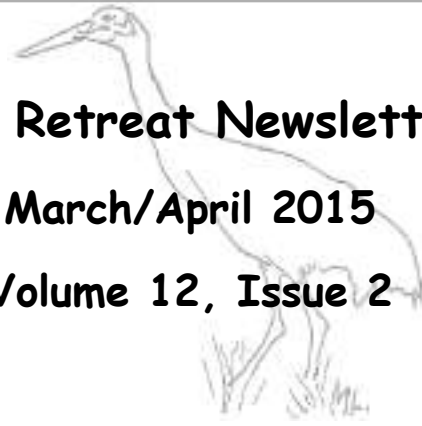




The Retreat Newsletter

March/April 2015

Volume 12, Issue 2



FAVORITE WEB SITES

TCRCBoaters.org



By Kevin Knoop
I have many favorite websites that cover mostly historical facts regarding maritime, aviation, and automotive interests. TCRCBoaters.org is one I frequently visit because it is all about remote control scale boating which I thoroughly enjoy. Above is a photo of my

steam drifter model, Emily K. Treasure Coast R/C Scale Boaters and the club meets at Tradition Lake every Sunday morning from 7AM to 10AM to run our boats.

Some of the Retreat Webmaster's Favorite Sites

By Gene Gillis

<http://www.pandora.com/> - When was the last time you fell in love with a new artist or song? At Pandora, we have a single mission: To play only music you'll love.

With Pandora you can explore this vast trove of music to your heart's content. Just drop the name of one of your favorite songs, artists or genres into Pandora and let the Music Genome Project go. It will quickly scan its entire world of analyzed music, almost a century of popular recordings - new and old, well known and completely

(Continued on page 2)

CONGRATULATIONS TO OUR 2015 BOARD OF DIRECTORS



John Clifford—Treasurer
Coni McGuinn—Secretary
Jim Pawlak—Director at Large
Marlene Boobar—Vice President
Eric Wolf—President



Thank you to our retiring Board of Directors: Jim Morrow, Dave Williams (10+ years), Gene Gillis

obscure - to find songs with interesting musical similarities to your choice. Then sit back and enjoy as it creates a listening experience full of current and soon-to-be favorite songs for you. Our mission is to help you connect with the music YOU love.

<http://www.allmyfaves.com/> - We like to keep it simple. Why search? is the essence of AllMyFaves' philosophy. We believe the Internet should be an inspiring, easy and free experience for everyone. We, too, think that there must be an appealing and simple alternative to traditional Internet navigation. That is why we have taken up the task of simplification so that end-users could find what they're looking for quickly, whether they are interested in Entertainment, Games, Kids, Shopping, Travel or anything else. With AllMyFaves, users can smoothly cruise on the vast Internet highway without wasting valuable time or having to sieve through irrelevant search results.

Today, when much of the searches we perform produce considerable numbers of spam, fraud and aggregation sites, we feel someone needs to step up and sift through the Internet so that Internet users' experience is a positive, to the point and no-nonsense one. AllMyfaves has a calling and we're dead set on doing it right.

<http://www.pgatour.com> - News, instant tournament results and everything you ever wanted to know about golf.

<https://www.solveforx.com/> - Solve for X is an online + offline community of people who believe that science and technology can cause radically positive things to happen in the world. Each Solve for X proposal (what we refer to as a 'tech moonshot') addresses a complex, global problem with an outlier solution / perspective / approach, enabled by a novel application of existing science or technology, or a game-changing breakthrough.

<http://www.ted.com/> - TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from

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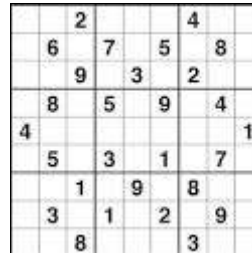
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science to business to global issues — in more than 100 languages. Meanwhile, independently run TEDx events help share ideas in communities around the world.

<http://www.cybraryman.com/> - The internet catalogue for students, teachers, administrators and parents. Over 20,000 relevant links personally selected by an educator/author with over 30 years of experience.

www.retreatatseabranh.com/ - The site I fake a change to when my wife has a long honey do list.



Daily Sudoku

By Wally Malinowski

My favorite WEB site is:

<http://dailysudoku.com>.

Solving these puzzles wakes up my brain every morning!

Our Favorite Internet Site and Why

By Eric and Linda Wolf

In our home it's Google search - hand's down. Google's autocompleate tool makes it lightning fast to enter a search term, and if we aren't sure how to phrase what we want to find, Google makes suggestions for us. Over time, Google has become part of our family. It knows what interests us and which sites we trust and use. It's hard to imagine life without Google, and even more difficult to remember how we got by before Google became life's sidekick.

3/7/85

The birth date of the first ever .com Internet domain name, which was registered to Symbolics.com, a computer-development company, for free, according to the Internet Society. The computer company is long gone, but the site still exists. It was repurchased in 2009 by an entrepreneur who wanted to own a piece of Internet history, and it is now a repository of facts about advertising and, naturally, domain names. Thirty years later, the Internet landscape is much more crowded. Want to guess how many domain names there are now? More than 280 million--a fact that you could certainly Google (est. 9/15/97).

