



The Retreat Newsletter

March/April 2016

Volume 13, Issue 2



RETREAT VOLUNTEERS



We are blessed to live in a wonderful community with many caring residents. Whether still working or retired, our residents still find time to volunteer in a wide variety of organizations to share their talents with others.

We are grateful to the folks that are on our Board of Directors – current as well as those who are retired. We also appreciate the many members of our community who work to keep our community a great place to live by serving on committees and helping organize various activities including our wonderful Women's Club.

Thank you to all!

**Please consider volunteering
and helping others.**

CONGRATULATIONS TO OUR 2016 BOARD OF DIRECTORS



Eric Wolf, President

Greg Strahm, Secretary

Pam Levy, Vice-President

Jim Pawlak, Director at Large (on monitor)

John Clifford, Treasurer



Thank you to our retiring Board of Directors:

Coni McGuinn (12 years)

Marlene Boobar (2 years)



RETREAT VOLUNTEERING

By Audrey DeLoffi

As a child and teen growing up in Massachusetts, my parents were always my role model for volunteerism, or giving back to the community. My father volunteered at a local prison through our Council of Churches and was a city Alderman. My mother was an "organizer" in community organizations and activities. In my professional life, I served on boards and committees, whether it was Big-Brother-Big Sister, Help for Abused Women and Children or the Association for Fund Raising Professionals. To me, sharing some of my skills and passion for an organization has always been rewarding. After retiring to the Retreat, I began to think about the next chapter of my 'volunteer' life. Perhaps I could help out at House of Hope or Treasure Coast Hospice? Before long, Marlene Boobar became my new role model, exemplifying how to serve this wonderful community, called the Retreat. First I chaired the Outreach Committee of the Women's Club and with this great committee, we were able to increase fundraising for a charity of choice each year. Then, before I knew it, I was recruited to run for President of the Women's Club. It has been my privilege to lead this illustrious group over the past 2 years. My involvement in the Women's Club has shown me what special women live here in the Retreat. **Please think about what you have to offer this great community and get involved!!!**

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

VOLUNTEERING

By Joanne Kelcourse

For the past three years I have volunteered at SeaWind Elementary School on Seabranch Boulevard. Although there are a variety of volunteer opportunities there, I chose to help in a kindergarten classroom. I wanted to work directly with students as I had just retired from working with children as a school nurse. I enjoy working with the students and watching them improve their reading/writing over the course of the year. Anyone interested can contact Mrs. Debbie Arnold, the volunteer coordinator at 772.219.1625 x 109 or email her at arnoldd@martinK12.fl.us. I also knit for a charity, The Knitting Connection. This organization distributes knitted items (sweaters, hats, mittens, scarves, stuffed animals) to children in need in homeless shelters. There are many opportunities for knitting for charity but I like this organization because it does not dictate what to knit so I can experiment with new patterns. You can find out more information by contacting Sue Manning at theknittingconnection.org.



Hobe Sound Nature Center:



A Walk into the Past

By Susan Mariani

I volunteer at the Hobe Sound Nature Center on US 1 south of Bridge Road. It is a gem of a nature center with small animals, indigenous and exotic, and trails that lead down to the Indian River Lagoon. My job is to guide a trail hike interpreting the sand pine scrub, an ancient and endangered habitat, with many plants and animals only found in this habitat. If you have never been to the Hobe Sound Nature Center, located at the Wildlife Refuge, please stop by sometime. This rare habitat is quickly disappearing due to development. It reminds us of Florida's old days. Check out the photos, directions, and hours at this website. <http://hobesoundnaturecenter.com>



Shriners Hospitals
for Children®
Love to the rescue.®

VOLUNTEERING IS THE GIFT OF LIFE

By Fran Carpenter

Rusty and Fran Carpenter moved to the Retreat when their new home was built on SE Glacier Terrace. Rusty began volunteering for the Red Cross in Stuart, manning "cold night shelters" and providing hurricane experience to children on the "hurricane bus" both driving the bus and instructing. The Red Cross bus was part of the "Hurricane Preparedness" exhibit at the Treasure Coast Mall. In addition, the Red Cross volunteers canvassed the mobile home parks for smoke alarms, which they installed where necessary. Rusty was also a member of the Disaster Team that was dispatched to local fire and hazard sites. He was deployed for two tornadoes in Alabama and the aftermath of Hurricane Sandy in New York. He spent four weeks in New York interviewing victims and providing them with shelter and relief.

