



The Retreat Newsletter

May/June 2015

Volume 12, Issue 3



By Marlene Boobar

On Sunday, April 12th, **Mimi Brown** rented the Clubhouse for a gathering of friends, neighbors and patients living with FSHD (Facioscapulohumeral muscular dystrophy) for an afternoon of socializing and discussion.

Executive Director of the FSH Society, **June Kinoshita** presented information about the nature of this dreaded disease and the hope for better treatments and the hope for a future cure.

Mimi lives with this disease yet exhibits only courage and grace on a daily basis.

Those affected by this form of muscular dystrophy have struggles that those of us who are healthy can't even imagine. The afternoon was inspiring and emotional.

God bless all those who suffer with illness. And thank God for the gift of health so many of us enjoy.

More on page 7.

INTERESTING CAREERS



THANKS TO THE U.S. NAVY

By George Wurster

1955: After graduating high school in Bloomfield, New Jersey, I decided to enlist in the Navy at age 17 with the guarantee of a Navy school. After completing boot camp in Bambridge, Maryland, I was sent to my first school in Norman, Oklahoma. This school was to expose us to all the special schools the Navy had to offer and to help us decide the one we would like to attend. I chose Aviation Photography which sounded exciting to a 17 year old kid.

After graduating my first school, I was transferred to Pensacola, Florida to Navy Aerial Photography School. Upon graduating, I was assigned to work at the photography school for about 18 months...not such a bad deal.

Following my 18 months at my school job, I was assigned to an Aircraft Carrier, USS Valley Forge out of Norfolk, Virginia. It was as exciting as I always imagined, taking off and landing on an aircraft carrier. Lucky for me, I saw no military action since this was the time between Korea and Vietnam wars. I can recall the first time I took off and landed on a carrier in the Caribbean. You cannot imagine the feeling of sitting in a very cramped seat and suddenly you feel like being shot out of a cannon. The catapult is much like a huge cannon with enough power to send a couple thousand pound airplane off the flight deck and into the air in seconds. Thinking about it now, over fifty years later I should have been more scared than I was. I guess it

(Continued on page 2)

Wildlife in the Retreat

By Susan Steadman

A hawk catching a frog.



was the bravery of youth.

Unfortunately, I never got to “see the world” like I expected when I enlisted. They used to say our ship was welded to the pier. The Caribbean was the furthest I ever traveled. Puerto Rico and Dominican Republic were the only two ports our ship traveled to.

Before our ship left Norfolk we took on a large group of Marines for training. On the way to the Caribbean we ran into a bad storm. Most sailors were used to the rough sea but this was the first time for the Marines. Many got sea sick and I really did feel sorry for them because I know the horrible feeling. Lucky for me, I never really got sea sick while on the carrier. I only experienced it while on the ferry boat crossing the Chesapeake Bay on the way reporting to my ship. You can imagine how I felt getting sea sick on a ferry boat as I was about to live on an aircraft carrier for the next couple of years.

1960: I received my discharge after my tour of duty on the Valley Forge and now was the time to either use my Navy experience or waste four years of my life. I started working as a photographer’s assistant at a commercial photography studio in East Orange, New Jersey for thirty -five dollars for a six day week. After about two years of lugging heavy equipment, I decided it was time to move on and look for a commercial photography job and start making a name for myself.

It didn’t take long before I was hired as head photographer at another commercial photography studio in Orange, New Jersey. Feeling more secure, I met my wife Dotti at a dance and started dating. Two years later we got married and now I had a wife to support. Fortunately Dotti had a good job with Prudential Insurance and she was making more money than I at the time...which she never lets me forget.

I photographed for several large pharmaceutical companies shooting magazine ads and photographing in the manufacturing plants, machines and equipment for making drugs. Also I filmed several operations in hospitals across the country for doctors training. In

addition I traveled to many other divisions shooting sales meetings, Board of Directors meetings and preparing slides and visuals for all types of meetings.

After sixteen years working for other studios, I decided it was time to open my own business with all the contacts I made. I was very lucky with my timing to start a new business. The economy was booming and the pharmaceutical companies were introducing new products one right after another. I didn’t have the money to buy or rent a large enough studio with darkrooms and all the space needed to run a photography and audio visual company. Lucky for me I had a wife whose family owned a large two family house in Elizabeth, New Jersey. We had the second floor tenants move out and Dotti and I took the second floor apartment where we lived for the next ten years. The house had a very large basement and also a large two car garage. The basement became my darkroom and office and the garage became my studio. After my in-laws passed away, I took over the whole house and made it work. Thanks to my wife and her family, I was able to keep my operating cost down and invest in much needed equipment and computers. In a couple of years, I had seven full-time employees and more business I could ever imagined and more “stress” I ever imagined.

