



The Retreat Newsletter

May / June 2008

Volume 5, Issue 3



KEEPING FIT

WATER THRASHING

By Chuck Eschenburg

Our Retreat pool is well maintained and comfortably warmed to 84 degrees in the winter. Such conditions invite fitness endeavors which are kinder to joints and muscles than exercise on concrete and asphalt. Just walking in water for 30 minutes burns 264 calories/30 minutes while walking on land burns about 135. Land jogs burn 240 calories, but pool jogs burn 340. Calories expended in water can be varied by different depths and speed. Even resistance tends to utilize a greater variety

(Continued on page 10)

10,000 Steps To Fitness

By Dottie Williams

Since the 1990's, United States Surgeon Generals have been encouraging Americans to become more active. Physical activity is an important factor in physical fitness. One of the goals they have set for weight management and fitness is to walk 10,000 steps a day.

Do you ever think about the number of steps you take in a day? What do you think the number is? The easiest way to find out is to purchase and use a pedometer. Pedometers are available at many local stores, such as Wal-Mart and Sports Authority. There are many types and models but a simple one costs less than \$10.00. Why not get one and wear it for a week or two? You might be surprised at the results. The average person might take from 900 to 3,000 steps a day.

Are you interested in setting your sights on 10,000 steps

(Continued on page 8)

KEEPING FIT

By Becky Freedman



Becky with son, Michael, marathoner, mentor

Anyone who knows me at all knows how much I love to read. When I was in school, I definitely viewed as suspect, anyone out there sweating, running, exercising...I was too very busy studying Latin and practicing my clarinet. Fortunately, the fates above smiled down on me, and I had the good fortune to become a flight attendant with American Airlines. Of course this was in the "Dark Ages", when we were still referred to as stewardesses....anyway....I was blessed to travel to our most enlightened state, California...where I experienced my first excursion into the burgeoning culture of the **HEALTH FOOD STORE!!!** I found this world of natural supplements and vitamins and organics, as exciting as the beaches and movie stars...and I was really thrilled when I realized that I could rise at 4:30 in the morning to do calisthenics with fitness guru Jack LaLanne. I would be



Retreat Humor

By Lena Rublowsky

KEEPING FIT: I suggest a walking group on Saturday morning to Dunkin' Donuts and back—everyone welcome.

forever hooked on nutrition and exercise. I had a new foundation for my life....one that has brought me a wealth of energy, peace of mind, and strength I never imagined possible. I have incorporated every exercise class and workout into my life that I possibly could fit....running of races at daybreak through inspiring country sides all over the globe, daily swims that are a unique spiritual journey and powerful grounding source, centering experiences of strength and flexibility through free weight training, yoga and pilates.

As we baby boomers move into our senior years, we have a unique opportunity to carry ourselves into aging – not as a decline of our systems...we have an opportunity to “live a high quality of life until the day we die.” The reading of three or four books a week has brought me to the worlds of Cleveland Clinic’s, Dr. Michael Roizon and Dr. Mehmet Oz, and Dr. Kenneth Cooper. These researchers show us that we can “master our genes, bad habits, environmental stress, while igniting our body’s ability to stay fit, strong and healthy.”

“YOU STAYING YOUNG” the owner’s manual, by Dr. Michael Roizon and Dr. Mehmet Oz

“REGAINING THE POWER OF YOUTH AT ANY AGE”,

Dr. Kenneth H. Cooper

GET THEM – READ THEM – LIVE THEM!!!

Our generation is blessed like none before us, one of our most valuable resources for health and fitness being our children...for me constant sources of discipline, inspiration and insight. Happy reading, happy living to you....

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



Bran Muffins

Received from Paul Carls

A couple were both 85 years old, and had been married for 60 years. Though they were far from rich, they managed to get by because they watched their pennies.

Though not young, they were both in very good health, largely due to the wife's insistence on healthy foods and exercise for the last decade.

One day, their good health didn't help when they went on a rare vacation and their plane crashed, sending them off to Heaven.

They reached the pearly gates, and St. Peter escorted them inside. He took them to a beautiful mansion, furnished in gold and fine silks, with a fully stocked kitchen and a waterfall in the master bath. A maid could be seen hanging their favorite clothes in the closet.

They gasped in astonishment when he said, 'Welcome to Heaven. This will be your home now.'

The old man asked Peter how much all this was going to cost. 'Why, nothing,' Peter replied, 'remember, this is your reward in Heaven.'

The old man looked out the window and right there he saw a championship golf course, finer and more beautiful than any ever built on Earth.

'What are the greens fees?' grumbled the old man.

'This is heaven,' St. Peter replied. 'You can play for free, every day.'