Source: RealSimple Magazine, March 2015, page 12

THE BOARD BEAT

By Eric Wolf

It was good to see so many neighbors at the Annual Meeting held on February 9. This year three director positions were up for election with no incumbents running. From the six members who had been nominated to run, you elected John Clifford, James Pawlak, and me. We thank the remaining three, Chuck Kelcourse, Anthony Moscato, and Joe Perry, for their willingness to serve the Association. The fact that we had twice as many non-incumbent nominations as there were directorships to fill underscores the dynamism of our Association.

We thank departing directors Dave Williams, Gene Gillis, and Jim Morrow, for their months and years of service to our community. While it is not a totally thankless job, it can be quite time-consuming and is often stressful! So when you see one of them, take a moment to personally thank them for their part in preserving the idyllic community that we enjoy so much.

Tom Hartnett is to be commended for the fine accounting of the reserve fund overview that he presented on behalf of the Finance Committee. ADT's Janet McMillan presented pertinent information on the importance of using our security systems.

After the Annual Meeting was adjourned, the new Board of Directors briefly met to agree on roles. In unanimous votes, Coni McGuinn was elected as Secretary, John Clifford as Treasurer, Marlene Boobar as Vice President, and Eric Wolf as President. James Pawlak will

serve as Member-at-Large. It is the intention of all of us to serve the entire Association equally, fairly, and transparently.

Governing Documents

A goal of our previous Board was to work with our attorneys to prepare and present to the community a clean, updated Green Book by removing all irrelevant Developer and Neighborhood language and codifying into the document previously approved legislation.

With only slightly more than 50% participation from the community, the rewritten Articles of Incorporation was approved and will go into effect. However, the By-Laws and Covenants documents did not receive the required level of approval to pass. The 2015 Board will review options for moving forward. I believe that, even if not perfect, the proposed (re-written) By-Laws and Covenants were noticeably better than the original versions. The Board welcomes your feedback and thoughts on this matter, especially from the 45+% who did not vote, as to your thoughts on this matter.

Committees

In order to involve more members in the community, additional committees are being formed and existing committees are being revitalized. It is heartening to me to see the enthusiasm in participation - sharing your interests and skills - to make the Retreat the superb community that it is. Get involved- you will meet great people!

Social Committee Happenings

By Sandy Morrow

The Retreat Social Committee is looking for some “new blood” to take over the reins of the Social Committee. Over the years since the start of The Retreat, the Social Committee has been an integral part of the shaping of this wonderful community. There have been some memorable events chaired by previous committee members. Do you recall the great barbeques where members lugged their grills down to the Clubhouse and we all eat and had fun, or the wonderful Holiday parties where we all got dressed up and danced the night away to live music, or “Men that Cook” night, or there was Greek Night where we were all surprised with a real belly dancer? Those were the days. However, over the recent years the attendance for our various events has dwindled. Maybe we are running out of originality or there are so many other events going on with the Retreat Women’s Club, our Relay For Life Team or the Tennis Group, etc. that no one has time.

We are looking for a volunteer or a group of volunteers to step forward and *reinvent* the Social Committee. We will continue to host the First Friday get together at the Clubhouse throughout the year. Upcoming dates for First Fridays are: March 6th, May 1st, and June 5th (none in April). We take the summer off July thru September. First Fridays are an opportunity to come to the Clubhouse and meet new neighbors (or “old” neighbors). Just bring a hors d’oeuvres to share and your own beverage. It’s a casual no frills night! Time 5:00pm thru 7:00pm.

There will be a St. Patrick’s Day Get Together for Coffee and Irish Soda Bread served at the Clubhouse on March 17th from 9 until 11am. The Social Committee hosts this event and there is no charge. Stop by.

So if you’re interested or want to find out more about the Social Committee please give Sandy Morrow (545.1936) or Jean Scerbo (545.3592) a call and they’d be happy to discuss the function of the committee.

SOCIAL COMMITTEE



**Come see your friends and meet new neighbors
Bring an appetizer to share and your favorite beverage**

**March 6, May 1, June 5
Retreat Clubhouse 5PM to 7PM**

COMMUNICATIONS COMMITTEE

RETREAT BUSINESS OWNERS

By Lill Malinowski

The bulletin board in our mail room that contains Retreat business owners’ business cards will be purged on **April 1st**. Many of the cards are faded and/or rolling up. Some are from folks that no longer live in the Retreat. If you wish to have your card on the bulletin board, send your business card to our property manager. You must LIVE in the Retreat to post your card. After the purge, these new cards will be posted on the bulletin board. Thank you for your cooperation.

Newsletters

By Lill Malinowski

At our annual HOA meeting, our security system provider, ADT, had a representative telling us the various products that we can sign up for. She also mentioned that the quarterly newsletter which ADT creates is on our Retreat WEB site.

Go to: www.retreatatseabranh.com/1_newsletter.htm

There you will find not only the ADT quarterly newsletters but all the Retreat Newsletters. We encourage residents to use the Internet to read our Retreat Newsletter for several reasons. We can print less copies to save us some money, and you can see the newsletter in color.

There is a wealth of information on our WEB site. Thank you to Gene Gillis for keeping it updated with interesting and important information.

Retreat Directory 2015

By Coni McGuinn

The Retreat Directory 2015 will be available in April. We will be passing them out by the mailroom. Watch the bulletin board for dates and times of distribution. After that, the directories can be picked up at our property manager’s office during his regular business hours.