When the Red Cross office in Stuart downsized, his supervisor there took a job as Volunteer Coordinator at Jesus House of Hope on Bonita Street in Stuart. Rusty followed her and worked in the thrift furniture department and then in the pantry where he still works two days a week.

When Fran retired from a Next Era Company (formerly an FPL Group Inc. subsidiary), the natural thing was for her to join Rusty at the House of Hope, working in the Thrift Stores in Stuart and in Hobe Sound where she currently volunteers two days a week. The two are going on their fifth year at the House of Hope.

Rusty and Fran have worked many events to raise funds for the House of Hope, including the Hearts of Hope luncheons, the Salerno Seafood Fests, the US Post Office food drives and other events for which their help was requested.

Apart from the House of Hope, Rusty is a Shriner and he and Fran donate many hours helping support the Shriner's Hospitals for Children. Aside from helping with TGIF dinners and many other activities at the Shrine Center, the two have helped at many fun, fund raising events, – ArtiGras, the Honda Classic, Clematis by Night, the Shrine Circus and Roger Dean Stadium during spring training.

Fran volunteers one day a week in the Shrine office in Palm Beach Gardens helping with the office's administration duties.

These volunteer activities keep the two busy and they find that volunteering to help others provides many benefits to them.



VOLUNTEERING IN OUR COMMUNITY

By Marilyn Patterson

After I retired we moved to The Retreat. I found myself with too much free time so I decided to some volunteer work. It was the best decision ever! I volunteered for two years at SeaWind Elementary School. There I

worked with 6 kindergarten students who were behind the other students in their classrooms. I worked one-on-one with the students and it was very rewarding to see the progress they made each week. It was also very challenging because 5 year olds like to play more than they like to work. I learned the meaning of the word PATIENCE!

I also volunteered (and continue to volunteer) at Martin South (Hospital) in Recovery Room. I love working there. I stay busy ordering supplies, restocking needed items and cleaning and remaking stretchers. Time seems to fly by. When I do have free time, I visit with patients before their surgery (if they haven't been sedated). They seem to appreciate having someone to talk to and sometimes someone to share their fears with. I go home feeling good about the work I do and those that I have helped.

I would recommend volunteering to everyone. There are so many organizations that need us to help with their workload. You can work with the elderly, the young, families that have language barriers, domestic violence victims, animal shelters, thrift stores, hospitals, schools, churches, parks and recreation, the libraries, the Sheriff's office and more. If you try volunteering in an area and find out you don't like it, there are many other areas that you can try, and you will be appreciated for your contribution. I know I feel better about myself and you can too. Go online and check out martinvolunteers.org to get started.



GIVING BACK

By Margery Shake

I volunteer on Monday afternoons at Hay Madera, Hospice house, and on Wednesday afternoons at Volunteers in Medicine (VIM).

I also work with my nursing association Florida Association Directors of Nursing Association (Fadona) in long term care as Education chair and Historian. At this time we have 310 members.



Come Volunteer With Us

Help us preserve the beauty of the Real Florida. There are many volunteer opportunities available that will get you outside and give you a sense of the nature and beauty of the state preserve. Skills and experience not necessary.

Opportunities include:

- Exotic Plant Removal
- Restore habitats by removing debris, fence lines, etc
- Many various projects as needed

Mission of the Florida State Parks:
To provide resource-based recreation while preserving, interpreting, and restoring natural and cultural resources



Everyone is welcome to volunteer.

- If you have a trade skill such as welding, GPS, working with chain saws or tractors, experience in herbicide application or have any mechanical ability we have a lot of opportunities.
- If you don't have any of these skills we have a lot of opportunities.
- From time to time we also offer training classes and hands-on training.

Please come out and explore the beauty of Atlantic Ridge Preserve State Park, while also maintaining the natural habitat of the Real Florida. Atlantic Ridge Preserve State Park is a natural preserve that is practically around the corner from your home.

Please Contact Park Ranger Jay Mann
Phone—772-263-1246
Email—julius.mann@dep.state.fl.us

Florida State Parks.....The *Real* Florida!

Programs and events in the park are sponsored by the Friends of Jonathan Dickinson State Park, Inc., a community-based, non-profit organization that advocates for the historical, educational, and ecological enhancement of Jonathan Dickinson State Park. For more information or to learn how to become a member, visit www.friendsofjdsp.org.

FUN IN THE PARK!

By Wally Malinowski

I volunteer at the Atlantic Ridge Preserve State Park. This is the park which is 5,000 acres surrounding the Retreat. On week-ends I help the rangers maintain the fence and gates in the park. We also cut down or spray with weed killer plants like Brazilian Pepper, Melaleuca, Lygodium, Downy Rose Myrtle, and others. Other times we maintain equipment. This is fun for me because it takes me out of the house to do something different. The rangers and other volunteers are a good bunch of guys to work with. I also get to see different wild life such as turkeys, deer, gopher tortoise and other species of animals plus many insects.