Next they went to the clubhouse and saw the lavish buffet lunch, with every imaginable cuisine laid out before them, from seafood to steaks to exotic deserts, free flowing beverages.

'Don't even ask,' said St. Peter to the man. This is Heaven, it is all free for you to enjoy.'

The old man looked around and glanced nervously at his wife.

'Well, where are the low fat and low cholesterol foods, and the decaffeinated tea?' he asked.

'That's the best part,' St. Peter replied. 'You can eat and drink as much as you like of whatever you like, and you will never get fat or sick. This is Heaven!'

The old man pushed, 'No gym to work out at?'

'Not unless you want to,' was the answer.

'No testing my sugar or blood pressure or...'

'Never again. All you do here is enjoy yourself.'

The old man glared at his wife and said, 'You and your bran muffins. We could have been here ten years ago!'



**Mon, Feb 23 - Sat, Feb 28th
2009**

**5 Nights Cruise on the Celebrity:
"Century"**

Relay for Life Fundraising Cruise

The more cabins we fill...the money raised
for the American Cancer Society!

All are welcome! Friends, neighbors,
relatives....*Let's Go Cruisin'!!*

Bus pick up here at the Retreat!!

\$75/cabin on-board credit

Inside: \$553.95/p Outside: \$653.95/p
(Includes all taxes, port charges, gov't fees
and fuel supplement)

Contact: marleneboobar@hotmail.com

Agent: Tricia Cantu

1-800-680-2858 ext. 7030

Sign up by May 1st for guaranteed pricing.
Don't miss the boat!!

Itinerary:

Key West, Sea Day, Grand Cayman, Sea Day



**A Day I'll Never
Forget**

By Tom Fordham

It was March 5th when I went down to the pool to do my daily sprints. While I swam, my goggles fogged up and I couldn't make out the wall of the pool. I slammed into one of the pool steps and was knocked unconscious, sinking to the bottom of the shallow end of the pool.

Luckily for me, there were two people who took charge of the situation. One was **Chuck Raska**, who just happened to be watching me as I swam. At first, he thought I was just practicing holding my breath. As he watched me, he realized I was under water for quite some time. He noticed a woman sun bathing and asked her to check and see if I was okay. Her name is **Linda Shivinsky** and she is a nurse/anesthetist at a Michigan hospital. She was here visiting her mom, **Helen Shanowski**, who is a resident at the Retreat. Linda saw that my color was "blue" due to lack of oxygen and she and Chuck managed to pull me out of the pool. I was not breathing and had no pulse. Linda performed CPR on me until I took some labored breaths. In the meantime, Chuck called to Frank at the Management Office to call 911. After being stabilized in the ambulance by the EMT's, I was whisked off to Martin Memorial South, where I was placed in the ICU in critical condition. After two days, I regained consciousness and made a full and rapid recovery.

My very special thanks to **Chuck Raska** for realizing I was in trouble, to **Linda Shivinsky** for performing CPR and getting me to breathe, to **Frank Lennane** for getting the word out that we needed help and to the well trained and professional expertise of the men and women of **Martin County Fire Rescue Company #30** out of Port Salerno. Joyce and I also want to thank all of our friends and neighbors in the Retreat for their comforting support, calls, cards and prayers. Miracles do happen!!

As an aside, Joyce and I both signed up to take the CPR course that is being offered at the clubhouse. You never know when you can...**save someone's life!**



KEEPING FIT!

By Patti Greaves

First of all we all need to exercise....We don't have to be "body beautiful" but we do need to stay in shape. The best place on earth is **"The Retreat"**. We have great sidewalks, roads for biking, an exercise room and a wonderful swimming facility.

Fitness should be a part of our lives. It makes you feel good, lowers your cholesterol, improves your attitude, sheds pounds (that you didn't know you had), and gets you out of the house. You might even meet your neighbors! Granted it takes some time and effort but in the long run, your body will thank you for it.

Take a walk, ride your bike, swim in the pool, go to our gym or join a fitness club and most important eat a healthy diet. But first and foremost, consult your physician before you start any kind of exercise.

See you around campus!



Mardi Gras Bayou for a Cure
THE RETREAT REMEMBERS...
RELAY FOR LIFE

The Retreat Remembers... Team did an incredible job of fundraising for the 2008 Relay For Life of South Martin. In total, we raised more than \$15,000!!!! Our two major fundraisers were the Holiday Home Tour and the Live and Silent Auctions. We thank all Retreat residents for helping us raise this amount of money for The American Cancer Society.

At the Relay, we celebrated the lives of those that fought the battle by having a Survivor/Caregiver Ceremony which included the survivor lap and dinner. We thank the Hobe Sound Women's Club for a fabulous Mardi Gras dinner complete with festive decor. During the Luminaria Ceremony, we honored those who won the battle and remembered those who lost their fight. On Saturday morning during the Closing Ceremony, we vowed to fight back and do something personal to help with the fight against cancer.

