



# The Retreat Newsletter

## November/December 2010

### Volume 7, Issue 5



# MILITARY SERVICE

## AN AIR FORCE BASE WITHOUT AIRCRAFT

By Chuck Eschenburg

Carole and I spent two interesting years in Cheyenne, Wyoming at **Francis E. Warren Air Force Base**. This base was created from an older U.S. Cavalry post, Fort Russell—old brick stables, huge cottonwood trees and sturdy brick officers' houses. Ours was a duplex with three stories, two fireplaces, huge bathtubs on legs, butler's pantry with a call system and a ring for hitching horses on the front curb. Carole delighted in dropping laundry down a chute four levels to a large basement which had an abandoned coal room with painted petrified salamanders in a corner. Every spring, we had an invasion of salamanders as well as storms of cottonwood fiber. Cheyenne has two seasons: Winter and Frontier days, a large rodeo complete with drunken cowboys in town for the week. Winter was accentuated by occasional blizzards so you learned to park your car where the snow drifted less. When we arrived there, we went through a blizzard that blew boxcars off the Union Pacific mainline as well as blowing snow through most keyholes on the doors of the old houses.

*(Continued on page 2)*

*We are pleased to announce that we have a new contributing columnist, **Connie Bandy, R.Ph., Doctor of Pharmacy**. Connie will have a column called **Pharmacy Topics**. Topics may include medication alerts, new medication and/or medical breakthroughs in the news, current medication recommendations, prescription insurance information, drug interactions, over-the-counter medications, herbal and/or nutritional supplements, etc. To read her column, go to pages 6 and 7. Welcome, Connie!!!*

## My Navy Experience

By Paul Larcom



In the spring of 1955 my best friend Richie and I were talking and decided to join the Navy. I asked my father. He said it was all right because there was no war on. Little did he know I would end up on an aircraft carrier which is 1,000 feet of flight deck. In my opinion this is one of the most dangerous places in the world.

In July we went to New York City and were sworn in, off to Bainbridge, Maryland for boot camp. Richie

*(Continued on page 4)*

## GOD BLESS AMERICA

By John M.

It was a wonderful fall day in 1966. I decided to pick up my mail between Chemistry and English class. I opened a government envelope that said, "**Our community has elected you to represent us in the US Army. Report for active military duty.**"

Before I could get my head out of the clouds, I was bald, uniformed, and holding an M-16, instead of holding a beer and my girlfriend at the college pub.

Eighteen months later, after infantry training, 101<sup>st</sup> airborne, officer's school and training in helicopters, I was shipped to Vietnam--Northern Vietnam.

I arrived at the 159<sup>th</sup> Assault Helicopter Battalion and was welcomed my first two nights in the valley and "Camp Eagle" by incoming mortar fire and tracers over our tents followed by the chaplain giving the new guys

their "last rights."

23<sup>rd</sup> Psalm: "Yea, though I walk through the valley of the shadow of death, I will fear no evil."

As the war raged in 1968, I realized: "For thou art with me; Thy rod and thy staff, they comfort me." As my fellows fell, I was OK.

This was clear one hot cloudy day, when Colonel O'Mear got a "Mayday Call," and he told me to get my crew chief, Brian, and prepare to be in the air in three minutes. We were going on a mission to save one of our gunship crews shot down in a northern valley.



This was complicated since we had no gunships left, only a little observation chopper, and the Colonel was old and not our best pilot. He said, "Get a machine gun and let's get this bird in the air." And we were off...

I thought, this is suicide, but Brian had his M-50 and a box of ammo. I told Brian where we were going. His New Jersey tanned olive skin turned white as he stared into my eyes,

He only said, "Yes, sir" and put his head down.

As the small jet engine screamed, we were thrust toward the valley. It was a dark river valley, with black clouds over the tops of the mountains on both sides.

23<sup>rd</sup> Psalm: "Surely goodness and mercy shall follow

me..."

We rushed into the black tunnel as machine guns fired from both sides toward the smoke ahead from our gunships crash site. As the radio was loud with war chatter, Colonel yelled, "Lock and load, we are going in after our boys."

I looked at Brian, he reach for the ammo box to get a belt of ammo to feed the gun, then he looked me in the eye. He was even whiter and tears were in his eyes. I then looked into the ammo box that he had hastily put in the chopper. He made a deadly mistake, and there were only single bullets—useless. I started to beat on his helmet.

Just then our chopper took a sharp left turn and a dive into the dark valley.

My thought, "Lord, have mercy on our souls."

23<sup>rd</sup> Psalm: "I will dwell in the House of the Lord forever."

With enemy guns blazing, engines screaming, Brian's wail and fear in our hearts, a beautiful southern Georgia voice of a fellow gunship pilot, shouted over the radio, "This is gunship "Sally." She and I are coming in at your 3 o'clock to get you son\*\*\*\*\*. So get your sorry a\*\*\*\* up and moving cause Sally and I are not staying for dinner."

As we watched our fellow gunship's heroic dive, the Colonel pulled out of our deadly dive, and said "Let's go home." Brian's grin was from ear to ear.

**God bless our guys and gals and America.**

P. S. We never told the Colonel we had no machine gun that day.

*(Continued from page 1) An Air Force Base...*

Warren AFB was an air training command post where the less talented recruits were sent to learn how to climb telephone poles. The resultant sliver injuries were spectacular. It was also the place where rheumatic fever was definitely linked to streptococcal infection. At one time we had 70 extremely ill young men in our hospital. They should have had the base closed but the Senator from Wyoming was Chief of Armed Forces Committee. So, the base then was changed to a SAC base for long range missiles and the hospital occupancy dropped amazingly as well as the atmosphere of the base. It



took awhile for the medical department to realize we did not need so many doctors there any longer. That gave us a chance to see some of nearby Wyoming treasures such as the **Snowy Range.**

**USAGE STATISTICS for  
www.retreatatseabbranch.com**

VISITS to our WEB site:

August 2010: Daily Average=35; Monthly Total=1,110

September 2010: Daily Average=40; Monthly Total=1,211

<i>Editor &amp; Publisher</i>	<i>Co-Editor</i>	<i>Publishing Editor</i>
<b>Lill Malinowski</b> 545.3732 wallylill @comcast.net	<b>Dottie Williams</b> 546.3866 davedottie @gmail.com	<b>Hank Stasiewicz</b> 545.7133 hsjs2349 @hotmail.com

Information in this newsletter is believed to be reliable, but is not guaranteed for accuracy or completeness. Such information is provided solely for informational purposes, and should not be construed as definitive. Any information contained herein is not intended to be a substitute for independent investigation on any subject matter. The Retreat at Seabbranch Homeowners Association as well as the editors and individual contributors to this newsletter expressly disclaim all liability in respect to actions taken or not taken based on the contents of this newsletter.

