performed with "Road Show 2000" for the Veteran's home in Norman, Oklahoma. (It was a time capsule of songs and skits from World War II, Korean, and Vietnam eras.) It was great to see all the veterans' smiling faces!

So, if you ever would like some great Italian food, a yearning for "the Great American Songbook" and beyond, please stop on by La Borgata on a Friday or Saturday evening. I hope to see you there!

(Continued from page 1) "I Love To Sing!"

talented, probably because Mom and Dad told us we were (bless their hearts). Sure wish they used video cameras back then. I know it would be good for a laugh.

In my teen years my girlfriend and I were into country music. We went horseback riding on the weekends and would sing the Everly Brothers' songs, Patsy Klein and even yodel as we rode the trails. Sounds like we lived in the country but we rode at Park Stables in the Bronx.

I sang in the church choir but also joined a choral group called the Stuart Smith Singers from New Jersey. Our most exciting recital was held in Carnegie Hall in New York City.

In my mid 30's after two glasses of wine, I got up and sang with a country band at a local pub. The following week I got a call and was offered a job singing with them on the weekends.

A couple years later my brother, **Ray**, and I got together and formed our own band. It took some coaxing since he was just out of his teens and jammed with a group of friends who were heavy into rock music at the time. The only thing that convinced them to give it a try was the fact that they would be getting paid. We definitely had a country rock sound and eventually added top 40 and disco to keep up with the times. We rehearsed in our basement during the week and played weekends. God bless **Nick** who put up with it when he was getting up at 3:00 in the AM to go to work. He did enjoy coming to the clubs on the weekends and our sons loved the guys in the band. They would sneak down to listen to us rehearse (something I just learned a few years ago).

Since none of the guys in the band were married at the time, I took care of their band uniforms and brought them to the gigs where they changed after setting up the equipment. One New Year's eve, I met them at a club decked out in a long white gown and sparkling jewelry and just before going on realized I had left their clothes at home. They played all night wearing jeans and flannel shirts and needless to say, I never lived it down.

One year we played for a Halloween Party. When I told the guys I was doing their make-up, they gave me a real hard time. As it turned out they loved it. We looked like we were from the musical, "Cats."

Ray still jams with the same guys after all these years and I miss it. He was a four-year old when Nick and I were married so we did not grow up together. I treasure the years we spent together with the band. I am hoping Ray and his wife Kathy will move to the Retreat when they retire in a few years.

I continue to enjoy singing and whenever we cruise I always get into the talent shows and, of course, I love to sing with **Gino** at Retreat functions. I think it would be fun to get into a 50's group or sing again with a country band.

Music fills my heart and, at 70 years young, I am still ready and willing to keep on singing whether anyone listens or not.





NATIVES IN THE YARD

The Musical Talents of Nature

By Dottie Williams

Have you ever stopped and listened to the sounds around you? Living in the Retreat gives you the opportunity to appreciate the musical talents of nature. From the continual singing of the mockingbird imitating other birds' songs to the distinctive call of the cardinal and all the songs in between, the songbirds entertain us throughout the day. The sounds vary from morning to night and season to season.

Many of you have probably heard the howling of the coyotes along with the purring of the raccoons in the night and early morning. Just about every morning, the piercing call of the Sandhill Crane acts as an alarm clock for some Retreat residents. Crickets and frogs also serenade us throughout the evening at certain times of the year. Some of us have also had the opportunity to hear the growling and roaring of the alligators during their mating season in the spring. Not to mention the hawks and ospreys calling to one another as they are hunting for prey.

There are so many distinctive sounds in nature. Have you heard the rata tat tat of the woodpecker searching for insects on the trunk of the tree or the rustling of the palm fronds as they sway in the breeze? The examples of the sounds heard here in our community could continue on and on but hopefully you realize the point that's being made. There are some wonderful and interesting living things in nature that have their own musical talent.

In fact just the other day, we heard a very distinctive sound out in the backyard. It was the "mooing" of cows. We looked out and saw three steers on the other side of the fence in the park. When Dave went out to take a photo, they cautiously looked at him and then we heard the beating of hooves as they took off.



