



The Retreat Newsletter

May/June 2006

Volume 3, Issue 3



NATURE IN THE RETREAT



RETREAT LAKES STOCKED

By Bob Troiani, Lakes Committee

Bob Troiani stocking a Retreat lake with fish. The ten Retreat lakes were stocked with 1-inch to 2-inch fish on Wednesday, March 22. Stocking is done once a year. **Adam Grayson of Allstate Resource Management** arrived at about 8:00 am with a pick-up truck containing four fifty-gallon aerated containers of fish. Four types of fish were in the containers. There was an equal distribution of large-mouth bass, blue gill, catfish, and mosquito fish. These fish were scooped out in a 5-gallon container and added to each lake distributing them proportionally based on lake size.

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AN UNEXPECTED VISITOR

By Lucille Sanchez

About six months after moving into the Retreat, my next door neighbor, Mary Paukstys, and I were on the phone when in the background I could hear her husband, Ron, calling her. Completely ignoring him, we continued our "very important" discussion until Ron's calling got increasingly louder. Mary finally asked him what he wanted; she then starting yelling,

(Continued on page 7)



IS THAT SMOKE I SMELL?

By Dave and Jody DeMeyere

When most of us think of wild fires, we think of huge walls of flames. Fear grips us. The media has *fueled* this perception by showing us footage of outrageous wild fires. They talk about the millions of acres *lost* to or *destroyed* by fire. They mention the millions of dollars we spend to *fight* fires. They have led us to believe that all fire is bad. Yet, throughout the world and especially here in Florida, fire is not the demon it is made out to be. The land and vegetation have evolved with fire and in many cases need fire in order to regenerate. In fact, there are many benefits from a healthy fire regime of frequent, low intensity fires.

Although many people see an area that has recently burned

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BOARS ARE NOT BORING

By Bonnie Becker

A few weeks ago as I was leaving a property in Lost Lake with customers, I looked down the street and saw what I thought were two large dogs walking unattended across the street. As the animals passed in front of the light, I could make out two snouts and two skinny tails. These were not dogs! These were pigs!

We drove up the street to get a closer look and there they were. Two young wild boar, black, fuzzy and very cute, rooting up someone's lawn as if they did not have a care in

(Continued on page 5)



GREAT BLUE HERON

The great blue heron lives in and around salt and freshwater environments.

They are blue gray in color with a black stripe above each eye extending to the back of the neck as a plume. Black streaks occur on a white foreneck. The bill is long, large and yellowish. The legs are long and grayish with reddish thighs.

Great blue herons are between 38 and 54 inches in length. Males are slightly larger than females. They have a wingspread of up to 6 feet and weigh between 5 and

Photo by Jody DeMeyere—great blue heron in a Retreat Lake

8 pounds.

Sixty-nine percent of new born great blue herons die in their first year. Two of the oldest known great blue herons have lived 23 years, 3 months and 20 years. Their cruising speed is between 19 and 29 miles per hour. Great blue herons eat fish, frogs, salamanders, snakes, small mammals, land insects, birds, and some plants.

Source: <http://www.geocities.com/Heartland/5960/bheron.html>

WILMA LEAVES HER MARK

(Photos by Marlene Boobar)

Left picture, a Retreat scene after Wilma stuck.

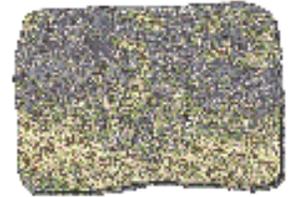
Right picture, Scene along Seabbranch...such a beautiful day it was after Wilma left her mark.



NIGHT SKY IN THE RETREAT



This is a familiar scene in the Retreat: egrets, ibis, and wood storks feeding along the shores of Retreat lakes.



The **anhinga** is a water bird. It does not have oil glands for waterproofing its feathers like most water birds. When it goes swimming, its feathers get wet. This helps it dive and chase fish underwater. However when it is above water, it must spread its wings to dry in the sun. It can fly with wet feathers but not as well.

The adults have beautiful white feathers. The long tail has given the anhinga the nickname, "water turkey." It is also known as the snake-bird because of its snake-like neck. The female anhinga is easy to spot. Her neck and chest feathers are much lighter in color than the male.

The anhinga spears his prey with his pointed beak like an arrow. Sometimes the anhinga's thrust is so powerful that the anhinga has to swim to shore and pry the fish off his beak by rubbing it against a rock.

Source: <http://www.miamisci.org/ecolinks/everglades/anhingainfo.html>



FALL IN THE RETREAT

By Marlene Boobar

View of the preserve behind 8550 SE Retreat...toward Angelina. Wow! How beautiful this view is which was taken in mid November. The colors are reminiscent of fall foliage from up north...minus the cold temperatures. Nature at its finest.



This common mud turtle was recently seen trying to cross Hawks Nest Court. Photographer and rescuer, Wally Malinowski, picked up the turtle and placed him/her in a safe spot.



CONTAINER GARDENING

This Florida pineapple was grown by Hilary Kozlowski in a pot on his lanai. The orchid above is part of Hilary's lanai garden. The bromeliad on the right grows in a container on the Malinowski lanai.