Volunteering at the Retreat

By Marlene Boobar

My husband Bob and I moved into the Retreat twelve years ago. That first season here was quite lonely. Every time we went out that long

Seabranch Drive, I felt regrets about moving here from The Lakes at the Bluffs in Jupiter. The condo in Jupiter was so convenient to everything! We could walk to the store and the beach. We were near my daughter who was living in another nearby condo. I thought...what did I do talking Bob into moving up here in the middle of nowhere?

That winter I began to see notices on the bulletin board in the mail room about Women's Club meetings and fundraising events of a Relay For Life team. I started to attend those meetings and slowly signed up for various committees to work on special projects. Slowly, I was beginning to meet the residents of the Retreat. It made me feel more comfortable when I dropped into that same mail room; and I began to feel that we had made the right choice in moving up to The Retreat.

Twelve years later, I have served on many committees on the Women's Club, including a two year term as President. And I have just completed a two year term on the HOA Board of Directors. Just because I have completed those positions, does not mean that I am done serving. My plan is to continue to be an active community resident.

Service to me is as natural as breathing. And to take that metaphor further - serving to me, gives me life. It keeps me engaged with people! It keeps me in relationship with friends I have met and enjoy and have come to love. Living here at the Retreat is now a gift to me...and serving is one way I show my gratitude for the blessing I have received to live in this beautiful place I call home.

It is my hope that as we journey on together, individuals will continue to "step up" and find that serving is a fun way to get to know others and enjoy the gift of friendship.

RELAY FOR LIFE

By Lill Malinowski

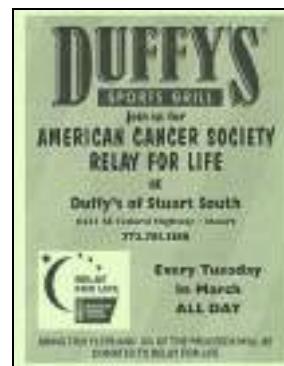
Relay For Life is an American Cancer Society signature event. This year our team, The *Retreat Remembers...*, will be Relaying for the 12th year. Relay is for all types cancer. We honor those that have or had cancer, remember those that lost their battle, and fight back till there is a cure.

There are team members that were there for our first Relay in 2005 which was in memory of Brenda Rosetta. Brenda was a member of our Women's Club hence the first team was composed of our Women's Club. Joe Rosetta is one of these members that still helps us in many ways. Each year we have a few more new members. We have done many fundraisers over the years.

Please consider joining our Team. We appreciate all the folks in the Retreat that support our cause. Join us at our Relay on Saturday, April 16, starting at 6PM at Memorial Park, 100 E. Ocean Boulevard, Stuart 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 & 10% of your check will be
donated to the American Cancer Society**

Every Tuesday in March all day long

**Sponsored by the Retreat
Relay For Life Team**

Lill Malinowski (545.3732)

Legends of Rock 2016 Cruise



Twenty Retreat residents including family and friends went on the Freedom of the Seas Royal Caribbean cruise. Ray McGill, son of Retreat residents Bob and Lois McGill, is the master of the Legends of Rock. He has been doing this for a number of years. Ray arranges with artists from decades ago to perform on the ship. This year we started off with a 83rd birthday party for Bob McGill. Tunes came to the party and played happy birthday to Bob on his saxophone. We enjoyed six concerts in addition to the regular shows on the ship.

Ray presented us with a check for \$1,100 made out the American Cancer Society. Our Relay For Life Team, *The Retreat Remembers...*, will be credited with the donation. Thank you, Ray, for a wonderful time and a generous contribution to a great cause!



ARTISTS

- Cafferty & Tunes with Hybrid Ice
- Derek St. Holmes and Kevin Chalfant with Hybrid Ice
- Ron Dante with Surf City Allstars and Skip Martin from Cool and the Gang
- Bad Finger
- "Original members of Boston" Barry Goudreau and Sib Hashian; vocals by Mike Masee
- Al Jardine & Surf City Allstars and Tunes



Our Retreat zip liners Tom Deloffi and Deb Benson



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The President's Gavel

by Eric Wolf

February means the *Members' Annual Meeting*; thanks to all who contributed to the quorum of members and a rather full auditorium for our meeting at SeaWind Elementary on February 8.