We are all ready for the 2009 Relay. We will have a pet parade in the fall, the Holiday Home Tour on December 7th, and our five-day cruise beginning on February 23, 2009.

A special thanks to our American Cancer Society Community Representative, Kelly Vega, who has been a tremendous help to our team.

Please let Lill know if you want to join our team. In addition, there are several committee positions available. Thank you!

Page created by Hank Stasiewicz



Photo by Wally Malinowski



Photo by Marlene Boobar

RELAY FOR LIFE AUCTION NEWS!!

By Marlene Boobar

The Retreat Remembers... Relay for Life Team sponsored a **Live and Silent Auction** on Sunday, February 28, 2008. What a success! Monies totaled in excess of **\$8,700**.

Our live auctioneer, **Tim Luke**, donated his time and expertise, which helped greatly in the excitement and earnings of the day. Also donating his professional services was Retreat resident, **Gino Giliberto**, who spent the afternoon entertaining us with music and song.

We would like to mention below the names of area businesses. We mention them here in the Newsletter because it was these area businesses who made generous contributions to our fundraiser and thus helped in making the auction the success it became. We ask that you please support these area businesses and thank them again for contributing when asked.

Lastly, it is important to make note of all the efforts that went into this event. The Relay for Life Team, as well as so many residents pitched in and helped with: soliciting contributions from businesses, purchasing and supplying beverages, picking up pizza, making punch, donating food, advertising, setting up, cleaning up, arranging items, registering buyers, completing sales with winning bidders, collecting money, tagging items, donating "treasures" (big and small), making baskets, donating items for the baskets and the list goes on and on. There are so many individuals who worked very hard. You know who you are...the behind the scenes "soldiers" who are always "there" to help out whenever the community is in need. To you all....a great big "THANK YOU".

Please know that your Retreat community has made a difference! The American Cancer Society thanks you!! I thank you!!!

AREA BUSINESSES WHO SUPPORTED US!

Algozzini Hawaiian Clothes - Hobe Sound
 Anita's Skin and Body Care 198 Seabrook Rd.
 Tequesta, FL. 561-596-5868
 Big Apple Pizza - Hobe Sound
 Carmine's - Palm Beach Gardens
 Carl's Furniture - Stuart
 Chibas Painting Contractors and Power Wash
 Cottage Cashe - Hobe Sound
 Country Club Florist - Stuart
 Curves - Hobe Sound
 Custom Tours - Port St. Lucie
 Delfino's Hair Salon - Stuart
 Gino Giliberto DJ - the Retreat, Hobe Sound
 Golf Pro: Bill Balash Heritage Ridge Golf Course, Hobe
 Sound 561-346-9517
 Heritage Ridge Golf Course - Hobe Sound
 Hobe Sound Fine Arts League Joanne Squier - Artist
 and Illustrator

Lane Spa 11382 Prosperity Farms Rd. Palm Beach
 Gardens Ste. 126
 Lorretta Vittello - Artist in Stuart
 Lost Lake - Round of Golf for 4 including carts
 Marsha Levine - Artist here at the Retreat - Hobe Sound
 Marsha Mark - Artist here at the Retreat - Hobe Sound
 Nautilus by the Sea - Ocean Park, Maine - Patte and
 Dick Kessler Innkeepers
 Rare Earth Pottery and Arts Gallery - Downtown Stuart
 Shear Action Hair Salon - Hobe Sound
 Shear Vaniti - Stuart
 Sister Nails - Hobe Sound
 SNAP Fitness - Hobe Sound
 Supreme Pizza - Stuart
 Bistro - Stuart
 Tim Luke - "What's It Worth" - WPTV
 Tootsies - Downtown Stuart
 Traveling Vineyard - Nancy Stabile 772-878-8233

A special thanks to Retreat residents Amy and Brad Wexler, Stephen and Bosha Stone, Kay Bowen-Smith, and Emily Mussatto for their contributions to this event.

Night on the Town

By Sandy Goldfarb

The **Relay for Life Auction** held at the Retreat Clubhouse on Sunday, February 24th offered neighbors and friends from Eldorado Way an opportunity to bid on an evening out at **Carmine's La Trattoria Ristorante**. **Joy and Ed Currier** were able to secure a generous donation from Carmine to support the American Cancer Society by offering dinner for twenty people.

Dottie Williams spearheaded the effort to get pledges of \$120 per couple prior to the auction. Two other people, Kay Bowen-Smith and Nancy Mobberly, provided some competition. Cheered onward and upward by The Spenglers, Hartnetts and Marks, Dottie was able to capture the bid at **\$1,300** all for a worthy cause.