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

# Emory Joseph Boucher-Airman 1<sup>st</sup> Class E-4-- 1960---1968

By Joe Boucher

Hickman AFB, Hawaii

Flight engineer---C124 Globemaster II AKA (Ol' Shaky)

I joined the United States Air Force right out of high school in 1960. After boot camp, I trained to be a flight engineer on this very fascinating, very large transport plane. It was great duty because everyone treated me very well since it was my job to keep everything mechanically sound. This would only last so long. Now computers will tell you where the mechanics are malfunctioning.

I had many experiences that would make a good story, but this particular one stands out that I would like to share with you. Our crew consisted of the pilot, co-pilot, navigator, and lil' ol' me, the flight engineer. The wings had tunnels that a man could crawl through for repairing the engines in flight.

The cockpit instrument panel had three indicators to display when landing gear was down and locked safely for landing. They looked like "barber poles." Preparing to land at Wake Island, the right hand indicator showed not locked—unsafe conditions for landing.

After several attempts to raise and lower to no avail, plan B took effect. So the crew, bless their hearts, suited me up for freezing cold weather outside the plane, harnessed me with a make shift canvas cargo strap around my waist, about 20-feet long, and one around my ankles. The loadmaster and navigator stayed inside the fuselage, and hung onto the strap while I crawled out to the landing gear hung upside down and inserted the lock pin successfully after about an hour. This needed to be done before landing the craft. I learned real quickly that being the only enlisted man that I was on the bottom of that food chain. "Officers do not crawl in wings."

After landing safely, we discovered it was a faulty indicator.

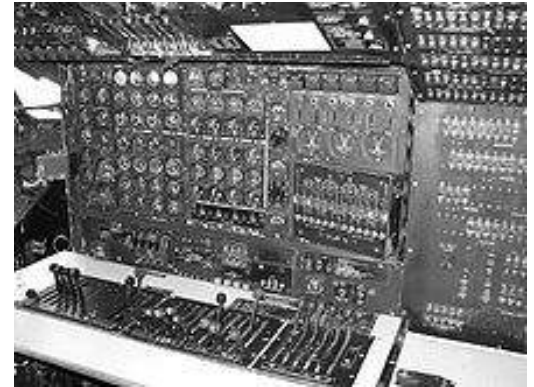
**"THE END"**



**My plane:  
C-124  
Globemaster**

**My flight  
panel:**

**Flight  
engineer's  
station of a  
C-124**



## **A Wine Story**

By Tom Palmer

Our airbase was in the middle of Germany's wine country. The grapes were white and sweet. As brand new staff sergeants, my buddy Marty and I decided to discover Spain. With his Latin genes and my serendipity, our thirty-day leave would be exciting. After receiving the mandatory shots at the base, we were ready.

With a few days of "Bon Temps" in Paris, we departed the Gare de Sur station aboard the Sur Express to Madrid. Travelling through the Pyrenees, we enjoyed a dining car meal hosted by an American tourist. The food was fine--the French wine finer!

Finding a good Pensio'n was easy—three dollars a day, with breakfast and laundry. The cleaning girl was extra.

While thinking about Madrid's señoritas and bullfights, we paused for vino tinto and tapas. The vino cost one peseta (we had many) and the tapas, gratis!

The next morning, alas! We both felt poorly with fevers and dark purple-colored tongues. We were sick. What to do? Finally after brushing our teeth and tongues, we realized the malady was not caused by the vino tinto but the mandatory shots at the base.

Now, when I drink red wine—then brush my tongue, I SMILE! Cheers!



## BEING IN THE SERVICE

By Joe Scerbo

### U.S. AIR FORCE

I enlisted in the U.S. Air Force in August of 1965 during the height of the Vietnam War. One week after arriving at Lackland Air Force Base in Texas for basic training, my draft notice arrived at my home. After four years of active duty, August 23, 1965 to August 23, 1969, my obligation continued for two years in the Reserve. My basic training was at Lackland Air Force Base in Texas. Tech school at Chanute Air Force Base in Illinois followed basic training where I was in the 3355th Squadron Tech School for aircraft maintenance. Upon completion of aircraft maintenance school, my permanent duty assignment sent me to Dover Air Force Base in Delaware. I worked on C141 aircraft in the airplane hangars and on the flight line.

While Dover AFB was my permanent assignment, I received temporary assignments. The first was to Terceira Acores off the coast of Portugal to repair C141 aircraft. Another temporary duty assignment was to Fort Campbell Kentucky for operation Eagle Thrust, the largest and longest military airlift directly into a combat zone. The 101 Airborne Division with all their equipment was airlifted to Vietnam on C141s.

I left service with rank of sergeant. Many military men and women never returned home from this war, and I still feel bad to this day. **Freedom comes with a price and should not be taken for granted.**



### The Pledge of Allegiance

**I pledge Allegiance to the flag  
of the United States of America  
and to the Republic for which it stands,  
one nation under God, indivisible,  
with Liberty and Justice for all.**

*(Continued from page 1) My Navy Experience*

was out in 20 days with a bad knee. I was in for four years.

After boot camp I went to Airmen Prep School in Norman, Oklahoma for eight weeks and then to Memphis, Tennessee for six months to attend Aviation Electronics Tech School.

My first duty station was Brunswick, Georgia in ZTU, a training squadron for blimp pilots. I flew as a radio/radar operator crew member.

A year later I was transferred to an Anti-Submarine Squad (NS-11) in Rhode Island where I flew as a sonar operator. We made a five-month Mediterranean cruise in the summer of 1958 on the USS Wasp, as part of the air group. We spent 30 days off of Beirut. Most people don't remember that we landed Marines in Beirut then. We were there as a support group for the Marines.

I reached the rank of AT2 (EM5) 2nd class petty officer and was released in July 1954 from active duty, and discharged in July of 1963.

I'm now a member of **Naval Airship Association** made up of people who flew in Blimp Squadrons. Helen and I just came back from San Jose, California in September from our fourth reunion with this group. While coming back we stopped to see my friend Richie in Phoenix Arizona who joined the Navy with me.

I did a lot of things in four years and enjoyed the Navy a lot. I did a lot of things flying as a crew member. I have a lot of stories to tell. Where else would you turn an 19 or 20-year-old kid loose to fix a \$1,000,000 aircraft (1958 value)? **It made you grow up and take responsibility as a young person.**

I'm proud to have served and looking back I think I got more out of it than the Navy or country did.