Attendees enjoyed two presentations. ValleyCrest had four local managers present; Brett Ashby, branch manager, led their presentation and then answered numerous questions. Two Atlantic Ridge State Preserve Park Rangers spoke about the flora and fauna species around us, the process and rationale for prescribed burns, as well as facts and statistics about our neighboring Preserve.

2016 Board

I ask that you join me in welcoming our two new Directors who were seated on the Board: Pamela Levy and Greg Strahm. They have volunteered a two-year term to serve you, the membership, for the common good of the Retreat community.

After the Members Forum and the Members Meeting was completed, the new Board held a mandatory organizational meeting and officers were elected; the HOA Board officers for 2016 are:

Eric Wolf, President

Pam Levy, Vice President

John Clifford, Treasurer

Greg Strahm, Secretary

James Pawlak is Director-at-Large.

Each of the Retreat committees has a Board liaison; these were selected:

Architectural Control Committee (ACC): Eric Wolf

Clubhouse: Pam Levy & Jim Pawlak

Communications: Greg Strahm

Covenants: Eric Wolf

Drainage: John Clifford

Finance: John Clifford

Landscape: Greg Strahm

Neighborhood Watch: Greg Strahm & Jim Pawlak

Appreciation was shown towards our retiring Board members Coni McGuinn and Marlene Boobar. We ask

that when you see them around the neighborhood that you express your own appreciation for their many years of service to the Retreat. Marlene has been accepted and will begin service on the Covenants Committee.

Finances

John Clifford, our Treasurer, released the Retreat's year-end financials prepared by Capital Realty advisors and vetted by our Finance Committee. You should have received a copy in last month's mailing; the bottom line is that we are on a sound financial footing. We ended 2015 with a budget surplus around \$66,000, which will be used this year for projects such as landscaping cleanup and less-than-routine community upkeep. Additionally, our reserves are healthy and on plan.

Project Updates

The replacement of the *SW96 Culvert*, after being in the works for several years and in process for over none months, was completed on February 12 with the last of the sod being laid and the temporary driveway being taken up and re-sodded. What should have been a month-long project was repeatedly delayed by the extraordinary rain patterns occurring throughout 2015. Thanks to Dave Williams, John Clifford, and the Drainage Committee, along with Robert who oversaw its completion. Note that the cost of the replacement was shared with the Lost Lake / Doubletree communities as per our agreement. The new culvert (plastic) is expected to last closer to 50 years, compared to the original steel version that lasted 20 years.

Landscaping: During the past couple months the 2015 Board has approved, and the Property Manager is implementing, the cleaning up of overgrown common areas that had been neglected for several years. The first area is along our side of the school wall; soon (perhaps by the time you read this?) the wall will be pressure-washed to restore its clean pristine Retreat look. The next areas to be addressed are the buffer area behind Angelina Court, and the buffer between the school and our wall.

Hogs: Due to the unseasonably heavy rainfall this (dry!) season, wild boars have crossed from the Atlantic Ridge Preserve into our property, and have torn up both common and individual property, notably around the Eastgate area up through Maryhill. A hunter has been

(Continued on page 9)

contracted to eradicate (shoot) these dangerous pests. If you see these hogs on our property, immediately call Danger Trappers at (772) 224-77574 and leave John a message indicating exactly where and when the hogs were spotted. It is this neighborhood watch activity that has lead to nine varmints being eliminated as of this writing. Thank you to those residents who reported timely sightings. Please do NOT approach hogs of any size—they are dangerous!

Community

Over forty homes sold in the Retreat during 2015, and while realtors report relatively quick sales for well-priced houses, home prices are trending upwards. One of the Board's important mandates is to uphold the Community-Wide Standard, and this will help to keep our home values strong. Please do your part to follow the guidelines in By-Laws Article XII and the Rules and Regulations of our governing documents and we will all benefit. I hope that you enjoy the Hobe Sound seashore, shops, and attractions to make your time pleasurable!

Wild Pigs in The Retreat

**If you see any pigs
call Property Manager
1-800-940-1088**

or

Call Trapper evenings or week-end

Landscape Committee Chuck Kelcourse, Chair

Although the landscape committee is in its second year, we are still in the process of starting up. We need approximately 10 more volunteers to make the committee effective. The Landscape Committee is not an approval or a regulation enforcement committee. Its purpose is to provide resources to homeowners on landscaping issues and to work closely with the landscape company to ensure that homeowners receive the services that they expect and deserve.

It is important that the community have additional "eyes" in the Retreat to keep management informed of areas that need maintenance and attention.