Photo taken by Jerry Blumengarten

SAND HILL CRANE

Identification Tips:

- Length: 37 inches Wingspan: 80 inches
- Large, long-legged, long-necked bird
- Long, pointed bill
- Holds neck straight both at rest and in flight, not tucking it in like herons do
- Dark gray legs extended in flight
- Long, fluffy tertials droop down over tail and primaries

Adult:

- Dark bill
- Unfeathered red crown and lores
- Entirely gray plumage, that often becomes stained with rust or brown, especially about the back and wings
- Whitish cheeks and chin

Juvenile:

- Feathered crown
- Gray-brown plumage mottled with cinnamon

Source: <http://www.mbr-pwrc.usgs.gov/id/framlst/i2060id.html>



The Recommended List of Shrubs, Trees, and Palms for The Retreat

Received from our Landscaper, *Concepts in Greenery*

Shrubs/Trees:

Alamanda, Arbizola, Firebush, Hibiscus, Holly, Ilex, Indian Hawthorne, Ixora, Juniper, Live Oak, Ornamental Grasses, Podocarpus, Powder Puff, Snow Bush, Vibernums

<u>Palms – Large Variety</u>	<u>Growth Rate</u>	<u>Mature Height</u>	<u>Disease Susceptibility</u>
Alexander	20 feet	Medium	Easy to grow
Christmas/dwarf royal	15 feet	Medium	Lethal yellow
Foxtail	30 feet	Fast	Easy to grow
Pindo	20 feet	Slow	Watch for scale
Sabal or cabbage (native to FL)	40 feet	Slow	Easy to grow
Spindle	20 feet	Slow	Lethal yellow
Thatch – (native to FL)	20 feet	Slow	Easy to grow
<u>Palms – Smaller Variety</u>			
Cat Palm	5-6 feet	Medium	Easy to grow
Roebellini	3-5 feet	Slow	Easy to grow



Pen and ink drawing by Marsha Levine

Replace palms with the same number keeping the original DiVosta design. For example for a three tree palm pattern, two of the palms will consist of two of the palms from the large trees and the third palm can be from the smaller palm variety. Plantings must be from the suggested list. Replacement palms need to be purchased in 25-gallon pots or larger.

All plantings in the front, side, and rear yards need to be approved by the Landscape Committee prior to installation. No landscape approval is needed for annuals that are planted in existing beds and can be planted during their growing season. They must be maintained by the property owner. Note: any new beds need Landscape Committee approval.

VENOMOUS SNAKES

Information provided by Allstate Resource Management

The following are venomous snakes found in the Southeastern United States—all have been found in Florida:

- **Copperhead**—Appears in almost any setting, from lowland areas to rocky uplands.
- **Timber/Canebrake Rattlesnake**—Lowland pine flatwoods and swamp edges.
- **Pigmy Rattlesnake**—Normally in or near wetland areas, but can be in almost any habitat.
- **Coral Snake**—Spends much of its time buried underground in leaf litter, soil, or under logs.
- **Cottonmouth**—Usually found near or in the water in swamp and Wetland areas.
- **Eastern Diamondback**—Palmetto scrub, pine flatwoods, and dry upland areas.

What **NOT** to do if bitten by a venomous snake:

- DO NOT panic. An accelerated heart rate speeds up the flow of blood and allows the venom to travel faster through the body.
- DO NOT attempt to kill or catch the snake when identifying it. The snake has venom and can bite repeatedly, causing greater harm.
- DO NOT cut the bite.
- DO NOT suck the venom in your mouth.
- DO NOT use a tourniquet.
- DO NOT use electrical shock to try and stop the venom.
- DO NOT use cold or hot packs.

USE EXTREME CAUTION WHEN AROUND VENOMOUS SNAKES!

(Continued from page 1) Bores Are Not Boring

the world. Although I have heard that there are wild boars in our Preserve, I had never seen any. Since these appeared to be young, they no doubt had parents nearby. I decided to find out more about these neighbors of ours and did a little research. This was what I found.

The Florida wild boar (hog) is the classic American razor-back. Wild hogs are now found in every county in Florida and in at least 35 states. Florida, second only to Texas, is estimated to have 500,000+ wild hogs. Boar are not native to Florida but are thought to be descendants of pigs that Spanish explorers brought with them when they first came to this country. Some of the highest densities of hogs in Florida can be found north and west of Lake Okeechobee in areas with large forested tracts, dense vegetation, and limited public access. This sounds like Martin County!

All wild hogs have an excellent sense of smell and good hearing, but relatively poor vision. Wild hogs make a variety of sounds, including an alarm grunt given by the first hog to sense an intruder that causes a flight response by the rest of the herd. Wild hogs also communicate through scent posts (typically trees) that are often also used for body-scratching and rubbing. Wild boars adore the water and mud. Hogs don't sweat, so water cools them and mud protects them from insects and parasites.

Wild hogs favorite food is acorns, which we have lots of in The Retreat. Hogs are not generally thought of as predators, but they are. They prey on reptiles (including rattlesnakes), amphibians, birds and their eggs, insects, worms, and any smaller mammal, dead or alive.

In Florida, wild hogs breed year round with peaks in the breeding cycle during fall and spring. Sows produce a "nest", which is usually a shallow depression in the ground. Sows can produce two litters of usually five to seven piglets per year. It may take three to five years until a hog is fully grown. Under good conditions, wild hogs usually live four to five years, with some living eight+ years.

Finally, hogs can be dangerous. Wild hogs prefer to run and escape danger. However, if injured, cornered, or with young they can become aggressive, move with great speed, and cause serious injury mainly with their tusks. So if you do run into "cute little piglets" eating acorns on your lawn, it is best to stay away from them. They may have a 200 pound parent lurking in the background.

Happy Mother's Day May 14th

Happy Father's Day June 18th

BOBCATS



While walking on Eldorado one morning, Mary Paukstys spotted a family of six bobcats crossing Eldorado to the preserve on the other side. Shortly afterward, a few of them crossed again.