I'm a member of the **American Legion Post 390** of Denville, New Jersey. **Over 50 years later, I'm happy to have served.**



## HISTORY OF VETERANS DAY

[www.glencoe.com/sec/socialstudies/btt/veterans\\_day/history.shtml](http://www.glencoe.com/sec/socialstudies/btt/veterans_day/history.shtml)

In 1919, President Woodrow Wilson proclaimed November 11 as Armistice Day to remind Americans of the tragedies of war. The fighting in World War I had ended a year earlier, at 11 A.M., November 11, 1918 (the eleventh hour of the eleventh day of the eleventh month).

Two years later on Armistice Day, an unknown American World War I soldier was buried at Arlington National Cemetery in Washington, D.C., in the Tomb of the Unknowns. Thousands of people came to watch the elaborate ceremonies that took place. Similar ceremonies had taken place the previous year in England and France: an unknown English soldier was buried in Westminster Abbey in London, and an unknown French soldier was buried at the Arc de Triomphe in Paris.

In 1926, Congress passed a resolution calling for the observance of Armistice Day in schools, churches, and other suitable places. Twelve years later the day was designated as a national holiday. In 1939, a year after Armistice Day became a national holiday, World War II broke out in Europe. The start of this war ended the idealistic hopes that World War I was "the war to end all wars." Over four hundred thousand American troops died in World War II.

After the Korean War (1950–1953), during which over 36,000 Americans died, Congress considered making Armistice Day a day to commemorate veterans of all wars, not only those who served in World War I. In 1954, President Eisenhower signed a bill proclaiming the holiday a remembrance of all wars and changing its name to Veterans Day.

A law passed in 1968 moved the Veterans Day celebration to the fourth Monday in October. However, the original date, November 11, was historically significant to many Americans, and ten years later the observation of Veterans Day returned to its original date.

In 1958, two more unidentified American soldiers were laid to rest next to the unknown soldier of World War I. One of the soldiers was killed in World War II, and the other in the Korean War. In 1984, a fourth unknown serviceman was added to the tomb. He had died in the Vietnam War. However, in 1998, the identity of the Vietnam War soldier was discovered through DNA testing, and his remains were returned to his family. The crypt reserved for the unknown soldier from the Vietnam War is now empty.

Veterans Day celebrations include parades and speeches held in towns and cities throughout the United States. The focal point for national ceremonies, however, continues to be the Tomb of the Unknowns in Arlington National Cemetery and the amphitheater surrounding it. Every year, special services begin at 11 A.M. with two minutes of silence. After the playing of "Taps," the president places a wreath at the tomb. A color guard procession and several speeches, one of them usually by the president, follow it. Approximately 5,000 people attend the ceremony annually.





# Pharmacy Topics

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

## ***SENIORS — Is your current Medicare Part D Drug Plan Right for You?***

November is the time of the year to reassess your Medicare Medication Part D Plan. Part D plans are very different, and the cost can vary greatly depending on the plan you choose. Even for the same set of drugs, there can be differences in costs for each plan within the same city. Comparing Part D plans is very important, and should be considered and evaluated each and every year.

Have your medications changed during this past year? Have you switched from a brand name product to a generic one? You may have been surprised by the costs, or you may have experienced a coverage gap this past year. You may have been alerted that your Medicare Part D Plan co-pay and/or formulary may be changing. If any of the above scenarios apply, then you may save money by switching to another plan.

Even if you're satisfied with your current plan, costs may be much higher this year. In fact, it's pretty certain that you can expect an increase in the premiums for your current plan. Comparing plans every year insures that you are getting the best plan, at the best price for you.

Open enrollment begins on November 15<sup>th</sup> and runs through December 31<sup>st</sup>, 2010. There is no penalty for switching plans. However, you can only switch plans during the open enrollment period – and you can only switch one time during each year's enrollment period.

Did you know that Medicare offers a FREE Part D Plan Comparison Tool? This tool allows you to compare different plans side by side. By exploring your options, you can make a knowledgeable decision on a plan that best meets your needs. Having complete information on Medicare Part D Plans will save you money on your prescription drug-related healthcare.

Go to [www.medicare.gov/find-a-plan/questions/home.aspx](http://www.medicare.gov/find-a-plan/questions/home.aspx) and find the plan that's right for you.

## ***FLU VACCINE – What's New for the 2010/2011 Upcoming Flu Season***

I don't know where the summer went – but, here we are with Flu Season right around the corner! When it comes to the flu, Ben Franklin's adage, *an ounce of prevention is worth a pound of cure*, definitely applies! The best way to prevent the flu is to get a flu vaccine each season. Back in Ben's day, flu vaccination was not an option – but, I suspect that if he was alive today, he would be among the first to be vaccinated.

Flu season can begin as early as October, but most of the time flu activity peaks in January or later. It takes your body about 2 weeks after a flu vaccination to develop antibodies that provide protection against influenza virus infection. So, if you missed the RAN Flu Shot Program back in August and have not already gotten vaccinated, you still have time to schedule it.

### **H1N1 coverage is included in the 2010-2011 flu vaccine**

The experts in this field are the scientists at the Centers for Disease Control and Prevention (CDC). They make the decision as to which types and strains of influenza viruses will be most common threats during the upcoming flu season. This year, the 2010-2011 flu vaccine will protect against last year's pandemic virus, H1N1 (a.k.a. swine flu), and two other influenza viruses (an H3N2 virus and an influenza B virus). So, it will not be necessary to get a separate H1N1 vaccination to be protected against this deadly virus.

There are two types of flu vaccines available:

- The "flu shot"—an inactivated vaccine (containing killed virus) that is given with a syringe. The seasonal flu shot is approved for use in people 6 months of age and older, including healthy people, people with chronic medical conditions and pregnant women.
- The nasal-spray flu vaccine—a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for "Live Attenuated Influenza Vaccine" or FluMist®). LAIV is approved for use in healthy people 2-49 years of age who are not pregnant.

### **New specialty vaccine available for seniors - 65 years and older**

New this year is a vaccination designed for persons 65 years or older called **Fluzone High-Dose®**. Because human immune defenses become weaker with age, older persons may be at greater risk of severe illness from influenza. This new high-dose vaccine contains four times the amount of antigen (the part of the vaccine that prompts the body to make antibody) contained in regular flu shots. It is supposed to give older people a better immune response, and therefore better protection against flu.

For a comprehensive list of who is at high risk for developing flu-related complications, who should NOT be vaccinated, and possible side effects of the flu vaccines, please consult with your physician and/or check the CDC website at [www.cdc.gov/flu](http://www.cdc.gov/flu) .

## **RETREAT ASSISTANCE NETWORK**

### **A RAN Summer**

by Sally Troiani



## **“Down the Road” Riders**

by Sally  
Troiani

This summer has been a very active time for the RAN volunteers who have logged a total of 43 ½ hours in the service of our community. At the end of August, RAN sponsored a **Flu Clinic** in cooperation with the Visiting Nurses Association of Stuart, bringing both the flu and pneumonia vaccine to the Retreat Clubhouse. Ninety-two residents availed themselves of this convenience. A total of **245 volunteer hours** have been logged by this amazing group since its inception.

