



# The Retreat Newsletter

September/October 2005

Volume 2, Issue 4



## RETREAT ACCOMPLISHMENTS

### MANAGER'S MESSAGE

By Todd Jackson LCAM

In the event that you have seen me on your property and didn't call the police – thank you! I would like to take this opportunity to introduce myself as your property manager for the last three months. I have considered it a privilege to speak to the many friendly residents at The Retreat. You may have met **Gina Cotto**, your on-site office manager, who is also licensed in community management and ready to assist you Monday through Friday, 9 am to noon, at The Retreat management office. As employees of **Capital Realty Advisors, Inc.**, we assist your association by working with contracted vendors, facilitating work order requests, and serving as a central point for community related information.

*(Continued on page 5)*

### RELAY FOR LIFE

By Becky Freedman

On Friday and Saturday, April 29 and 30, South Martin's 2<sup>nd</sup> annual Relay For Life was held at the J. V. Reed Park in Hobe Sound. The Relay For Life is a community gathering where everyone can participate in the fight against cancer. Teams of people camp out at a local park and take turns walking or running around a track. Each team is asked to have a representative on the track at all times during the event – *because cancer never sleeps*. Relays are an overnight event.

"THE RETREAT REMEMBERS BRENDA," our team this year, was dedicated to the memory of Brenda Rosetta, neighbor, friend and Women's Club sister, and to all our neighborhood loved ones who have survived or been lost to cancer.

We had a truly remarkable response throughout our Retreat community. Of all the teams that participated in this year's event, the Retreat team was awarded the following honors:

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### NEWS FROM OUR BOARD OF DIRECTORS

*By Bill Cole*

Thank you all for your patience. We have made great progress since December 15, 2004 when we officially became **The Retreat at Seabran** Homeowners Association. Accomplishments include:

- ✓ All major vendor services that we inherited have been replaced. New suppliers are giving us much improved services at lesser costs.
- ✓ The engineering study, CPA work, and legal research involving our turnover is 90% completed. We are ahead of the schedule we first envisioned.
- ✓ Our Annual Members Meeting will be held in February 2006. Elections for Directors will be held then and every February after that.
- ✓ Our Clubhouse will be used by Martin County as an official polling place for our members to vote in local, state and national elections. This will be a convenience for our members. The first election is scheduled for November 2006.

We want to thank all the volunteers that participate in our HOA. Since our inception, volunteer hours are equivalent to more than three full-time employees. Anyone that wants to volunteer, please call a committee chairperson, a Board member, or Gina in our management office.

# COMMITTEE ACCOMPLISHMENTS



## COMMUNICATIONS COMMITTEE

By Coni Mc Guinn

The **Communications Committee** was one of the first committees formed, and we have accomplished quite a lot in a short span of time.

- ✓ We published our first **Retreat Newsletter** in March/April 2004. The newsletters have grown with special interest articles, photos of events, and stories from residents. The newsletter is published every other month with the exception of July/August.
- ✓ Gene Gillis volunteered to set up our **Retreat WEB site**, [www.retreatatseabranh.com](http://www.retreatatseabranh.com), and it is updated with new information frequently. Since its inception in early 2004, there have been over 4,000 hits.
- ✓ In 2005, we published our first **Retreat Directory**. It will be updated each year. If anyone has not received their copy, they are available from the Management Office in the Clubhouse.

In the future, the Communications Committee will be looking into having a closed circuit television station for the community.

Special thanks go to Lill Malinowski, Bea Kozlowski, Gene Gillis, and to the many residents who have submitted articles for the newsletter and helped with the directory.



## SOCIAL COMMITTEE

By Nancy Galiher

Here we are more than halfway into 2005. "Time flies when you are having fun." We do have fun here at the Retreat: Cocktail Party in February, St. Pat's Day Dinner Dance in March, Pig Roast in April, Kentucky Derby in May, and Barbecue in July.

All of the events at our Clubhouse could not have been as successful if it were not for all the wonderful volunteers who helped plan, set up, and clean up. Hats off to our "chefs" for the barbecue, Ron, Bob, and Bill.

Future events include:

- ✓ Octoberfest on October 14 at the K of C
- ✓ Our third Retreat Holiday Celebration will be on December 11 at the Lost Lake Country Club

Ticket sale dates will be posted in the mail room.

After three years of planning, having fun, and meeting so many wonderful Retreat residents, it is time for a new **Social Committee** to form in order for social functions to continue into 2006. Please contact Bill Cole, our Board of Directors President, if you are interested. I am sure there are many of you out there who have some new, great ideas!

## THE GARDEN CLUB AT THE RETREAT

By Monica Wright



"We Are Growing." The newly formed **Garden Club at The Retreat** has presented to our board recommendations to improve the look of our community. It has been suggested that the front of the Clubhouse be improved by making use of some existing trees and plants and adding a minimal amount of new plants to keep costs down.

As our weather gets cooler, we will begin work at the Clubhouse and East Gate areas with the help of our new landscape company, **Concepts in Greenery**. We have several hibiscus trees near the tennis courts that would be better suited in an area with more space, and we plan to use these to add some color in the above areas.

Our members have donated a sand pot for cigarette butts at the Clubhouse. Thank you for using it while in this area.

