



The Retreat Newsletter

September/October 2011

Volume 8, Issue 4



HAPPY BIRTHDAY, VICTORIA!



**100 YEARS
YOUNG**

August 31st

God be with you!

BRUSH FIRE IN HOBE SOUND

June 12, 2011

By Bill Cole

We had a wildfire in the eastern part of the Retreat adjoining the park and along the south side of Seabranh Boulevard in the park and The Arbors. There were no injuries and no homes were damaged. All responders did a great job. The burned preserve areas have already started to grow back...a natural Florida process. Martin County and State fire officials are impressed with the way The Retreat was built so that homes are not damaged during a fire.

Ron Barrow, our Property Manager, worked all day turning on sprinklers in fire areas and helping direct fire trucks, etc. Thank you, Ron. Well done.



More pictures on page 2



USAGE STATISTICS for www.retreatatseabbranch.com

VISITS to our WEB site:

April 2011: Daily Average=38; Monthly Total=1,164

May 2011: Daily Average=36; Monthly Total=1,138

June 2011: Daily Average=44; Monthly Total=1,335

July 2011: Daily Average=39; Monthly Total=1,213

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



Seabbranch Art League

By Bosha Stone, President

Each year the Seabbranch Art League presents a show to benefit an artistic charity. Retreat residents who are members of the League are currently planning for this year's event - "2011 Festival of Trees." This exhibition of art-inspired trees will be the artistic collaboration of each artist. Using their art form, they will present an interpretation of a tree for display in December. These pieces of art will then be sold at auction on December 8th 2011. The auction will benefit the young artists of the Boys & Girls Clubs of Martin County Art Programs. The details of the event will be posted.

Last year the Seabbranch Art League presented - *Reflective ART*, an exhibition at the Armory Art Center, featuring *Art Mirrors*. The mirrors were auctioned by Tim Luke & Greg Strahm and benefited the young artists of the U.B.Kinsey/Palmview Elementary Magnet School in West Palm Beach.



SOCIAL COMMITTEE

By Lena Rublowsky
and Carol St. John

Independence Day at the Retreat

While we had no fireworks (inject a sigh of relief), twenty-eight partygoers came together at the Clubhouse on the 4th of July to celebrate and socialize. The simple but tasty menu consisted of traditional barbeque ribs and sides topped off with delicious All American Strawberry Shortcake for dessert. While we didn't have a marching band, we did hear wonderful music celebrating Americana and that kept everyone in the spirit of the occasion and a bit nostalgic. As always, the best part of the event was sharing in the genuine warmth and friendliness of the group.

UPCOMING EVENTS

EVE of THANKSGIVING DINNER

Our second Annual Thanksgiving Dinner celebration is planned for **November 23rd, 2011** at 5pm in the Clubhouse. Diners will be served the traditional feast of turkey, stuffing and several side dishes, followed by dessert and coffee. Publix will cater the meal and tickets will cost \$15 per person.

You can sign up at the Clubhouse on Saturday, November 5th from 10-11AM.

ANNUAL CHRISTMAS DINNER DANCE

Mark your calendar; reserve the date for this popular gala which will be held at

LOST LAKE GOLF CLUBHOUSE

DECEMBER 7th at 7:00 PM

More details will be posted at a later date.

As always, if you have any questions please contact:

Lena and Stan Rublowsky: 546.1316

and/or Carol St. John : 545.4087



**DAVE & DOTTIE
WILLIAMS**
40th Anniversary!
July 4th



**PAUL & HELEN
LARCOM**
50th Anniversary
August 19th



KENTUCKY DERBY PARTY

Hosted by: Lyn and Ted Kennedy, Mickey and Otto Vernacchio,
Bettyann Dixson and Lois Raska



WOMEN'S CLUB OF THE RETREAT

By Mona Wiley

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

Many have been away for the summer months. So those of us who have been here have had dinner together at Chris D'Anna's, Bonefish Grill and Outback. Great food and wonderful times!

Geri Ciocia has arranged some BINGO games and if you missed out during the summer, we will be playing **B-I-N-G-O** after our Oct. 17th meeting. Plan to be there and meet new friends and greet "old" – I should say – returning friends.