Carmine's offered up a "special" menu for *The Retreat*. The meal was served in a private dining room and came complete with a choice of unlimited red or white wine and music. All this accompanied by wonderful service, scrumptious food, and a beautiful presentation.



For those who have never been to Carmine's we give it a five-star rating. The restaurant is situated on PGA Boulevard in Palm Beach Gardens. The water view provides the perfect setting for friends to enjoy each other's company. Those attending were: John and Louise Bendonis, Gary and Sandy Goldfarb, Patti Greaves, Tom and Arlene Hartnett, Wally and Lill Malinowski, Bob and Marsha Mark, David and Donna Melick, Jim and Susan Roach, Ernie and Marian Spengler, Amy Wexler, and Dottie and Dave Williams.

Our special thanks to everyone who worked so hard to make this charity auction a success for our community. Hats off to **Lill Malinowski** for heading up *The Relay for Life* effort for South Martin County this year.



Lill Malinowski, Team Captain of *The Retreat Remembers...* Relay For Life Team, presenting Carmine Giardini with a certificate of appreciation for his dinner donation to the Retreat's Live Auction

USEFUL COMPUTER LINKS

By "Cybrary Man" aka Jerry Blumengarten

www.cybraryman.com

I am one of many people that take advantage of the Retreat Gym. It is nice to see so many people working out in the gym and our pool. I love to swim, and I wish we had a lap pool.

On the page on my website I have a lot of helpful links including Fitness, Nutrition and Exercise Calculators. If you are interesting in starting a fitness program I would suggest looking at:

Fitness programs 5 steps to getting started – Mayo Clinic

<http://www.mayoclinic.com/health/fitness/HQ00171>

Exercise Links

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

Nutrition Links

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

May Links – Cinco de Mayo - Mother's Day

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

June Links – Flag Day - Father's Day

EXERCISE

NATIVES IN THE YARD

By Dottie Williams

ANHINGA OR CORMORANT

There are two similar birds that are found in the lakes in our community. The **Anhinga** and **Double-crested Cormorant** are frequently confused. They are both black birds that dive from the surface under the water to fish. They are also seen perched in trees with wings spread to dry their feathers in the sun. **They are completely different birds.** In this article, I'd like to



explain the differences between the two.

The **Anhinga** has a long neck and a thin pointed bill. It is sometimes called a "snake bird" because when swimming in the water, its body is

completely submerged and only his neck and head are above water. The adult's white wing feathers are easily spotted when they spread their wings to dry and the female's chest and neck feathers are lighter than the males. The Anhinga has a unique technique for fishing. The bird will dive under the water and literally spear its catch. It then swims to the surface with the fish impaled on the beak. Most times it will shake its head vigorously to flip the fish into its mouth and swallow it headfirst. Sometimes the Anhinga's strike is so powerful that it must swim to shore and attempt to pry the fish off his beak by rubbing it against rocks or the ground.

The **Anhinga** is found from Florida north to North Carolina and west to Texas. It prefers freshwater and coastal aquatic habitats such as lakes, marshes, swamps, mangrove swamps, shallow coastal bays and lagoons. It feeds mostly on fish but it will eat other aquatic animals such as insects and frogs. Because it does not have any insulating body feathers or oil coating its feather, it is necessary for the Anhinga to sun itself to warm up and dry out.

The **Double-crested Cormorant**, the most numerous and widespread cormorant in North America, is easily distinguished from the Anhinga by its bill. It is blunt and hooked at the tip. Unlike the Anhinga, its body remains above the water while swimming. The adult plumage is all black with a greenish gloss and the bare skin around its face is orange. The cormorant uses a different fishing method



than the Anhinga. It dives from the surface, chases the fish and catches it with its bill. If it is small enough, the fish is swallowed while the cormorant is still under water. Larger fish must be brought to the surface before they are swallowed.

The **Double-crested Cormorant** is found throughout Florida too. Its range is more extensive than the Anhinga and is found all through North America both inland and on the coast. It has the same habitat and diet as the Anhinga. It also must sun itself to warm up and dry out.

You can see why it is easy to confuse these two birds but I hope you now look more carefully at the diving bird in the lake or the one sunning in the tree. Ask yourself, is the bill pointed or hooked? **Pointed bill is an Anhinga and a hooked bill is a Double-crested Cormorant.** Once you've determined that, then you can look for the other identifying characteristics.



First Retreat Digital Camera Club Meeting By Gail Bjork

Twenty residents attended the very first meeting of **The Retreat Digital Camera Club**, which was held the evening of April 7th at the Clubhouse. The majority of those in attendance were novice digital camera users.

