

The Sound

February/March/April 2018

Top Ten Benefits Of Water Aerobics
Caregiving Youth
The Street Fair

**BROKEN
SOUND**
CLUB



Make OUR Neighborhood YOUR Neighborhood



**BROKEN
SOUND**
CLUB

*Known as "The Friendly Club"
for Our Warmth and Hospitality*

Our private 5-Star Platinum Club of America golf, tennis and country club community:

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- Ideally located near:
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 - world-class beaches, shopping, dining, culture, nightlife
 - easy access to thoroughfares, airports and cruise ship ports
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 - top-rated USTA-ranked tennis facility with 23 Har Tru tennis courts and active league play
 - 35,000-square-foot fitness center and spa with golf and tennis fitness training
 - two-acre resort styled poolscape with bistro
 - more than 100 activities scheduled each month across a wide range of interest areas

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Golf's **GREENEST** clubhouses

The November/December 2017 issue of the magazine Golf Inc. included an article about the way “Today’s modern clubhouses are embracing green strategies both inside and outside to minimize their environmental footprints.” The author, Scott Kauffman, chose to build his article around Broken Sound and John Crean’s leadership on this continuing journey. The article is excerpted here:

With 3,000 members consuming 170,000 meals a year and playing 55,000 rounds on two golf courses – not to mention using 23 tennis courts; a 2-acre resort-style pool; and a 35,000-square-foot spa and fitness center – Broken Sound Club should have little time to tackle any major projects not related to its core mission.

Then again, if that’s what you think, you haven’t met the club’s General Manager and Chief Operating Officer, John Crean. As if managing a country club in high-profile Boca Raton, Fla., isn’t demanding enough, the energetic Crean is also consumed with protecting Planet Earth and making his club as green as possible.

The golf industry has long played a major role in environmental stewardship. Golf course superintendents, entrusted with managing and maintaining hundreds of acres of turfgrass and landscaping, have been on the front lines of that environmental effort.

Now, with the growing trend for “bringing the outside in,” it’s only natural that clubhouses are becoming as green as the fairways that surround them, especially as club owners and managers renovate or build new structures.

Take a trip to Crean’s club, and it is evident that Broken Sound’s environmental leadership stretches well beyond the confines of the championship-caliber fairways that

annually host the PGA Champion’s Tour, Boca Raton Championship. An environmentally minded culture permeates the entire facility and even the members have become keen on keeping Broken Sound “green” and doing everything they can to reduce its carbon footprint. Crean is as passionate about his environmental efforts as he is about day-to-day operation of his club community, and his passion is paying off in a lengthy list of eco-friendly certifications and governmental accolades. It’s also expected to result in significant savings, thanks to investments in equipment such as the first industrial anaerobic digester in the state of Florida.

“When you’re at a place long enough, like me for 14 years, you can become stale and old pretty quick,” said Crean, whose club received the 2017 Environmental Leaders in Golf Award from the Golf Course Superintendents Association of America and Golf Digest magazine.

Crean said Broken Sound’s board of directors has been supportive of his efforts.



“I’ve been blessed with great boards over the years who’ve allowed me to implement important and innovative initiatives.”

Broken Sound's initial sustainability efforts involved using reclaimed water on its golf courses and adding birdhouses, a butterfly garden and a native area. Later, the club moved to paperless accounting as well as cardboard and paper recycling and began installing low-flow toilets and shower heads, as well as LED lighting fixtures and bulbs. It also replaced foam drinking cups with biodegradable ones made of corn starch.

“Broken Sound has received recognition from the Florida Department of Environmental Protection for its impressive 95 percent recycling rate, which is three times the statewide average for the commercial sector.”



In 2013, the clubhouse became significantly greener during the transformation of Broken Sound's 22,000-square-foot fitness center into a state-of-the-art health and wellness facility. Designed by Leadership in Energy and Environmental Design (LEED)-certified architect Jon Olson of Peacock + Lewis Architects, the Moonstone Spa and Fitness Center features super-insulated roofing and walls, energy-management heating and cooling controls and LED lighting.

Broken Sound has received recognition from the Florida Department of Environmental Protection for its impressive 95 percent recycling rate, which is three times the statewide average for the commercial sector. The club was a Green Corporate Citizen award finalist at the department's 2012 Corporate Recycling and Waste Conference, and it's only the second U.S. golf facility to be certified by the Scotland-based GEO Foundation. More recently, Broken Sound became the first private club community to install an electric-car charging station and to employ a beekeeper to maintain 22 hives on its golf courses. The hives are home to 1 million bees that produce 1,000 pounds of honey per year.