Our November meeting will feature **Ranger Jay Mann**, who will speak about the Atlantic Ridge State Park located behind us. Topics will include wild life, hiking and horse trails, and the controlled burns.

December will be our usual Christmas tree decorating event and party. Please watch the board in the mail room for other events that will be planned during the year and tune in to Channel 63 to see posted events.

All the ladies of the Retreat are invited to join the Club. It is an opportunity to meet new people in the community, have some fun, and participate in planned events like kayaking, shopping, visiting museums and going to a polo game. The meetings are every third Monday at 7:00 pm at the Clubhouse.

Relay For Life—Running For Bob

By Becky Freedman



"Running For Bob" participated in 5K Saturday morning, June 4th, at the YMCA in Stuart, "Strides For Wes." This race was in honor of much loved high school teacher and coach as he battles brain tumor cancer. It was a gorgeous sunny, breezy morning in south Florida.

We honor all those who battle cancer. We are keeping the spirit of Bob Kingsley alive.



&

Chinese (chance) Auction

Sunday, November 6th

2:00 PM to 4:00 PM

Jewelry, Baskets, Handmade items and more!

Get your holiday gifts!!

**Retreat
Clubhouse**

Come one, come all to the
Holiday Fair!!

Sponsored by:

The Retreat Remembers Team

Relay For Life



SUN SMARTS – Not all Sunscreens are Created Equal!

This summer the FDA and the media have been focusing attention on the effectiveness of sunscreen products – and the verdict is that not all sunscreens are created equal! While the effects of continued exposure to the sun have been well publicized as being a major cause of skin damage and skin cancer, it is a lesser known fact that many marketed products **only** protect against one type of radiation that can be harmful to your skin -- ultraviolet B radiation (UVB rays). UVB rays are mostly responsible for causing sunburn. However, **both UVB and ultraviolet A radiation (UVA rays)** can cause sunburn, skin cancer, and premature skin aging. You may not be getting protection against both types of harmful rays!

New FDA Testing and Labeling for Sunscreen Products

The FDA has established new standards for testing the effectiveness of sunscreen products and will require labeling that accurately reflects these test results. This new labeling will better provide us with information on which products offer the best protection from the harmful rays (both UVB and UVA) of the sun. All products that protect against both types of rays will be clearly labeled **BROAD SPECTRUM** on the **front** of the product. The FDA's standard test for over-the-counter (sold without a prescription) sunscreen products will determine which products are allowed to be labeled as "Broad Spectrum."

The new labeling will also tell consumers on the **back** of the product that sunscreens labeled as both "Broad Spectrum" and "SPF 15" (or higher) not only protect against sunburn, but, if used as directed with other sun protection measures, can reduce the risk of skin cancer and early skin aging. For these broad spectrum products, higher SPF (Sun Protection Factor) values also indicate higher levels of overall protection. Any sunscreen not labeled as "Broad Spectrum" or that has an SPF value between 2 and 14, will only help prevent sunburn.

To help consumers select and use sunscreens appropriately, the final regulations include these additional labeling provisions:

- Sunscreen products that are not broad spectrum or that are broad spectrum with SPF values from 2 to 14 will be labeled with a warning: "Skin Cancer/Skin Aging Alert: Spending time in the sun increases your risk of skin cancer and early skin aging. This product has been shown only to help prevent sunburn, not skin cancer or early skin aging."
- Water resistance claims on the product's front label must tell how much time a user can expect to get the declared SPF level of protection while swimming or sweating, based on standard testing.

Manufacturers cannot make claims that sunscreens are "waterproof" or "sweat proof", or identify their products as "sunblocks." They will have to submit data and get approval from the FDA to be able to advertise sun protection for more than two hours without reapplication.

In addition to the final regulations, FDA is proposing a regulation that would require sunscreen products that have SPF values higher than 50 to be labeled as "SPF 50+." The agency has concluded that there are insufficient data to demonstrate that products with SPF values higher than 50 provide additional protection compared to products with SPF values of 50.