Photo by Dave Williams



To Our Valued Customers and Friends,

Spring has arrived! Not officially as far as the calendar may recognize, but certainly it's here based on our thermometer readings lately. We have experienced significant temperature extremes since December of 2010 including several nights of below freezing temperatures. In mid-February we find temperatures and conditions to be very mild and actually quite warm on many days. With the arrival of this warmer weather, we are seeing signs of recovery in the landscape and rejuvenation of plant material and turf. Spring is also the "Dry Season" in south Florida, and we are certainly feeling the effects of reduced rainfall this year as we have in so many other years.

OneSource's focus for The Retreat landscape during March and April will be on fertilization, pruning, and irrigation maintenance. In February, we completed fertilization of all turf areas. The turf product is a very top-line material that has a slow release of nitrogen which will keep the grass greener for a longer period between applications. Additionally in February, broadleaf weed control spraying was performed to treat weeds such as Dollar Weed, and Common Chickweed. Sabal Palms and Queen Palms were trimmed in February.

In March, shrub and tree fertilizer will be applied. This feeding will set up the most favorable conditions for summer growth, especially after we begin the "hard pruning" of various shrub species in April – May. In March/April, irrigation maintenance will focus on making sure all home systems are checked for issues, repairs made, and clock programs set for the necessary run times for the hot days ahead.

Also in March, we will continue with the sod replacement and mulching program. OneSource continues to offer mulch installation for resident's back yards at \$3.00 per bag installed price while we are in the process of completing the community mulch program. Please contact **Miguel Cisneros** or **Kevin Cuatt** if you are interested in this special pricing offer.

We appreciate our relationship with The Retreat and hope that articles such as this are helpful in providing information relative to our services and procedures. Thanks again, and enjoy your Spring!

Sincerely,
Tim Osborne – Branch Manager
FNGLA Certified Landscape Contractor
Ph: (561) 262-4112

After Treatment: A Must-have Plan to Protect Your Health

From the American Cancer Society's ***New Connections***, a bi-monthly e-newsletter developed to provide pertinent information to people affected by cancer, whether as a survivor or a caregiver

January/February 2011

The percentage of people surviving cancer has clearly increased over the past 30 years. That means more and more people are living life beyond cancer – but with cancer as a part of their medical history.

In the future, you will need to provide the details of your cancer care – when you visit a new doctor, or if you have a health problem that is affected by your cancer or its treatment. You may need the details for insurance purposes, or to share with relatives facing cancer themselves. Children and grandchildren may want to know if there is any hereditary component to the type of cancer you had.

To make sure you have all the information you need in one place, it's a smart idea to keep a detailed record of your cancer treatment. One simple way to do this is to create a survivor care plan.

A survivor care plan is really a record of your cancer care that can help you monitor and maintain your health long after treatment ends. Your plan doesn't need to be complicated; in fact, it can start with a simple pen-and-paper list of information. At its most basic, your plan should include:

- The date of your diagnosis and the medical name of your cancer, along with a pathology report of any biopsies you had
- The name of the medical professionals who cared for you, including the doctor who diagnosed you and the doctors in charge of your treatments
- The type or types of treatment you received, as well as any potential side effects or long-term risks of that treatment
- If you had chemotherapy, the dates of your treatments, names and total dosage of the drugs
- If you had radiation, the dates of your treatments and the total dosage of radiation
- If you had surgery, the dates of your surgery and the names of the medical professionals who performed the operation
- Any complications you had from the cancer

treatments or surgeries

- A list of any follow-up visits and the results of any tests conducted during those visits

You may have to go to different sources to get this information, but you should get it soon after treatment ends. Some doctors and hospitals are now helping patients create survivor care plans as they reach the end of cancer treatment. If you're working with your health care team, your plan may also include:

- Contact information for support groups
- Other support resources
- Tips for living a healthy lifestyle to reduce your risk of cancer recurrence or new cancers
- A schedule for screening for recurrences or to look for new cancers
- Information about your legal rights regarding employment and insurance

All of this information may prove valuable in the future, so it's a good idea to keep your survivor care plan in a safe and accessible place.

Remember, treatment may one day be behind you, but caring about your health will always be a priority. Take time to create a survivor care plan now so you can be the best possible long-term advocate for your health.



Relay For Life

Friday April 8 6PM to
Saturday April 9 9AM

South Fork High School

Join The Retreat Remembers...
Team in:

Celebrating Our Survivors...

Remembering Those That Lost the
Battle...