“Our sustainability mandate, combined with hospitality, is the club DNA that drives us, encouraging other communities, clubs and courses to follow suit,” said Crean.

Then, of course, there's Broken Sound's \$342,000 composting operation, which annually recycles 500,000 pounds of food waste and 1.2 million pounds of yard waste. The anaerobic digester costs \$55,000 a year to run, but Crean expects to get a return on the investment within five years.

The cost to refurbish the composter about every 10 years is “perpetually covered by the annual \$70,600 in net budget savings,” according to Crean's presentation at a national conference for hazardous waste managers. The main benefits: a \$45,000 reduction in disposable refuse and savings in the use of commercial chemical fertilizer (\$32,500), mulch (\$26,400) and other pesticides and chemicals (\$21,200).

“Having created the first industrial composting project in Florida, Broken Sound continues to naturally save lives and dollars while improving the quality of the life and healthfulness of those who live, work and play within its community,” said Shannon Easter, Broken Sound's director of golf course maintenance. “We save countless birds and other wildlife on our golf courses while responsibly reducing landfill disposal and minimizing the adverse effects that fertilizer and other chemicals have on golfers and residents.”

Although they can't always be quantified, Crean said the marketing advantages of his environmental grand plan are an intangible benefit.

“They're massive,” he said. “And we've seen that. We've seen the ROI on that. But people join our club and they say, '(Broken Sound) isn't wasting product.' We recycle stuff through our digester. They know that we're not sending stuff off to the landfill. It makes people feel good.”

Broken Sound's composting operation has drawn the attention of state and federal waste management leaders and Environmental Protection Agency officials.

The club has incorporated numerous LEED elements throughout its newly enhanced facilities, and it is designing a photovoltaic cell system for the parking areas, which will convert solar energy to electricity.

Why aren't more clubs taking these types of eco-oriented measures and making the requisite investments that make so much sense in the long run?

“It comes down to leading,” said Crean, who started his club management career at age 23 at The Muttontown Club, on New York's Long Island in 1989. “It comes down to conviction. It comes down to the workload that needs to be involved in order to get the buy-in. But once the buy-in is done, it's simple.

“It's just a matter of somebody taking the project by the throat and having the opportunity to convince your people to jump on the train for the ride. I've been very lucky in that regard.”

Golf and environment are in a much better place because of it.



MAGICSTRIPES

HYALURONIC INTENSIVE TREATMENT MASK



- Hyaluronsäure füllt die tiefsten sichtbaren Gesichtsfalten • Hydratgel spendet Feuchtigkeit • Kühlt den Effekt • Strafft die Haut • Verbessert die Hautelastizität • Stärkt die Widerstandsfähigkeit der Haut gegenüber klimatischen Veränderungen
- Hyaluronic acid instantly fills and smoothes facial wrinkles • Hydratgel for powerful moisturizing • Instant cooling effect • Excellent skin firming effect • Improves skin elasticity • Reinforces the skin's resistance to climatic changes



Green Scene



Broken Sound Club

takes its Audubon Sanctuary
Certification seriously.



Audubon announces
2018 | **YEAR OF
THE BIRD**



Images courtesy of Terry Baltimore

The Club is very proud that Broken Sound's courses are designated as a Certified Audubon Cooperative Sanctuary, earned by meeting stringent standards in six key areas: Environmental Planning, Wildlife and Habitat Management, Chemical Use Reduction and Safety, Water Conservation, Water Quality Management, and Outreach Education. Our golf course maintenance staff had to develop and implement an environmental management plan and then document the results.

Achieving this certification is another demonstration of Broken Sound's leadership in being good stewards of our environment and our commitment to continue to enhance the valuable natural areas and wildlife habitats that our golf courses provide.