There also has been an increasing demand for RAN's offered services as more residents become aware of their availability. As you might expect, we continue to seek more volunteers to enable these services to continue. If anyone cares to participate in this worthwhile endeavor please contact **Marie Ferrandino at 546.5476** or **Muriel Barry at 545.1919** for the particulars.

Two Bobs and a Lenny held the fort over the summer months for the string of bike riders that head out for their rides each morning. **Bob Ferrandino, Lenny Freedman, and Bob Troiani** have maintained the tradition while awaiting the return of their snowbird friends including **Shri Dalal**. This group of cyclists which can number up to 15 on any given day is composed of Retreat and Lost Lake residents. They proceed out Seabranche Boulevard to Route 1 and then head north or south to different destinations. The southern route often includes Hobe Sound Beach or Jupiter Island. These trips range from 20 to 30 miles round trip. Heading north the riders end up at Hansen's Landing, Halpatiokee Park or Sandsprit Park. These round trips are between 16 and 20 miles in length.

These road warriors are dedicated riders that all wear protective equipment including helmets and gloves. Most ride Trek 21-speed bikes, and they average 10 to 14 miles per hour. After all of this early morning activity, it is the opinion of this author that there is a lot of afternoon napping taking place.

## **NEWS FROM OUR BOARD OF DIRECTORS**

**By Bill Cole**

1. GOOD NEWS! Your HOA fee for 2011 will be reduced by \$38.00 per quarter—\$152.00 annually. No reduction in services. Mulching/sodding will be done in January. Budget will be in the mail to you by the time you read this.
2. No increase in our fee from Seabranh Boulevard in 2011.
3. All operations are going well. Nice surplus anticipated for 2010.
4. Welcome back to our seasonal residents.
5. Best wishes for the holiday season.

Thank you all for your help and support. Special THANK YOU to Ron, our property manager, for a job well done.

### **FROM OUR PROPERTY MANAGER**

By Ron Barrow

#### **LANDSCAPE TRIMMINGS**

Waste Management picks up tree and shrub trimmings on Wednesdays. Please do not put trimmings by the curb before Tuesday evening or Wednesday morning. The trimmings interfere with mowing, can damage or kill the grass and make our community look messy.

#### **DIRTY WALLS AND SIDEWALKS**

Many homes in our community would benefit from power washing of privacy walls, sidewalks, patios, driveways, etc. Please take a look around your home to see if this is the case.

#### **MEMORIAL BENCHES**

New bench locations are:

- Angelina Court, lake side just off Retreat Drive
- Eldorado Way, beyond Glacier Terrace facing preserve
- Glacier Terrace, facing south looking onto preserve
- Glacier Terrace/ Retreat Drive circle
- Retreat Drive by school wall between Maryhill Place and Nicolette Lane
- Retreat Drive approaching east gate near Nicolette Lane

These benches serve as memorials for our loved ones and also enhance our community. The cost of each Memorial Bench is \$1,000. Please contact Ron at the office if you wish to purchase one.



### **COMMUNICATIONS COMMITTEE**

For business owners, *The Retreat Newsletter* is a great place for you to reach local customers. Ads are business card size in black and white. 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.

If you have not received your copy of *The Retreat Directory 2010*, please see our property manager during his business hours. On the following page is the form for submitting additions or changes for the 2011 Directory.

Don't forget to check Channel 63 to see what is happening in the Retreat!



### **CLUBHOUSE COMMITTEE** By Gail Pezzicola

We request that those folks using the pool area be more diligent in returning chairs, chaises, and umbrellas to their original locations. We find quite often that umbrellas are left open, which gives the wind an opportunity to cause them damage and in need of repair. Please close all umbrellas following your stay at the pool. We understand that folks move chaises and chairs to accommodate their family and friends.

It is our hope that everyone enjoys their pool time; however we need to keep in mind that there is not a pool attendant at the Retreat. You might be surprised at the mess that is left behind following a busy day at the pool. It is your fellow neighbors who put things back in order or Ron, our property manager, who has many other tasks at hand. Your thoughtfulness when it comes to keeping order at the pool and all around our community would be greatly appreciated.

Many of us ride bikes and do not lock them. Many people have bikes that are quite costly. Bikers should consider a lock to secure their bikes.



### **Holiday Donation**

The holidays are fast approaching and once again we are collecting for the workers who keep our community looking so great. If you wish to contribute, please drop off your donation at the Management Office with Ron before **December 15th**. Thank you for your continued generosity.



## 2011 RETREAT TELEPHONE DIRECTORY FORM

If you are not currently listed in the 2010 Telephone Directory and wish to be listed in the 2011 Directory, please fill out the form below. If you are currently listed in the directory and would like to update it, please fill out the form below with the updated information. **Please sign the form** and place it in the Drop Box in the Property Management Office located in the Clubhouse or mail it to Retreat Homeowners Association, 8700 SE Retreat Drive, Hobe Sound, FL 33455, ATTN: Communications Committee **no later than February 1, 2011.**

**List your information exactly as you want it printed in the Directory.**

**PLEASE PRINT CLEARLY**

LAST NAME(S) \_\_\_\_\_

FIRST NAME(S) \_\_\_\_\_

(For example: Jane and John)

RETREAT ADDRESS \_\_\_\_\_

TELEPHONE \_\_\_\_\_

CELL TELEPHONE (optional) \_\_\_\_\_

EMAIL ADDRESS (optional) \_\_\_\_\_

\_\_\_\_\_  
\*Signature

\_\_\_\_\_  
\* Signature

**\*Signature(s) are required to have information published in the Directory.**

**DISCLAIMER: Information contained in Directory is confidential and not for dissemination outside the Retreat community**

**REMEMBER TO RETURN THIS FORM BY FEBRUARY 1, 2011**



## SOCIAL COMMITTEE

By Gail Pezzicola

**Sandy Morrow and Gail Pezzicola** are officially retiring as Social Committee Chairs. They have planned and will run the Holiday Party at **Lost Lake Country Club December 4, 2010**. Following that event, the Social Committee has no sponsors or volunteers to maintain future events. Recent attempts to have dinners in the Clubhouse have been met with very little response. Anyone interested in taking charge of the Social Committee can contact Sandy (545.1936) or Gail (545.0706) for information.

### HOLIDAY DINNER DANCE

### LOST LAKE COUNTRY CLUB

Saturday December 4, 2010

Starts at 6:30 PM Cocktails and appetizers

Followed by dinner and dancing with Lucky and the Driftwoods

#### MENU

Plentiful assortment of appetizers will all be served hot during the cocktail hour

House Salad

Choice of prime rib or herb-crusted chicken with vegetable and potatoes, rolls and butter

Raspberry sorbet and Christmas cookies

*Door prizes this year will be a variety of gift cards from businesses in the area*

Come share the joy of the season with your friends and neighbors.