These changes are slated to take place prior to the summer of 2012. Until the changes go into effect, you should look for labels between SPF 15 and SPF 50 that mention **both UVA and UVB protection**.

The Best-Rated Sunscreens

Consumer Reports Health rated sunscreens on how well they protect from UVA and UVB rays, and their UVB protection after water exposure. Below are the top eight products -- all of which were rated excellent for UVB protection and very good for UVA protection.

Banana Boat Sport Performance SPF 30

Coppertone Sport Ultra Sweatproof SPF 30

CVS Fast Cover Sport SPF 30

Up & Up Sport SPF 30 (Target)

No-Ad with Aloe and Vitamin E SPF 45

Equate Baby SPF 50

Walgreens Sport SPF 50

Ocean Potion Kids Instant Dry Mist SPF 50

Sun Safety Tips

Use sunscreens with broad spectrum SPF values of 15 or higher regularly and as directed.

Minimize your exposure to the sun, especially between the hours of 10 a.m. and 2 p.m., when the sun's rays are most intense.

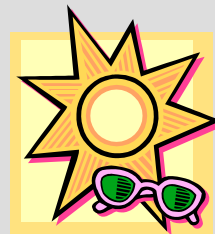
Wear clothing to cover skin exposed to the sun; for example, long-sleeved shirts, pants, sunglasses, and broad-brimmed hats.

Reapply sunscreen at least every 2 hours, more often if you're sweating or jumping in and out of the water.

Make sure you apply coverage to easy to miss areas: ears, back of neck, top of feet, and hands.

For everyday coverage, use a moisturizer or foundation that contains a sunscreen.

Avoid exposure to UV radiation from sunlamps and/or tanning parlors.



Front Door Handle and Lever Fix for Free

by Ken Dara

If you own an Oakmont or Carlyle and your front door handle lever sticks, lubricating it may not work. You may need a new door handle and lever assembly.

When I went to Lowes to purchase a new one, I was surprised how much the complete assembly cost. You have to buy the door handle and lever and dead bolt as one unit. No one has the Century model that comes with your home. A replacement cost can be around \$150 depending on front door lock.

Your Schlage front door lock comes with a life-time warranty. Just call Schlage and tell them what is not working. They will send you the complete inside working assembly for free. Remember to tell them you have the Century chrome model.

All you have to do is take the inside door knob and outside handle off. The striker plate on the edge of your door has two screws which you will unscrew. Slide the assembly out and replace it with the new one. Any problems, call Schlage and they will walk you through it.

FLU SHOTS

By Alice Bernhardt



On Thursday, October 13, 2011, from 3 to 5 PM at our Clubhouse, flu shots will be provided by the Visiting Nurse Association. Please mark your calendars. The Retreat Assistance Network (RAN) is sponsoring this event.



FIRST FRIDAY

Come and join other Retreat residents for a casual get-together

Bring your beverage and an appetizer to share

ALL ARE WELCOME!

Upcoming dates:

September 2, October 7, November 4, December 2

Please mark your calendars

NEWS FROM OUR BOARD OF DIRECTORS

By Bill Cole

Another unusually hot summer at The Retreat. We have had some rain but we need a lot more to catch up.

Hope you all are having an enjoyable, healthy summer. We have been busy:

1. **Holly Chichester** is our new One Source Property Manager. She has a great deal of background and experience with our type of property. Please welcome Holly when you see her.
2. We sent you a mailing asking for proof of insurance for your home. Please send this information to The Retreat office.
3. On a recent night a Retreat owners' car was parked in their driveway unlocked...someone went in the car and stole personal items. Please keep all your doors and windows locked in your cars and in your home. Call the police if you see any strangers walking or driving here. This is private property and no trespassing signs are posted. Get involved if you are suspicious of anything you see...call the police.
4. We like to hear from you. Please send us your ideas and suggestions.

Best wishes for the rest of the summer.



TEST YOUR ALARM SYSTEM

Periodic testing of your alarm system is essential to ensure proper function. Residents should test their system each month. There are two types of tests to perform: testing the operation within your home and testing the signal transmission from your home to the Central Station.