Most of my photography work came from the largest pharmaceutical companies in the world. I was fortunate to travel first class to many national sales and product introduction meetings. During those assignments I got to meet and work with many celebrities from politics, sports and entertainment fields. These celebrities were hired as motivational speakers and to entertain the sales force. Part of my job was to photograph the celebrity with all the company’s top executives. Of course, I was able to get my picture taken at the same time.

Some of the people I got to meet and work with included, General Colin Powell, General Norman Schwarzkopf, (a warm and friendly man) Barbara Bush, Rudy Giuliani and more sports and entertainment stars than I can remember. Lots of fun and lots of stress, but as I look back, I wouldn’t trade it for anything.

All this was before the “digital revolution” when we all worked in film only. As digital photograph started taking over and companies started doing their own photography and meeting visuals, my business started falling off. Laying off the good employees that helped me build my business was one of the hardest things I ever had to do.

After over twenty-five years in business, I said it was time to retire and learn to play golf and enjoy life. After both my two daughters graduated from college they each said they wanted to move to Florida to start their careers. During our “family meeting” the girls asked if they moved, would we be willing to move also. The decision was easy for me, not so easy for Dotti who had lots more friends than me. Of course, we said yes and here we are in the Retreat...a blessing in disguise.

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



Woods & Whites Annual Tennis Tournament and Dinner in Aid of H.S.F.A.N. (Hobe Sound Family Assistance Network)

Sixteen intrepid tennis players wielded wooden rackets, and battled over two mornings for the honour of winning the prestigious trophy. The overall victor for the second year running was Joe Perry, who was challenged to the end by Brad Wexler. Best-dressed award - again a close run thing - went to Jerry Caputo whose suntan complemented his immaculate whites!

A Dinner for protagonists and supporters was generously hosted by Priscilla Smith and Richard Kessler, and proceeds from a Chinese raffle and Silent Auction added

to raising an overall total of \$3,000, which for our very small organization is extremely significant. It will help us to continue in our goal of improving the lives of our local Mexican community, by giving more women the opportunity to pursue their educational aspirations, and helping with critical family needs.

A huge thank you to players, chefs, donors and everyone who contributed to a fun event and most worthwhile cause. We are always grateful for donations of used appliances - in good working condition - and household items. Children's clothing is always very much appreciated. Please contact:

Gail Lombardi, 772.546. 2236 or

Kay Bowen-Smith, 772.545.9192 for more information.

June Dean and the H.S.F.A.N. Team.



Retreat quilter,
Lois McGill,
at the Quilt Show at the Methodist Church on Kanner Highway. This quilt is for her master bedroom.



**CONGRATULATIONS
JIM and MARILYN
PATTERSON
40TH ANNIVERSARY**

THE BOARD BEAT

By Eric Wolf

Landscape Maintenance

In order to make better use of our vendor resources, Marlene Boobar, Greg Strahm, Skip, and I met with the branch management of ValleyCrest Landscaping. They were very open to working with us to keep The Retreat looking as pristine as possible. Among other things, we discussed adding leaf and debris pickup during the leaf shedding seasons, and cutting the shrubbery to a consistent height and appearance.

The big topic though was how to manage our oak trees now that they are maturing, i.e., growing larger, having many more leaves to shed, and having a root system that loves to flex its muscles onto concrete pavement! The oaks are a challenge, yet they are also beautiful, contribute to the environment as prolific oxygenators of our atmosphere, and as such are protected by Florida and Martin County. ValleyCrest does have expertise managing trees although many complex and conflicting factors fit into the equation of how to maintain the beauty, the environmental aspects and the root proliferation. We will be working with them to address this important issue.

Palm trees are beginning to present a problem. Ganoderma is a brown mushroom like growth that appears at the base of palm trees; it is an indicator of a ground-based disease that was deposited here during the hurricanes. Palm trees that have the ganoderma, which affects only palms, need to be replaced with a non-palm tree. See the website for acceptable trees and contact the Architectural Control Committee (ACC) with your plan. Note that we are now starting the season where mowing will occur weekly.

Board Certification

According to Florida Statute, all new HOA Directors are required to attend a seminar to be certified as having an understanding of Florida law as it pertains to HOAs. Your three newly-elected directors (John Clifford, James Pawlak, and I) and 2nd-year Director Marlene Boobar all attended the required presentation earlier this month. Main topics were elections, reserve funding, and communications. Everyone passed!