Fighting Back to Find the Cure



TOP 10 Heart Attack Symptoms That May Go Unnoticed

I was asked by one of our neighbors to put together a short list of symptoms that might alert one to the possibility that a heart attack may be impending. Most attacks do not strike out of the blue. There are usually many signs and symptoms that can alert us in the days and weeks leading up to an attack. If recognized, properly diagnosed and treated, many can avert a full-blown attack before damage to the heart muscle occurs.

The symptoms may not be the typical ones that we expect (i.e., crushing chest pain and pain radiating to down the arm). To further complicate the issue, the signs and symptoms can be very different in men versus women. Last year, a landmark study on this topic was conducted by the National Institutes of Health (NIH) and published in *Circulation: Journal of the American Heart Institute*. This study found that **95 percent of women** who'd had heart attacks reported experiencing symptoms in the weeks and months before the attack -- but the symptoms weren't the expected chest pain, so they went unrecognized.

I know two women that had this experience just this past year. One friend, who had just turned 50 years old, did not make it to the hospital in time – and died. The other woman had a heart attack before getting to the hospital. She lived, but is now suffering the consequences of the attack – an attack that may have been prevented had she gotten to the hospital sooner. It is my hope that this message be repeated, in an effort to raise the awareness of this issue and save lives.

The startling facts are that over a million people in the U.S. have a heart attack each year. About half of these people die. It's important to know the symptoms of a heart attack and to call **9-1-1** if someone is experiencing them. Above and beyond the obvious and typical symptoms such as chest pain, those symptoms that may go unnoticed include:

1. Indigestion or nausea

Of course, most cases of indigestion, nausea, and/or a stomach ache aren't caused by a heart attack. However, pay attention to digestive signs that seem out-of-sync with your own digestive habits. Watch out for symptoms that come on suddenly – especially if you know that you haven't been exposed to stomach flu and haven't eaten anything that may have caused your stomach distress.

Digestive issues are one of the most often overlooked signs of a heart attack. Symptoms can range from mild indigestion to severe nausea, cramping, and vomiting. Others experience a cramping ache in the upper belly. Women and adults over age 60 are more likely to experience this symptom and not recognize it as tied to cardiac health.

2. Jaw, ear, neck, or shoulder pain

A sharp pain and numbness in the chest, shoulder, and arm is an indicator of heart attack, but many people don't experience heart attack pain in this way. Instead, they may feel pain in the neck or shoulder area, or it may feel like it's running along the jaw and up by the ear. Some women specifically report feeling the pain between their shoulder blades.

Pay particular attention especially if the pain comes and goes, rather than persisting unrelieved, as a pulled muscle would. The pain may be sporadic -- you may feel pain in your neck one day, none the next day. If you notice pain that seems to move or radiate upwards and out, this is important to bring to your doctor's attention.

3. Sexual dysfunction

Men having trouble achieving or keeping erections is common with coronary artery disease, but many may not make the connection that it may also signal a pending heart attack. One survey of European men being treated for cardiovascular disease found that two out of three had suffered from erectile dysfunction before they were ever diagnosed with heart trouble.

4. Exhaustion or fatigue

A sense of crushing fatigue that lasts for several days is another sign of heart trouble that's all too often overlooked or explained away. Women, in particular, often look back after a heart attack and mention this symptom. More than 70 percent of women in last year's NIH study, for example, reported extreme fatigue in the weeks or months prior to their heart attack.

5. Breathlessness and dizziness

An easy symptom to overlook is the feeling of being out-of-breath. When your heart isn't getting enough blood, it also isn't getting enough oxygen. And when there's not enough oxygen circulating in your blood, the result is feeling unable to draw a deep, satisfying breath. In last year's NIH study, more than 40 percent of women heart attack victims remembered experiencing this symptom. A common description of the feeling was that "I couldn't catch my breath while walking up the stairs." Additional symptoms can be light-headedness and dizziness.

6. Leg swelling or pain

When the heart muscle isn't functioning properly, waste products aren't carried away from tissues by the blood, and the result can be edema or swelling caused by fluid retention. Edema usually starts in the feet, ankles, and legs because they're furthest from the heart, where circulation is the poorest. In addition, when tissues don't get enough blood, it can lead to a painful condition called ischemia. Swelling and pain in the extremities should immediately be brought to the attention of your doctor.

7. Sleeplessness, insomnia, and anxiety

This is an odd one that doctors can't fully explain, but people who've had heart attacks often remember experiencing a sudden, unexplained inability to fall asleep or stay asleep during the month or weeks before their heart attack. (Note: If you already experience insomnia regularly, this symptom can be hard to distinguish.)