The meeting was led by Dottie and Dave Williams and Gail Bjork. Dottie explained that the club was a work in progress and asked for input from those in attendance.

After each person introduced themselves, cards were filled out to provide information about what individuals want from the club. Items that topped the list were learning more about digital camera modes and settings, how to transfer images from the camera to a computer, basic photo editing and how to improve photo-taking techniques. Many expressed an interest in taking field trips.

Gail presented a slideshow and tips about taking photos during what is known as the "**Golden Hour**," the hour before sunset and after sunrise when lighting is often breathtaking. Attendees were given an assignment to photograph a subject during the Golden Hours and take a second photo of the same subject at another time of day when lighting was less dramatic.

Dave and Gail led a question and answer period following the presentation.

The Retreat Digital Camera Club meetings are held the first Monday of each month at 7 p.m. in the clubhouse. The **next meeting is May 5th**. There will be a hands-on session going over basic camera settings and modes and a review of photos taken during the Golden Hour.

All Retreat residents are welcome to attend the next digital camera club meeting, no matter what their skill level and even if you missed the first meeting. Bring your digital camera and the manual.

For more information, email: retreatdcc@gmail.com.



Back Row: Rich Dietz, Ernie Spengler, Craig Haines, Tom Hartnett, David Greaves, Jim Roach, Dick Keough, Bob Dietz

Front Row: Dave Williams, Mandy Greaves Caponigro, Gary Goldfarb, Dottie Williams

4TH ANNUAL ELDORADO REGATTA!

By Patti Greaves

The "NEED FOR SPEED" call was once again answered on March 1 at the 4th ANNUAL ELDORADO REGATTA! No gaters this year and the beautiful pond was at its peak...Yes folks, the crowd cheered as **Ernie Spengler** rounded the last checkpoint to take 1st place in the small boat category. (Actually he was the "only" boat in the small boat category).

Large boats were summoned to the starting buoy by race chairperson, **David Greaves** in his trusty inflatable. **Jim Roach** (The Preserve) driver on record for **Dick Keough** (Retreat Drive) who was nursing a recent knee surgery, drove his boat to an unbelievable 1st place victory while **Dave Williams** brought in a close 2nd and **Ernie (Boots) Spengler** took the 3rd place ribbon with his larger boat. **Craig Haines'** entry flipped making a turn on the course and had to be retrieved by David Greaves in his inflatable. He was awarded a Participation Certificate.

In the "NITRO" boat class **Amanda (Greaves) Caponigro** came all the way from Massachusetts to drive her father's "Caribbean Cruiser" to an all time record of 59 seconds claiming the overall winner of the ELDORADO TROPHY once again returning it to the Greaves' household...no this was not "fixed". 2nd place, with seconds to spare, was the "Honorable" **Tom Hartnett** and 3rd place went to "The Rookie" **Gary Goldfarb**.

"Cranberry" was the color of the day with tee shirts presented to all the attendees by David Greaves and Tom Hartnett of Premier Rollout Awnings. **Dave and Dottie Williams** hosted this event along with their daughter, Kath and son-in-law, Craig (Executive Chef for a Wegmans Market in Pennsylvania) who served up many of his specialties.

Total count rallied about 50 spectators who donated over 100 pounds of non-perishable items to the Jesus House of Hope Food Pantry. Everyone brought various appetizers and "Adult Beverages". The party lasted well into the evening with scrumptious desserts and lots of good conversation! The mudslides were delicious!!

Next year will mark our 5th annual event, rumor has it we may have a Women's Class....are we talking **Pink Boats**?

Who says we don't know how to have fun?

(Continued from page 1) **10,000 Steps To Fitness**

goal? It would be a commitment on your part and some extra time dedicated to walking. Here are some suggestions on getting started from Shape Up America, a non-profit organization, committed to providing responsible information on healthy weight management and physical fitness.

Getting Started on the 10,000 Steps Program

- To avoid injury, work toward your goal slowly. If you have concerns about your joints discuss your exercise plan with your physician
- You need a good pair of sneakers or cushioned shoes.
- Start by wearing the pedometer each day for two weeks and go about your normal routine. Record your steps each day.
- If you feel comfortable doing so, take the highest number of steps you have walked on any given day during that period and use it as your daily

step goal. Feel free to choose a smaller number of steps as your goal, if you prefer. Aim for that goal for the next two weeks.

- At the end of that two-week period, review the number of steps you took each day and decide if you're ready to add another 500 steps to your goal.
- Continue in this manner, working up as slowly as you wish, until you reach the goal of 10,000 steps a day.
- Don't give up. It takes several months to establish new habits

Our community is a perfect place to start such a program. Where else can you work on a fitness program and at the same time enjoy beautiful surroundings? In addition, you might meet some new friends.