Tickets will be on sale Saturday November 6th

10am to 11am at the Retreat Clubhouse

\$57 per person - CASH BAR

Please join us!



## NATIVES IN THE YARD

By Dottie Williams

### **LIMPKINS**

Since a pair of **limpkins** built a nest on one of our lakes a couple of years ago, I seem to be seeing more of them each year. In the past few months I have seen quite a few in different spots in our community and actually had one in the backyard this morning.

It is easy to miss these birds. They do not have colorful plumage or travel in large flocks but they are pretty interesting. You are more likely to hear their screaming call before you would notice one along our lakes. **Apple snails** are the mainstay of their diet and the design of their bill enables the Limpkin to extract the snail from the shell without breaking it. The closed bill is curved slightly to the right like the apple snail shell and has a gap just before the tip making it like tweezers. This unique adaptation enables the limpkin to remove the snail in less than 20 seconds.



Photo by Dave Williams

This inconspicuous bird is brown with white markings on its head, neck, wings and back. They are approximately 26 inches long with a wingspan of 40 inches. In addition to apple snails, fresh water mussels and other

snails are part of their diet. Their main habitat is fresh water marsh areas. Florida is the northern most limit of their breeding area, and they are also found in Central America, southern Mexico and the Caribbean.

As long as the lakes in the community have good apple snail and freshwater mussel populations, I think we'll be seeing a lot of these birds. Recently the area I've seen them the most is around the "famed" Lake 9 between Maryhill and LaCreek, the home of the strange creatures I wrote about in the last newsletter. Now you can keep an eye out for the Limpkins, too.



## RETREAT EVE of THANKSGIVING DINNER

Wednesday, November 24<sup>th</sup>

3pm in the Retreat Clubhouse

### TRADITIONAL TURKEY DINNER

With all the trimmings \$15 BYOB

**Catered by TooJay's Gourmet Deli**

*Sign up at the Clubhouse:*

*Friday, November 5<sup>th</sup> 3-5pm*

*Saturday, November 6<sup>th</sup> 10-12am*

Limit 25 persons (Minimum 15 persons)

Lena at 772.546.1316

**HOPE TO SEE YOU THERE!!!**

(Please note this is the day **BEFORE**  
Thanksgiving Day)

### HAPPY HOLIDAYS!



### YOUNG ARTISTS OF THE RETREAT

By Marsha Levine

Fourth graders, **Ryan Borosky and Anna Garostiaga** are once again participating in the Children's Art Contest, which is part of the Hobe Sound Festival of Arts held annually in February. We wish them luck.

Come see their art work as well as the work of the many artists who come from far and wide and locally to participate in that show.



### ART LEAGUE NEWS

By Mary D'Avanzo

**HERE'S LOOKING AT YOU, KID!**

And I mean that *literally!!* The Art League has spent the summer designing more functional works of art. This year the members have created "ART mirrors." To develop this "**Re-lect-ive ART**" the artists are using their specific mediums: oil or acrylic painting, collage, fiber art, photography, sculpting and traditional Japanese fish printing. These varied styles have been applied to mirrors - all kinds of mirrors and Re-lect-ive-ness! The process has been fun and the products will reflect your smiles!!

The League will partner with the Armory Art Center (1700 Parker Ave, West Palm Beach) to present a "Re-lect-ive ART Exhibition and Charitable Auction." The show will include the artists' own work as well as their vintage to contemporary mirror designs beginning Dec. 3<sup>rd</sup> and continuing through January 21<sup>st</sup>. The Opening Reception will be December 10<sup>th</sup>, 6-8pm. The Charity Auction will be January 14<sup>th</sup>, 6-8pm with proceeds to benefit the U.B. Kinsey/Palmview Elementary School of the Arts in West Palm Beach. More than 570 students participate in the Fine Arts Magnet Program.

Please come and enjoy the artwork of some of your neighbors on Opening Night. Then, once again, join our own **Tim Luke and Greg Strahm** as they preside over the fun and auctioning of "Re-lect-ive ART" on January 14<sup>th</sup>.

### ART NEWS

By Marsha  
Levine



Retreat artist, **Marsha Levine** has two pen and ink drawings at the Jaymar Gallery in their group show of local artists. This

display will be on for a few months and it has many Florida scenes in varying media The Gallery is on US 1 in Stuart.

In addition in conjunction with their **Bless the Animals Day**, she had a solo exhibit of animal and pet drawings at St. Luke's Church in Port Salerno. Here is one of her current pet drawings shown at the church.

## WOMEN'S CLUB OF THE RETREAT

By Mona Wiley

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

#### ***Welcome Back to All the Snowbirds!!***

I'm sure you had a hot summer, just like we did, but we now have cooler temperatures just for you!

On **November 13<sup>th</sup>** we will have a ***Welcome Back Breakfast*** for the entire Women's Club in the Clubhouse at 9:00 a.m. Please sign up by November 10<sup>th</sup> so we know how many to set up for. Marlene Boobar will spearhead this gathering.

Monday, **November 15<sup>th</sup>** the Women's Club will feature a ***financial planner*** at the regular meeting at 7:00 p.m. in the Clubhouse. In these difficult economic times, I'm sure we could all use some pointers on how to manage our finances. Please come with any questions you might want to present.

**December 3<sup>rd</sup>** – a Friday – will be our annual "***trim-a-tree***" and ***decorate*** the Clubhouse event. As many of you who can participate in decorating are welcome. Afterwards there will be a ***pizza party***. Please sign up in the mail room by December 1<sup>st</sup>.

***To all the women in The Retreat, we invite you to join the club and participate in the many activities we arrange.***

The Women's Club meets every 3<sup>rd</sup> Monday of the month at 7:00p.m. in the Clubhouse.

Last newsletter, I asked if you knew what a ***Florida Cracker*** was. So now I'll tell you. The term refers to original colonial-era English and American pioneer settlers and their descendants of what is now the state of Florida. Spain traded Florida to Great Britain and the first Florida crackers arrived in 1763. Eventually, the territory passed back to Spain in 1783 and then to the United States government in 1819. St. Augustine is the oldest city in the United States. ***Cracker*** refers to the sound or "***crack***" of the bullwhip the cowboys used while herding cattle. Is there anyone living in The Retreat who is a native Floridian? I actually know about eight families in West Palm Beach who are Florida Crackers. This is a little history when you go to a boring cocktail party.