WI-FI Hotspot in Our Clubhouse and Pool Area

By Jim Morrow

This is available to all Retreat residents and their guests. Go to **network id “retreat-guest”** and use the **password “retreat”** - note it is all lower case.

Clubhouse Committee Report

By Linda Wolf, Co-Chair

Every week dozens of residents gather at the Clubhouse for cards, games, meetings, and socializing. We retrieve our mail, check bulletin board notices, visit on the front porch, exercise in the gym, or enjoy friends and family around our beautiful heated pool. It houses our property manager's office and is a lively gathering place for those who enjoy our first class tennis courts. The Clubhouse is indeed the centerpiece of our community. And because it touches so many of our lives and accommodates so many activities, it also gets plenty of wear and tear and needs frequent care and maintenance.

Your Clubhouse Committee consists of over a dozen volunteer residents willing to keep an eye on the facilities and submit to the Board of Directors ideas for improving the area's usability, safety, physical condition, appearance, and functionality.

Projects completed or under consideration in 2015-2016 include:

MAINTENANCE AND REPAIRS

- Paint pool gates
- Pressure clean walls, fences, and pavers
- Divert water runoff around foundation
- Repair and repaint mailroom walls

FUNCTIONALITY AND SAFETY

- Update or refurbish porch seating
- Eliminate falling hazard from rolling chairs
- Install handicap accessible toilets

APPEARANCE AND USABILITY

- Freshen interior decorative items
- Improve Clubhouse lighting and reduce glare
- Improve Clubhouse acoustics
- Refine signage on doors and walls
- Camouflage or landscape Polaris shed

The committee has a responsibility to the residents to fully discuss and debate the feasibility of each project in terms of cost and return on investment before submitting a request to the Board. We carefully balance needs with wants, and look at alternative ways to accomplish our goals without overspending. Our members include co-chairs Mark

Elliot and Linda Wolf, Sue Behn, Diana Briganti, Elaine Brunelli, Bill Burns, Tom D'Avanzo, Tom DeLoffi, Deborah Haugen, Lyn Kennedy, Barbara Nadeau, Lorraine Perri, and our BOD liaison officer is Marlene Boobar. If you'd like to give us your feedback or make a suggestion, please e-mail: lwolf913@gmail.com or gatormark@bellsouth.net.

Landscape Committee

Greg Strahm, Chairman

The Retreat Landscape Committee has been reorganized. The committee consists of five members and will meet on an "as needed" basis. Committee Chairman Greg Strahm states, "We are still looking to fill two slots on the committee. The Landscape Committee is not an enforcement committee. It has no power to make financial decisions for installing, removing, or replacing any plant materials. It is up to the Board to make the decisions on what is best for the community based on our recommendations. The Landscape Committee will report landscaping inadequacies and non-compliance issues to the Board so it can take the appropriate actions."

There are currently in excess of 100 approved trees, plants, flowering shrubs, flowering trees, and grasses available to us. The ultimate goal of the Landscape Committee is to bring the Retreat into full compliance by using only approved plants, flowers and trees. By using this list we will be able to bring a dazzling array of color and beauty to our community. It will take the cooperation of every owner to make sure we are all in compliance. There is a book in the office with not only the complete list of approved planting materials but photos of every item on the approved plant list.

If you are a seasoned gardener and interested in starting a Retreat Garden Club please contact Greg Strahm via email at strahmg@gmail.com for more information. Strahm states, "We are looking for a dedicated group of gardeners interested working in tandem with the Landscape Committee planting and maintaining annuals and perennials chosen by the Committee around the Clubhouse".

Dear Retreat Board Members and friends:

After much reflection and contemplation I have decided that I will not be a candidate to run for a Board position this year. If successful I would be spending another two years, added to my existing ten years of Retreat Board service. With the number of candidates willing to run, (six I believe), for three open positions, The Retreat will be well served for the next several years.

Looking forward, Skip, our new property manager, will need a lot of guidance and direction to mold that position to what the BOD desires. Also, with three new Board members that have to start from scratch, it will require a fair amount of dialog to get all on the same page. I just don't want the responsibility of having to spend the time involved in doing that, especially in the winter season while I am running my own business and because I 'have been there-done that', several times over.

The advantage I see with a new Board going forward is the things they won't have to deal with that primarily Bill and I did deal with along with some involvement by prior board members. We had to figure out our direction, establish the norm, and establish what the standards would be for our community. We always strove to be pro-active and constantly told ourselves to 'think 555' in order to do what best benefitted and fit the community as a whole.

We sought out legal opinions on many topics; formed contracts and working relationships with our vendors; replaced vendors; formed policies and procedures and many guidance documents for residents to follow. We battled (or should I say negotiated) with Saunders Landscaping, HIT Irrigation, DiVosta Contracting, Pulte Contracting, S.F.W.M.D., The Conservancy District and early vendors, to get work done or completed. All of this made us what we are today - The Retreat. We also negotiated for over 2.5 years with DoubleTree POA to form the Shared Facility Agreement. Then we had the follow up law suit to get them to pay a share of costs for the right to drain through us. We literally saved Retreat residents hundreds of thousands of dollars in expenses they would have had to eventually incur if some of these groups would have walked away from their contractual obligations, as they tried to. Our watchful eye and evidence gathering ensured their compliance.