Dear Homeowner,

Lake and Wetland Management has been providing algae and aquatic weed control and invasive plant control services, along with monitoring and reporting to jurisdictional agencies since the Retreat's development. We are on site at least twice a month throughout the year, and make additional visits as necessary to keep the community in its best shape.

The purpose of monthly lake maintenance is to control algae and aquatic weeds within the lakes. This creates an aesthetically pleasing environment, but more importantly maintains the integrity of the storm water flow, retention and drainage system throughout the community. Lack of regular maintenance to a stormwater drainage system will result in a decrease in the amount of water storage capacity and an overabundance of plant life can cause clogging of the drainage system.

Wetland and upland preserve area mitigation management refers to the control of invasive exotic plant species as required by government permits. These environmentally sensitive areas are protected wetlands as designated by Martin County and South Florida Water Management District to offset the impacts of the Retreat's development and to provide long-term protection of these areas. It is important to note that any impacts (e.g. cutting or trimming of native species, destruction to or impact the preserve areas, dumping of yard debris) to these protected areas may result in fines and/or penalties by either agency.

Lake and Wetland Management is working with property management and the Board of Directors to ensure the Retreat's natural resources are handled with the utmost care. We appreciate the community's long-term commitment to these areas, and the opportunity to serve you.

Sincerely,

Doug Schramm and the Lake and Wetland Management team



“We Look Out For Each Other!”

Here at the Retreat, we look out for each other...this is our community.

We are seeking individuals to take a more active role in the Retreat Neighborhood Watch Program.

An active Retreat Neighborhood Watch Group might have the following functions:

1. Encourage residents to use the security system we already have.
(Some residents are not using the home security system we all have)
2. Encourage residents to call 911 immediately when they see something suspicious.
(See something...Call 911)
3. A person (walker, bike rider) would be assigned a street to observe anything unusual.
(Person would simply call 911 to report anything suspicious)
4. Group might schedule one or two presentations each year to the entire community:

Potential topics:

Personal safety & security, mail fraud, internet safety, phone scams, etc.

(It's all about being secure and feeling safe.)

5. Attend frequently the Community presentations offered at the Sheriff's Department.
(Meetings are the 2nd Thursday of each month at 6 PM)

Communicate information to the community discussed at these meetings

If anyone is interested in taking a more active role with this group

OR

if you would just like to check out one of these Sheriff meetings, please contact:

Bill Burns burnsjro@aol.com H: 772-546-6990

January 6th New Residents and Meet the Candidates



Pickleball: The fastest growing sport in America



Let's Play Pickleball!!

Tuesdays at 1 PM

Thursdays at 10 AM

Tennis Court 4

All welcome...just show up !!

Have not heard of pickleball? Once you play, you'll keep coming back for more. Pickleball is a fun court sport played on a badminton-sized court. It is played with a perforated plastic ball similar to a whiffle ball and wood or composite paddles about twice the size of table tennis paddles. It is easy for beginners to learn – but can develop into a fast paced, competitive game for experienced players. In addition to being fun, the game has developed a reputation for its friendly and social nature.

Pickleball can be played as singles or doubles. New players can learn the game quickly in a single session. No special apparel is needed – just something comfortable and appropriate for a court sport. Equipment is inexpensive. Pickleball is easy to learn so new players can be playing in minutes.

There is much excitement about this. People showed up on the first day to learn more and try out the game!!

The game can be played by ALL ages.

WOW!!

By Tom DeLoffi

I just watched this YouTube video on The Pickleball Channel!!! I think you will be amazed at the way this sport has evolved into what we, here at The Retreat are just beginning to explore. Take a few moments to watch it and look around at other flicks of interest on this site. I think you'll be amazed at the broad appeal this sport has for people of all ages both in keeping fit as well as meeting and socializing with new friends. It is easy and fun!!!

<http://www.pickleballchannel.com/IHPB-pickleball-tennis>

Remember, Bob and Marty Deiley will be on Court 4, weather permitting

Tuesday @ 1:00 PM and Thursday @ 10:00 AM to introduce anyone interested in playing Pickleball.

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

By Mona Wiley

Good thing we didn't have to vote on our favorite salad or dessert at the Valentine Pot Luck Dinner! They were all delicious and worthy of being the best any chef could offer. Thank you all for the wonderful food you provided. Everything had more quality than the candidates seeking election!

Also, thanks to the many who made the February 20th auction / fundraiser so successful. The monies collected will benefit "Voices for Children." Deb Benson did a fabulous job coordinating all involved.