## Women's Club

### *Welcome Back Breakfast !*

Saturday, November  
13<sup>th</sup>

9 AM Clubhouse

*(Note time change: 9 AM)*

Guest Speaker:

***Jennifer Ferrari  
Executive Director  
Hobe Sound Chamber of  
Commerce***

Please sign up

Mailroom November 1<sup>st</sup>

**[marleneboobar@hotmail.com](mailto:marleneboobar@hotmail.com)**



## ***Four Old Men and the Sea***

By Sherry Innis

This is a picture of **Herschel Innis** (on left) with his first sailfish that was caught Thursday, October 14th, on **Captain Bob Plourde's boat, "First Priority."** The other man in this picture is **Brad Otis**—all from the Retreat. **Bob Britton** from Hobe Sound was also one of the crew. They were just fishing for nothing special and about ready to come in for the day when this 50-pound sailfish got hooked on a bare blue and white rig. Since Herschel has never had the pleasure of bringing one in, they let him boat the sailfish, take a few pictures and then a quick release.

## ***GOOGLE Does It Again!!!***

***Received from Hank Stasiewicz***

*Just leave it up to Google to come up with something like this!! Here's a number worth putting in your cell phone, or your home phone speed dial: 1-800-goog411. This is an awesome service from Google, and it's free -- great when you are driving on the road with no pen, pencil or paper handy. Don't waste your money on information calls and don't waste your time manually dialing the number. I am driving along in my car, and I need to call the golf course and I don't know the number. I hit the speed dial for information that I have programmed.*

*The voice at the other end says, "City & State." I say, "Garland , Texas." He says, "Business, Name or Type of Service." I say, "Garland Golf Course." He says, "Connecting" and Garland Golf Course answers the phone.*

*How great is that? This is nationwide, and it is absolutely free! Click on the link below and watch the short clip for a quick demonstration.*

**<http://www.google.com/goog411/>**

## **BEDBUGS**

[www.mayoclinic.com/health/bedbugs/DS00663](http://www.mayoclinic.com/health/bedbugs/DS00663)



Bedbugs have feasted on sleeping humans for thousands of years. After World War II, they were eradicated from most developed nations with the use of DDT. This pesticide has since been banned because it's so toxic to the environment.

Spurred perhaps by increases in international travel, **bedbugs are becoming a problem once again.** The risk of encountering bedbugs increases if you spend time in places with high turnovers of night-time guests — such as hotels, hospitals or homeless shelters.

Bedbugs are reddish brown, oval and flat, about the size of an apple seed. During the day, they hide in the cracks and crevices of beds, box springs, headboards and bed frames. It's a daunting task to eliminate bedbugs from your home. Professional help is recommended.

The resurgence of bedbugs in developed countries may be linked to:

- Increased international travel
- Changes in pest control practices
- Insecticide resistance

A female bedbug can lay more than 200 eggs in her lifetime, which typically lasts for about 10 months. Newly hatched bedbugs are nearly colorless, so they are hard to spot. They shed their skin five times as they grow, and need a blood meal for each molt.

During the day, bedbugs hide in the cracks and crevices of:

- Mattresses
- Box springs
- Bed frames
- Headboards

They also can be found:

- Under peeling paint and loose wallpaper
- Under carpeting near baseboards
- In upholstered furniture seams
- Under light switch plates or electrical outlets

Bedbugs don't usually stay on their human hosts after their meal, but they might take refuge in clothes or luggage left nearby on the floor. **If you're traveling and bedbugs get into your luggage, you might bring them home with you.**

While bedbugs may hitchhike on your belongings, they also can crawl about as fast as a ladybug. So they can easily travel between floors and rooms in hotels or apartment complexes.

Bedbugs don't care if their environment is clean or dirty. All they need is a warm host and plenty of hiding places. Even pristine homes and hotels can harbor bedbugs.

## RELAY FOR LIFE

By Lill Malinowski

The Relay For Life of South Martin will be held at **South Fork High School** beginning on **Friday, April 8th at 6PM and ending on Saturday, April 9th at 9AM**. Please mark your calendars!

On Sunday, December 5th, we will be holding our sixth annual **Holiday Home Tour**. This is such a wonderful event. It is a great way to meet Retreat residents, see beautiful decorating, and support the American Cancer Society in our fight against cancer.

**Retreat logo items** (polo shirts, t-shirts, caps, visors, bags, towels) are always available. Contact Dottie Williams at 546.3866 to place your order.

From now till just before the holidays we will be selling **Enjoyment Books** for \$35. These are great holiday and hostess gifts. Also, get your friends to buy a book as well and have wonderful times going out with them at a discount and trying out new restaurants.

On Sunday, February 27th at 5pm we will be hosting a **SIMPLE SUPPER** fundraiser in our Clubhouse. We will be serving soup, bread, salad, dessert and refreshments.

We will be hosting our third **Relay For Life cruise** in March. For more information, see the flyer on this page.

Becky Freedman will again be **"Running For Bob."** (See following article.) Contact Becky if you wish to help her in her fight.

Please watch for announcements of ticket sales in the mail room for these events.



Photo by Len Freedman

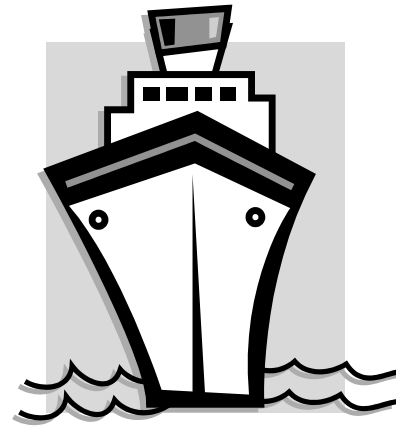
Becky and Baron

### RELAY FOR LIFE: "RUNNING FOR BOB"

By Becky Freedman

The first 5K race of the 2010-2011 charity season took place Saturday, September 25, 8AM at Kelsey Park, Lake Park, Florida. It was the ARC 5K Bridge Buster Challenge Run. Saturday runners were met with strong head winds off the ocean, humidity, blazing heat and sun, and a course centered across a steep mile bridge. It was seriously a challenge for the strong hearted only. For

me, a glorious Florida morning spent remembering and honoring loved ones lost to cancer. **I am running in memory of my twin brother, Bob Kingsley Jr. and my dad, Bob Kingsley, Sr.**



## ALL ABOARD!!!

*Retreat residents, friends, relatives, neighbors, acquaintances....all welcome!!*

### Relay For Life Fundraising Cruise

7 Nights on the new beautiful Carnival  
"Dream"

**Saturday, March 19 -  
Saturday, March 26, 2011**

Port Canaveral Sea Cozumel Isla Roatan Belize  
Costa Maya Sea Port Canaveral

*Join old friends and make new  
friends from the Retreat!*



*Bus pick up and return  
from our own  
Clubhouse*

### Cruise Questions and Bookings:

Ray McGill

*(Bob & Lois McGill's son)*

**Nittany Travel**

[w.nittanytravel.com](http://w.nittanytravel.com)

1-800-326-9342

**Retreat Contact:** Jan Kasuboske

[kasuboske@gmail.com](mailto:kasuboske@gmail.com)



## BRIDGE SCORES

By Patsy Shattuck

Our fall season has begun, but as yet our northern players have not arrived.