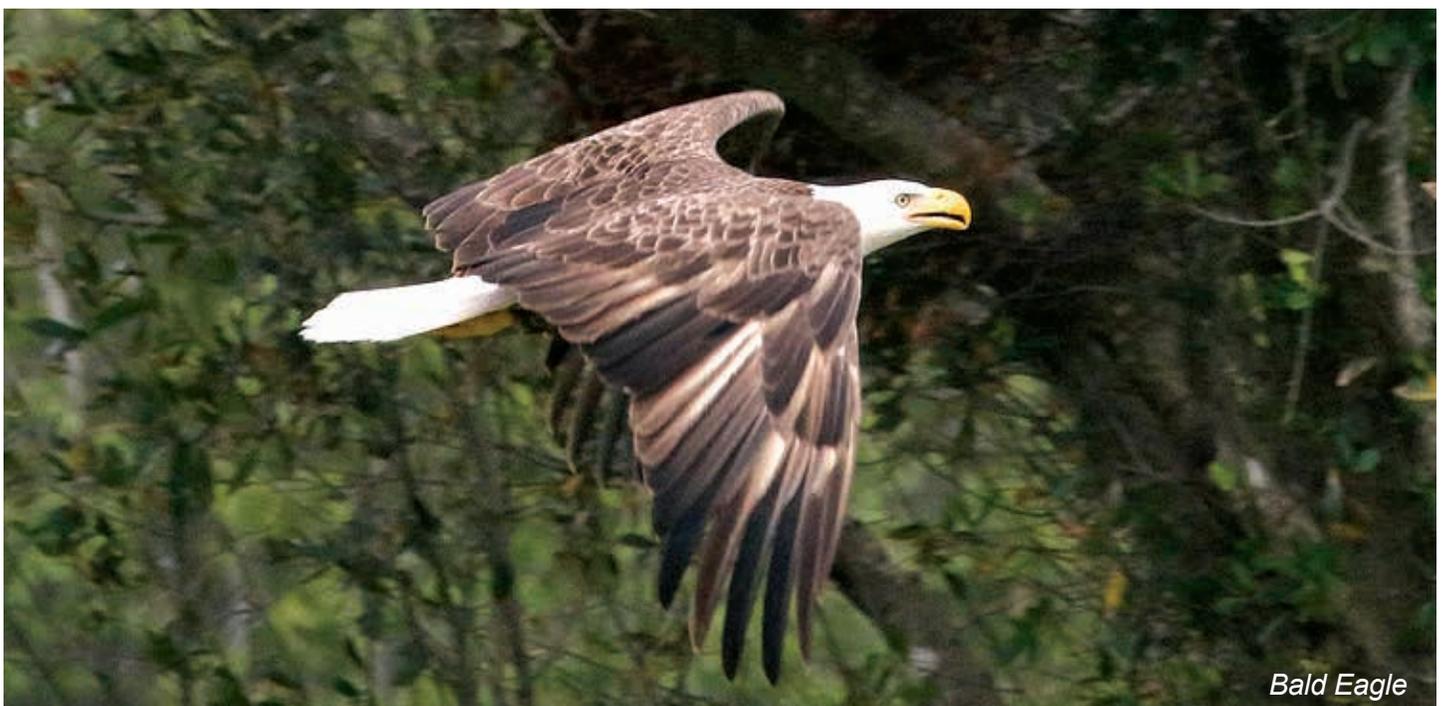
Red Crowned Amazon Parrot



Pileated Woodpecker



Egyptian Goose



Bald Eagle

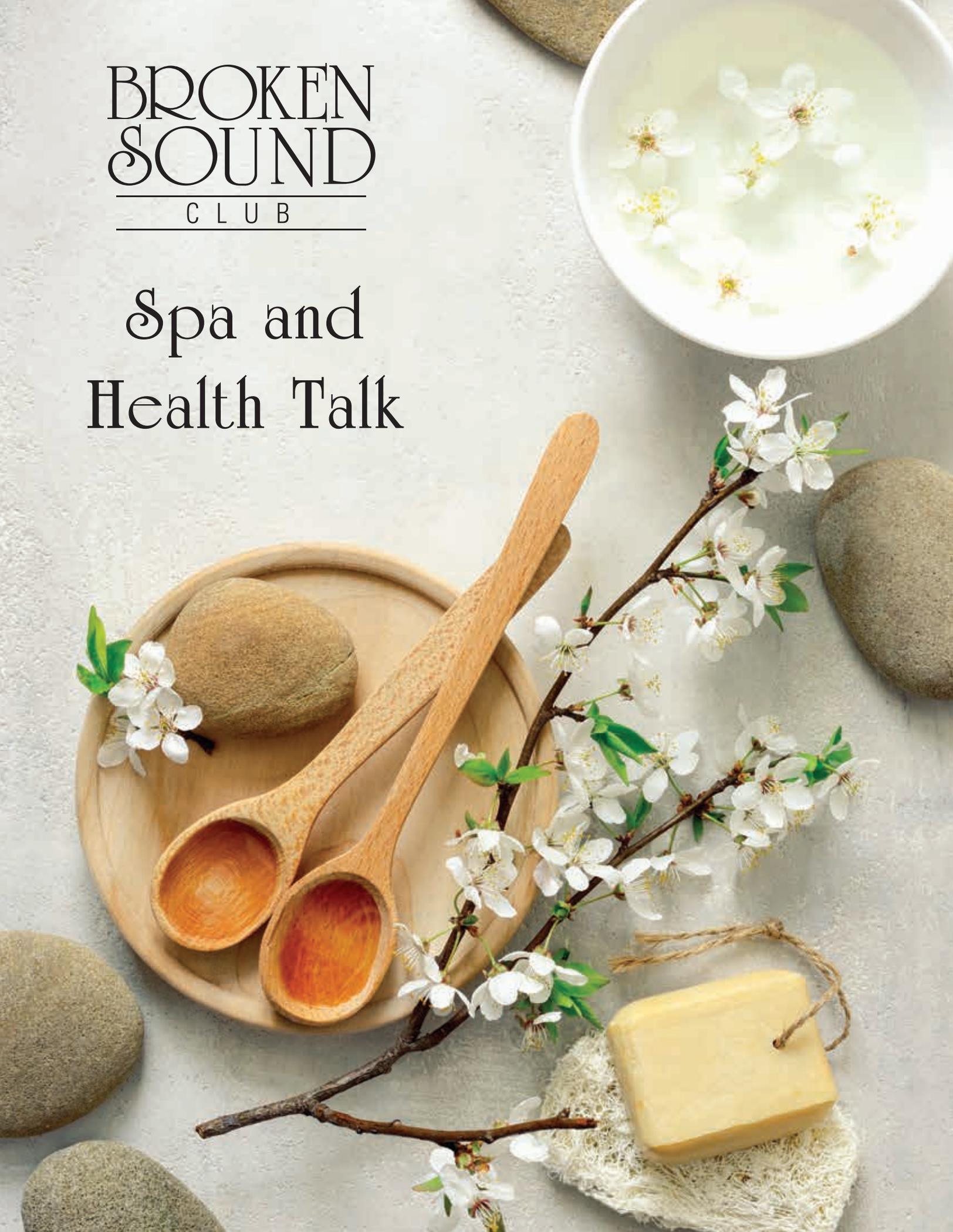
A photograph of a fox walking across a green golf course. In the background, there is a white flagstick with a flag, a white sand trap, and some green foliage. The fox is in the foreground, walking towards the left. The text "gimme" is overlaid on the image in a white, italicized font.

"gimme"

BROKEN SOUND

C L U B

Spa and Health Talk



Ready to up your Facial Game?



rezenerate

BEST. FACIAL. EVER.

Moonstone, the Spa at Broken Sound is excited to add the Rezenerate facial to the treatment menu. We proudly held an opening launch on Thursday, November 30, with a turnout that surpassed expectations. The event was so well received, the original hours of 5:00 to 7:00 p.m. were extended to 4:00 to 8:00 p.m.! The glowing and radiant skin of each Member who enjoyed the treatment was complemented by a beautiful display of hors d'oeuvres and wine.

The Rezenerate Facial is a minimally invasive alternative to micro needling. Each treatment delivers an individually customized blend of moisturizing and antioxidant serums into the skin at a cellular level. The results are remarkably quick and have little to no downtime. It is a fantastic treatment for a variety of skin types, ages, and concerns. From the reduction of fine lines, minimized acne outbreaks, reduced hyper pigmentation and increased collagen production, the benefits of the Rezenerate Facial are nearly endless.