Following Boards will need to refine some policies and procedures and make smaller, but no less important, adjustments to what has been set up and put in place. They will also need to deal with budgets that face increasing maintenance costs across the board. Fortunately, we have excellent Reserves and a good Reserve Study plan in place, and being refined by our Finance Committee, that will deal with some of this. If this study is adhered to it will be the means of assuring 'spending limits' and not having 'A Board going wild'. It is imperative that future Boards see their obligation to 'Maintain the Community Wide Standard' and 'Maintain all of our Property Values'. It is not to cut costs for that sake alone, at the expense of the above principles. They also need to keep in mind the work ethic and pool of labor here in Florida, as opposed to where they migrated from, and ultimately decide the 'grass is greener on the other side'. I believe we are on the Green Grass side now. There are few vendors that can handle our property as well as our existing vendors. It is the Property Managers job along with the Boards job to monitor them, question them, and more importantly, work with them to achieve the best results. I firmly believe The Retreat needs a full-time Property Manager to effectively handle this along with his many other duties. Board Members should not be involved in the actual overseeing of any of these things, only in the over-watch and monitoring aspect.

I have no intention of just abandoning ship and becoming uninvolved with everything. I don't think of myself as an association president. I can deal with it but really don't want that position and the responsibilities it entails. I am more suited to and enjoy the outdoor facets that need to be dealt with in The Retreat. I am more than willing to serve on the Drainage Committee and continue to bring others up to speed on that system; both within our 313 acres and the off-property facets we are mandated to monitor and maintain. I also have a lot of knowledge about our Irrigation System and how our lakes, control structures, swales and drains all work together as a system. I am also willing to help out the new president get involved with the Seabranh Master Maintenance Association – SBMMA that is part of the president's job. I can, and probably should be the person, along with our Engineer, to oversee the 96" Culvert replacement project. The Retreat is committed to and responsible for this project. We and Double Tree POA have already paid over \$5,550 into this for required plans and the SFWMD permit. This pipe is in trouble and has 'sink hole' problems on the overhead surface that present a liability issue to park users. We have also paid once last year for a temporary fix to this problem but it is unlikely to last much longer.

In conclusion, I will not be submitting my name to run for the BOD for another term. I will be available to share my experience and knowledge in order to help with the new Board's transition and serve in the above mentioned capacity.

Dave Williams Retreat Board of Directors President 12-18-14

Florida Pelican

By Marcia Levine

I photographed this pelican in Jupiter across from the Jupiter Lighthouse. It was waiting and watching for fish near the shore.

It flew to get "lunch" just after I snapped that photo! From the photograph, I used pen and ink to create this drawing.



Keeping the Retreat Lights Burning

By Sandy Goldfarb

For those of us who live in the Retreat our outside lighting is proving to be a task requiring the cooperation of all the homeowners. When the Retreat was first built all the street lights were numbered for identification purposes. Although some poles still have numbers, many of the numbers are now missing. Lights in need of repairs need to be reported. To report a damaged or malfunctioning street light that is not numbered use the house number closest to the pole or the street closest to the pole for identification purposes. Street light repairs can be requested on the FPL website at www.FPL.com/streetlight or by faxing to 1.877.510.5147 or by calling Capital Realty Advisors at 561.624.5888. Be sure to give some way of locating the street light in question. It would be nice if homeowners who have a pole in front of their house would take responsibility for that pole and report any problems to FPL. If we all work together we can keep our street lights in good working condition, our community looking brighter, and make early morning and evening walking and biking safer for everyone.

WASTE MANAGEMENT RECYCLING

By Lill Malinowski

Retreat residents are great recyclers! During our morning walks, it is amazing how many recycling bins are out by the curb—many filled to the brim. I did notice that many of the plastic bottles had caps on them. Initially we were instructed to remove the caps. So I decided to check with Waste Management. Yes, plastic caps are now recyclable. The lady at Waste Management e-mailed me a booklet on recycling in Martin County. Our WEB Master, Gene Gillis, put this booklet on our WEB site. Go to:

www.retreatatseabranh.com/3_links.htm

under the title Martin County Recycles

This booklet contains contact information, holiday schedules, hazard waste disposal, yard waste disposal, and bulk trash collection. The following is taken from the booklet on **Single-Stream Recycling**:

"Single-stream" recycling means Martin County residents can place all acceptable material together in the same recycling bin. There is no need to separate plastics, glass, aluminum and paper. All materials can be mixed in the yellow and blue bins.

Recyclable Items

Below is a list of acceptable materials for single-stream recycling in Martin County.

Acceptable Materials:

- Aluminum food and beverage containers, soda cans
- Aseptic packaging (milk & juice cartons)
- Food wrap, vegetable oil bottles, blister packages, shrink wrap, refrigerated containers, clean food wrap, throwaway utensils and protective packing (Types 3,4,5,6 and 7)
- Glass food and beverage containers (clear, brown, or green)
- Milk, water, detergent, shampoo and bleach bottles (Type 2 - HDPE)
- Plastic bottle caps
- Soda & water containers with narrow necks (Type 1 - PET)
- Steel or metal cans
- Cereal boxes/tissue boxes, soap boxes
- Corrugated cardboard boxes and containers, paper towel and tissue rolls
- Junk mail
- Newspapers and inserts, magazines, catalogs, telephone books
- Printer and copier paper/shredded paper

KEEP RECYCLING!!!