We welcome new members and ARE ASKING FOR VOLUNTEERS to make an approximate 3 x 5 foot sign for the Retreat East Gate which would match our logo sign on Seabranh Boulevard. All materials will be provided, we are only asking for your talent and time. If you interest in helping with the sign, joining the club, or have any suggestions, please call Monica Wright, 546.5920.



## WELCOME COMMITTEE

Mark and Geri Morgan

The **Welcome Committee** is newly formed. Our office manager, Gina, advises the Welcome Committee as she is notified of new Retreat home owners. Welcome Committee members visit the new owners, welcome them to our wonderful community, review Green Book documents to ensure that the owners are familiar with our covenants, and present them with a welcome packet. If there are business owners in the Retreat who wish to provide input to the welcome packets, please contact the Welcome Committee.

## COMPLIANCE COMMITTEE

By Jane Stokes



A **Compliance Committee** has recently been formed. This group will help the BOD, the management company, and the Legal and Covenants Committee in the application of our by-laws and rules. Jane Stokes is the chairperson and members include Brenda Frank, Tom Hartnett, Russ Lahey, and Nick Sacco.



## NEIGHBORHOOD WATCH

By Len Freedman

This is my first correspondence to the Retreat homeowners upon assuming the position as Director of **Neighborhood Watch**. First, I would like to commend **Tom Palmer** for his dedication and fine leadership as the first Director. Tom's commitment to the program and the many hours he devoted to insure that the Retreat is a safe second to none. My intention is to continue and build on what Tom has initiated.

"I would like to commend **Tom Palmer** for his dedication and fine leadership..."

All of us agree that the Retreat is a unique community, and we are fortunate to be a homeowner in this most beautiful community. I know from speaking to our friends and neighbors that we all want to maintain the idyllic nature that is the essence of the Retreat.

For Neighborhood Watch to be successful, it is important that all the residents participate. The participation is as simple as being aware of activity around or close to your home which is out of the ordinary. It is important that we foster friendly relationships with one's neighbors, something similar to the "buddy system." Being able to count on our neighbors when we are away or if there is an emergency is important for many reasons.

As part of emergency preparedness, **Martin County will broadcast emergency information on WQCS – 88.9 FM at 9:00 am, 1:00 pm, and 6:30 pm.**

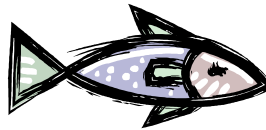
If I can be of any assistance or help with questions concerning Neighborhood Watch, my e-mail is LDF954@adelphia.net.

## DRAINAGE AND LAKES COMMITTEE

By John Bendonis

The *Drainage and Lakes Committee* was formed this past winter. Since the committee's inception, our primary goal has been to observe, read, and attempt to comprehend all issues relating to the HOA current and future responsibilities pertaining to the lakes, wetlands, preserve, and water drainage system of the Retreat.

The issues include the initial permitting process and the required future maintenance and monitoring obligations required by these permits, the present contracts involving the actual obligations, and a review of past and current documentation to determine if the contractors were meeting the terms of their contracts. The committee is in the continuing process of familiarizing itself with onsite



knowledge of issues that are critical to the preservation of our natural resources. During the spring season of 2005, fish stocking of the lakes was accomplished; most recently a

new lakes and wetlands contractor was hired. Future goals may be community awareness and participation in lake and preserve issues.

Committee members include John Condon, Tim Denholm, Fred Guber, and unofficially, Dave Williams. Dave was the pioneer for lakes and drainage and initially had these responsibilities under his maintenance and engineering committee umbrella.

## LANDSCAPE COMMITTEE

By Eva Kemp



The *Landscape Committee* meets on the third Tuesday of each month in the Clubhouse. We work as a separate unit under the umbrella of the Architectural Committee. If you have a request to alter landscaping, an Architectural Change Form must be filled out with a site plan attached and returned to the Retreat Homeowners Office at least 24 hours before the meeting.

One policy that has been established is regarding fruit trees. We have decided on a policy that allows some freedom but within certain boundaries. All potential fruit tree plantings must get approval from the Landscape Committee. Citrus trees (patio or dwarf only) are allowed at the back of the homes. These must be totally within the boundaries of the homeowner with no branches overhanging next door or common property. All fruit that

drops must be picked up immediately. Trees must be pruned and sprayed at the homeowner's cost.

The overall planting ideas of the front yards must be adhered to. Some original plants were not suitable and are doing poorly or have died. These can be replaced after receiving permission from the Landscape Committee with alternatives from the suggested planting list. These suggested planting lists are available on request.

The large trees in the front yard must not be removed. If diseased, these must be replaced with the same or similar tree, suitable to the position they are in. Seasonal plants are allowed but must be cut back or taken out after the flowering period is over. No plants are allowed to be planted on any common land by anyone without the approval of the Board of Directors. No exotics are allowed at all.

Anyone who needs help with types of plants can contact us. We have a list of suggested replacements both for sun and shade. We are always happy to discuss any landscape inquires that anyone has and to provide what help we can.





## LEGAL AND COVENANTS

By Dottie Williams  
and Margaret Reeder

The **Legal and Covenants Committee** has been in existence a little over a year and a half. The main purpose of the committee is to review the community documents (covenants and by-laws) for need, adequacy and enforceability. The committee members are Margaret Reeder, Dottie Williams, Lex Campbell, John Galiher, Chuck Raska, Greg Stram, and Monica Wright.