March has a lot of events in which you can participate:

Every Tuesday in March is "Duffy Days". This supports the Retreat Remembers Relay for Life Team by using coupons in the mailroom. For questions, contact Lill Malinowski 545.3732

March 4 at 7:00pm, and March 5 and 6 at 3:00pm, the Treasure Coast Community Singers perform ***Much Ado About Nothing*** at North Baptist Church in Stuart. Advance tickets are \$15.00 Dottie Williams is the contact person for this event: 546.3866

March 9th – Wednesday is a historical one hour walking tour of Worth Ave. in Palm Beach. If you have never done this tour, it is worth the \$10 charitable contribution to learn so much about architecture, landmarks, colorful anecdotes and names of famous residents. The walk is only a few blocks with frequent stops. After the tour, we'll enjoy a delicious lunch on Worth Ave. Carpool from the clubhouse at 9:30am. Questions? Call Kathy Majewski at 546.2123

March 12th – Saturday is Paint & Sip with Emily. Paint a lighthouse or wine bottle on canvas – hey we're moving from trays to fancy backgrounds!! Bring an appetizer to share and your own adult beverage and you'll be amazed at your artwork by 5:00pm. This project begins at 3:00pm and she'll have everything else. Pay in advance and sign up in the mailroom

March 13th – Sunday finds the Stuart Community Concert Band performing "Marching Around the World". Performance begins at 2 PM at the Kane Center on Salerno Rd. Contact Lena at 546.1316

March 18th – Friday Lunch Bunch goes to Prawnbroker in Sewell's Point. Please sign up in the mailroom and gather at the Clubhouse at 12:15pm to carpool. Let Kay Campbell know if you are going to be your own ride. 546.9278

March 21st – Monthly meeting at 6:30pm - As usual, gather for light refreshments and chatter, and we'll have a short business meeting with a fun event to follow.

March 26th – Saturday is Painting on cloth this time! Emily will be our guide from 10am to 2 PM in the Clubhouse. Bring your own lunch or snack. If you want to really impress yourself, bring your own adult beverage too. Sign up, pay up \$15.00 and show up with your own apron, shirt or whatever fabric you want to paint on. Brushes and paint provided.

We are now into April now with a reminder that the 3rd Monday of every month is our monthly meeting which begins at 6:30pm

April 9th and 10th – the Treasure Coast Community Singers will perform Brahms at the North Baptist Church. Advance tickets are \$15 so contact Dottie Williams

April 14th – Thursday will be the Island Princess Scenic Cruise. Come along with Capt. Bob and his crew and enjoy a very relaxing, scenic inland waterway luncheon cruise. You will enjoy watching for various water birds, dolphins and manatees, as well as hearing some tidbits of gossip about Martin County's greats and not-so greats! Cost of the cruise is \$43 which includes lunch. Carpool from the clubhouse at 10:00am. Contact Karen Soares at 546.8854 if you need more info.

April 18th – Monthly meeting

April 24th – Stuart Community Concert Band will perform "Dancing to the Big Bands" at 2:00pm at the Kane Center

Can you believe we have now come to **May – like the 6th a Friday and it's our Goodbye to the Birds** lunch at Kru Thai in Stuart! I feel like I was just welcoming everyone back and it's onto wishing everyone farewell. Always delicious food at this spot, so come but be sure to sign up in the Clubhouse and meet there at 12:15pm if you want to carpool. If you have other arrangements, just stop by and let Lois McGill know.

We start off our **Monthly meeting on May 16th** with new officers!! From all the women of the Retreat, we thank Audrey for her 2 years of service as president. She has done an excellent job keeping us informed and organized with so many fun things to do and places to go. Thanks too, to Gerri Strong who is going strong for 4 years as treasurer! We have money in the account and this is a good thing! To Pam Levy who has stepped up as vice president and then up another step to serve on the Retreat Board, thank you for a job well done and best of luck on the board. Alice Bernhardt has done a great job keeping up with who seconds what and when and how to spell the name! Ya'll are fabulous!!

And if you're not from the south, I will give you an English lesson: the plural for "ya'll" is "all of ya'lls"!!



Women's Club elves working to clean up all the Christmas decorations

Women's Club Luncheon Dolphin Bar and Shrimp House Friday, January 15th





Pharmacy Topics

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

What you Need to Know about the Zika Virus

Zika Virus Disease in Brief

Zika is a disease caused by the Zika virus that is transmitted primarily through the bite of an infected *Aedes* species mosquito (the same mosquitoes that spread Chikungunya and dengue). Only about 20% of persons infected with Zika will actually get sick. For this reason, many people may be carriers of the disease and might not even realize they have been infected. For those that get sick, the illness is usually mild. The main concern, at this time, is that a pregnant woman may spread this disease to her unborn child causing microcephaly, a condition where a baby's head is much smaller than expected.