Note: 10,000 steps = approximately 5 miles

WOMEN'S CLUB OF THE RETREAT

By Joanne Estes and Muriel Barry

At the March 17th meeting, the members voted to support Pink Tie Friends this year. This organization helps uninsured and underinsured breast cancer victims who qualify for assistance.

How can we help?

- Encourage opening accounts with SunTrust Bank and have Bank donate \$100 to Pink Tie Friends
- Assist in obtaining sponsors and items for their silent auctions.
- Encourage donations of fashion clothes and small furniture to Bloomingdeals (consignment shop) for the Pink Tie account
- Support their gala event and volunteer at their golf tournament.

If you have any additional suggestions, please let us know.

The entertainment portion of the meeting consisted of an intriguing performance by belly dancer, **Satareh**, who appeared in a green-veiled Genie outfit in honor of St. Patrick's Day. We sat wide-eyed at her dazzling performance as she shimmied and shook her ample figure and clicked her finger cymbals to the Persian rhythms. Before long we were entranced and coaxed up on the floor to join her, whirling and twirling and having a grand old time. Some of the gals had so much fun there was talk of taking classes in the future.

The featured speaker for the April meeting was a research assistant with the **Wild Dolphin Project of Jupiter**. We heard an extremely interesting presentation.

Since this will be the last edition of the newsletter until September, we'd like to remind our members of the upcoming speakers. May will bring **Ed Wilson**, the dog obedience trainer from the Treasure Coast Humane Society, and June will be **Sean McCarthy**, an identity theft risk manager who writes for the Hometown News. After our summer sabbatical, the September meeting will feature **Vicki Davis**, Supervisor of Elections, speaking about the new voting procedures. In October, we will have **Arlene Borg**, the Grammy Guru, who we understand from the ladies at Lost Lake is quite a cut-up.

As you will read in Marlene Boobar's article in this

edition, the Women's Club sponsored a very successful CPR course, and some of the more adventuresome members ventured out on a very enjoyable kayaking trip. This event will definitely be repeated. Many thanks to the ladies who organized these special events. Coming up is the Pre-Mother's Day Brunch at the Seminole Inn on May 4th and we have a great turn out for that event.

Wishing all the members and the community at large a lovely summer and Bon Voyage to our snowbirds.



Wally and Lill Malinowski practicing their CPR skills

Heartsaver Automated External Defibrillator (AED) Class

By Marlene Boobar

The Women's Club sponsored CPR instruction with certification at the Clubhouse on March 31st and April 14th. Both classes were well attended and were open to the entire Retreat community. All who participated successfully completed the objectives and skills defined by the American Heart Association.

Individuals completing this 3-hour program are competent to perform CPR on adults, infants and children. The ABC's of CPR has been expanded to ABC and D, which is learning to use a defibrillator. Helping to assist individuals in the event of choking was also covered.

This was an excellent class organized by **Jan Kasuboske**. Instruction was given by **Rodney Robertson of Essential Medical Training**. All who attended hope they never have to use their skills; yet all feel more comfortable should the need arise to jump into action and perhaps save a life. What better feeling is that? Thank you, Jan!



Women's Club Kayak Day Trip

By Marlene Boobar

On Friday, April 11th, thirteen women ventured out to **Savannas Preserve State Park** for a morning of

kayaking! What a fun trip! And what a beautiful park, located just 17 miles north of The Retreat in Jensen Beach. Besides learning to paddle....all enjoyed nature in its pristine state along this savanna.

Bettyann Dixon suggested this trip and organized it. Volunteers instructed us in the art of kayaking, and taught us about various species of birds, insects and alligators! None of us fell in...and we all truly enjoyed this adventure!

Thank you, Bettyann!

(Continued from page 1) **Water Thrashing**

of muscle groups. Thrashing the arms about brings full range of motion possibilities as does varieties and changes of direction of gait. One can use rope skipping movement, jumping or dancing enhancing the workout with a bit of fun as well. Swimming is optional if wet hair and ears are not a worry. I suggest not using ear plugs, but a few drops of rubbing alcohol/white vinegar will prevent the painful otitis externa caused by the *Pseudomonas* bacteria which live in most waters (more likely in lakes or poorly maintained pools).

Physical therapy rehabilitation programs often utilize hydrotherapy to assist recovery after injury or surgery. Water exercise is especially recommended for arthritis as it is so much easier on joints. It is also recommended to older folks because of less danger of falls and to strengthen muscles. Unfortunately, water exercise is less effective for weight control as water diffuses the heat generated by muscle activity; so it is basically used to maintain fitness by the freedom of just thrashing about in the water--at whatever tempo, depth or whim one chooses. Water aerobic classes have been available for those who choose a more social workout, but are not necessary to enjoy the improvisation of doing a free thrashing about.