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

Low-Dose Aspirin Therapy for Cardiovascular Benefits – Is It Right for You?

An estimated 720,000 people have a heart attack each year in the United States. Low-dose aspirin (ASA – acetylsalicylic acid) regimens continue to be the most recommended by physicians for the prevention of heart attack and stroke in high-risk patients. Clinical studies have demonstrated that low-dose aspirin has been associated with decreases in the incidence and risk of death associated with heart attack, unstable angina, trans-ischemic attack, and stroke.

Statistics on Cardiovascular Disease and Heart Attacks

- *In the United States, a heart attack occurs every 34 seconds.*
- *Almost 14 million Americans have a history of myocardial infarction or angina.*
- *Cardiovascular disease will be the leading cause of death by 2020.*
- *Eighty million Americans have 1 or more types of cardiovascular disease.*

Various medical associations also recommend using low-dose aspirin therapy -- both the American College of Cardiology and the American Heart Association (AHA) state that patients at high risk for heart attack should take low-dose ASA as long as they have no contraindications. The AHA also emphasizes that patients who have had a heart attack take low-dose ASA to decrease their risk of having another one. According to the American Diabetes Association, low dose ASA therapy should be considered as a primary prevention strategy in patients with type 1 or 2 diabetes, who have an increased risk for cardiovascular disease. Risk factors include a family history of cardiovascular disease, obesity, high blood pressure, smoking, and high cholesterol levels.

Aspirin is mostly noted for its analgesic, anti-inflammatory and antipyretic (fever reducing) properties. However, it is primarily the antiplatelet properties of aspirin that make it useful for reducing the incidence of cardiovascular disease. Low dose, long-term aspirin irreversibly blocks the formation of thromboxane A in platelets, producing an inhibitory effect on platelet aggregation. Thromboxanes are responsible for the aggregation of platelets that form blood clots. Heart attacks are primarily caused by blood clots, and their reduction with the introduction of small amounts of aspirin has

been seen to be an effective medical intervention for reducing the incidence of heart attacks.

There are a multitude of aspirin products on the market, including chewable, enteric-coated, and "melt" formulations. Bayer Low Dose (81mg) Safety Coated Aspirin, Bufferin Low Dose, Ecotrin 81mg Low Strength tablets, St. Joseph's Low Dose (81 mg) Chewable and Dissolving Melts are among the most popular brands.

Is low-dose aspirin right for you?

Before starting a low-dose ASA regimen, you should check with your doctor and your pharmacist. Aspirin has been around for a long time; is in most household medicine cabinets; and seems

innocuous – but can, in fact, cause many side effects.

Gastrointestinal (GI) side effects are the most common – and can include GI bleeding, ulceration, heartburn, nausea, abdominal discomfort, vomiting, and perforation.

A major side-effect of ASA is the risk for serious bleeding. A recent study published in the *Journal of the American Medical Association (JAMA. 2012;307(21):2286-2294)*, found that aspirin can increase the risk of major stomach bleeds and brain hemorrhage by 55 percent. Patients with diabetes are especially susceptible to potentially life-threatening bleeding episodes. This risk also sharply increases in individuals > 70 years old.

Hypersensitivity reactions have included bronchospasm, runny nose, hives, angioedema, and anaphylaxis. Approximately 20% of asthmatics are aspirin-sensitive. If you notice any symptoms of a severe allergic reaction, including: rash, itching, and swelling (especially of the face/tongue/throat); severe dizziness, and/or trouble breathing, seek immediate medical attention.

Other less common side effects include renal, hematologic, dermatologic, hepatic, oncologic, cardiovascular, metabolic, neurologic, respiratory, endocrine, and ocular issues.

Reye's syndrome (which involves vomiting, neurologic and liver dysfunction) has occurred in children with an acute viral illness. It has also been reported rarely in adults.

Stop using this medication and call your doctor if you have: ringing in your ears, confusion, hallucinations, rapid breathing, seizure (convulsions); severe nausea, vomiting, or stomach pain; bloody or tarry stools, coughing up blood or vomit that looks like coffee grounds.

Patients that have an allergy to salicylates and those with a history of stomach ulcers or gastrointestinal bleeding, blood clotting disorders, bleeding disorders (i.e., hemophilia), uncontrolled hypertension, and liver and/or kidney disease should avoid the use of aspirin – and consult their physician for other possible options.

Your pharmacist can check for unwanted drug-drug interactions. There are over 400 drug-aspirin interactions posted including 79 major, 331 moderate, and 71 minor drug interactions. Many combinations of aspirin with other medications will increase your risk of developing GI ulcers and bleeding. Do not drink alcohol while taking aspirin – alcohol can increase your risk of stomach bleeding caused by aspirin.

Your pharmacist can also identify other prescription and over-the-counter medications that also contain aspirin, other salicylates, and/or non-steroidal anti-inflammatory medications – taken together you may increase your risk for unwanted side effects. Arthritis medications, cold & flu preparations, pain killers, anti-inflammatory medications, and some allergy preparations may also contain aspirin and/or aspirin derivatives.

Aspirin may be harmful in pregnancy and can be passed into breast milk – tell your doctor if you are pregnant or plan to become pregnant while on this medication. You should not breast-feed while using this medication.

This list of side effects, warnings, contraindications and interactions is not a complete list – a detailed side effect profile goes beyond the scope of this article. Your doctor should be consulted before starting an aspirin regimen.