Magicstripes, a line of skin masks designed by Natalie Franz, makeup artist to the stars, also partnered with the event. All attendees received a complimentary Hyaluronic Acid Mask as a take-home gift. The mask is designed to work at the skin's cellular level to smooth fine lines and wrinkles and extend the results of the facial. Magicstripes also offers lifting and detoxifying masks that are great for at home use in between treatments.

The Moonstone Spa offers a 60-minute Rezenerate Facial, as well as targeted lip and eye treatments that can be added to any facial. The treatments can also be purchased in a series of five treatments that should be scheduled every two to three weeks, for optimal results and the best value.

Overall, the event was an exciting introduction to the Rezenerate Facial and Magicstripes. We would like to invite you to try them for yourself, so you too will instantly notice the improvement in your skin texture and appearance.





TOP 10 HEALTH BENEFITS OF WATER AEROBICS

Water, water everywhere! Working out in the water is one of the most therapeutic activities one can take part in. Water aerobics offers cardio, strength, and resistance, while being easy on the joints. And, it takes place in a cool and relaxing atmosphere!

Increase Muscle Strength – Water is a flowing and constantly changing product of nature, and as such, can be very unpredictable in its movements. Since water flows in multiple directions, the resistance in the pool can range from four to 42 times greater than air, ensuring the body's muscles get a rigid workout. In fact, a study conducted in 2007 found that after 12 weeks of regular aquatic aerobic exercise, participants had made significant gains in strength, flexibility, and agility.