Patients often report the feeling as one of being "keyed up" and wound tight; they remember lying in bed with racing thoughts and sometimes a racing heart. In the NIH report, many of the women surveyed reported feeling a sense of "impending doom," as if a disaster were about to occur. If you don't normally have trouble sleeping and begin to experience acute insomnia and anxiety for unexplained reasons, speak with your doctor.

8. Flu-like symptoms

Clammy, sweaty skin, along with feeling light-headed, fatigued, and weak, leads some people to believe they're coming down with the flu when, in fact, they're having a heart attack. If you experience severe flu-like symptoms that don't quite add up to the flu (no high temperature, for example), call your doctor. It could be that poor circulation is causing fluid to accumulate in the lungs.

9. Rapid-fire pulse or heart rate

One little-known symptom that sometimes predates a heart attack is known as ventricular tachycardia, more commonly described as rapid and irregular pulse and heart rate. During these episodes, which come on suddenly, you feel as if your heart is beating very fast and hard, like you just ran up a hill -- except you didn't. It can last just a few seconds or longer. You may also notice dizziness and weakness occurring when the tachycardia lasts longer.

Some patients confuse these episodes with panic attacks. Rapid pulse and heartbeat that aren't brought on by exertion always signal an issue to bring to your doctor's attention.

10. You just don't feel like yourself

Heart attacks in older adults (especially those in their 80s and beyond, or in those who have dementia or multiple health conditions), can mimic many other conditions. An overall theme heard from those whose loved ones suffered heart attacks is that in the days leading up to and after a cardiac event, they "just didn't seem like themselves."

A good rule of thumb, experts say, is to watch for clusters of symptoms that come on all at once and aren't typical of your normal experience. For example, a normally alert, energetic person suddenly begins to have muddled thinking, memory loss, deep fatigue, and a sense of being "out of it." If your body is doing unusual things and you just don't feel "right," don't wait. See a doctor and ask for a thorough work-up.

NEWS FROM OUR BOARD OF DIRECTORS

By Bill Cole

Some 45% of our member homes were represented in person or by proxy at our Retreat Annual Meeting on February 7, 2011. Thanks to all who participated and the volunteers that helped. We wish more of you would get involved by coming out or mailing your proxies and ballots. **Pat Pezzicola, Dave Williams, and Bill Cole** were all re-elected. Our thanks to **Armedee Nadeau and George Harris** who also ran for your Board.

At a Board organizational meeting after the election, the Board voted to keep all Board Members in the same positions as held before.



COMMUNICATIONS COMMITTEE

By Lill Malinowski

BULLETIN BOARDS

We try to maintain the bulletin boards so that the mail room looks neat. The business card bulletin board is for business cards only—you must be a Retreat homeowner to have your card displayed.

As you enter the mail room, the board in front of you is for the Women's Club only. The board to the left of the Women's Club board is for ads for selling items/property. These ads and/or pictures must be 3" X 5" in size. There are other guidelines for posting on this board. Go to our WEB site, click on ADMINISTRATION, and then HOA Guidelines for detailed information.

The board on your immediate left as you enter the mail room is for Retreat committees and activities. We ask that you keep your flyer small—4" X 6" is recommended.

The remaining board is for HOA information.

Drop off your flyers, ads, business cards at the property manager's office. If the office is closed, use the outside mail box to the left of the door.

I thank **Ron**, our property manager, and resident **Pat Brown** for keeping the bulletin boards orderly and timely.



2011 Retreat's Homeowners Association Officers

Dave Williams, Director at Large, Bill Cole, President, Pat Pezzicola, Vice-President, Susan Hemmer, Treasurer, Coni McGuinn, Secretary



RETREAT ASSISTANCE NETWORK

By Muriel Barry, Alice Bernhardt, Marie Ferrandino

With thanks to our community, RAN is alive and well. We thank the volunteers who have totaled **285 hours** assisting their neighbors. Services include driving individuals to medical and personal appointments, picking up prescriptions and grocery shopping. With the onset of the winter season and more residents of the Retreat enjoying the warmest weather in the country, demands on the volunteers have increased. That is why we need **YOU** to give us a call and give of your time. Please call Muriel Barry (545.1919) or Marie Ferrandino (546.5476) and let us know the days you are available..