Our group met weekly from the first of the year to the middle of May. We discussed the covenants and by-laws, violation procedures, and various other topics related to the covenants. We researched other communities' rules and regulations, the Florida Statutes regarding Home Owners Associations, and court cases involving violation of homeowner association rules and regulations. Our goal was to prepare a report of recommended revisions to the Covenants and By-Laws that would best suit our community and its residents. As a result, we have prepared a draft report for the Board of Directors (BOD) to review. The recommendations include deleting, amending, and embellishing various sections of the Covenants and By-Laws.

The committee recommended to the BOD a procedure for handling violations of the covenants. The procedure includes a time-line for the violation notices, a fine schedule, and the notice letters to be sent to community members in violation. The Board adapted these procedures, and our management company is now using them.

In accordance with our By-Laws, the committee recommended the BOD establish a Covenant Committee. This committee, as defined by our By-Laws, is to act as a hearing tribunal of the Association and shall conduct all hearings involving residents' appeals of violation notices. The BOD established this committee and appointed the following residents to the committee: Lex Campbell, John Galiher, Margaret Reeder, Greg Stram, and Monica Wright.

## UTILITIES COMMITTEE

By Ken Gregory



The **Utilities Committee** is investigating means of saving our Homeowners Association (HOA) money from our utility providers. To date, we have conducted interviews and audits with Florida Power and Light (FPL), Bell South, Devcon Security, Adelphia, and the Gas Company. The Utilities Committee made recommendations which resulted in our HOA saving thousands of dollars annually from FPL. We are currently in the process of reviewing an alternate pool heating methodology with the BOD. Audits with the utility companies will be on-going.



## CLUBHOUSE AND RECREATION COMMITTEE

By Jim Vornholt

In February 2005, the HOA formed the **Clubhouse and Recreation Committee**. As the new Chairman of this committee, I soon realized that there were many areas in need of improvement and repair. Since February, our Committee has worked to resolve many of these problems. To select a housekeeping provider, we interviewed numerous cleaning companies before making a final decision.

In the Clubhouse, we have installed new ceiling fans, motion sensors in the post office and restrooms. The non-working A/C unit was repaired and four new programmable thermostats installed. A/C vents in the kitchen have been redirected to provide cooling and a garbage disposal installed.

In the post office, we have a new tile floor and the walls were painted. In the fitness center, we installed six new ceiling fans, tinted the windows, installed a new locked bulletin board, and acquired a service and maintenance contract for the fitness equipment.

**Randy Hoefling** donated his time and equipment to pressure wash the walls at The Retreat entrance on Seabranh Boulevard and the canopies at the tennis courts.

There have been many things accomplished; however, there are still items that we will need to address in the future. I would like to thank my committee members, Pam Vornholt, Susan Hemmer, Joyce Heisler, Chuck Motola, Richard Lowe, and our new Property manager, Todd Jackson, who was of great assistance in making these projects become a reality.

## MEMORIAL BENCHES

By Muriel Barry



Memorial benches are now available. The benches are of strong, maintenance free materials and will be anchored to concrete slabs. They will serve as memorials for our loved ones and will also enhance our community. The Retreat's picturesque lakes and natural preserves will be taken into consideration when sites are chosen. If you would like additional information concerning the purchase of benches, please contact the Homeowners office.

## Bulletin from the Board of Directors

If you have a YELLOW house of any model, please check the stucco coloration to see if any white has started to show through. This problem may appear on yellow houses in the new section but may impact older yellow homes as well. If you see white patches showing through the yellow, call DiVosta Customer Service to get on a list for repairs. DiVosta and Sto, the manufacturer, are studying this new problem.

### REMINDERS

- ✓ Now that the rainy season is here, please check water drains in the street and, if necessary, clear debris to prevent flooding.
- ✓ Trash should be placed curbside on day of collection. Recycling material should be placed in the bins in a manner so that the material does not fly about the neighborhood.
- ✓ No garage doors are permitted to remain open except for temporary purposes.
- ✓ Vehicles should be parked in the garage or driveway. Community rule prohibits parking on the sidewalk at the end of the driveway.

Thank you for your cooperation.

### **WOMEN'S CLUB NEWS**

*By Brenda Frank*

The June meeting was well attended especially since it is vacation time for many. Committee reports were given. The Special Events Committee planned a picnic at Dubois Park in Jupiter and a luncheon at The Breakers with a tour of the facility. The Outreach Committee reported that the library at the Hope Rural School was just about finished and thanked all those who participated. The highlight of this meeting was the sharing of trips that members have taken recently. Everyone enjoyed hearing of the experiences those members had during their vacations.

In July, so many members were away we didn't have a meeting. The ladies attended a lunch at Sailfish Marina where they all had a great time. The up and coming August meeting will have a guest speaker discussing skin care. We are looking forward to seeing everyone since we missed our meeting in July.

Everyone here is anticipating a great fall line up of events:

- ✓ **Retreat Garage Sale** in October
- ✓ **Second Annual Retreat Arts and Crafts Show and Bake Sale** will be December 3rd and 4th

More information will be posted in the mail room.

We hope all of you in different places are having a healthy and happy summer vacation.

Remember wise women celebrate!