They have had warmer weather but things could change in a hurry! We will be happy to see them and have them join us when they do get here. If you would like to join us, call Patsy Shattuck at 546.2011.

### August 3, 2010

- 1 – Lucille Sanchez
- 2 – Peggy Johnson
- 3 – Alice Bernhardt
- 4 – Joanne Cichon
- 5 – Joyce Hill

### August 10, 210

- 1 – Carol Flynn
- 2 – Laura Rothman
- 3 – Alice Bernhardt
- 4 – Patsy Shattuck
- 5 – Muriel Barry

### August 17, 2010

- 1 – Alan Shattuck
- 2 – Muriel Barry
- 3 – Joanne Cichon
- 4 – Peggy Johnson
- 5 – Laura Rothman

### August 24, 2010

- 1 – Stan Rublowsky
- 2 – Peggy Johnson
- 3 – Lena Rublowsky
- 4 – Carol Flynn
- 5 – Kay Bowen-Smith

### August 31, 2010

- 1 – Alan Shattuck
- 2 – Lena Rublowsky
- 3 – Alice Bernhardt

- 4 – Patsy Shattuck
- 5 – Kay Bowen-Smith

### September 7, 2010

- 1 – Patsy Shattuck
- 2 – Alan Shattuck
- 3 – Joanne Cichon
- 4 – Marie Ferrandino
- 5 – Sally Troiani

### September 14, 2010

- 1 – Joanne Cichon
- 2 – Laura Rothman
- 3 – Lena Rublowsky
- 4 – Alice Bernhardt
- 5 – Patsy Shattuck

### September 21, 2010

- 1 – Lena Rublowsky
- 2 – Peggy Johnson
- 3 – Carol Flynn
- 4 – Alan Shattuck
- 5 – Stan Rublowsky

### September 28, 2010

- 1 – Sally Troiani
- 2 – Stan Rublowsky
- 3 – Mimi Brown
- 4 – Lena Rublowsky
- 5 – Muriel Barry

## RETREAT ACTIVITIES

*All Retreat residents are invited to take part in our Retreat Activities. For more information, please call the contact person.*

<b>Art League</b>	Mary D'Avanzo	545.7229
<b>Aqua Aerobics</b>	Diane Rothacker	546.7876
<b>Channel 63</b>	Jim Morrow	545.1936
<b>Family Activities</b>	Katrina Collette Lisa Rothenberg	546.9880 263.8344
<b>First Fridays</b>	Mary Paukstys	546.8054
<b>Mah Jongg</b>	Angela Bibby	545.9195
<b>Needlecraft &amp; Knitting</b>	Sandy Morrow Liz Plourde	545.1936 546.5673
<b>Poker—Men's Straight</b>	Joe Ciocia	545.9767
<b>Poker—Texas "Hold—Em"</b>	Lois & Charles Raska Lois & Otto Vernacchio	545.2733 546.7523
<b>Red Hat Society</b>	Rita Lariviere	546.9744
<b>Relay For Life</b>	Lill Malinowski	545.3732
<b>Retreat Assistance Network (RAN)</b>	Muriel Barry	545.1919
<b>Retreat Directory</b>	Coni McGuinn	545.3465
<b>Retreat Newsletter</b>	Lill Malinowski Dottie Williams Hank Stasiewicz	545.3732 546.3866 545.7133
<b>Social Bridge</b>	Patsy Shattuck	546.2011
<b>Social Committee</b>	Gail Pezzicola Sandy Morrow	545.0706 545.1936
<b>WEB Master</b>	Gene Gillis	545.9304
<b>Women's Club of the Retreat</b>	Bettyann Dixson Mona Wiley Linda Kosmala Margaret Dara	546.2663 546.9545 545.7266 546.8467
<b>Women's Exercise Class</b>	Marguerite Badcock	546.8427

# RETREAT BOARD OF DIRECTORS

President	Bill Cole	546.5353	wcole2b@yahoo.com
Vice-President	Pat Pezzicola	545.0706	pezzicolap@comcast.net
Secretary	Coni McGuinn	545.3465	conimcguinn@aol.com
Treasurer	Susan Hemmer	349.0030	syacht@comcast.net
Director at Large	Dave Williams	546.3866	davedottie@gmail.com

# RETREAT PROPERTY MANAGER

<b>Office Hours:</b> Monday Wednesday Friday 8 am to 11 am 772.546.6112	<b>Ron Barrow</b>	<b>Clubhouse Fax:</b> 546.1699 <b>Capital Realty for</b> Work Orders, General Questions, Emergencies: 1.800.940.1088	retreathoa@comcast.net
--	-----------------------	---	------------------------

## MARTIN COUNTY'S RESIDENTIAL HOUSEHOLD HAZARDOUS WASTE PROGRAM

### MOBILE HOUSEHOLD HAZARDOUS WASTE COLLECTION VEHICLE

**HOURS OF OPERATION AND  
LOCATIONS**  
**8:30AM — 1:30PM**

#### HOBE SOUND

1ST WED. OF EACH MONTH  
 FIRE STATION #32  
 12155 SE FEDERAL HWY.

#### STUART

2ND WED. OF EACH MONTH  
 800 MARTIN LUTHER KING  
 BLVD.  
 CITY OF STUART FIRE STATION



MARTIN  
COUNTY  
RESIDENTS  
ONLY



#### EXAMPLES OF THINGS THAT YOU CAN BRING TO THE HAZMOBILE:

- SOLVENTS
- AEROSOL CANS
- HOUSEHOLD BATTERIES
- CLEANERS
- FLUORESCENT LIGHT BULBS
- FURNITURE STRIPPERS
- LUBRICANTS
- OILS
- POLISHES
- PESTICIDES
- ANTIFREEZE
- PAINT

#### THINGS YOU CANNOT BRING TO THE HAZMOBILE:

- NO GASOLINE
- NO FUEL
- NO TIRES
- NP PRESSURED GASES
- NO HOUSEHOLD APPLIANCES
- NO DRUMS
- NO MEDICATIONS OR NEEDLES

CALL 288.5700 TO GET INFO ON  
PROGRAMS AVAILABLE FREE  
FOR SMALL BUSINESS DISPOSAL

*Martin County Board of  
County Commissioners*

RESIDENTS CAN ALSO COME TO OUR  
HOUSEHOLD HAZARDOUS WASTE  
BUILDING LOCATED AT THE MARTIN  
COUNTY HAZARDOUS WASTE  
BUILDING IN PALM CITY  
FOR MORE INFORMATION PLEASE  
CALL 772.221.1416