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

By Mona Wiley



February almost beat out December for fun things to do – January is right in there too! Look at these beautiful ladies having such a great time on their cruise to Cozumel and Key West. They came back refreshed, relaxed and with renewed friendships. Cocktails were daily and then dinner and on to the shows – who wouldn't enjoy that!

And wow!! What about that Valentine's Day luncheon – was that delicious? This group can certainly make a variety of salads and desserts.

The International Taste Party and Auction was such a hit. Thanks a million to Debbie Benson who chaired it and to all her helpers of many kinds for making the evening fun and successful. The final amount for our charity – The 4C's – was \$3,166.00! Thanks to all.

And now with our memories of red and white and all things chocolate, we move on to things "green"! March 17th being St. Patty's day, I tend to paint everything with a green brush. Green eggs and ham and green beer or coffee! So **March 7th** will be a clock decorating event with Kay Campbell at the Clubhouse. I suppose you could paint it green if you wanted to, but Kay will direct your talents. Watch the bulletin board.

Also on **March 7 and 8** the Treasure Coast Community Singers will perform "More Mozart" at 7pm on Saturday and 3pm on Sunday at North Baptist Church in Stuart. Advance tickets are \$15. Contact is Dottie Williams.

Tuesday, March 10th will be an outing to the Loggerhead Marine Life Center in Juno Beach. We will car pool from the Clubhouse at 1:00pm. You can tour the exhibit hall and outdoor turtle recovery tanks and hear a presentation on the traits of turtles and reptiles by Dr. Paul Brown, a graduate of Harvard and Tufts. For Christmas this year, Tim Luke and Greg Strahm gave Bella a turtle in recovery, so you can look for "Bella" in one of the tanks and see if she is getting well enough to be released. A \$5 donation is suggested. At 4:00pm we head to the early bird special next door at the Hurricane Café. Sign up in the mailroom for an accurate count. Contact is Cheryl Wigen.

March 16th, Monday Monthly Meeting – gather at 6:30pm for a time to meet and greet new and old friends. All women of the Retreat are most welcome!

March 20th, Friday the Lunch Bunch goes to **Benihana** on Ocean Blvd. (separate checks). Pre-sign up in mailroom and gather at the Clubhouse at 11:15am. Contact is Helen Larcom.

March 20th, 21st and 22nd **Forever Plaid** is the theme of the Treasure Coast Community Singers concert at the North Stuart Baptist Church. Come tap your toes to the music of the 50's, 60's and 70's. Friday's concert is at 7pm and 3pm on Saturday and Sunday. Advance tickets are \$10. Contact Dottie Williams.

March 27th, Friday—A fun morning of Kayaking on the serene Loxahatchee River. Launch from the beach in Jonathan Dickinson State Park and paddle for about 2 hours then back to shore for a picnic lunch. Sign up in the mailroom for a count. A single kayak rental is \$15 for 2 hours, double kayak \$20 and each additional hour is \$6. Meet at the Clubhouse at 9:30am. Contact is Bettyann Dixon.

March 28th Saturday will be butterfly painting with Emily. Paint beautiful butterflies on a shirt, apron or canvas bag. You must bring your own item to paint, as well as your lunch or snack. Come to the Clubhouse at 10am and work til 2pm. Cost is \$15 (includes paints and brushes). Please pay up in advance and sign up in the mailroom. Contact is Emily Mussatto.

April 4th, Saturday is a Sip and Paint Event. Check the bulletin board for more details. Contact is Emily Mussatto.

April 10th, Friday is a guided tour of the McKee Botanical Gardens – the Southern gateway to Vero Beach and an historic garden in a unique tropical setting. We will carpool from the Clubhouse at 9:30am. Senior cost is \$11 and lunch following tour at the Garden Café'. Also on premises is a gift shop and book store. Contact Lois Raska.

April 17th, Friday will find the lunch bunch at **Spoto's Oyster Bar** on Flagler Ave. Sign up in mailroom and gather at Clubhouse at 11:15 AM. If you have your own transportation, please stop and let someone know. Contact is Bettyann Dixon

And then on **April 18th Saturday**, there will be a card-making even with Emily! Make four cards (friendship, get well, thank you and sympathy) 10am to 1pm at the Clubhouse. Bring scissors. Cost is \$15 and must be paid in advance. Sign up in mailroom and pay up to Emily.

Don't forget monthly meeting on **Monday, April 20th** at 6:30pm

I hope all of you will take time to enjoy all or some of these many events.

WOMEN'S CLUB CRUISE—February 2 to 5, 2015

We had lots of fun with ten women from the Women's Club: Deb Benson, Marlene Boobar, Audrey DeLoffi, Greta Graff, Pam Levy, Mickey Harris, Lorraine Marotta, Emily Mussatto, Sue Smith, and Gerri Strong. We left from Fort Lauderdale and stopped at Cozumel and Key West. We met every evening at five pm for cocktails and then had dinner together before the shows. We did lots of looking and shopping and enjoyed the pool and spa. The nice part was getting to know people better by being in a smaller group. We had lots of laughs.



INTERNATIONAL FOOD TASTE

By Deborah Benson

The Women's Club held its annual fundraiser on January 31st. The International Food Taste raised **\$3,166.00** for the 4C's (Caring Children, Clothing Children). This money will go towards buying new undergarments, socks, and shoes for children in need in Martin County.