*Manager's Message (Continued from page 1)*

Several years in this profession has proven the vital importance of committed residents in a community. The Retreat demonstrates this in the various committees and your Board of Directors who contribute daily to the Association. The day to day operation of a development, especially one the size of The Retreat, takes a great deal of volunteered time. Your participation as a homeowner, working together with management, will effectively benefit all members.

In the coming months, our primary focus is working with service companies, specifically on the irrigation issues facing The Retreat. In addition, we will continue to strengthen the governing documents to help preserve and enhance each owner's investment.

Capital Realty Advisors, Inc. looks forward to serving you. We hope to meet each of you at the Board of Directors meetings (posted at the on-site office 48 hours prior to meeting).

Enjoy the rest of the summer!

### **WILDLIFE CORNER**



#### **Mr. Gator**

By Jane Stokes

An afternoon walk with the dog proved to be quite exciting. I saw what I believed to be a piece of palm bark lying on my neighbor's lawn, about a yard length in from the sidewalk. When I got to within six feet of it, I realized it had eyes and a smile— **Mr. Gator**, approximately four feet long! After pulling back on Hugo's leash (he was very close to it), I backed up and just stood there in amazement. The gator was quite content just lying there smiling while my heart pounded. Soon a small crowd gathered, and Mr. Gator decided that the lake would be a better place.

Recently in our yard, we've seen a bobcat, raccoon, a large yellow snake (thought to be a Coachwhip), and an otter that walked past our kitchen slider. They're out there, folks.

#### **New Neighbors**

By Hank Stasiewicz

We have a new pair of feathered visitors in the back yard. We consulted our bird books and have positively identified them as a pair of **Black-bellied Whistling-Ducks**.

They are very elegant when they walk, have long, thin necks and legs, and a bright reddish colored beak. The sharp and distinct color pattern on their feathers gives them a rich look. They are also smaller than our Mottled ducks but have no fear of them. They become very aggressive when the Mottled ducks come near them.



## Brittany's First Holy Communion

By Helen Larcom

On Sunday, May 14th, Paul and I had the pleasure of attending the First Holy Communion of our adopted granddaughter, Brittany Mary. Her previous foster mom purchased Brittany's dress in Mexico while on vacation. We thought she looked absolutely beautiful in it. Betsey and Brittany went out with us for dinner at their favorite Italian restaurant to celebrate the occasion. Brittany is a special little girl. We feel blessed to have her in our family.

## LOIS BEUTLICH: 80 YEARS YOUNG!!!



By Bea Kozlowski

Our dear friend and Retreat neighbor, **Lois Beutlich**, turned 80 years young on August 3rd of this year. Congratulations, Lois! Many in the Retreat know Lois from the Bridge Group and Singles Club. Son, Jim, and daughter-in-law, Mona, both from Oslo, Norway, visited Lois in Wisconsin in August where all three took a trip to Lake Superior and Duluth. In September, Lois will be off to Egypt for two weeks on a fabulous trip that includes a cruise on the Nile. After a brief respite back to Wisconsin, Lois will be off again and this time to Nova Scotia for a cruise on The Princess with good friend (and former Retreat resident) Inez Poppe.

## RED HAT SOCIETY

By Rita Lariviere



The next time you see a friendly group of ladies wearing red hats and purple outfits, possibly gathering at the Clubhouse, it is our chapter of the Red Hat Society - "**The Retreat Hidden Treasures.**"

We have no rules or regulations and meet solely for enjoyment and companionship.

I organized the chapter last year in July. We celebrated our first year anniversary on July 28, 2005 at the Docksider Restaurant. The past year has been a lot of fun, and we look forward to our future activities. We meet once a month for lunch or sometimes a movie and ice cream; whatever pleases us at the time. We even dined at Ashley's one evening and enjoyed hearing the music of our local celebrity, **Gino Giliberto.**

If anyone would like to start another chapter of the Red Hat Society, feel free to contact me at my e-mail address: [rital1212@adelphia.net](mailto:rital1212@adelphia.net). It's easy—no rules, just fun.

## UPSILAMBA ROUNDTABLE



## THE RETREAT BOOK CLUB

By Becky Freedman

**The Retreat Book Club** now meets the second Thursday of each month at the Clubhouse at 7 pm. The club is a group of residents who meet in relaxed friendship. The only requirement is a love of reading. Some of the recent selections have been *Reading Lolita in Tehran*, by Azar Nafisi; *The Ritual Bath*, by Faye Kellerman; *City of God*, by E. L. Doctorow; *The Curious Incident of the Dog in the Night Time*, by Mark Haddon. Current selections are posted in the mailroom. For more information, contact Becky Freedman via e-mail at [BeckyF561@aol.com](mailto:BeckyF561@aol.com).

## READING LOLITA IN TEHRAN:

### A MEMOIR IN BOOKS

by Azar Nafisi

This is the personal history of an inspired college literature professor, educated in American Universities, who returns to her homeland, Iran, in 1975. Her writing is a poignant, harrowing account of her struggle to teach "forbidden" works of western literature in an environment of violence, oppression, and tyranny. The works she teaches, *Pride and Prejudice*, *Lolita*, *The Great Gatsby*, *Washington Square*, *Daisy Miller*, are intertwined with the lives of her students who desire intellectual freedom.