For your information and use, there is a new pharmacy in the Cove/Publix center, Chemists N Druggists Pharmacy, 6083 SE Federal Highway (678.4000) that offers free local delivery.

Please be aware that in an emergency or when falls occur, 911 should be your first call. EMT's are trained to determine if and what medical care is needed. If you live alone, a medical alert system is an invaluable life support system.



SOCIAL COMMITTEE

By Lena Rublowsky
and Carol St. John

CHINESE NEW YEAR CELEBRATION February 12th, 2011

The Chinese New Year falls on the second new moon after the winter equinox, usually between mid-January and mid-February.. So, on **Saturday Night, February 12th** a group of Retreat revelers assembled to bid adieu to the fierce and honorable tiger and greet the more docile, peace loving rabbit. Tables were decorated with Chinese lanterns in deference to the custom that marks the end of the two week celebration.

During the “cocktail hour” partygoers were encouraged to discover their Chinese Zodiac sign and find as many compatible “animals” as they could. Some interesting new alliances were formed!

Prior to dinner, three talented Chinese residents of the community generously shared information about their home regions and New Year customs. **Jean Lahey** served as Mistress of Ceremonies and began the program with a beautiful dance she used to perform with her touring dance company. **Oi Tai Lam**, a Hong Kong native as well as a newlywed and new arrival to the US, charmed everyone as she detailed her experience of adjusting to life here in Hobe Sound. The entertainment culminated with a delightful performance by **Molly McGuire** demonstrating a new style of exercise dance that has become very popular in China over the last decade. It was a graceful, beautiful rendition.

Enlightened and enlivened, everyone looked forward to feasting. Dinner was a buffet prepared by **Pei Wei** with food inclusive of varying Chinese cuisines: Cantonese, Mandarin, and the hot Schezuan. There was a very sweet butter cream cake for dessert and that was our salute to acculturation!

The year of the Rabbit is traditionally associated with home and family, artistic pursuits, diplomacy, and keeping the peace. Therefore, 2011 is very likely to be a relatively calmer one than 2010 both on the world scene, as well as on a personal level.



Group picture of the wonderful group who helped launch the Chinese New Year event

Joan DeWitt, Bill Burns, Molly McGuire,
Russell Lahey, Carol St. John, John McGuire,
Jean Lahey, Lena Rublowsky, Oi Tai Lam,
Stan Rublowsky



KNOCKOFF POTLUCK DINNER

Mark your calendar for a Knockoff Potluck
Dinner in the Clubhouse on Saturday,
April 16th at 5:30pm.

Knockoff a dish from your favorite restaurant
to share with friends and neighbors
(Good news-help is available online.)
Check the mailroom for signup information.

WOMEN'S CLUB OF THE RETREAT

By Mona Wiley

What's up at the Women's Club?

In January, the Women's Club installed its officers for the upcoming year. The group gathered around the table where each held a candle as Jean Scerbo read the duties of each officer. Bettyann Dixon will continue as president, directing the club and its business, charity and activities. Vice president is Mona Wiley and treasurer is Margaret Dara. Holding the fourth candle is Emily Mussatto who will serve as secretary, with Jean Scerbo as backup in Emily's absence. Many came to support the on-going work of the officers and chairpersons. A very special thanks to all the chairpersons of the various committees who did such a splendid job last year and to those who will continue this year on their committees.

Many activities are planned by Sue Behn and her event assistants. **March 4th** and **April 1st** will find ladies playing **B-I-N-G-O** from 1:00-3:30 p.m. in the Clubhouse. The cost is \$5.00 per person, and there will be prizes! Please sign up in the mailroom on the BINGO sheet. Karen Soares and Gerri Ciocia are in charge of this fun time.

If you enjoy **kayaking** – Bettyann will organize a group on **March 11th** and **April 15th**. Meet at the Clubhouse at 10:00 a.m. and be sure to sign up in the mail room. Price TBA. Come and participate before the mosquitoes and sun do you in!

POLO anyone? -- I know you've seen this on "Pretty Woman", but have you ever been to a polo match? This fast-paced horse and rider game will introduce you to language you've never heard before. A chukker would be ___???. Hobe Sound has a new field on Bridge Road west of U.S. 1. Lunch at Harry and the Natives at 1:00 p.m. and then off to the polo grounds for a 2:30 match. It's free of charge for the game. Be sure to wear a straw hat – it's part of the ambiance. Sue Behn is heading up this event.