Common symptoms of Zika include: fever, rash, joint pain, and conjunctivitis (red eyes). Symptoms typically show up 2 to 7 days after being bitten by an infected mosquito. The illness is usually mild with symptoms lasting for several days to a week. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. There is currently no vaccine available to prevent this disease.

Information on transmission of Zika and the Zika disease continues to evolve, almost on a daily basis. Treatment of this disease; sexual transmission of Zika; Zika and pregnancy; and Zika possibly causing birth defects and/or Guillain-Barré syndrome (GBS) are topics beyond the scope of this article. New information and additional details on these topics can be found on the Centers for Disease Control and Prevention (CDC) website at: <http://www.cdc.gov/zika/index.html>.

Zika in the U.S.

In May 2015, the Pan American Health Organization (PAHO) issued an alert regarding the first confirmed Zika virus infection in Brazil. Since that time, local transmission has been reported in many other countries and territories, including the United States.

So far there are 48 patients in 12 states and Washington D.C., all infected overseas except for one case in Dallas which appears to be sexually transmitted. The arrival of Zika in the States demonstrates the risks posed by this and other exotic viruses. The CDC's health security plans are designed to effectively monitor for this disease, equip diagnostic laboratories, and support mosquito control programs both in the United States and around the world.

Anyone who lives in or travels to an area where Zika virus is found, and has not already been infected with Zika virus, can get it from mosquito bites. If traveling, please visit the CDC Travelers' Health site for the most updated travel information at

<http://wwwnc.cdc.gov/travel/page/zika-travel-information>.

Zika in Florida

Florida Governor, Rick Scott, has declared a public health emergency in all counties where the virus has been confirmed. The State Surgeon General and Secretary of Health, Dr. John Armstrong, updates all Zika virus cases confirmed in Florida on a daily basis on the Florida Health website at: <http://www.floridahealth.gov>.

As of today (2/15/16), there are 21 cases confirmed by the Florida Department of Health. Thus far, state officials report that all Zika virus cases confirmed in Florida are travel-related.

Here is a breakdown of where the 21 Zika cases have been found to date:

County	Number of Cases (all travel related)
Alachua	1
Broward	4
Hillsborough	3
Lee	3
Miami-Dade	7
Osceola	1
Santa Rosa	1
St. Johns	1
Total	21

In an effort to help residents resolve questions about the virus and its spread, the state has set up a **Zika Virus Information Hotline – the phone number is 1-855-622-6735.**

Preventing the Zika Virus

As stated before, there is no vaccine to prevent against the Zika virus at this time. The best way to prevent diseases spread by mosquitoes is to protect yourself and your family from mosquito bites.

The Florida Health Department recommends the following advice to prevent mosquito bites:

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- If you have a baby or child:
 - Do not use insect repellent on babies younger than 2 months of age.
 - Dress your child in clothing that covers arms and legs, or
 - Cover crib, stroller, and baby carrier with mosquito netting.
 - Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
 - Adults: Spray insect repellent onto your hands and then apply to a child's face.
- Treat clothing and gear with permethrin or buy permethrin-treated items.
 - Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
 - If treating items yourself, follow the product instructions carefully.
 - Do **NOT** use permethrin products directly on skin. They are intended to treat clothing.
 - Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.
 - Use Environmental Protection Agency (EPA)-registered insect repellents (see list below). All EPA-registered insect repellents are evaluated for safety and effectiveness.
 - Always follow the product label instructions.
 - Reapply insect repellent as directed.
 - Do not spray repellent on the skin under clothing.
 - If you are also using sunscreen, apply sunscreen before applying insect repellent.

Below are several EPA-registered insect repellents – this list is not inclusive, nor does it represent any endorsement of these products.

1. **DEET** (more than 500 products) – Brand examples include Off®, Cutter®, and Sawyer®.
2. **Picaridin** (KBR3023), Bayrepel and icaridin (about 40 products) – Skin So Soft Bug Guard Plus® is an example.
3. **p-Menthane-3,8-diol (PMD)** also known as **Oil of Lemon Eucalyptus** (10 products) – Repel® is a brand example.
4. **IR 3535** (3-[N-Butyl-N-acetyl]-aminopropionic acid, ethyl ester) (about 45 products) -- Examples include Skin So Soft Bug Guard Plus Expedition®, and Skin Smart®.