Bobcats range in length from 25 to 30 inches, not counting their stubby five inch tails. They average 15-25 pounds in weight, with males being slightly larger. The felines bear retractable claws of fur between their paw pads. They sport 28 teeth, including two pairs of sharp cutting teeth. The cats have two color phases: a tawny-gray phase in winter and a reddish-brown one in summer. They also have tufts of hair along their ears that aid them in hearing. Their hind legs are especially adapted for springing into quick bursts of speed.

Bobcats maintain and defend their ranges with the use of territorial markers. These include urine, feces, scrapes and tree scratches along the perimeter and interior of their ranges. In Florida, they seem to prefer pine flatwoods for dens where they can remain hidden and protected from the elements. Open grassy edges between flatwoods and hardwood swamps offer places for bobcats to stalk prey emerging from two separate ecotones.

ARMADILLO

The armadillo is an armored mammal related to anteaters and sloths. The peba, or nine-banded armadillo, is found in South and Central America and in Texas, southern Oklahoma, Louisiana, Arkansas, Mississippi, and parts of Florida. They vary in size from the giant armadillo, which is almost three feet long excluding the tail, to species only about six inches long when fully grown.

The layer of horn (hard material derived from hair) and bony plates that protect the animal against predators is formed by the ossification of the greater part of the skin. In some species, even the tail is so protected. In most species, the shoulders and rump are each covered by a single large shield, and the middle of the body is covered by transverse bands that are movable and articulated, so that the animal can contract and curl up to cover its unprotected abdomen.

Despite short legs, the armadillo moves relatively quickly, and with its strong feet and thick claws it can burrow with considerable speed. It is nocturnal in habit and feeds on insects and worms and sometimes on carrion. The flesh is palatable and is used for food.

Source: <http://library.thinkquest.org/11922/mammals/armadillo.htm>

USEFUL COMPUTER LINKS

By "Cybrary Man" aka Jerry Blumengarten

www.cybraryman.com

NATURE LINKS

"Joy in looking and comprehending is nature's most beautiful gift."
Albert Einstein

"Keep your love of nature, for that is the true way to understand art more and more." Vincent Van Gogh

Jonathan Dickinson State Park

Located in our backyard, this park teems with wildlife in 13 natural communities, including sand pine scrub, pine flatwoods, mangroves, and river swamps. The Loxahatchee River, Florida's first federally designated Wild and Scenic River, runs through the park. Ranger-guided tours of the 1930s pioneer homestead of Trapper Nelson are available year-round. Visitors can enjoy paved and off-road biking, equestrian, and hiking trails. Boating, canoeing, and kayaking along the river are also great ways to see the park. Anglers can catch freshwater fish along the riverbank or from a boat. The park offers two full-facility campgrounds and a youth/group primitive campground. Visitors can arrange boat tours of the river and rent canoes, kayaks, and motorboats by calling 772.746.1466. Located 12 miles south of Stuart on U.S. 1.

<http://www.floridastateparks.org/jonathandickinson/default.cfm>

National Geographic Online

We grew up enjoying reading National Geographic magazine. Now you can explore National Geographic Online. A world leader in geography, cartography and exploration.

<http://www.nationalgeographic.com/>

Planning a trip to the Keys check out:

[Florida Keys @ nationalgeographic.com](http://www.nationalgeographic.com/FloridaKeys)

Naturescene Interactive is a virtual tour from a wide selection of nature spots across the country. Naturalist [Rudy Mancke](#), host [Jim Welch](#), and photojournalist [Allen Sharpe](#) show us places we might never get to visit and what we might not notice if we didn't know what to look for. Explore the fascinating relationships of nature with your very own NatureScene personal guides. The Florida nature spots that are highlighted include the following: Big Cypress Swamp, Everglades National Park, Paynes Prairie State Preserve and Sanibel Island.

<http://cfmedia.scetv.org/naturescene/>

Nature Songs

These pages provide samples of various natural sounds and photos, promote nature recording and archiving, and provide a library of sounds that people can refer to when they hear something new.

<http://www.naturesongs.com/>

RETREAT'S CYBRARY MAN, JERRY BLUMENGARTEN



Congratulations to **Jerry Blumengarten** who recently received the 2006 Top Online Educator Award! For more on that, go to:

<http://surfaquarium.com/TOE/2006/jblumengarten.htm>

Jerry was also included in the 2006 Edition of *Who's Who in America*. CONGRATULATIONS, JERRY!!!

(Continued from page 1) Retreat Lakes Stocked

Fish stocking in our relatively new lakes is essential to maintain a good balance between bait fish, fish, birds, and insects. Abundant fish in our lakes also serve as an indication of water purity. Fish can't survive in contaminated water.

BUSCH WILDLIFE SANCTUARY

The Busch Wildlife Sanctuary is a non-profit, education-based, injured wildlife care facility. It is dedicated to bringing wildlife and people together to develop community awareness of the value and diversity of Florida's natural resources. The facility is located on the property of the Loxahatchee River District, which provides a unique opportunity to experience native Florida wildlife and natural ecosystems up close. There is an education center with a resource library, an outdoor amphitheatre, and an animal hospital which treats over 3,500, injured animals annually.

The Sanctuary is dedicated to providing learning experiences about Florida's wildlife through tours of the facility, as well as off-site programs which reach more than 75,000 school children each year. Each day students, community and civic organizations, scout groups and special interest groups visit the Sanctuary to learn about wildlife. All of the resident animals at the Sanctuary were injured or orphaned and due to the severity of their injuries can not be returned to the wild. The animals are visual aids and valuable teaching tools that offer a wonderful experience in learning about nature. Sanctuary residents range from the American Bald Eagle, Florida Panther, American Alligator, Great-Horned Owl and many more. Click www.buschwildlife.com and visit the Busch Wildlife Sanctuary web page for more details, or call 561.575.3399.