The Club will meet for the monthly meeting **March 21st** at 7:00 p.m. One of your own will give a power point presentation on "this was her life"! Hope you can join us for an interesting past! The Women's Club meets every 3rd Monday and anyone who would like to join is welcome. **April's** meeting will be on the **18th**.

DANTE'S Doo Wop – LIVE MUSIC and **dinner** from 6:00-9:00 p.m. on **March 26th** in the Clubhouse. Price TBA. What! NO one in our group knows what "Doo-Wop" is?? Come find out or come on and admit it!

The **Treasure Coast Community Singers** are going to treat us to a fabulous concert, "The Great American Songbook," on **March 27th**. \$10.00 will be well spent for this afternoon of entertainment at the North Stuart Baptist Church. The event is open to spouses and any guests you wish to bring. Contact Marlene Boobar for more information.

April 8th is a delightful event to **The Society of the 4**

Arts Garden with lunch at the Chesterfield Hotel, one of Palm Beach's old and charming hotels. We will car pool from the Clubhouse at 10:00 a.m. and the museum fee is \$5.00 per person. Contact Lois Raska for further info. This is a beautiful spot in Palm Beach and worth the trip!

There's one more event to put on your calendar for **April 16th** and that's the **Summerfield Garden Tour!** Guess what – It's FREE and open to spouses and/or your guests. Please meet at the Clubhouse at 10:00 a.m. to car pool.

LOTS to do in the next couple of months and a wonderful opportunity to meet your neighbors in The Retreat.



2011 Women's Club of the Retreat Officers

Jean Scerbo, Alternate Secretary, Emily Mussatto, Secretary,
Margaret Dara, Treasurer, Bettyann Dixon, President,
Mona Wiley, Vice-President



BOX TOPS FOR EDUCATION

We all shop for groceries, sometimes two or three times a week – or more. Now turn those shopping trips into easy cash for your school, and encourage friends to do the same! Just look for the Box Tops logo on hundreds of products like Cheerios®, Hamburger Helper® and Kleenex® in almost every aisle of the store. There are over 6,000 products containing the Box Tops logo. To see the complete list of products, go to:

http://www.boxtops4education.com/Image.aspx?id=3878&WT.ac=FMA_ParticipatingProd_08012010

The Women's Club has been saving "Box Tops for Education" for a number of years. **Veronica Bartlett** is our Women's Club contact. Veronica takes the Box Tops from the specially-marked black box on the window sill of our mail room. Then she takes the box tops to **SeaWind Elementary School**. For each box top, the school receives ten cents for a variety of school supplies and equipment. There are also other incentive programs that the school can choose from.

There are several Retreat residents that attend this school. Please help our neighboring school in our project.

HOUSE OF HOPE

By Lill Malinowski

Several Women's Club members went to the **House of Hope** fundraising luncheon in February. One of the speakers quoted some statistics which we found shocking. See the article below for this information.

The House of Hope is our Women's Club Outreach Charity again this year. The bin in the mail room is where you can drop off your donations to this most worthwhile cause. Take advantage of "buy one get one free" specials in many grocery stores to keep that bin full. We thank **George and Dotti Wurster** for all their efforts in this project as well as all the residents that contribute food.

Poverty Rising in Martin County

From hohmartin.org

Martin County is rated as one of the wealthiest areas in the nation, but thousands of residents — including low-wage workers and fixed-income seniors — are struggling to keep up with the basic necessities of life.

Below are the most recent poverty statistics available for Martin County, and they reveal the necessity for a safety net organization like House of Hope. (2009, from the Florida Agency for Workforce Innovation and the U.S. Census Bureau).

- ✓ More than 41% of all jobs in Martin County pay \$25,000 a year or less.
- ✓ 23% of all households in Martin County earn less than \$25,000 a year, and 34% of all households earn less than \$35,000 annually.
- ✓ In 2009, 14.6% of Martin County residents (about 20,410 people) lived in poverty.
- ✓ By comparison: - In 2008, 11.3% of Martin County residents (about 15,700 people) lived at or below the federal poverty guidelines.- In 2007, 8.2% of Martin County residents (about 11,400 people) lived at or below below the poverty level.

Some of our most vulnerable residents are hardest hit by poverty. Census figures from 2009 show:- 59% of single mothers are in poverty, up from 30% in 2008.- **29% of children under age 18 are in poverty, up from 17%.**- 5% of people over age 65 are in poverty; down from 7%.