Book reviewed by Becky Freedman

## TRICK-OR-TREAT



Come join us for a *spook-tacular* good time this Halloween! Let's meet in front of the **Clubhouse at 6 pm on Monday, October 31st.** The kids can have a costume parade around the rotary and then head out into the neighborhood for trick-or-treating. We ask that those residents who will be handing out goodies that night to **please put your outside lights on between 6 pm and 9 pm** so that the children will know which homes to visit.



**October 10**



## RESTAURANT REVIEWS



### LIMONCELLO

Restaurant reviewed by Geri Morgan

Outstanding Northern Italian food and warm hospitality go hand in hand at "**Limoncello**." This delightful new restaurant in North Palm Beach was recently opened by our very own Retreat neighbor, **Rob Ghini**. Many of us have experienced Rob's exceptional ability as a Chef and Restaurateur at Trattoria Delfino, another outstanding restaurant on Indiantown Road also owned and operated by the Ghini family.

When entering Limoncello, one is greeted by a beautiful full bar and a lovely dining room reminiscent of a Trattoria in Italy with its faux finished walls and an upscale Bistro in New York with the dark wood overtones and indirect track lighting. All of this is overseen by a very experienced, knowledgeable, and friendly staff

*"...recently opened by our very own Retreat neighbor, Rob Ghini."*

At Limoncello choose from a variety of seafood, veal, beef, and the traditional pasta dishes which are hand made. Among our favorite appetizers are the Baked Clams Oreganato which are always delicious and served in a wonderful lemon sauce. The Calimari is not only very tasty but very light as well, and if salad is your choice, you can find the best here -- from the tri-colore with shaved parmesan to the Caesar or special Limoncello presentation.

Their signature veal dishes, from Marsala to Picatta to Pizzaiolla are fabulous. The Ghinis serve the very best veal we have had in all of Florida, and equal to if not better than any we've had in the finest restaurants in New York City.

The seafood at Limoncello is second to none -- both in preparation and freshness. Many times the local fish served and enjoyed in the evening was caught by Rob that very morning. The Grouper Marricciarra is the best you will eat as is the red snapper and salmon prepared in several ways. The shrimp and shellfish are prepared in a number of ways to delight even the most discriminate palate.

End your perfect meal with a mouthwatering homemade Tiramisu or several other tempting sweets along with Cappuccino, Espresso and, of course, do not forget the "Limoncello."



Photo by Joe Giordano

*Chris D'Anna's*  
Restaurant reviewed  
by Diane Giordano

Chris and David Ames

Epicurean, cozy, tastefully decorated--most people would agree with this verbiage as they leave **Chris D'Anna's** restaurant on Lillian Court and Highway 1 in South Stuart. We were pleasantly greeted and seated immediately (we had reservations). The decor was evidently well planned including the far wall which displays many baseball favorites. The wood chairs are well constructed with good back support but I would prefer a bit more padding. Service was attentive and efficient--qualities often missing in some establishments!

An ample wine selection and various beers are available. The starters are "Bon Vivant" and range from \$7 to \$10. Some selections offered are escargot, caramelized sea scallops, asparagus bundles, stuffed mushrooms, and napoleon eggplant. Homemade soups and delectable salads are true to their description and range from \$4 to \$7. Diverse continental pastas are ample portions and deliver an aroma as good as they taste. They are offered at \$15 to \$21, the most expensive being jumbo shrimp and scallops over linguine. Several fresh dishes are available with rice or potato and vegetable of the day. Other specialties included pumpkin seed crusted chicken breast, French cut rack of lamb, grilled New York strip steak and roasted duck with a most unique sauce. The chief's specials are nothing short of gourmet and are priced from the low to mid \$20s. To end your evening, an excellent array of tempting jewels such as coconut ricotta stuffed peaches with strawberries is presented on the dessert tray.

If you've wondered about the origination of their name, Chris D'Anna's: Chris is mama, D (David) is papa, and Anna is their brand new baby girl. If you haven't paid them a visit yet, what are you waiting for?

### Retreat Visitors

By Jane Stokes



Katie and April from Winchester, Virginia, visited grandparents, Peter and Jane Stokes, this summer. They're seen here enjoying the Retreat pool. While here, they enjoyed

many new friendships made at the pool with other visiting children and residents as well. Earlier in the season, granddaughter Christie, from Berlin, Connecticut, made her third visit to the Retreat.

## Thank You from Brenda Rosetta's Family

My family and I would like to take this opportunity to personally thank you, the Women's Club and the wonderful community of the Retreat. It was an amazing sight to see total strangers walking into my sister's home and taking over and organizing the luncheon after her funeral services especially when some had never even met Brenda. It was deeply touching and she would have been very proud and appreciative of what everyone did. Brenda would have done the same for anyone else in the community and it was very nice to see the caring and support that was shown.

We salute all that participated in the Relay for Life both financially and donating their time to be a part of The Retreat Remembers Brenda Team. Hopefully, with all the donations they will someday find a cure so that other families do not have to go through the struggles and pain that we have endured.

You are all a wonderful, and a caring community and have shown what great neighbors are all about! I know that Brenda thoroughly enjoyed the community and Women's Club. It is just a shame that her life had to end when there was so much more she could have offered to all of us!