Important Reminders

From our Covenants, a few key points to remember:

Any work affecting the exterior of your house or grounds requires an approved ACC application, which can be found on our website. The ACC will assist you to stay in compliance with our Community-wide Standards.

Fishing in our lakes is only allowed by our residents and accompanied guests. No nets are allowed in the lakes under any circumstances; remember, fishing is constrained by catch-and-release. (If you see unaccompanied non-residents fishing, they are trespassing—call 9-1-1 right away and the Sheriff's Office will respond in a courteous fashion.)

Clubhouse Committee

By Linda Wolf, Chair

If you've been in the Clubhouse lately, that helpless experience of having a chair roll out from under you while sitting down is a thing of the past. Now, chairs that used to have rollers on all four feet now only have rollers on the front. The rear rollers have been replaced with "glides" that make sitting down in the chairs much more safe. The rear glides give the chairs stability, while the front rollers make it easy to tip the chair forward to move it around the room.

Thanks to committee member Mark Elliott.; for noticing this solution in a local restaurant and suggesting that we try it here at The Retreat.

We continue to submit tasks and solutions to Skip in the property office and budget requests to the Board of Directors. Some requests are routine, like making sure the Clubhouse areas are power-washed and in good repair. Others are more complex, like performing studies on how we can improve the safety and performance of our aging gym equipment, or options to update the appearance and functionality of our mailroom. We are still seeking a better solution to safely garage the Polaris.

Thanks to Diana Briganti for obtaining bids from multiple fitness equipment representatives, Deb Haugen for diligently shopping for commercial benches for the front patio and area rugs to help acoustics, Tom DeLoffi for suggesting smart thermostats, Bill Burns for suggesting Americans with Disabilities Act (ADA)-approved toilets, Lyn Kennedy for taking on the chair safety issue, and for Jim Pawlak, our BOD liaison for pushing us always to insist on excellence in all that we consider.

Because we are charged to carefully balance needs with wants, examine alternative ways to solve problems, and spend our reserves and budget wisely, it's not always an easy task. That's why we value your feedback and welcome your suggestions.

E-mail: lwolf913@gmail.com

Neighborhood Watch Committee By Bill Burns, Chair



The Neighborhood Watch Committee has been revived after a two year absence. You may have noticed the new Neighborhood Watch signs placed at the end of Seabranh at the Clubhouse Circle stop sign, at the entrance at the Retreat East Gate and at the Glacier Circle.

The committee has been meeting and members have volunteered to watch/report on certain streets assigned to them. The street assignments mean that people of the Retreat will provide the “eyes and ears” for those areas, but also usually walk in those areas very often, and will report any suspicious people or activity that is observed during their daily walks. A few streets still need individual coverage.

Being assigned as a street “**watcher**” doesn’t necessarily prevent anyone else from being a watcher in their area, if that person is out and about during various times of the day. Retreat residents take pride in keeping our area beautiful. If they see things that need attention and report them, this will help keep the Retreat safe for us all. We could use more street “**watchers**”! If you walk regularly (maybe with a dog) or you ride your bike regularly, we could use your “eyes and ears” to notice anything suspicious and report it to 911.

Being part of the NHW means, if you see *anything* out of the ordinary or suspicious, make a note of it *immediately* and report it to 911. We do not approach people or get involved. We keep a “stay safe” distance away but we do report it ASAP to 911. The Sheriff has given his blessing for us to use 911, even for non-emergencies. It is a number that we all know, and thus the reporting of any incidents can be made without delay.

The Sheriff of Martin County holds a meeting for NHW on the 2nd Thursday of each month at the Sheriff’s office, off Monterey. Timely information is presented, such as what type of crime or scam is being detected in each area of Martin County. Everyone is invited and encouraged to attend these monthly meetings which start at 6:00 PM. Please come and attend with us and you will learn about the greater community in which we live.

In March, we had a “Lighting Bandit” come three times and steal lighting from the East Gate, the Front Gate, the Clubhouse circle, and Glacier Terrace circle. It is imperative that residents be extra vigilant when driving, walking or riding bicycles. If anyone sees *anything* out of the ordinary, they need to call it in to the Sheriff’s Department. Taking a picture of a vehicle including a license plate with your phone is an ideal way to document what you have observed and helps the Sheriff to apprehend the criminal.