This is a wonderful place to take your company. There is no admission charge but donations are graciously accepted. The Sanctuary is located in Jupiter. Check the WEB site for directions.



Happy 4th of July

(Continued from page 1) Is That Smoke I Smell?

as unsightly or ugly, the blackened soil is one of the benefits of a fire. Minerals that were once locked within plant materials are released in the form of ash and smoke. As the sun hits the black soil, it warms it. New plant growth quickly takes advantage of this warm, nutrient rich soil. Seeds and rhizomes (*root like stems*) that remained alive underground, sprout quickly. In some cases, only a few days after the area has burned. Some species of pine trees need the heat from a passing wild fire to allow their fallen pine cones to open, thereby releasing their seeds. Without the heat from a fire, they can not regenerate. Healthy trees are able to withstand a passing fire because of their bark. Bark is able to deflect the heat of a fire and allow the tree to survive even if everything around it has burned.

This new plant growth attracts a wide variety of animals to the area, such as deer, small mammals, and insects. They feed on the nutrient rich new growth made available because of the fire. This in turn, attracts their predators, including panthers, reptiles, songbirds, and raptors, making a recently burned area abound with diverse wildlife.

Contrary to what the media has led us to believe, animals are rarely killed by a passing wild fire. Like the vegetation, animals have also evolved with fire. They have developed ways to avoid it. Amphibians, reptiles, and some small mammals will commonly burrow underground to avoid the flames. Larger animals will run from the area when they smell smoke or see flames. Animals seem to have a sixth sense and know when a fire is approaching.

When fire has been excluded from an area for a long period of time, the natural fire regime is disrupted. This can result in intense fires that are difficult to control and have negative effects on plant, animal, and human populations. This occurs due to the buildup of fuels (*ex. grass, shrubs, woody material, etc.*). When too much fuel accumulates in the forest, fires will burn very intensely. This can sterilize the soil, killing the seeds and nutrients in the ground. In addition, the exclusion of fire allows vegetation to grow to a variety of heights producing a ladder effect. This fuel ladder allows a ground fire to quickly climb to the tops of mature trees and kill them.

Fast moving, intense fires are very difficult to control and can result in the loss of property and homes. These negative effects can be avoided with a natural fire cycle of frequent, low intensity fires. Land managers attempt to mimic the natural fire regime through a process called **prescribed fire**. Prescribed fire is when a fire is intentionally set in order to attain specific goals. These goals could be to stop the spread of invasive species, provide quality habitat for wildlife, or reduce the build up the fuels.

So the next time you smell smoke, don't let fear paralyze you. Remember fire can be beneficial to plant, animal, and human populations.

Dave and Jody DeMeyere live in Alaska and work in the field of fire management. They are the daughter and son-in-law of Wally and Lill Malinowski.

Remember fire can be beneficial to plant, animal, and human populations.

(Continued from page 1) An Unexpected Visitor

"Ron says there's an alligator at our front door!" Of course I said, "You're kidding!" but called my husband, Pete, and ran next door bringing along some other neighbors who were outside. There was a two and a half to three foot gator in the Paukstys' alcove (the gator probably knew Ron was a gourmet cook and was trying to look in the glass door to see what was for dinner). Ron and Mary came out from their garage--Ron armed with a broom trying to push the gator toward the preserve out back. Everyone was giving Ron advice and my husband was laughing so hard that the gator "somehow" ended up by "our" downspout (pictured). Eventually he meandered back toward the preserve, probably to tell Momma about these crazy humans who had invaded their territory!



THE FLORIDA PANTHER

STATUS: Endangered.

DESCRIPTION: One of 30 cougar subspecies, the Florida panther is tawny brown on the back and pale gray underneath, with white flecks on the head, neck and shoulder.

SIZE: Weight: males, up to 130 pounds; females, 70 pounds.

HABITAT: Cypress swamps, pine and hardwood hammock forests.

RANGE: Originally from western Texas and throughout the southeastern states; now found only in Florida.

FOOD SOURCE: Mostly white-tailed deer, sometimes wild hog, rabbit, raccoon, armadillo and birds.

POPULATION: 30-50 individuals.

BEHAVIOR: Solitary, territorial, often travel at night. Males have a home range of up to 400 square miles and females about 50-100 square miles.

REPRODUCTION: Reach sexual maturity at about 3 years. Mating season is December through February. Gestation lasts about 90 days and females bear 2-6 kittens. Young stay with mother for about 2 years.

NEWS FROM OUR BOARD OF DIRECTORS

By Bill Cole

- ⇒ Sprinkler system repair/rebuild is a work in progress. There are seven distinct zones—one zone (Eldorado and Hawks Nest) has been completed and is in the testing stage.
- ⇒ Engineering/legal/financial issues still in negotiation with DiVosta Homes.
- ⇒ Congratulations and thank you to the Relay for Life Retreat Team.
- ⇒ Clubhouse thermostats have all been replaced to hopefully eliminate constant temperature fluctuations.
- ⇒ No plantings will be done on common area in The Retreat or on Seabranche Boulevard until after hurricane season.
- ⇒ Your Association is running on budget year to date
- ⇒ Bill Cole has been elected President of the Seabranche Boulevard Property Owners Association. This is the master association with seven member communities that maintains the vegetation on all of Seabranche Boulevard from The Retreat to Federal Highway. Martin County maintains the road and street lights.
- ⇒ Safe journey to our seasonal residents. Hurry back to The Retreat.