Love,

Bonnie Hyde and Sandra Mathena (Brenda's Sisters)

Relay for Life (Continued from page 1)

- ✓ "Top Fundraising Team"  
A beautiful plaque is on display in the Clubhouse
- ✓ "Rookie of the Year"  
Awarded to the finest first year team
- ✓ "Heart of the Relay" For Dedication and spirit
- ✓ "1st Place award for Best Banner"

Our team was founded by Gene Gillis and Lill Malinowski. Team members, walkers, and helpers included Lex and Kay Campbell, Anne and Bill Cole, Joy and Ed Currier, Margaret Dara, Ruth and Jim Dudziak, Barbara Farley, Denise and Juan Felipe, Brenda and Bart Frank, Becky Freedman, Diane Giordano, Brigit Hall, Jan and Kas Kasuboske, Helen and Paul Larcom, Marsha Levine, Wally Malinowski, Coni Mc Guinn, Mary Paukstys, Sherry Perry, Joe Rosetta, Karin Ryan and Joe Boucher, Joan Sofia, Carol and Jim Stone, Martha and Bill Tarquine, Dottie and Dave Williams, and Lori Wolf.

"The Retreat Remembers Brenda" raised \$7,000. This year's South Martin event raised over \$35,000. The 2006 Retreat team is sponsored by The Retreat at Seabranh Homeowners Association. Plans are already underway. If you would like to be involved, e-mail Becky Freedman at BeckyF561@aol.com.

*...always in our hearts...Joe Rosetta and the family of Brenda, all our cancer survivors who dwell along our Retreat streets, our dedicated team, all the volunteers, walkers, and contributors, every dear soul lost to cancer...may our endeavor keep them close to us...*

### Singles @ Seabranh By Bonnie Becker



The **Singles @ Seabranh** invite you to become part of our networking outreach to fellow single people to enjoy the many diverse activities this area has to offer. We had a lot of fun last year with game nights, dinners out, and house parties. Everyone living in the communities along Seabranh is welcome. We also encourage you to bring friends to our gatherings. The more the merrier! Our group has no membership fees and all suggestions for activities and get togethers are welcome.

We will be sponsoring our first big event in November when many of our snowbird singles will return. Look for our flyers on the bulletin board in the mail room. We are looking forward to a great new season.

Please call Joanne Cichon at 545.7547 or Bonnie Becker at 545.2951 for more information.

### I.C.E. In Case of Emergency

*Paramedics will turn to a victim's cell phone for clues to that person's identity. You can make their job much easier with a simple idea that they are trying to get everyone to adopt: **ICE**.*

*ICE stands for **In Case of Emergency**. If you add an entry in the contacts list in your cell phone under ICE, with the name and phone number of the person that the emergency services should call on your behalf, you can save them a lot of time and have your loved ones contacted quickly. It only takes a few moments of your time to do.*

*Paramedics know what ICE means, and they look for it immediately. ICE your cell phone NOW!*

*Received from Bonnie Becker*

**Labor Day September 5th**



## What Else Can We Say...

This June we were on a Celebrity Line cruise that encompassed Naples and surrounding areas, Mykonos, and Santorini, Greece; Sicily, France, and Genoa, then returning to Rome. It was very exciting and our suite was fantastic, as were our table mates. We do not wish to bore anyone with the details, we are ruined out, but there was one portion of our trip that was outstanding.

We were scheduled to spend our last three days in Rome doing the normal sightseeing as do most visitors. Upon arrival at our hotel which was right in the center of old Rome, we found a faxed message from our son, John, wishing us a good time and advising us that this evening we were to be at the Spanish Steps which was only two blocks away. A very dear friend of his would arrive with a sign, find us,

and take us to a most memorable meal. We were very happy and also curious as to who this friend was.

Unfortunately, this unknown friend did not show up as we waited 15 minutes past the scheduled time of appointment. We did however discover a very good stand-in, in the form of our son, John, and his wife, Cindi. A surprise beyond words! Nancy and I were brought to tears as those two laughed like crazy. They had planned this for almost two months as John was scheduled in Germany for business, and he and Cindi drove down through the Alps to meet us as a surprise. It was. We were able to spend the next three days with them and then flew back on the same plane, spent the night at their new home, then flew on home to the Retreat. What else can we say.

By John and Nancy Galiher



The Duomo in Florence

was spent in a villa called San Benedetto located in the Tuscan outskirts of Florence in a small town called Montaione. We enjoyed our stay in the villa. We went swimming everyday at the pool, enjoyed al fresco dining every night, enjoyed the beautiful scenery of the Tuscan landscape, and relaxed and caught up with Trent's family. We took many day trips in the surrounding towns

## OUR SUMMER VACATION IN ITALY

By Debbie Francis

This story is from Trent, Debbie, and Brooke Francis residing on Hawks Nest Court. Our family including many of Trent's relatives had taken a trip of a lifetime to Italy over the summer. We spent twenty days in various parts of Italy. Our first week



## The Malinowski Family Reunion in Alaska

Lill, Jody, Jenny, Wally

Missing from photo: Jody's husband, Dave, who was out fighting forest fires and Jenny's friend, Tommy, who took this picture of us in Homer, Alaska

It was the trip of a lifetime—not only enjoying the beautiful state of Alaska but also celebrating a family reunion. Jody and Dave live in Fairbanks, Jenny lives in Scottsdale, Tommy lives in Irvine, California, and Wally and Lill live in Hobe Sound and Port Austin, Michigan. It was wonderful to be together! We were in Alaska for three weeks—for ten days we rented an RV and the remainder of the trip we traveled in Jody's truck. Most challenging was getting used to having daylight for almost 24 hours each day.