Also, we are having more instances of trespassers fishing in our ponds. The BOD will be placing signs around our ponds stating “Residents Only.” Only residents may fish in our lakes, or guests of residents only while accompanied by the resident. Sending a guest out to fish without a resident is not allowed.

It only takes a second to report a crime or suspicious activity to the Sheriff by dialing 911.

Our motto is: “*See Something, Say Something*”. Please become an active member of the Retreat community! Get involved with this important committee and refer any questions or concerns to:

Bill Burns, Chairman Neighborhood Watch Committee
Cell: 368-846-0637 H: 772-546-6990
8613 SE Retreat Drive



IDENTITY THEFT

On Monday, April 13th in the Clubhouse, representatives from the Seacoast Bank came to present a program on Identify Theft and Bank Fraud. The Hobe Sound Branch Manager led the team of three who gave many tips for residents to protect their assets and avoid the many scams that are used either by mail, phone or the internet. All of us need to be ever vigilant to avoid the traps these professional criminals scheme up.

This presentation was hosted by the Neighborhood Watch Committee. Bill Burns, Chair of the Committee, opened the meeting by again reminding residents that our motto here at the Retreat is:

If you **See Something...Say Something**. Never hesitate to call 911 when you think anything looks out of the ordinary, and have the Sheriff’s Department check it out.

Neighborhood Watch Warnings

We have asked the Sheriff’s Department to increase patrols in our community. In the coming weeks, you may notice an increased police presence.

We all have a responsibility to obey our county and community rules.

Please come to a complete stop when entering the Retreat at the main round-a-bout.

It is very dangerous at that intersection, especially when walkers or children may be riding bikes or scooters approaching from the sidewalk.



Lastly, please obey our speed limit of 25 mph on ALL the roads within the Retreat.

A word of warning...tickets will be issued!

Thank you for your cooperation in keeping our community safe!



Garden Party

We're having a Garden Party

OPEN HOUSE

**Come one, Come all
Tour the grounds and enjoy
the new beautiful plantings**

CLUBHOUSE LAWN

Sunday, May 17th

2 – 4 PM

**Music & Light
Refreshments!**



All Welcome!!

**Sponsored by the Social &
Landscape Committees**



**Hats not required but
there will be Best Hat(s) Prizes!!!**

Landscape Committee Greg Strahm, Chair

Hard Pruning...Time for a Trim!

It is the time of the year for ValleyCrest to hard prune bushes and shrubs in the community. The reasons for pruning can be grouped under the four following categories: training the plant; maintaining plant health; improving the quality of flowers, fruit, foliage, or stems; and restricting growth. This process is necessary for the health of the vegetation and encourages new growth from the bottom of the plant, fills out the interior the overall plant. New growth can usually be seen within two to three weeks. This bi-annual process is starting and will continue until the entire community is completed. The amount a shrub or bush will be "hard cut" will depend on the species and how overgrown it is. We will be re-establishing certain height standards for all the various types shrubs and bushes in the community for ease of maintenance and in order to maintain a Community Wide Standard.

Save the date...Party On!

Join us on Sunday May 17th from 2-4 PM on the Clubhouse Lawn for our First Annual Garden Party. It is going to be the unveiling of our new plantings at the entrance, the East Gate, the Clubhouse, pool, and the tennis courts. Don't forget to wear a great hat to be entered into our Best Hat Contest. There will be music and light refreshments, and more. See the flier in the Newsletter and at the Clubhouse.

Can you Dig it?

We are trying to start our own Retreat Garden Club. All you need is a pair of gardening gloves. If you are interested in joining the Retreat Garden Club, please e-mail me at strahmg@gmail.com.

Did You Know?

Here is great link from the University of Florida IFAS Extension about colorful plant beds and a list of flowers and plants, including photos that thrive here in South Florida.

http://lee.ifas.ufl.edu/Hort/GardenPubsAZ/Annual-Flowers-Bedding_Plants.pdf

Social Committee Sandy Morrow and Jean Scerbo, Chairs

**SAVE THE DATE - MAY 16th
Cocktail Party at the Clubhouse
Details TBA**

**First Friday
May 1 and June 5
Retreat Clubhouse 5PM to 7PM**



“Volunteer Appreciation Sunday”

(It's Gratitude Sunday at the Retreat!!)