WOMEN'S CLUB INFORMATION



Friday, November 7th Clubhouse Noon
Welcome Back Tea and Fashion Show



Sunday, November 23rd Clubhouse
4-6 PM
3rd Annual "Taste of the Retreat"
Women's Club Annual Bake Sale Fundraiser
and Community Builder



Saturday, December 6th
25th Anniversary Christmas Pageant
in Ft. Lauderdale
Seating is limited...sign up now!
\$95/p incl.
Bus, Great Seats at the show and Dinner
Contact: marleneboobar@hotmail.com
Custom Tours PO Box 9314
Port St. Lucie, FL. 34985
Put: "Retreat Group" on check

For our latest charitable undertaking... **The Women's Club Outreach Committee** is starting up a food drive for the **Hobe Sound House of Hope** and would appreciate any and all non-perishable contributions from the residents. We will be collecting at the monthly meetings and will place a container in the mailroom for that purpose if it is practical. Please contact **Kay Bowen-Smith, Muriel Barry or Joanne Estes** with any questions.



The Baby

Photo by Hank Stasiewicz



A Retreat Turkey

Photo by Hank Stasiewicz

NEWS FROM OUR BOARD OF DIRECTORS

By Bill Cole

1. **Pat Pezzicola** is our Seabranh Association representative for 2008. **Dave Williams** is our alternate. **John O'Rourke**, The Preserve, is the Seabranh President for 2008, and Pat is the Vice President.
2. Speed limit in The Retreat is 25...please drive carefully.
3. Several of your Directors have been attending seminars that are given free by attorneys, CPAs, and associations. Purpose of these training sessions is to learn more about being an HOA director, HOA law, accounting, landscaping, etc.
4. Please do not put your trash out until the day of scheduled pick-up.
5. Our annual CPA audit of 2007 operating results will be mailed by the end of April. If we can help answer any questions, please ask one of your directors.
6. To our seasonal residents, have a great summer. To those of us that will be here this summer, here's hoping we have another quiet hurricane season.

Thank you all for your help and support.



CLUBHOUSE COMMITTEE

By Gail Pezzicola

The Clubhouse Committee continues to meet on the first Thursday of each month at the clubhouse at 6pm. We have recently replaced the tennis nets on our courts for those avid tennis players. The committee is working with the Board of Directors, as we secure estimates for other projects in our clubhouse and recreational areas. Information on these projects will be forthcoming. The pool was a busy place during the period of spring break. It was refreshing to hear all those little voices enjoying the water and Florida sunshine. Thank you to everyone who remember to lower the umbrellas and place the pool furniture back to its proper place. Straightening chairs and lounges every afternoon keeps our pool facility appealing. It shows that all of us take pride in our public areas.

The Retreat Clubhouse Library

Thanks to several generous Retreat residents, our Retreat Clubhouse has a nice reading library. There is no formal process—just borrow a book and return it when you are done. Paperback books are located in the cabinet to the right of the large screen television on the top shelf. Enjoy!



SOCIAL COMMITTEE

By Gail Pezzicola

The Retreat Social Committee hosted a wonderful **St Patrick's Day Event** at the Knights of Columbus in March. A huge thank you goes out to our resident Knight, **Tom Palmer**, who secured the tickets for our community. Everyone raved about the delicious food!!



Photo by Brennan Botkin

It was the first annual **Easter Egg Hunt** at the Retreat on March 22nd. Twelve children came out to hunt for over

400 hidden eggs filled with goodies. Fun was had by children and parents alike. Following the egg hunt, the children enjoyed cupcakes and juice. Finding all of those hidden eggs was hard work!!!

On **April 19th** the Social Committee hosted a **Pasta Party** in the Clubhouse. Residents enjoyed some outstanding Italian Cuisine!!

Mark your calendars for the **Jimmy Buffet Night** on **May 24th** at the Retreat Clubhouse. More information is forthcoming on the community bulletin board in the mailroom and on Channel 63.

The Social Committee wishes all the "snowbirds" safe travel home. We will be planning something special for your return in the fall.

For those residents who remain in paradise for the summer, keep your eyes peeled to the community bulletin board for summer activities in June and July. The Social Committee never sleeps!!! There are plenty of ideas that we plan to implement this summer!!!



COMMUNICATIONS COMMITTEE

By Joanne Estes

The 2008 Retreat Directories are available to all Retreat households. Please see Frank during his regular office hours to obtain your copy.

The Channel 63 TV Team asks that slides be limited to sixty words or less -- the less the better. We reserve the right to modify, edit, etc., as necessary and require at least ten days advance notice.