You can read more about these and other EPA-registered insect repellents at: <http://www.epa.gov/insect-repellents>.

As the healthcare community continues to acquire more information about Zika, I will keep you informed. In the meantime, please see your healthcare provider if you suspect that you have contracted the Zika virus and/or are pregnant and develop a fever, rash, joint pain, or red eyes within 2 weeks after traveling to a place where Zika has been reported. Be sure to tell your health care provider where you traveled.

RETREAT BOARD OF DIRECTORS

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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 (Sell items & business cards)	Pat Brown	
Channel 63	Zackary and Brennan Botkin	546.6308 regbbb@comcast.net
Mah Jongg	Angela Bibby	545.9195
Duplicate Bridge	Carol Flynn	359.8274
Knot Just Knitting	Sandy Morrow Liz Plourde	545.1936 546.5673
Pickleball	Bob Deiley	545.7598
Poker—Men's Straight	Joe Ciocia	545.9767
Poker—Texas “Hold—Em”	Lois & Otto Vernacchio	546.7523
Red Hat Society	Rita Lariviere	546.9744

Relay For Life	Lill Malinowski	545.3732
Retreat Assistance Network (RAN)	Muriel Barry Alice Bernhardt	545.1919 600.5226
Retreat Directory	Coni McGuinn	545.3465
Retreat Newsletter	Lill Malinowski Dottie Williams	545.3732 546.3866
Social Bridge	Patsy Shattuck	546.2011
Tennis	Tom D'Avanzo Frank Ziegler	545.7229 545.8786
WEB Master	Gene Gillis	545.9304
Women's Club of the Retreat	Pres. Audrey DeLoffi Vice Pres. Pam Levy Treas. Gerri Strong Sec. Alice Bernhardt	245.8420 546.8204 545.9963 600.5226



BRIDGE SCORES

By Patsy Shattuck

Here we are in the middle of our winter bridge and glad to have so many of our "Northern Friends" here. We have a good showing every week. Please call if you want to join us. I did have one call and I misplaced his number. Please call again if you still wish to play!

December 1, 2015

- 1 – Patsy Shattuck
- 2 – Peggy Johnson
- 3 – Lena Rublowsky
- 4 – Kathy Majewski
- 5 – Steve Strong

December 8, 2015

- 1 – Stan Rublowsky
- 2 – Kay Campbell
- 3 – Barry Mussatto
- 4 – Jeanne Sopelsa
- 5 – Emily Mussatto

December 15, 2015

- 1 – Peggy Johnson
- 2 – Barry Mussatto
- 3 – Emily Mussatto
- 4 – Carol Flynn
- 5 – Sharon Davis

January 5, 2016

- 1 – Barry Mussatto
- 2 – Carol Flynn
- 3 – Lena Rublowsky
- 4 – Sue Behn
- 5 – Sharon Davis

January 12, 2016

- 1 – Lyn Kennedy
- 2 – Barry Mussatto
- 3 – Alan Shattuck
- 4 – Maryon Gonzalez
- 5 – Peggy Johnson

January 19, 2016

- 1 – Lena Rublowsky
- 2 – Barry Mussatto
- 3 – Bill Burns
- 4 – Jane Schultzaberger
- 5 – Stan Rublowsky

January 26, 2016

- 1 – Lyn Kennedy
- 2 – Anne Falcone
- 3 – Sue Lynn
- 4 – Peggy Johnson
- 5 – Bill Burns

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The ads appear in color on our WEB site, www.retreatatseabranch.com. Cost for each ad is \$125 for the year—double ads are \$250.00 for the year. A yearly contract is required. Please contact Coni McGuinn at 545.3465 or conimcguinn@aol.com. The revenue from the ads is used to defray our newsletter printing expenses.



SPRING HEAD

SUNDAY

MARCH 6TH 2AM

Dear Retreat Residents,

Thank you so much for sharing your volunteering with us! It is amazing how much our residents help others!

A special thank you to **Connie Bandy**,

our pharmacist, for many years of

keeping us abreast of various

pharmaceutical issues. Her article on the

Zika Virus is up to date and specific to

Florida. Thank you, Connie!

If you have an idea for future themes,

please let us know.

Dottie and Lill

Photo Credits

- BOD—Wally Malinowski
- Volunteer Wally—Ranger Jay
- Women's Club Elves—Tom DeLoffi
- Women's Club Luncheon—Lill Malinowski
- Coffee Event—Linda Wolf
- Legends of Rock 2016 Cruise—Audrey and Tom DeLoffi, Wally Malinowski, Stu Levy

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