May 3rd 3 PM
Clubhouse
(1ST SUNDAY IN MAY)

*Come for coffee and cake
and be recognized and
thanked!*

**We appreciate ALL who
have volunteered in ANY
way !!**

**All Committee Members,
RAN, Club volunteers,
Communications,
Newsletter, CH 63,
BOD....and more**

More from the FSH Society Event



**Thanks to all of my friends in this
community for supporting the FSHD
gathering on April 12th.**

**Your attendance meant so much, so we
could get the word out on this crippling
form of Muscular Dystrophy.**

Forever grateful,

Mimi Brown



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

Teen Drug Abuse and Cough Medication

This newscast really caught my attention, as you would never suspect that cough medication could be abused by teenagers. However, this is exactly what is happening right now in the United States. One study estimated that approximately 1 in 10 American teenagers has abused products containing dextromethorphan (DMX or DM) to get high. The rate of DXM cases reported to poison control centers in California has jumped by 10 times between 1999 to 2004. Although DMX products are safe when used as recommended by their manufacturers, high doses can cause hallucinogenic trips – and can possibly pose serious health risks.

DMX is the most commonly used cough suppressant in the U.S. – and currently more than 125 formulations sold over-the-counter in local pharmacies that contain this drug. It is commonly incorporated into cough, cold, and flu preparations – and includes many household names such as Nyquil®, Robitussin®, Theraflu®, Vick's Formula 44®, and Dimetapp DM®.

At recommended doses, DXM affects the area of the brain that controls coughing. However, at 10 to 50 times this dose, DXM can cause hallucinogenic and dissociative effects similar to those of PCP or other narcotics.

You might be wondering why teenagers would turn to DMX to get high. Well, there are a number of reasons for this.

DMX is really easy to get. Chances are that you have products right now in your medicine cabinet for cough, cold and/or flu that contain dextromethorphan. If not right at home, these products are easily purchased at pharmacies, food stores, and other retailers (like Walmart). Furthermore, a teen can purchase or take these products without suspicion – and they are not illegal.

DMX is cheap. Buying a bottle of cough syrup and or a packet of tablets of a cold preparation is not very costly – and is a bargain when compared with illicit drugs purchased from a drug dealer.

DMX in cough, cold, and/or flu preparations may seem safer. Because it is readily available at the pharmacy, teens assume that it is safer to abuse than illegal drugs that are purchased from drug-dealers. The teens (and most parents alike) really have no idea how dangerous this medication can be at high doses. Because most parents don't associate this drug with other drugs like cocaine, ecstasy, LSD, and others – they don't mention it when having the "drug-talk" with their kids.

DMX is very popular. There is a whole subculture that has risen around DMX abuse. Its abuse is often called *robo-tripping, sheeting, dexing, and skittling*. You might also hear the drug itself called *CCCs, dex, red devils, robo, skittles, tussin, and velvet*.

Teens can also purchase pure DXM, the raw ingredient, on the internet. This pure raw ingredient is often sold in bulk – and then resold in smaller doses by dealers.

Abuse of DMX can have very serious consequences – and has resulted in more than 5,500 emergency room visits. It can be even more dangerous (even fatal) when combined with other medications and/or illicit drugs.

High doses of DMX can shut down the central nervous system. Some of the risks of DXM abuse at high doses include the following posted in the chart below:

The Risks of DXM Abuse at high doses.

- . *Impaired vision;*
- . *Sweating and fever;*
- . *Rapid breathing;*
- . *Increased and irregular heart rate and blood pressure;*
- . *Nausea, vomiting, and diarrhea;*
- . *Slurred speech;*
- . *Impaired judgement and mental function;*
- . *Memory loss;*
- . *Rapid eye movements;*
- . *Hallucinations and dissociative effects;*
- . *Coma.*

If you find that your child is high on DXM and is unresponsive to your voice; is vomiting; is sweating excessively; has a pale or bluish tinge to the skin; and/or has an excessively fast, slow, or irregular pulse – you need to get emergency medical attention right away.

What Can Parents Do?

The best defense against DMX abuse is education. It is better for kids to learn about the risks of DMX abuse from a parent – than from a peer. Parents should stress that DMX can be very dangerous at high doses – when combined with other drugs, it can be fatal.

Parents can also clean out their medicine cabinets on a regular basis – and keep an eye on how much medication is in each bottle or package – so, that abuse may be caught early.

The issue of DXM abuse has also been getting political attention. There is currently a bill before Congress that would outlaw the sale of raw DXM to individuals. Some groups have also proposed further restrictions at the pharmacy level – such as age limits on products that contain DXM. Some stores have decided to keep the DXM products behind the counter to try and discourage abuse and also shoplifting. Other pharmacies, like drugstore.com, no longer carry products containing DXM.