We saw much wildlife as well as breathtaking scenery—glaciers, water falls, mountains, creeks. We panned for gold and went into the Arctic Circle. We drove the 800 miles of the Trans Alaska Pipeline—starting from the end of the pipeline in Valdez to the beginning in Prudhoe Bay which is the farthest North that you can drive in Alaska. Denali National Park and Preserve is where we visited the highest mountain in North American, Mount McKinley—over 20,000 feet high. It was an awesome trip!

By Lill Malinowski

including San Gimignano, Florence, and Pisa.

Our second week was spent in a different section of Tuscany located in the mountainous region in Tuscany near Cortona. The town was called Mercantile. We also enjoyed our stay in this part of Tuscany. We had visited surrounding towns like Cortona which was our favorite town. It captured the essence of the old world charm of Tuscany. There were many quaint shops, restaurants, and churches to see. The movie *Under the Tuscan Sun* was mostly filmed in the town of Cortona.

We visited the town of Assisi where St Francis of Assisi resided many centuries ago; another beautiful quaint town known for its magnificent church, The Basilica of San Francesco. Perhaps our favorite part of the trip was our four days in Rome. We had the best time seeing the wonderful sights like the coliseum, the Spanish steps, the Vatican, the Vatican museum, the Sistine Chapel, the Trevi Fountain, The Pantheon building, The Piazza Navona, and many other sounding sights. We took a fabulous bus tour of Rome called the open trambus and saw the sights as well. Brooke, our 21-month old, had a great time as well.

## USEFUL COMPUTER LINKS

By "Cybrary Man" aka Jerry Blumengarten

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



## HOUSEHOLD TIPS

Since I have moved into our new DiVosta home, I was faced with a lot of mirrored doors and sliding glass doors and have tried all kinds of cleaners, but unfortunately everything I used streaked. My friend, Joan Sofia, told me about **Spic and Span's Cinch**. It is in a plastic orange spray container (like Windex) and leaves behind no streaks. It also works well on the kitchen and bathroom fixtures and counters.

By Helen Larcom

My sister, Julie, told me of a way to easily clean oven and barbecue grill racks. Put one half cup ammonia into a large trash bag. Put the racks in the bag and tie the bag securely. Leave overnight. When the racks are taken out of the bag, the baked-on residue comes off easily.

By Lill Malinowski

The overflow is slow in removing extra water from our pool with the heavy rains we have had lately. Nick found he can use a hose on the pool filter and recycle the water to clean our patio and screen.

By Dottie Sacco

## TOXOCARA—CREEPING ERUPTION

By Chuck Eschenburg

This is why it is important to pick up after our canine companions as the dropping may contain the tiny parasites that mature in the soil and then invade through the skin. In dogs, they then keep the infestation going. In humans, they burrow under the skin to cause the intensely itchy creeping eruption. This is why dogs are not allowed on most Florida beaches. Imagine, after sitting in the sand, the appearance of tiny blisters moving along parts of your body. Even though they eventually die out and rarely cause internal problems, Toxocara canis in the skin is an unpleasant experience both physically and emotionally. Creeping eruption can be controlled by regularly having your pet checked for parasites and by regularly picking up the feces there from. The more tropical the climate, the more that parasitic infestations occur.

In this issue I will focus on two sites that will help you around the home: **Wacky Uses for Products** and **Toiletology 101**.

Here are just a few samplings from **Wacky Uses** that you should find quite useful:

**Baking soda** can be used to de-grease and clean barbecue grills, clean microwave ovens, remove tarnish from silver, clean bathroom tile, deodorize kitchen garbage, clean a cutting board, clean coffee and teapots, soothe sunburn, minimize the smell of dirty laundry, deodorize shoes and sneakers, remove dead insects from a car or truck windshield, clean chrome bumpers, and hubcaps, etc.

**Vinegar** can be used to prevent soapy film on glassware, unclog a shower head (see: Ziploc bag), kill unwanted grass, clean the hoses and unclog soap scum from a washing machine, relieve itching from mosquito and other bug bites, soothe sunburn pain, clean rust from tools, bolts, and spigots, keep a garbage disposal clean and smelling fresh, repel ants, keep drains open (along with baking soda!), remove decals and bumper stickers, prolong the life of flowers in a vase, etc.

**WD40** can be used to attract fish, remove a ring stuck on a finger, remove chewing gum, crayon, tar from most surfaces, prevent dead insects from sticking to your car, clean clogged spray paint can nozzles, remove spots from driveways, prevent mud and clay build-up on bicycles, remove baked-on food from a cookie pan, remove dirt and grime from barbecue grills, etc.

Use this fun site to discover hundreds of little-known uses for well-known products:

<http://www.wackyuses.com/uses.html>

It happens to all of us from time to time - the clogged or non functioning toilet. What to do? I used to panic when my wife told me that a toilet was clogged. Since everything I know now comes from the Internet I headed to:

**Toiletology 101** Free Toilet Repair Course - Learn all about toilets, and they even have cleaning suggestions!

This site explains how to replace a toilet handle, changing toilet seats especially when the bolts are rusted or frozen, how to test for leaks, repairing flush valves, what to do about condensation, the phantom flush, noises, smells, stains, disappearing water or no water, etc.