The ReStore

By Lill Malinowski

Habitat for Humanity of Martin County, Inc. has opened **The ReStore**. It is located at 2555 SE Bonita Street in Stuart. The ReStore sells donated building materials and household items to help fund future Habitat homes in Martin County.

Call for pick-up at 223.9940, Monday thru Friday, 9 am to 3 pm.

This is a list of items they are currently accepting, gently used, in working order:

Appliances, antiques area rugs, art, books, camping equipment, ceiling fans, children's outdoor swing sets, clocks, computers, doors, electronics, fans, fencing, flooring materials, furniture, fishing rods and reels, garden gear (pots, tools, chairs), grills, hardware items, kitchen cabinets, storage cabinets, lamps, light fixtures, lumber, mattresses, musical instruments, plumbing items, patio accessories, roofing materials, sporting equipment, silk plants, tools, TVs, windows.

Don't place your unwanted, usable items "by the curb" to fill up a land fill. Call The ReStore—you receive a tax donation and others benefit from your contribution. This is a win-win situation.

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"My doctor told me to start my exercise program very gradually. Today I drove past a store that sells sweat pants."

"My doctor told me to start my exercise program very gradually. Today I drove past a store that sells sweat pants."

TUESDAY BRIDGE WINNERS

By Patsy Shattuck

February 5, 2008

- 1 – Lena Rublowsky
- 2 – Muriel Barry
- 3 – Patsy Shattuck
- 4 – Doris Shirk
- 5 – Elaine Scanlin

February 12, 2008

- 1 – Alan Shattuck
- 2 – Louise Bendonis
- 3 – Marie Ferrandino
- 4 – Kay Bowen-Smith
- 5 – Sally Troiani

February 19, 2008

- 1 – Kay Campbell
- 2 – Mimi Brown
- 3 – John Bendonis
- 4 – Louise Bendonis
- 5 – Alan Shattuck

February 26, 2008

- 1 – Sally Troiani
- 2 – Susan Harris
- 3 – Muriel Barry
- 4 – Kay Campbell
- 5 – Stan Rublowsky

March 4, 2008

- 1 – Susan Harris
- 2 – Sally Troiani
- 3 – Louise Bendonis
- 4 – Patsy Shattuck
- 5 – Peggy Johnson

March 11, 2008

- 1 – George Harris
- 2 – Lena Rublowsky
- 3 – Kay Campbell
- 4 – Susan Harris
- 5 – Sandy Goldfarb

March 18, 2008

- 1- Susan Harris
- 2 – Louise Bendonis
- 3 – Patsy Shattuck
- 4 – Jane Schultzberger
- 5 – Sally Troiani

March 25, 2008

- 1 – George Harris
- 2 – Sally Troiani
- 3 – Laura Rothman
- 4 – Muriel Barry
- 5 – Doris Shirk

On March 25, **George Harris** had the highest score we've had. Way to go, George!

Our snowbirds are getting ready to leave so we will have some vacancies for the summer. We have **GREAT FUN**. So if you want to join us, call Patsy Shattuck at 546.2011.

TEACHERS, MAY I HAVE YOUR ATTENTION, PLEASE?!?!?

YOU, yes YOU, will be the theme for our next newsletter, the September/October 2008 issue!!!! Please let us know what subjects you teach/have taught, in what states, for how many years, and your most rewarding teaching experience. You can turn in an outline or a couple of paragraphs, you don't have to write in complete sentences, spelling must be correct, and you cannot copy from someone else. You must turn in your work by August 15th. Thank you!

RETREAT BOARD OF DIRECTORS

President	Bill Cole	546.5353	wcole2b@yahoo.com
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Secretary	John Galiher	546.8869	ourszygy@bellsouth.net
Treasurer	Susan Hemmer	349.0030	syacht@comcast.net
Director at Large	Dave Williams	546.3866	davrep@comcast.net

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Observe the 25 mile per hour speed
limit throughout The Retreat.

FROM YOUR RETREAT NEWSLETTER STAFF

WE HOPE YOU ARE ENJOYING THE RETREAT
NEWSLETTERS. IF YOU HAVE ANY
SUGGESTIONS FOR FUTURE THEMES OR
OTHER IDEAS TO IMPROVE OUR
NEWSLETTER, PLEASE LET US KNOW.

AS IN PRIOR YEARS, WE ARE TAKING A
BREAK FOR THE SUMMER. THE NEXT
NEWSLETTER WILL BE THE SEPTEMBER/
OCTOBER 2008 EDITION. THE DEADLINE
IS AUGUST 15TH. STAY SAFE, STAY
HEALTHY AND HAVE FUN!!!

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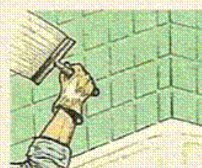
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