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

By Mona Wiley

Can you believe we've spent another paradise "winter" in south Florida and it's time to pack up and head north again? Don't go until you make sure all the snow piles have melted in front of your house. It was a bad winter in the northeast, so maybe it will be a delightful summer and safe travels to all heading that way.

We had an entertaining lunch at Benihana's last month – always a great place to eat. Our "**Bye to the Birds**" luncheon will be at **Sailor's Return on Friday, May 8th**. Sign up in the mailroom and gather at 11:15am if you'd like to car pool. Stop at the Clubhouse and check in if you are transporting yourself.

May 1st will be a narrated two-hour **boat tour** in Jonathan Dickinson State Park with a certified Coast Guard Captain. The covered vessel travels down the Loxahatchee River as the captain relates the history of the river and area, as well as pointing out native foliage and wildlife. Depending on the tide, you may stop at Trapper Nelson's settlement. He was quite a character

and lived the life of a bushman on the river. Approximate cost is \$25. Sign up in the mailroom and contact Karen Soares with any questions.

The Treasure Coast Community Singers will perform *Chronicles of the Blue and Gray* at **3:00pm May 16 and 17th** at North Stuart Baptist Church. Advance tickets are \$10 and contact Dottie Williams if you need more information.

May 18th is our last meeting of the season! Meet, greet and say good-bye to those who'll be gone for the summer.

We hope that all of you who have fallen and hurt yourself in some way have recovered and you're up and hobbling around again! Please be aware of prevention techniques and consider doing some balance and strengthening exercises. If we have enough people interested, we could have a Tai Chi class at the Clubhouse. Let Audrey know if you are interested.

Installation of officers took place April 20th and we welcome for another year all those who served us so well this past season! Thank you for your time, creative energy, patience and dedication to the Women's Club!

Have a great summer!

CREATIVITY RULE #1: THERE ARE NO RULES

By Mary D'Avanzo

The Sip N' Painters applied their creative talents and "relaxed" wrist strokes to create "Happy Fish" and "Inspired Lighthouses". The Women's Club Arts Committee – Emily Mussatto, Mickey Harris, Mary D'Avanzo and Sherry Perry guided the painters in color pallets and techniques. Culinary arts and various wines set the stage for a spring afternoon of fun and friends.

We're all ready to make more original art pieces next year! Please join us!



Learning various techniques with Mickey. Our Lighthouse painters are Carol Flynn, Patricia Garranbone, Crin Connolly and Pam Levy.

Sherry, Emily and Carol.



The Team – Emily, Mickey and Mary



The creators of new "Happy Fish" species are Jeanette Hayes, Charlene Campisi, Audrey DeLoffi, Sue Barton, Lois McGill, Deb Benson and Joanne Kelcourse.





Our entertainment for our February meeting—the **Sunsations**. It was a pleasure to see and hear them perform!



Audrey Burzynski, Executive Director of Floridians Fighting Falls, was our presenter for our April meeting. We learned a lot and hopefully will be hearing back from her soon



WOMEN'S CLUB MARCH LUNCHEON AT BENIHANA'S RESTAURANT

(Photos by Audrey Deloffi--sorry we did not take a picture of you!)





6 TIPS TO PREPARE FOR A HURRICANE

Content provided by Allstate

<http://www.mnn.com/family/protection-safety/sponsor/6-tips-to-prepare-for-a-hurricane>

When the weatherman tells you to take cover because a hurricane is on the way, the last thing you want to do is worry about whether you are prepared. A little effort now—before catastrophe strikes—can yield big savings (and peace of mind) in the future.

These 6 tips can help you plan ahead so you never have to face a storm unprepared.

1. Check your insurance coverage to make sure it reflects the current state of your home. Consider adding flood insurance and coverage for additional living expenses in case your home is uninhabitable after a storm.
2. Doing a home inventory can save you time and make filing a claim easier, ensuring you don't forget anything. Document the contents of your home with a video camera or other home inventory tool. Keep receipts for valuable items and consider separate coverage for these things
3. Protect your property by installing the following items in your home:
 - Hurricane shutters.
 - Head and foot bolts on doors for extra protection.
 - Hurricane straps or clips to help hold the roof to the walls of your home.
 - A safe room that can withstand high winds and flying debris.

Also be sure to keep up with your landscaping. Diseased and damaged tree limbs can become serious hazards in high speed winds.