Many people came together to make this year's "Taste" a big success. Delicious food items were prepared by some great cooks, lovely items of art, jewelry, paintings and photographs, many created by Retreat artists, as well as gift certificates, wine, golf items, a week in Cancun, Mexico, and a 4-hour boat cruise were donated for our auction by the generous and caring people of our community. And, as usual, our neighbors and friends came, ate, bid, and had a fun evening.

The Women's Club and the members of the Outreach Committee want to thank one and all for making this year's event such a success!

caring children
the 4Cs
clothing children

www.the4cclub.com
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772.221.8777



WOMEN'S CLUB VALENTINE LUNCHEON



In Loving Memory Of Joy Currier

SafeSpace

By Helen
Larcom



Carol Stone
Helen Larcom
Lill Malinowski

Last month **Friends of Joy** donated a much needed folding table and six chairs to SafeSpace. Its a place where abused women and their children can go to get away from their abusers.

Carol Stone arranged for Lill Malinowski and I to take a tour of the facility. I was very impressed at how organized and clean the place was. There was a wing for single ladies (four to a room) and a wing for families. The rooms had their own bathroom and a closet. Also available was a TV room for the ladies and a playroom for the children. We were taken outside to a screened-in porch and then the

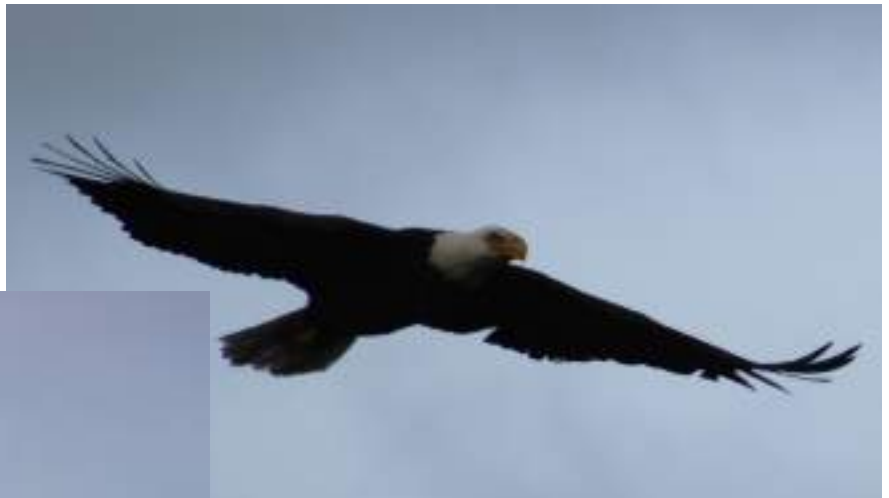
backyard where the folding table and six chairs were. Carol placed a plaque "**In Loving Memory of Joy Currier**" on the table. It really made me feel good. I know Joy would be proud of all of us. It is a charity that she was very dedicated to.

After we went to Ocean Bistro for a delicious lunch. If you have never been there try it, you will be glad you did.

WILD LIFE IN THE RETREAT

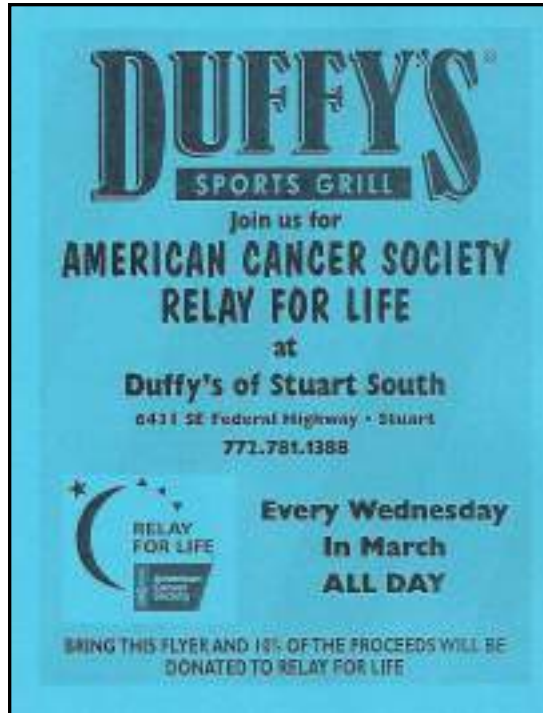
By Cindy Eaton

This was an exciting day. We were able to watch six otters and a Bald Eagle behind our house. I love the joys of living in Florida.



**Join us for American Cancer
Month at Duffy's Sports Grill
of Stuart South**

(1/2 mile South of Cove Road on US 1)



Flyers are in the mail room.

**Bring in a flyer and 10% of
your check will be donated
to the**

American Cancer Society

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Relay For Life Team

For information contact

Lill Malinowski

(545.3732) for more information



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PARADE**

**RELAY
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SATURDAY

April 25, 2015

10 AM to Noon



**ON THE COMMON
PROPERTY OUTSIDE
THE MAIL ROOM**

**Mark the Date for You and
Your Pet!**



**Lots of
prizes
and fun!**



**Check the
bulletin board for
more information**



**All proceeds go to the
American Cancer Society**



BRIDGE SCORES

By Patsy Shattuck

I think most of us survived the holidays and now we are looking for a beautiful spring. We are so thankful for our weather and feel such sorrow for the people up north in that dreadful weather. We hope relief will com soon for them and hope all you that live in the areas affected will be able to stay a little longer. Bridge is going well with a room full of people and I thank you for that.