**RESIDENTS CAN  
DISPOSE OF UP TO  
100 LBS OF WASTE FOR  
FREE!**

ALL WASTE MUST BE BROUGHT IN  
SECURE, NON-LEAKING CONTAINERS  
NO LARGER THAN 5 GALLON  
BUCKETS, CLEARLY LABELED

THINGS THAT YOU CAN BRING TO  
THE HOUSEHOLD HAZARDOUS  
WASTE BUILDING IN PALM CITY:

SOLVENTS, AEROSOL CANS,  
BATTERIES,  
FLUORESCENT LIGHT BULBS,  
FURNITURE STRIPPERS,  
USED OILS, USED ANTIFREEZE,  
POLISHES, PESTICIDES,  
GASOLINE, FLARES,  
PAINT, POOL CHEMICALS,  
WEED KILLERS, ELECTRONICS,  
COMPUTERS, TELEVISIONS

**WE CAN DO OUR PART TO SAVE THE ENVIRONMENT**



**KraftMaid**  
C A B I N E T R Y

33 Balfour Rd.  
Palm Beach Gardens  
FL 33418

*Barry Stillman*

Wholesale Distributor

Office: (561) 626-1795 • Cell: (772) 979-2902

On the INTERNET: [www.kraftmaid.com](http://www.kraftmaid.com)



**PIONEER SCREEN DOORS  
& GLASS ROOMS, L.L.C.**

Licensed & Insured #F00058

- Retractable Awnings **Ted L. Howard**
- Window Replacement **(Office) 772 283-4270**  
(Fax) 772 343-0365
- Glass & Vinyl Rooms 4293 SW High Meadows Ave.  
Palm City, FL 34990
- Custom Front Entryways (by appointment only)

772.288.4884

Grooming@RitzClipz.com



5643 SE Crooked Oak Avenue • Hobe Sound, FL 33455 (US) and Seabronch

**AVON**

**Cynthia Gillis, Representative**

Website: [youravon.com/cgillis](http://youravon.com/cgillis)

Email: [cgillis58@bellsouth.net](mailto:cgillis58@bellsouth.net)

Phone: 772-545-9304

1-800-315-1130

The Original - Established 1980

**PIONEER SCREEN CO. INC.**

Divosta Subcontractor - 15 years

**772-283-9197**

- Screen Rooms with Concrete
- Front Screen Door Entryways
- Flo-crete to Match Existing
- All Maintenance (Re-Screens)
- All Glass Rooms / Lanai Extensions



**Anita's Skin & Body Care**

169 Tequesta Dr., #12W, Tequesta

[www.anitaskincare.com](http://www.anitaskincare.com)

561-596-5868

Customized Facials • Waxing • Glycolic Peels  
Body Treatments • Anti-Aging • Acne Treatments



Election day is  
Tuesday, November  
2<sup>nd</sup>. Please make sure  
you vote. Ask your  
friends and  
neighbors to vote as  
well!

Don't forget to "FALL BACK" on November  
7th at 2am from Eastern Daylight Time to  
Eastern Standard Time.

**Thank you to all our contributors to this  
newsletter!**

**The theme for the January/February 2011  
Retreat Newsletter will be: "What was your  
most interesting career experience?"**

**The deadline is December 10th.**

**Your Newsletter Staff**

We give thanks to  
the millions of  
Americans who  
have strengthened  
our nation as a  
result of their  
military service.



## CHAPMAN INSURANCE

Home • Auto • Boat • Commercial

### TRACY CHAPMAN

Owner / Agent  
Notary

772-283-7460

772-283-7263 Fax

1151 SW 30th St, Suite D  
Palm City, Florida 34990

chapmanins@bellsouth.net



Call **GEORGE & CHAD**

[www.retreatgeorge.com](http://www.retreatgeorge.com)

George Rebholz

(cell) 561-271-0075

Chad Thurman

(cell) 772-631-6097

**Retreat Specialists**



Residential Real Estate LLC.  
11800 US Highway 1, Hobe Sound, FL 33455

## Premier Rollout Awnings of the Treasure Coast, L.L.C.

Florida License # CA4393

(772) 546-3992

Manufacturer

Hobe Sound, Florida

FAX: (772) 546-3982

rolloutawning@comcast.net

[www.BuzzmanAwnings.com](http://www.BuzzmanAwnings.com)

DAVE GREAVES

TOM HARTNETT

## SPARAPANI, INC

From Start To Finish

Remodeling, Carpentry & Painting

Jeff Sparapani, President

Christine Sparapani, V.P.

Lic & Insured CRC1329728

9511 150th Court N

Jupiter, Florida 33478

Phone 561-744-9843

Fax 561-746-0599

THANK YOU TO OUR ADVERTISERS

## SUPREME

Homemade  
Dinners to Go!



New York  
Style Pizza!

## PIZZA & PASTA

6512 S.E. Federal Hwy. Stuart, FL.

287-8855

## WAGS & WALKS PET SITTING SERVICE

Mary Paukstys



Hobe Sound, Florida

(772)341-1027

## Stuart Computer Service

Computer Sales and Service

Video Surveillance

**Roger Bergstein**

Office: 772-919-3689

Cell: 772-214-6750

[roger@stuartcomputer.com](mailto:roger@stuartcomputer.com)

[www.stuartcomputer.com](http://www.stuartcomputer.com)

[www.video.stuartcomputer.com](http://www.video.stuartcomputer.com)



Tail-Waggers On The Move

Professional Pet Sitting & Dog Walking

including a

Daily visit

Tax to & from the vet or groomer

In home and overnight pet sitting

Daily pet exercise

Boarding

Jo Ann Marie Alzheimer

Licensed & Insured

772-349-0243

*Happy Pets - Happy Owners*



## ILLUSTRATED PROPERTIES

300 W. Indiantown Rd. Jupiter, FL 33458

**Nick Sacco**  
REALTOR®

Direct: (772) 293-9876

Bus: (561) 746-0008

Fax: (772) 546-0670

Cell: (561) 758-8889

Email: [NickTheRealtor1@yahoo.com](mailto:NickTheRealtor1@yahoo.com)



CHEF KEN

10% off with this coupon

## Thai Bitro

Simply Delicious

5042 SE FEDERAL HWY.

STUART, FL 34997

TEL 772-781-2809 FAX 772-781-3338

T-F Lunch 11:30 - 2:30

T-TH Dinner 4:30 - 8:30

Closed Mondays

F-SA Dinner 4:30 - 10:00

SUN Dinner 4:30 - 8:30