4. Stock your emergency supply kit with basic survival items. You'll want to have a 2-week supply of water and ready-to-eat, non-perishable food for every family member and pet. If you evacuate, you'll want a 3-day supply of the same. Other items to add to your supply kit include:

- Manual can opener
- Essential medicines including eyeglasses and contact lenses
- Personal hygiene items such as toilet paper, toothbrush and toothpaste
- Change of clothing
- Paper towels, hand sanitizer, and eating utensils
- First-aid kit
- Battery-powered flashlight and radio with extra batteries
- Blankets, pillows and sleeping bags
- Mosquito repellent and citronella candles
- 2 coolers—one for food, one for ice
- Plastic tarp for roof/window repairs and tools
- Special items for infant, elderly or disabled family members

5. Have an established evacuation plan to help reduce stress. If you don't have transportation of your own, make arrangements now with friends or family members and don't forget about the pets!

You want to make sure the whole family is covered, so identify an out-of-state contact that everyone will call if separated and establish a meeting location at least 50 miles inland.

Lastly, gather important papers to take with you:

- Driver's license or personal ID
- Social security card
- Proof of residence (deed, lease or utility bills)
- Insurance policies (home, auto, flood, wind)
- Birth and marriage certificates
- Stocks, bond and other negotiable certificates
- Wills, deeds, and copies of recent tax returns
- Personal checkbook and any unpaid bills

6. Don't take silly risks like running back into a home that's been destroyed or refuse to evacuate when you've been ordered to, just to salvage material possessions. Things can be replaced, but people cannot.



BRIDGE SCORES

By Patsy Shattuck

What a delightful year we have had! A lot of people and nice games of bridge. We are so thankful for all the people that take an interest in our games. Makes it easier for me and I appreciate that. Keep up the good work and all of you that leave have a great summer. We'll see you in the fall.

February 3, 2015

- 1 – Barry Mussatto
- 2 – Patsy Shattuck
- 3 – Kay Campbell
- 4 – Steve Strong
- 5 – Anne Falcone

February 10, 2015

- 1 – Lena Rublowsky
- 2 – Bill Burns
- 3 – Sharon Davis
- 4 – Peggy Johnson
- 5 – Sally Dunmire

February 17, 2015

- 1 – Alan Shattuck
- 2 – Muriel Barry
- 3 – Sue Lynn
- 4 – Stan Rublowsky
- 5 – Kathy Majewski

February 24, 2015

- 1 – Kathy Majewski
- 2 – Peggy Johnson
- 3 – Bill Burns
- 4 – Maryon Gonzalez
- 5 – Patsy Shattuck

March 3, 2015

- 1 – Maryon Gonzalez
- 2 – Stan Rublowsky
- 3 – Jeanne Soplesa
- 4 – Peggy Johnson
- 5 – Sharon Davis

March 10, 2015

- 1 – Sue Lynn
- 2 – Anne Falcone
- 3 – Peggy Johnson
- 4 – Sally Dunmire
- 5 – Kathy Majewski

March 17, 2015

- 1 – Kay Campbell
- 2 – Sue Behn
- 3 – Alan Shattuck
- 4 – Ann Sterling
- 5 – Peggy Johnson

March 24, 2015

- 1 – Sharon Davis
- 2 – Peggy Johnson
- 3 – Lyn Kennedy
- 4 – Muriel Barry
- 5 – Sally Dunmire

March 31, 2015

- 1 – Sue Lynn
- 2 – Carol Flynn
- 3 – Bill Burns
- 4 – Sharon Davis
- 5 – Stan Rublowsky

Mother's Day in Ireland

Received from Jack and Betty Gordon

In Ireland, Mother's Day is not celebrated on the same day as in the United States. Mother's Day celebrations in Ireland take place on the fourth Sunday in the Christian fasting month of Lent. The history of celebrating Mothering Sunday, or Mother's Day in Ireland, can be traced to the medieval practice where children from poor families were sent to work as domestic servants and apprentices to work with the rich. Once in the year in the middle of the Lent these children were given a day off to visit their "Mother Church" and worship the Virgin Mary. After visiting the Mother Church or Cathedral of their home town, these children visited their mothers and presented them with flowers they picked along the way. On Mother's Day, people in Ireland present flowers and cards to their mothers to express love and gratitude.

HAPPY MOTHER'S DAY TO ALL OF OUR RETREAT MOTHERS!!!

"Jupiter Joan"

By Joan Alipo

Joan Alipo, also known as "Jupiter Joan," is originally from New York and relocated to Florida 19+ years ago. I retired from the education field and started looking for another profession. I explored the real estate profession and decided to make it a second career.