BRIDGE SCORES

By Patsy Shattuck

We are off to a great start for 2011! We have a good showing every week for a fun afternoon of bridge. Always room for more, so call Patsy Shattuck at 546.2011 if you wish to join.

December 7, 2010

- 1 – Laura Rothman
- 2 – Lena Rublowsky
- 3 – Sue Behn
- 4 – Stan Rublowsky
- 5 – Peggy Johnson

December 14, 2010

- 1 – Kay Campbell
- 2 – Alan Shattuck
- 3 – Joanne Cichon
- 4 – Stan Rublowsky
- 5 – Lena Rublowsky

December 21, 2010

- 1 – Kay Bowen-Smith
- 2 – Laura Rothman
- 3 – Patsy Shattuck
- 4 – Lena Rublowsky
- 5 – Sue Behn

December 28, 2010

- 1 – Laura Rothman
- 2 – Mary Ellen Mix
- 3 – Lena Rublowsky
- 4 – Alan Shattuck
- 5 – Gerri Strong

January 4, 2011

- 1 – Barry Mussatto
- 2 – Nick Falcone
- 3 – Patsy Shattuck
- 4 – Peggy Johnson
- 5 – Joanne Cichon

January 11, 2011

- 1 – Joanne Cichon
- 2 – Laura Rothman
- 3 – Alan Shattuck
- 4 – Barry Mussatto
- 5 – Patsy Shattuck

January 18, 2011

- 1 – Nick Falcone
- 2 – Sally Troiani
- 3 – Peggy Johnson
- 4 – Gerri Strong
- 5 – Steve Strong

January 25, 2011

- 1 – Kathy Majewski
- 2 – Kay Campbell
- 3 – Patsy Shattuck
- 4 – Stan Rublowsky
- 5 – Barry Mussatto

Bridge partners Louise Bendonis and Jinty Stewart (and) Sandy Goldfarb and Bea Kozlowski came in first place at the recent Swiss Teams Silver Points Tournament in Palm City.

Seeking 42 Players

By Lyn Kennedy

Lyn and Ted Kennedy were wondering if there are any **42 players** in the Retreat. It's a game with dominoes, supposedly originating in Texas and played in North Carolina by all of Lyn's relatives in the past 100 years. Call the Kennedys at 545.0749.

RETREAT BOARD OF DIRECTORS

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

RETREAT PROPERTY MANAGER

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

Retreat Activities and Committees

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

Architectural Review Committee	Dave Greaves	545.2664
Aqua Aerobics	Diane Rothacker	546.7876
Channel 63	Jim Morrow	545.1936
Communications Committee	Lill Malinowski	545.3732
Family Activities	Katrina Collette Lisa Rothenberg	546.9880 263.8344
Finance Committee	Larry Anderson	546.9357
First Fridays	Mary Paukstys	546.8054
Mah Jongg	Angela Bibby	545.9195
Needlecraft & Knitting	Sandy Morrow Liz Plourde	545.1936 546.5673
Poker—Men's Straight	Joe Ciocia	545.9767
Poker—Texas "Hold—Em"	Lois & Charles Raska Lois & Otto Vernacchio	545.2733 546.7523
Red Hat Society	Rita Lariviere	546.9744
Relay For Life	Lill Malinowski	545.3732

Retreat Assistance Network (RAN)	Muriel Barry Alice Bernhardt Marie Ferrandino	545.1919 600.5226 546.5476
Retreat Directory	Coni McGuinn	545.3465
Retreat Newsletter	Lill Malinowski Dottie Williams	545.3732 546.3866
Social Bridge	Patsy Shattuck	546.2011
Social Committee	Lena Rublowsky Carol St. John	546.1316 545.4087
Tennis	Tom D'Avanzo	545.7229
WEB Master	Gene Gillis	545.9304
Welcome Committee	Susan Hemmer	349.0030
Women's Club of the Retreat	Bettyann Dixson Mona Wiley Margaret Dara Emily Mussatto Jean Scerbo	546.2663 546.9545 546.8467 546.2774 545.3592
Women's Exercise Class	Marguerite Badcock	546.8427

Personal Services by Priscilla

- Organizing
- Downsizing
- Moving
- De-cluttering
- Care Giving
- Errands



Retreat Resident—References Available
 772.245.8377
 E-mail: Smithhdubba1@aol.com

Got Puppy?