Testing the operation of all door and window contacts, and motion detectors:

1. Verify that your system is in "ready" mode. **Do not arm it.**
2. Open each protected door or window, one at a time.
3. Check to see that the keypad displays the door or window you are testing is open.
4. Close the respective door or window. The keypad should display "ready."
5. Repeat this procedure for each sensor in the system.



Testing the signal transmission to the Central Station:

Some systems are programmed to transmit monthly timer tests to the Central Station. You can check online or call Devcon to see if your system has reported a monthly timer test or:

1. Call Devcon Security's **Community Association Service Center** at **800-878-7806** to place your system in "test" mode. You must give your password to the operator.
2. Arm your system and cause an alarm by opening a door or window, or by tripping a motion detector. Allow the alarm to sound for at least one minute.
3. Turn off your system and reset it to "ready" mode.
4. Call Devcon to verify that the signal was received and **take your system off test.**



Important: changing your telephone service to digital cable or VOIP can affect the communication of your security system. Please call us in advance to discuss this. When your new telephone service is installed, always have the telephone technician call Devcon while on site to test your system. Adding DSL service to your phone line requires that you add a DSL filter to your security system.

For more information or to test your security system, please call
Devcon Security's **Community Association Service Center**
800-878-7806

Devcon Security Services Corp. - 3880 N 28 Terrace - Hollywood, FL 33020
Community Association Service Center (800) 878-7806
State License EF20000783 - www.devcon-security.com

PLEASE NOTE



Our fire extinguishers have an expiration date and we might be reaching it. Please check your fire extinguishers.

REMINDER

Pool users, PLEASE close umbrellas, remove debris and return chairs so other users do not have to clean up after you.





Why Should I Pick Up After My Pet?

by Niki Tudge of The DogSmith

Received from Susan Barton

It's a question that lots of pet owners ask. Why should I pick up after my pet when I take him/her for a walk? Well, besides the fact that no one likes to step in your pet's "accident" while enjoying their morning run or afternoon walk, there are some very good reasons to pick up after your pet. Did you know that:

- ✓ Every time it rains, pet waste washes down storm drains and into rivers, lakes and streams.
- ✓ Pet waste may contain bacteria and viruses that transmit easily to humans who handle contaminated soils or infected waters.
- ✓ Many cities and towns now have ordinances with fines starting at \$200 for not picking up after your pet.
- ✓ Flies and other "pest" insects can also increase in the area when you and others don't pick up after your pets.

So the next time you're out at the park or enjoying the great outdoors with your pet, be sure to take a minute, pick up after him/her and then dispose of the outdoor waste properly.



BRIDGE SCORES

By Patsy Shattuck

I can't believe we are about to start another fall in the Retreat. It can't come soon enough, after a very **HOT** summer! As usual, we have had a great summer with all our loyal players and we have a few new people who have joined. We will be glad to see our northern friends but have to wait a while. If you are interested in playing, call Patsy Shattuck at 546.2011.

April 5, 2011

- 1 – Patsy Shattuck
- 2 – Joanne Cichon
- 3 – Jane Schultzberger
- 4 – Steve Strong
- 5 – Barry Mussatto

April 12, 2011

- 1 – Steve Strong
- 2 – Joanne Cichon
- 3 – Kay Campbell
- 4 – Lena Rublowsky
- 5 – Alan Shattuck

April 19, 2011

- 1 – Kay Bowen-Smith
- 2 – Mary Ellen Mix
- 3 – Alan Shattuck
- 4 – Kay Campbell
- 5 – Stan Rublowsky

April 26, 2011

- 1 – Alan Shattuck
- 2 – Stan Rublowsky
- 3 – Kay Bowen-Smith
- 4 – Sue Behn
- 5 – Nick Falcone

May 3, 2011

- 1 – Lena Rublowsky
- 2 – Marie Ferrandino
- 3 – Kathy Majewski
- 4 – Peggy Johnson
- 5 – Diane

May 10, 2011

- 1 – Kay Bowen-Smith
- 2 – Patsy Shattuck
- 3 – Alan Shattuck
- 4 – Peggy Johnson
- 5 – Carol Flynn