December 2, 2014

- 1 – Peggy Johnson
- 2 – Sharon Davis
- 3 – Alan Shattuck
- 4 – Laura Rothman
- 5 – Bill Burns

December 9, 2014

- 1 – Sue Lynn
- 2 – Ann Sterling
- 3 – Linda Rothman
- 4 – Jeanne Sopelsa
- 5 – Patsy Shattuck

December 16, 2014

- 1 – Patsy Shattuck
- 2 – Barry Mussatto
- 3 – Sharon Davis
- 4 – Peggy Johnson
- 5 – Lyn Kennedy

December 23, 2014

- 1 – Barry Mussatto
- 2 – Lyn Kennedy
- 3 – Steve Strong
- 4 – Sharon Davis
- 5 – Peggy Johnson

January 6, 2015

- 1 – Sharon Davis
- 2 – Nick Falcone
- 3 – Ann Sterling
- 4 – Kay Campbell
- 5 – Sue Lynn

January 13, 2015

- 1 – Peggy Johnson
- 2 – Kay Campbell
- 3 – Steve Strong
- 4 – Sally Dunmire
- 5 – Bill Burns

January 20, 2015

- 1 – Lena Rublowsky
- 2 – Carol Flynn
- 3 – Kay Campbell
- 4 – Kathy Majewski
- 5 – Jane Schultzaberger

January 27, 2015

- 1 – Kathy Majewski
- 2 – Peggy Johnson
- 3 – Carol Flynn
- 4 – Kay Campbell
- 5 – Lyn Kennedy

Memories....



RETREAT BOARD OF DIRECTORS

President	Eric Wolf	932.7969	eric33455@gmail.com
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Secretary	Coni McGuinn	545.3465	conimcguinn@aol.com
Treasurer	John Clifford	508.990.6363	36coveview@gmail.com
Director at Large	Jim Pawlak	546.1841	jpawlak2000@gmail.com

RETREAT PROPERTY MANAGER

Office Hours: Monday Wednesday Friday 8 am to 11 am Or by appointment, call	Patrick (Skip) Pellett	Clubhouse Fax: 546.1699 Capital Realty for Work Orders, General Questions, Emergencies: 1.800.940.1088	retreathoa@comcast.net
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RETREAT COMMITTEES

Architectural Control	John McGuinn	545.9704	
Clubhouse	Linda Wolf Mark Elliott	932.7969 545.8577	lwolf913@gmail.com gatormark@bellsouth.net
Communications	Lill Malinowski	545.3732	wallylill@comcast.net
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Landscape	Greg Strahm	546.4853	strahmg@gmail.com
Neighborhood Watch	Bill Burns	546.6990	burnsjro@aol.com
Social/First Friday	Sandy Morrow Jean Scerbo	545.1936 545.3592	sandymorrow7@gmail.com jeanmscerbo@yahoo.com

RETREAT COMMITTEES AND ACTIVITIES

All Retreat residents are invited to take part in our Retreat Committees and Activities.

For more information, please call the contact person.

Bulletin Boards <small>(Sell items & business cards)</small>	Pat Brown	
Channel 63	Jim Morrow	545.1936
Mah Jongg	Angela Bibby	545.9195
Duplicate Bridge	Carol Flynn	359.8274
Knot Just Knitting	Sandy Morrow Liz Plourde	545.1936 546.5673
Poker—Men's Straight	Joe Ciocia	545.9767
Poker—Texas "Hold—Em"	Lois & Otto Vernacchio	546.7523
Red Hat Society	Rita Lariviere	546.9744
Relay For Life	Lill Malinowski	545.3732

Retreat Assistance Network (RAN)	Muriel Barry Alice Bernhardt	545.1919 600.5226
Retreat Directory	Coni McGuinn	545.3465
Retreat Newsletter	Lill Malinowski Dottie Williams	545.3732 546.3866
Social Bridge	Patsy Shattuck	546.2011
Tennis	Tom D'Avanzo	545.7229
WEB Master	Gene Gillis	545.9304
Women's Club of the Retreat	Pres. Audrey DeLoffi Vice Pres. Pam Levy Treas. Gerri Strong Sec. Alice Bernhardt	245.8420 546.8204 545.9963 600.5226

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Spring Ahead
MARCH 8, 2015

GENTLE REMINDERS

- The **MAXIMUM** speed limit in the Retreat is **25 MPH**.
- **Pick up after your pets.**
- **Do not block sidewalks with your vehicles.**

PHOTO CREDITS

BOD—Wally Malinowski
Eagle and otters—Cindy Eaton
Valentine Lunch—Audrey DeLoffi, Dottie Williams
Women's Club Cruise—Audrey DeLoffi

Dear Retreat Residents,

Thank you to all that have contributed to this newsletter. We appreciate your input. It is great to read about what our committees are doing!

The theme for the May/June issue is:

INTERESTING CAREERS

If you or someone you know in the Retreat has or had an interesting career, please send us an article for the upcoming newsletter.

The deadline for the May/June issues is **April 15th—tax day!**

Thank you!

Your Newsletter Staff

John C. Cassidy

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