Dog Training, Dog Walking, Pet Sitting
\$20 Gift Certificate

Your Neighborhood Pet Care Expert

To redeem mention
 "Got Puppy"
 offer valid until 1/1/2012
 www.DogSmith.com
 Phone: 888-Dog-Smith (364-7648)



This space is reserved for
YOUR ad!!!



Collective
Skin Care

The Art of Permanent Makeup

Mira Molenda CPCP

Certified Permanent Cosmetics Professional
 Licensed Aesthetician

1680 N. US Hwy. 1
 Jupiter, FL 33409
 561.385.3742

www.skincarebymira.com



- ✓ Pick up after your pets. It's the law in Martin County.
- ✓ The speed limit in The Retreat is 25 miles per hour.
- ✓ For walkers' benefit, please do not park your car in the driveway blocking the sidewalk.
- ✓ Although the common areas are open to all residents, please have respect for the privacy of homeowners while walking behind homes.
- ✓ Daylight Savings Time starts at 2AM on Sunday, March 13th.
- ✓ Keep recycling! It is easy to recycle in Martin County. To see what you can recycle, go to page 14 of the Retreat Directory 2010.



Young Artists of the Retreat

By Marsha Levine

The annual Hobe Sound Festival of the Arts children's exhibit included a piece from 9-year old **Anna Gorostiaga**. She was a Gold Star winner. Congratulations to Anna!

We thank all the contributors to this newsletter. We hope you enjoyed reading about the musical talent in our community.

The theme for our next newsletter is: "Interesting or Amusing Travel Adventures."
We are always on the look-out for your input—book reviews, recipes, theme recommendations, Retreat social gatherings, as well as your suggestions for future columns.

Your Newsletter Staff

Stuart Computer Service

Computer Sales and Service
Video Surveillance



Roger Bergstein

Office: 772-919-3669
Cell: 772-214-6750

roger@stuartcomputer.com

www.stuartcomputer.com
www.video.stuartcomputer.com



Prudential

Linda Kosmala, PA, SFR, GRI
Real Estate Broker

Florida Realty

D: 772.692.8909
800.275.2363 ext 8809
C: 772.284.5110
LindaKosmala@Comcast.net
F: 772.286.2548



© In independent owned and operated member of The Prudential Real Estate Affiliates, Inc.

Premier Rollout Awnings of the Treasure Coast, L.L.C.

Florida License # CA4393

(772) 546-3992

Manufacturer
Hobe Sound, Florida

FAX: (772) 546-3992
rolloutawning@comcast.net
www.BuzzmanAwnings.com

DAVE GREAVES
TOM HARTNETT

AVON

Cynthia Gillis, Representative

Website: youravon.com/cgillis

Email: cgillis58@bellsouth.net

Phone: 772-545-9304

1-800-315-1130



ILLUSTRATED PROPERTIES

300 W. Indiantown Rd., Jupiter, FL 33458

Nick Sacco
REALTOR®

Direct: (772) 293-9876
Bus: (561) 746-0008
Fax: (772) 546-0670
Cell: (561) 758-8889

Email: NickTheRealtor1@yahoo.com

SUPREME

Homemade
Dinners to Go!



New York
Style Pizza!

PIZZA & PASTA

6512 S.E. Federal Hwy. Stuart, FL.

287-8855



Call GEORGE
& CHAD

www.recreategeorge.com

George Rebbholz &
Chad Thurman
(cell) 772-631-6097

Retreat Specialists



Residential Real Estate LLC.
11960 US Highway 1, Hobe Sound, FL 33455

THANK YOU TO OUR ADVERTISERS

Tail-Waggers On The Move

Professional Pet Sitting & Dog Walking

Including:
Daily visits

Taxi to & from the vet or groomer
In home and overnight pet sitting

Daily pet exercise
Boarding

Jo Ann Marie Alzheimer

Licensed & Insured

772-349-0243

Happy Pets - Happy Owners!



The Original - Established 1980

PIONEER SCREEN CO. INC.

Divosta Subcontractor - 15 years

772-283-9197

- Screen Rooms with Concrete
- Front Screen Door Entryways
- Flo-crete to Match Existing
- All Maintenance (Re-Screens)
- All Glass Rooms / Lanai Extensions



Jeff Matthews

Marine Detailing • Auto Detailing
Pressure Cleaning

(772) 501-3215