My focus is on customer service and educating clients to the area and the advantages of home ownership. The joy of seeing the happiness on a client's face when you help them move on to the next phase in their lives is priceless.

I have served the Real Estate industry on local, state and global levels, fighting for issues that are pertinent to home ownership. In 2012, Florida Realtors awarded Joan the prestigious Florida Realtors "Associate Realtor of the Year Award."

Joan was appointed by the National Association of Realtors to be President Liaison to Denmark. Her role has been to help maintain NAR relationship with the NAR bilateral partners as well as organizations and private companies located in the country. This position gives me the opportunity to discuss with our global partners and speak about the advantages of purchasing a home in Florida.

RETREAT BOARD OF DIRECTORS

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Vice-President	Marlene Boobar	545.1043	marleneboobar@hotmail.com
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RETREAT PROPERTY MANAGER

Office Hours: Monday Wednesday Friday 8 am to 11 am Or by appointment, call 772.546.6112	Patrick (Skip) Pellett	Clubhouse Fax: 546.1699 Capital Realty for Work Orders, General Questions, Emergencies: 1.800.940.1088	retreathoa@comcast.net
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RETREAT COMMITTEES

Architectural Control	John McGuinn	545.9704	
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Neighborhood Watch	Bill Burns	546.6990	burnsjro@aol.com
Social/First Friday	Sandy Morrow Jean Scerbo	545.1936 545.3592	sandymorrow7@gmail.com jeanmscerbo@yahoo.com

RETREAT COMMITTEES AND ACTIVITIES

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

For more information, please call the contact person.

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

Retreat Assistance Network (RAN)	Muriel Barry Alice Bernhardt Marie Ferrandino	545.1919 600.5226 546.5476
Retreat Directory	Coni McGuinn	545.3465
Retreat Newsletter	Lill Malinowski Dottie Williams	545.3732 546.3866
Social Bridge	Patsy Shattuck	546.2011
Tennis	Tom D'Avanzo	545.7229
WEB Master	Gene Gillis	545.9304
Women's Club of the Retreat	Pres. Audrey DeLoffi Vice Pres. Pam Levy Treas. Gerri Strong Sec. Alice Bernhardt	245.8420 546.8204 545.9963 600.5226

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Business owners—The Retreat Newsletter is a great place for you to reach local customers. Ads are business card size in black and white. The ads appear in color on our WEB site, www.retreatatseabranh.com. Cost for each ad is \$125 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.



Photos

FSH Society—Marlene Boobar
Quilt—Lill Malinowski
Sunsations—Susan Barton
Sip 'n Paint—Mary D'Avanzo



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GOING AWAY FOR A FEW MONTHS?

THERE ARE MANY OF US IN THE RETREAT THAT GO AWAY FOR A FEW MONTHS AT A TIME. IN PRIOR NEWSLETTERS, WE PUBLISHED LISTS THAT RESIDENTS USE TO MAKE SURE ALL IS COMPLETE AND SECURE BEFORE THEY LEAVE. IF YOU WOULD LIKE TO REFER TO THESE LISTS, GO TO OUR WEB SITE AND CLICK ON NEWSLETTERS. THEN GO TO:

MAY/JUNE 2005 - PAGE 5

MAY/JUNE 2007 - PAGES 6 AND 7

WHEN YOU ARE PREPARING TO CLOSE DOWN YOUR RETREAT HOME, TAKE YOUR NON-PERISHABLE FOOD THAT IS WITHIN THE EXPIRATION DATE TO OUR MAIL ROOM. PLACE THE FOOD INTO THE HOUSE OF HOPE BIN. YOU WILL BE CLEANING OUT YOUR PANTRIES AND ALSO HELPING THOSE IN NEED.

THE HOUSE OF HOPE TAKES FROZEN AND REFRIGERATED FOOD AS WELL. YOU CAN EITHER DROP IT OFF AT THE WURSTER RESIDENCE (8883 SE RETREAT DRIVE) OR CALL THEM AT 546.3248 FOR PICK-UP.

WE WILL BE TAKING THE SUMMER OFF FOR SOME RELAXATION. THE SEPTEMBER/OCTOBER NEWSLETTER DEADLINE WILL BE AUGUST 15TH. IF YOU HAVE A SUGGESTION FOR A THEME, PLEASE LET US KNOW!

SAFE TRAVELS TO ALL!

John C. Cassidy

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BILL T. FALCONIO
Vice President of Operations

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Nick Sacco
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