May 17, 2011

- 1 – Kay Bowen-Smith
- 2 – Carol Flynn
- 3 – Laura Rothman
- 4 – Muriel Barry
- 5 – Steve Strong

May 24, 2011

- 1 – Alan Shattuck
- 2 – Steve Strong
- 3 – Peggy Johnson
- 4 – Muriel Barry
- 5 – Patsy Shattuck

May 31, 2011

- 1 – Carol Flynn
- 2 – Alan Shattuck
- 3 – Peggy Johnson
- 4 – Joanne Cichon
- 5 – Bob Ferrandino

June 7, 2011

- 1 – Stan Rublowsky
- 2 – Peggy Johnson
- 3 – Laura Rothman
- 4 – Patsy Shattuck
- 5 – Muriel Barry

June 14, 2011

- 1 – Joanne Cichon
- 2 – Peggy Johnson
- 3 – Carol Flynn
- 4 – Patsy Shattuck
- 5 – Kay Bowen-Smith

June 21, 2011

- 1 – Lena Rublowsky
- 2 – Kay Bowen-Smith
- 3 – Sally Troiani
- 4 – Alice Bernhardt
- 5 – Peggy Johnson

June 28, 2011

- 1 – Alice Bernhardt
- 2 – Kay Bowen-Smith
- 3 – Laura Rothman
- 4 – Joanne Cichon
- 5 – Patsy Shattuck

July 6, 2011

- 1 – Peggy Johnson
- 2 – Alice Bernhardt
- 3 – Laura Rothman
- 4 – Patsy Shattuck
- 5 – Alan Shattuck

RETREAT BOARD OF DIRECTORS

President	Bill Cole	546.5353	wcole2b@yahoo.com
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Secretary	Coni McGuinn	545.3465	conimcguinn@aol.com
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RETREAT PROPERTY MANAGER

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Retreat Activities and Committees

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

Architectural Review Committee	Dave Greaves	545.2664
Aqua Aerobics	Diane Rothacker	546.7876
Channel 63	Jim Morrow	545.1936
Communications Committee	Lill Malinowski	545.3732
Family Activities	Katrina Collette Lisa Rothenberg	546.9880 263.8344
Finance Committee	Larry Anderson	546.9357
First Fridays	Mary Paukstys	546.8054
Mah Jongg	Angela Bibby	545.9195
Needlecraft & Knitting	Sandy Morrow Liz Plourde	545.1936 546.5673
Poker—Men's Straight	Joe Ciocia	545.9767
Poker—Texas "Hold—Em"	Lois & Charles Raska Lois & Otto Vernacchio	545.2733 546.7523
Red Hat Society	Rita Lariviere	546.9744
Relay For Life	Lill Malinowski	545.3732

Retreat Assistance Network (RAN)	Muriel Barry Alice Bernhardt Marie Ferrandino Sally Troiani	545.1919 600.5226 546.5476 872.6053
Retreat Directory	Coni McGuinn	545.3465
Retreat Newsletter	Lill Malinowski Dottie Williams	545.3732 546.3866
Social Bridge	Patsy Shattuck	546.2011
Social Committee	Lena Rublowsky Carol St. John	546.1316 545.4087
Tennis	Tom D'Avanzo	545.7229
WEB Master	Gene Gillis	545.9304
Welcome Committee	Susan Hemmer	349.0030
Women's Club of the Retreat	Bettyann Dixon Mona Wiley Margaret Dara Emily Mussatto Jean Scerbo	546.2663 546.9545 546.8467 546.2774 545.3592
Women's Exercise Class	Marguerite Badcock	546.8427

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Retreat Resident—References Available
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E-mail: Smithdubba1@aol.com



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Anyone interested in a **MEDITATION** group?

I have been meditating for over 15 years and find it
easier to do in a group.

I am willing to facilitate a secular group here at the
Retreat.

If interested, contact ceschenburg@comcast.net

Photo Credits

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Kentucky Derby: Wally Malinowski

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AVON

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Representative

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Website: youravon.com/cgillis



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