RETREAT COOKBOOK

This cookbook is sponsored by The Women's Club but it will be representative of the entire Retreat Community. The cookbook will be available for purchase this fall--just before the holidays. What a wonderful stocking stuffer--especially with your recipes in it!

Please support the Women's Club in this effort. Proceeds from the cookbook sales will go to fund Women's Club activities, in particular the charities that the Women's Club supports. You don't have to belong to the Women's Club. The only requirement is that you are a Retreat resident.

The last day that you can input your recipes is May 1st. Join us in making the Retreat cookbook something we will all treasure for many years. For more information, contact Marlene Boobar at 545.1043.



COMMUNICATIONS COMMITTEE

The Retreat Newsletter

The Retreat Newsletter is published every other month excluding July/August. If you are out of town and want to read the newsletter as new issues are published, there are two ways to do this. If you have Internet access, go to our Retreat WEB site: www.retreatatseabranche.com.

If you wish to have the newsletter sent via the US Mail, contact Lydia Keller at 545.7142. The cost is one dollar for postage and handling for each issue you wish to receive. Also, provide address label(s). Thank you, Lydia, for providing this service to our traveling residents.

The Retreat Directory 2006

The Retreat Directory will be available to all Retreat residents the first part of May. Please watch the bulletin board for the exact dates and times when Directories will be distributed. After the initial distributions, you can obtain your copy of the Directory from our Office Manager, Gina, during her regular business hours (see page 13 for office hours).



SOCIAL COMMITTEE

By Sandy Morrow



The **St. Patrick's Day event** was a big success. Many Retreat residents had a grand time.

"A Taste of Italy" will be held April 22, 2006, 6 to 9 pm, at the Clubhouse. Everyone is invited. Bring your favorite Italian dish (serves 6 to 8) for the pot luck table along with your beverage of choice. Paper products and utensils will be provided.

The **Kentucky Derby Party** will be May 6th. Any questions, call me at 545.1936.

RESIDENT SECURITY INFORMATION

If you leave your Retreat home for an extended time period, please fill out a **RESIDENT SECURITY INFORMATION** form. The form is located on our WEB site under "HOA Forms," in the Retreat Office, and on page 9 of this newsletter. The completed forms will be secured in the Retreat Office. This provides the management team with vital information in case there is a problem with your home while you are away.

THE RETREAT AT SEABRANCH HOMEOWNERS ASSOCIATION

RESIDENT SECURITY INFORMATION:

PLEASE PRINT

Name (Last): _____ (First): _____

Name (Last): _____ (First): _____

Local Street Address: _____

Phone Home: _____ Work: _____ Other: _____

Away Address: _____

Away Phone #1: _____ #2: _____ #3 E-Mail: _____

NAMES OF FAMILY MEMBERS RESIDING AT HOME:

ACCESS TO RESIDENCE/PROPERTY:

Please check all appropriate boxes for each individual allowed entry to your home or property:

Box 1: Key holder to your residence			
Box 2: May be given key to your residence held by Security	[1]	[2]	[3]
Box 3: Automatic entry without resident notification			

Pest Control Name _____ [] [] []

Pool Maintenance Name _____ [] [] []

Domestic Employee Name _____ [] [] []

Cleaning Service Name _____ [] [] []

Others (Please indicate name and/or company where appropriate):

_____ [] [] []

_____ [] [] []

EMERGENCY CONTACT:

Name: _____ Phone: _____

Address: _____ Has Key: Yes [] No []

SPECIAL INSTRUCTIONS FOR SECURITY PERSONNEL:

Homeowner/Resident Signature: _____ Date: _____

Homeowner/Resident Signature: _____ Date: _____

Changes can be made in writing at any time—Contact Property Manager

MANAGERS' MESSAGE

By Steve Schuilli , LCAM and
Gina Cotto, LCAM

Your Management Company, *Capital Reality Advisors*, and The *Retreat Board of Directors* would like all residents to be aware of the subjects below and to understand the reason we ask for your cooperation.

1. Know where your property boundaries are and where Retreat Common Land is located. The sidewalks and grass area between the sidewalk and the street edge are Common Land. Even the street end of the driveways is on Common Land. Please do not park a vehicle across this area for more than an hour or two. It creates landscape maintenance problems, possible sprinkler damage, and is inconvenient to our many residents who walk in the community. Also, reflectors, solar lights, flowers or recreational equipment should not be placed anywhere in the Common Land areas.
2. **Concepts in Greenery**, our landscaping company has advised us that there is a growing trend to install low voltage lighting or small plant hangers in the grass area along the sidewalks that run the depth of our homes. All such items must be located within planting beds and not in the grass. Placing them outside the planting beds interferes with lawn maintenance and trimming and can easily result in damage to these items via weed-whackers and mowers. Concepts is not responsible for any damage that may result to items located outside the planting beds. Additionally, increased costs could be generated from the extra time landscape personnel need to trim around items and all residents would pay these added expenses.
3. Do you know that our preserve area (all that lies within the Retreat fenced area) is our responsibility to maintain and keep free of excess exotics? We have hired **Allstate Resource Management Company** to see that these properties are maintained. We are pleased that they have been doing a great job in looking after our interests. You should also know that our preserve area (inside the fence) and the preserve areas beyond the fence are regulated by Martin County, South Florida Water Management, the Army Corp of Engineers and the Conservancy District. Our Association must submit monitoring reports along with pictures and proper documentation on a regular basis to these various agencies. They have the right to come in and observe our compliance whenever they want and have been here several times to check on things. Preserve areas, lake littoral platforms and upland planting areas must not be interfered with or altered by residents by dumping of dirt and cuttings into these areas. It is not their property or responsibility. Violations in or to these areas may result in significant fines by these governmental agencies. The Retreat Homeowners Association would have to pay these fines.