<http://www.toiletology.com/index.shtml>

### Interesting WEB Site

By Susan Hemmer

I just happened to come across this valuable WEB site for accessing international statistics and thought you might find it kind of interesting—it has an astonishing wealth of information available: [www.nationmaster.com](http://www.nationmaster.com).

### Another Interesting WEB Site!

By Lill Malinowski

Ever wonder where quotation marks belong, how commas should be used, how sentences should be structured? For help, go to:

<http://owl.english.purdue.edu/handouts/grammar>.

## **BORN IN OUR HEARTS PLACED IN OUR ARMS JULY 5, 2005**

By Peggy S. Mulak

The journey to our sweet boy taught us patience and gave us strength we did not know we had. The process began in June 2004 with applications, home studies, fingerprinting, dealings with the CIS office, and lots of waiting. Every completed task was one step closer to our son. Celebrating every hurdle became a ritual shared with family, friends, and our loving neighbors on Angelina Court. Words of encouragement, sweet phone calls, and a surprise baby shower given by the gals on the block were just a few ways our neighbors helped us along during our wait.

March 14, 2005 was the glorious day we were matched with our little guy. As soon as we saw his face, we fell in love. As last we could see him and put a face to our dream. He was born in Incheon, Korea on November 3, 2004. There was a special foster family caring for his every need while preparing him for his journey home to his forever family. Gene and I were like two kids beaming with pride and passing out chocolate cigars. The day ended with a celebration dinner and calls to our family and friends telling them the news, "We have a son."

From March 15<sup>th</sup>, there was a monthly well baby report sent to us on his progress. It always felt like we won the lottery when it arrived as these pieces of paper where the only connection we had to our son.

On June 27<sup>th</sup> (my 36<sup>th</sup> birthday), we received the highly anticipated "call." The voice on the phone told Gene to get a plane ticket back down to Florida (we live on Martha's Vineyard in the summers). Our baby boy was coming home on July 5<sup>th</sup>, arriving at the Orlando International Airport. The excitement during that moment was something we will always hold close to our hearts. The relief I felt from worrying and wondering was much like air slowly being released from a balloon. Then came the speedy preparations for our departure back to Hobe Sound.

The morning of July 5<sup>th</sup> was packed full of last minute shopping trips to Babies R Us and Publix for supplies. It felt so surreal that we would actually be meeting our son before days end. Checking his flight status was becoming a habit on the hour. Finally we headed out for Orlando, car seat and all the gear in tow soon to be occupied by our little miracle. His flight was to arrive at 8:25 on United Airlines. This itinerary is forever imbedded in our heads.

At last the big clock at the airport read 8:20. The giant information screen read that his plane was at the gate! The greeter looked at us with a big smile and calmly said, "Let's go meet your son!" I still couldn't believe that in

five minutes we'd be Mommy and Daddy. Major anxiety suddenly hit. Do I have a clue how to be a parent? Why these feelings now? Then within seconds I saw the back of his little head coming down the gateway. A sweet Korean gentleman was escorting him. Our baby boy came off the plane so beautiful and smiling—smiling after 15 hours on a plane. This was a good sign! The gentleman handed him to me while speaking broken English. I will never forget his words and the sound of his voice. He said with a big smile, "Strong boy, good boy, happy boy." This was music to our ears. Suddenly all of the anxiety I was experiencing minutes prior went away and a peace took its place.

We arrived as a couple and left as a family of three. So much behind us, yet so much ahead. Together at last! Life is good!

### **WE ARE BLESSED TO ANNOUNCE THE ARRIVAL OF A NEW NEIGHBOR TO THE RETREAT:**



**NATHANIEL P. MULAK**

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### **SPLISH! SPLASH! THE RETREAT MOMS' GROUP HAD A FUN SUMMER BASH!!!**

By Lisa Rothenberg

The *Retreat Moms' Group* kept busy this summer with playgroups at the pool, regular outings to Dubois Park in Jupiter, trips to Busch Wildlife Sanctuary, and a tour of the Cold Stone Creamery – a very special treat where the kids got to make their very own ice cream!

The Moms even managed a few getaways on their own with two very successful "Moms' Night Out" events - one at RJ Gator's and one at Taste. Our next Moms-only event will be at Bonefish Grill – all Moms seeking a night out are welcome!

Our Family Night, which is held on the second Friday night of each month at the Clubhouse, has been a huge success where good food and good conversation are enjoyed by the adults and where the kids enjoy a movie on the big screen. Look for information on future Family Nights on the bulletin board in the mailroom!

For information on our playgroups and upcoming events, contact Lisa Rothenberg at [lisarothernberg@gmail.com](mailto:lisarothernberg@gmail.com) or Katrina Collette at [sckc@aol.com](mailto:sckc@aol.com).



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**AN UNBELIEVABLE MATH TRICK**

1. Grab a calculator (you won't be able to do this one in your head)
  2. Key in the first three digits of your phone number (NOT the area code)
  3. Multiply by 80
  4. Add 1
  5. Multiply by 250
  6. Add the last 4 digits of your phone number
  7. Add the last 4 digits of your phone number again
  8. Subtract 250
  9. Divide number by 2
- Do you recognize the answer?

Received from Joe Giordano

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