RELAY FOR LIFE 2006



The Retreat Remembers... Team



Becky and Lill

Photos by Jim and Carol Stone

Thank you to all of you that participated in The Retreat Remembers... Relay for Life 2006 team! We earned just over \$5,000 for the American Cancer Society. What a wonderful success!

Thank you to all that helped in numerous ways:

- Offering your homes for the Holiday Home Tour
- Baking and/or working the Bake Sales
- Offering items, working, and/or purchasing books at our successful Book Fair
- Selling and/or buying cancer bracelets
- Selling and/or buying the Retreat logo shirts, caps, and visors
- Providing financial support by purchasing Stars and Moons and Luminaries
- Providing financial support via your generous donations
- Walking MANY laps at the Relay
- Participating in the Survivor Lap
- Setting up and breaking down our camp site at the Relay--and what a site that was!
- Offering and/or buying Silent Auction items for the Relay
- Creating, duplicating, and/or passing out cancer information at the Relay

We thank our Board of Directors for supporting us by allowing us to use the Clubhouse for our fundraisers.

**Hopefully we will all celebrate
INDEPENDENCE FROM CANCER soon!**

RECIPE CORNER

Artichoke & Roasted Red Pepper Frittata

Received from Lynn York

12 Eggs slightly beaten
Sea salt and pepper to taste

½ cup sour cream

1 can artichoke hearts, drained and sliced or chopped

1 small jar roasted peppers (you can use your own roasted peppers)

2 tablespoons finely chopped Italian parsley

½ cup grated parmesan cheese

Directions:

Heat oven to 350 degrees.

Mix the first 5 ingredients in a bowl and stir.

Turn into a 11 x 13 rectangle pan.

Mix ½ the parsley with the parmesan cheese and sprinkle on top of the ingredients in the pan.

Bake until eggs are firm or until knife comes out clean.

Cut into wedges and serve with your favorite fruit.

Garnish with remaining parsley.

Serves 6 to 8.

Chef Harvey's Recipes

From the Kitchen of Hank Stasiewicz

Smoked Mackerel Pate

1 lb smoked mackerel or any smoked "white" fish

12 oz. Philadelphia Cream Cheese

2 TBS horseradish – hot style

¼ cup Mayonnaise - if the fish is very dry, add more mayo

1 TBS fresh lemon juice

1 to 2 TBS Worcestershire sauce or to taste

1 Tsp garlic powder or to taste

1 Tsp fresh ground black pepper or to taste

Coarse salt to taste

2 stalks scallions, green part only, cut in small rounds

Method:

Cut the smoked fillets lengthwise along the centerline and trim and discard the dark meat. Bone the mackerel twice to make sure you remove all of the bones, shredding the meat as you go.

Place half of the fish into a food processor and using the "pulse" feature, reduce all chunks to a fine shredded consistency. Be careful not to over pulse or it will turn into a paste. Repeat with remaining fish.

In a medium mixing bowl, cream the cream cheese.

Add all ingredients EXCEPT the smoked mackerel and scallions and mix well.

Fold in smoked mackerel and scallions. Serve with assorted crackers, toasts and fresh fruit.

Bon Appetit



Intermediate Bridge Class - April 2006

Seated: Lois McGill, Muriel Barry, Sally Troiani (Instructor)

Standing left to right: Bea Kozlowski, Doris Shirk, Ali Kuron, Lena Rublowsky, Anne Falcone, Louise Bendonis, Sandy Goldfarb, Geri Strong, Susan Behn, Stan Rublowsky, Alice Bernhardt, Barbara Nappen, Ann Condon.

Photo taken by Hilary Kozlowski



BRIDGE

By Sally Troiani

The game of bridge is alive and well at The Retreat. There are several options for play locally. For those who are looking for a good afternoon of intermediate bridge playing, Tuesdays from 1pm to 4 pm at the clubhouse is for you. If you are looking to brush up on your skills or if you are a beginner, Thursday afternoons from 1 pm to 4 pm would be your suitable time to play. Patsy Shattuck coordinates the Tuesday play, and Alice Bernhardt handles the Thursday group. Call these ladies if you are interested in playing. Men and women play in each group.

Currently a series of lessons on bidding is being offered on Thursday morning from 10 am to noon. Sally Troiani is the teacher of these lessons. Call her if you are interested in attending. All residents are welcome.

CONGRATULATIONS !!!

The American Contract BRIDGE league presented LIFE MASTER Certificates to *Marie Hutchman Jarvis and Kingsley Jarvis* in recognition of outstanding achievement in bridge competition this year in Orlando Florida. Congratulations, Marie and Kingsley!

WOMEN'S CLUB OF THE RETREAT



2006 Women's Club Officers

Barbara Farley, Secretary
Karin Ryan, President
Martha Tarquine, Vice-President
Virginia Darcy, Treasurer

Please join us for our monthly meetings—the third Monday of each month, 7 pm at the Clubhouse. Upcoming meeting dates are: May 15, June 19, July 17, and August 21.

The next Women's Club luncheon will be held Friday, April 28th, at noon at Renato's Italian Restaurant at Harbor Bay Plaza in Sewall's Point. Included will be a fashion show. Tickets are \$19 which includes tax and tip. Tickets will be sold at the Clubhouse on Saturday, April 22, from 9 am till noon. For more information, contact Pat Keir at 546.3099. Please join us!

The Women's Club—Outreach Committee

By Marlene Boobar



The Outreach Committee of the Women's Club has been very active this winter. Accomplishments include:

- 37 hand painted bags filled and donated to the children of **SafeSpace Shelter**
- 48 Teddy Bears obtained and then donated to the children of the **SafeSpace Shelter**
- 75 Activity Boxes filled and donated to **The Red Bench Literacy**
- 100+ project Hours of volunteer service to the Library of **Hope Rural School**
- 100+ items donated in the March 20th collection for **SafeSpace Shelter**
- 1,000+ Box Tops for Education donated to the **Hope Rural School**

*Thank you, Thank you, Thank you, Thank you,
Thank you, Thank you, Thank you, Thank you!*



Teddy Bears, Teddy Bears, Teddy Bears That Care

Women's Club members are shown here "bagging" **Teddy Bears** which say on each shirt that "**Someone Cares.**" The outside of each bag states that each bear has been donated with love by the Women's Club of the Retreat. It was Sandy Goldfarb who initiated the contact with the Teddy Bears That Care Program, which resulted in the club receiving a total of 48 bears. Children, coming to the SafeSpace Women's Domestic Violence Shelter most often do not have any personal items with them when they arrive. Having a Teddy Bear to hold and hug can bring great comfort to a small child whose life has just been totally disrupted. A supply of Bears will continue to be delivered to the SafeSpace Women's Domestic Violence Shelter throughout the year. On-going small donations for the Shelter may be dropped off at: Travel Plus Travel Agency (beside Sammy J's). For more information about donating or volunteering at the Shelter, call 772.288.7023.

SafeSpace Women 's Shelter Collection

The Women's Club of The Retreat sponsored a large collection for the **SafeSpace Women's Shelter** this past March. It took two trips for the shelter's van to pick up all of the items that were so generously donated the evening of March 20th. In addition to that evening's collection, Joy Currier, Dona Ryan, and Martha Tarquine collected some additional monies from others and then, mostly from their own personal funds, generously donated cribs and other necessary children's items that the shelter so desperately needed. These women and so many other women of The Retreat consistently give of their time and talent and their funds for the projects that the Women's Club and Community have initiated. Thank you all for your generous contributions.

MORE PETS IN THE RETREAT



Our Portuguese Water Dogs

By Gary and Sandy Goldfarb

Gimlet, age 13 and Quincy, age 8 are Portuguese Water Dogs known as "Cao de Aqua" or dog of the water. Part of the

Working Dog Class, these dogs were used by fisherman to carry messages between boats and retrieve broken nets and tackle. The breed actually has a webbed foot to assist them in the water. Their tails act as a rudder. Quincy loves to swim but Gimlet is a typical woman who hates to get her hair wet. These strong, robust, medium-sized dogs have a non-shedding coat that is either curly or wavy and come in brown, black and white or combinations of black and brown and white

Gimlet is a certified therapy dog who for years worked with me in the public school system where I was an elementary guidance counselor. I capitalized on her unconditional love to help with shy, insecure and withdrawn children. She spent time in classrooms with emotionally disturbed and learning disabled children. We conducted dog safety programs together for students in grades K-1.

After I retired we did volunteer work at the Salem Public Library in Pennsylvania where we were part of a program called Reading Education Assistance Dogs (R.E.A.D.). Children with reading problems would come to the library and read to her. This program improved confidence and self-esteem, gave kids pride in their accomplishments, and presented an environment which was non-judgmental, respectful and kind.

The Portuguese Water Dogs' duties were displaced by modern fishing methods and technology by 1972 its numbers had dwindled to less than 25 world wide. Thanks to the efforts of a few dedicated individuals the breed has experienced a healthy resurgence and is no longer in danger of extinction.

SPECIAL EVENT—Farewell to the BIRDS and Welcome to Summer

By Sue Behn

Wednesday, May 10th at Chris D'Anna's Restaurant
(West side of US1 at Lillian Court)

\$18 complete luncheon with tax and tips included

Check Women's Club bulletin board or call Sue Behn
545.9281

The restaurant is opening at lunch especially for our
Retreat Group! All are invited!



CHLOE

By Lill Malinowski

Chloe is our 10-year old black Lab. She is a gem! The picture shows her "standing up" to her "sister's" beach wedding two years ago on the shores of Lake Huron. Chloe was the ring bearer. Her lei necklace was custom-made for

her in Hawaii. Under her chin was a satin pouch which contained the rings.

Her vocabulary is quite extensive. She understands the following words with no problem: eaties, treats, cookies, walk, ride, beach. Chloe selectively understands the following: heel, sit, stay, fetch, release. She understands the names Joe, Hank, Ludwig, Charlie, Paul and a few other of our friends that routinely have treats for her.

We have met many Retreat residents while we walk Chloe. We know the names of the pets but not necessarily the names of their owners.

Needless to say, Chloe is definitely a member of our family. She has brought much joy to our lives.



Cali sitting in her favorite spot—
a DiVosta bathroom sink

The Gift My Mother Sent Me—One Year After She Died

By Sue Behn

I never truly liked cats. I had always been a dog person. I loved dogs since 1969 and my mother loved them as well. However, as she grew older and became incapacitated, she would often express her desire to have a cat

to call her own. I was left to explain that with her two canine "grandchildren," a cat might not be the best choice. We explained other options: birds, fish, or even her own dog. No way—she was adamant, a cat and that was that! What was I, a loving daughter to do? I assented—too late. Mother died unexpectedly leaving me to feel very guilty for having denied her a wish so easily fulfilled, to have a cat.

Fast forward to a cold winter afternoon one year after Mother's death. There sitting on my front porch was a lovely calico cat! I couldn't believe my eyes—I escorted her down the driveway encouraging her to go home. I entered my garage, stepped back to close the door and heard a very plaintive screech. I then realized that I had stepped on Cali's foot [the cat]. She screamed, I jumped, she jumped—right into my arms and the rest is an ongoing love affair. She is a gift of love, charm and companionship for our entire family. She is also a constant reminder of the love that my Mother always managed to express over her long and sometimes rather challenging life! Thank you, Mom!

SOME MORNING FOLK

By Chuck Eschenburg

The first people I met on my morning rides were the sidewalk stalwarts, **ARMANDE AND DENNIS FERNANDEZ**. They arise early to beat the heat and to enjoy the critters they encounter as they meander through the area. Armande had a varied career as a nurse, including air evacuation, infection control, and the teaching of international students. She grew up in the Midwest and then met her husband and married in Kansas.

Dennis was raised around Havana, Cuba until his family had to leave the island turmoil. From the Chicago area, he joined the USAF. He especially enjoys meeting and petting the dogs that they meet on their morning strolls. He is very happy to live in the retreat where nature is just along the sidewalks.

I found **BOB MALONEY** in green shorts for St. Patrick's Day. He was at the pool where he does laps for 35 minutes or about a mile. Trim Bob has done running, triathlons and competitive swimming. He grew up in Rhode Island but enjoys the quiet yet social opportunities around Hawks Nest away from the bustle of Fort Lauderdale. Ask him about his amazing encounter with the Blarney stone.

JEAN MARKERT of Angelina court can be seen accompanying her humane society adoptee, Penny, most mornings. Jean hails from Piermont, New York. Her words of wisdom include the joy of meeting people in a friendly environment even when walking a dog.

The dynamic duo of **ALAN SHATTUCK AND RALPH VOLPE**, neighbors from La Creek, walk all the way to the exercise room to strengthen themselves following surgery and injury. Alan hails from upstate New York as Ralph grew up in Greenville, Pennsylvania. They say they "keep each other going" and solve the world's problems during the morning outings. "All in good fellowship."

ART NEWS!

By Marsha Levine



The first three meetings of the artists of The Retreat, now called **Seabranh Art League**, were very successful. We have gathered a wide range of talented people and a directory of 34 people! We have begun planning events, discussions, demonstrations, and an art show for next fall.

The May meeting will be held on 5/18 /06, 7 pm, at the Clubhouse. Everyone is welcome to join us. For more information, please contact Sue Behn at 545.9281.

THE SECOND ANNUAL ELDORADO REGATTA

By Dottie Williams



Standing: Craig Haines, Rich Dietz, Bob Mark, Ernie Spengler, Jack Hartnett, Tom Hartnett

Kneeling: Dave Williams, Dottie Williams, David Greaves, Gary Easton
(Photo by Bob Dietz)

The annual Eldorado Regatta was held on Saturday, March 4 on the lake at the end of Eldorado Way. This is the second year that remote control boats were taken down from the shelves in garages, cleaned and charged up to take on the challenge. Last year the ribbons and Eldorado Trophy were awarded based on speed alone. It was decided this year to add a new dimension to the race. In addition to a speed course, an obstacle course would be added. Each boat was to complete both courses and the best combined time would determine the winner.

The 40 or more spectators gathered and set up their lawn chairs as the entrants tested their batteries and remote controls. After each boat had a few test runs in the pond, Dottie Williams explained the obstacle course segment to the racers. The two reliable guest timekeepers got out their stopwatches and we were ready to start the regatta. This year there were three class categories. Jack Hartnett, Bob Mark and Ernie Spengler competed in the Boats Under 2 ft Class; Craig Haines (using Dick Keough's boat) and Dave Williams in the Boats Over 2 ft Class; and Gary Easton, David Greaves and Tom Hartnett in the Nitro (twin engines) Class. The individual class winners were Under 2 ft - Ernie Spengler; Over 2 ft - Craig Haines; and the Nitro - David Greaves. A special award was given to Rich Dietz for his energy saving balloon-powered boat. David Greaves was awarded the 2006 Eldorado Regatta Trophy for the best overall time of 44.6 seconds.

After the award presentation everyone made themselves comfortable on the Williams' porch and dinner was served. The menu consisted of Pulled Pork, Jambalaya, Baked Beans and accompanying salads and desserts made by neighbors and friends. It was a feast! As everyone was eating dessert, American Flag pins that flashed were given out. It was quite a sight to see over 40 people sitting on the porch with flashing American Flag pins on their hats, sunglasses, and shirts.

A special thanks to all those who brought food for the food pantry. Four large cardboard boxes were filled and donated to Jesus House of Hope Food Pantry in Hobe Sound.

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The Retreat photographed by Marlene Boobar

Dear Readers,

Each issue of the newsletter has a theme. For our next September/October issue, a theme suggested by Marlene Boobar is "new friendships formed at the Retreat." Tell us how you made new friends after moving into our wonderful community.

Safe travels to those that may be heading to other states or vacationing. Have a wonderful and healthy summer!

Your editors, Bea and Lill

Wally's chemo and radiation treatments are over, and he is doing wonderfully. We thank all of our Retreat friends for their prayers and support during this traumatic experience. Thank you! Wally and Lill



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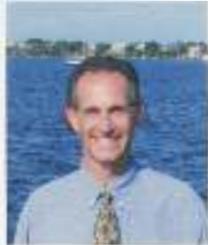
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