Build Endurance – Unlike traditional weights, which require the human body to push and pull against the weight plus gravity, water resistance is a more natural resistance that requires the body to strain *through* the water rather than against it.

Increase Flexibility – As the body is subject to water resistance during water aerobic exercise – which requires movement in various directions while adjusting to the push and pull of water – the joints naturally increase their range of motion. A study conducted in 2013 found a significant increase in flexibility after subjecting a group of older adults to aerobic therapy exercise.

Low-Impact Exercise – We may not often think of it, but the traditional impact we place on our joints during a “land workout” can be taxing. In water aerobics, the buoyancy of the water helps reduce some of the impact we tend to place on our body, due to our own water weight. In layman's terms, our body is not subject to gravity in the water, therefore the impact on our joints if we run in water, is not equal to the impact when running on land. This is particularly appealing to those with joint conditions, such as arthritis, or those currently undergoing physical rehabilitation.

Alleviate Pressure on the Joints – Studies have shown that water-based exercises, such as water aerobics, relieve pressure placed on joints from normal wear-and-tear and arthritis. In fact, hydrotherapy is shown to be the leading form of therapy for those suffering from joint problems.

Relieve Stress and Decrease Anxiety – Watching bodies of water in motion can be one of the most soothing activities one can take part in to help relieve stress, which is why vacations to beaches and island paradises are such popular getaways. But being in the water can be just as relaxing! A Polish study conducted in 2007 found that aquatic exercise significantly decreased anxiety and negative mood states.

Burn Calories – The combination of strength and cardio workouts mixed with water resistance in aquatic exercise ensures the body is getting a full workout. Depending on cardio activity, weight (including additional weights, such as dumbbells and weight belts), water temperature, volume, and buoyancy, the body can burn between 400 to 500 calories in an hour of aquatic exercise.

Reduce Blood Pressure – Water resistance is not just a buoyancy feature to help work the muscles. In fact, the water pressure actually works with your blood too and enables your blood flow to circulate more efficiently throughout the body, effectively decreasing blood pressure and, in the long run, decreasing the resting heart rate. This benefit means your heart is maintaining its productivity while putting less stress on your heart!

Cooling Exercise – As temperatures get warmer and the summer heat draws near, the desire to exercise in the burning sun may suddenly not seem so appealing, and so naturally dipping into any body of water becomes alluring. Water aerobics can satisfy that need to feel cool in warmer temperatures, while still enabling an athlete to exercise. It is cool, crisp, and refreshing, especially knowing you aren't struggling in the heat!

Popular Activity – Water aerobics is not limited to any age group or skill level. As a result, water aerobics is known to be one of the most popular bonding activities for friends and family. The sport appeals to all ages – with younger generations naturally enjoying the fun to be had in swimming pools, while still appealing to the older generations and their need to maintain a moderate level of physical fitness.

Reprint from Health Fitness Revolution

Broken Sound offers multiple water aerobics classes each day, to fit everyone's fitness level.

We urge you to stop by the pool and try a class!



PROUDLY HONORING OUR VETERANS

On Veteran's Day, over 1,100 men and women competed in the Third Annual Soldier Rush – a patriotic obstacle course that raises money for military veterans and their families. Broken Sound was represented by several members of our staff, with Fitness Manager Chuck Niessen placing second in his division.

The event was held at the Parkland Equestrian Center, where creator Manuel Mair, a former Marine, put together a course designed so that most people could finish it. To do that, however participants had to traverse 3.1 miles of grass, trail, and mud, while facing physical challenges like climbing over walls, carrying heavy objects, and crossing bodies of water.

Monies raised go to nonprofits Fitness on a Mission, the United Way of Broward County's Mission United, and Honor Flight, a non-profit that sends WWII veterans to the WWII memorial in Washington DC.



TEAMWORK

HONOR

PASSION

DEDICATION



On
Court



Learnin' With Vernon

“HOMEBASE”

The term “homebase” evokes an image of a baseball player sliding across home plate for the winning run. But did you know this terminology is also used in the game of tennis? That’s right! Understanding this concept can help you win matches; it puts you in the correct position and state of mind at the start and during the course of a point.

First, let’s grasp the ‘what’. What is your homebase? It is the spot on the court that you are attempting to get to or move toward after each shot is hit. It is used mostly after you hit a serve or after you hit a return of serve.

Next, comes the ‘where’. For doubles, there are two places on the court called the “homebase.” One is at or near the baseline and the other is at or near the net.

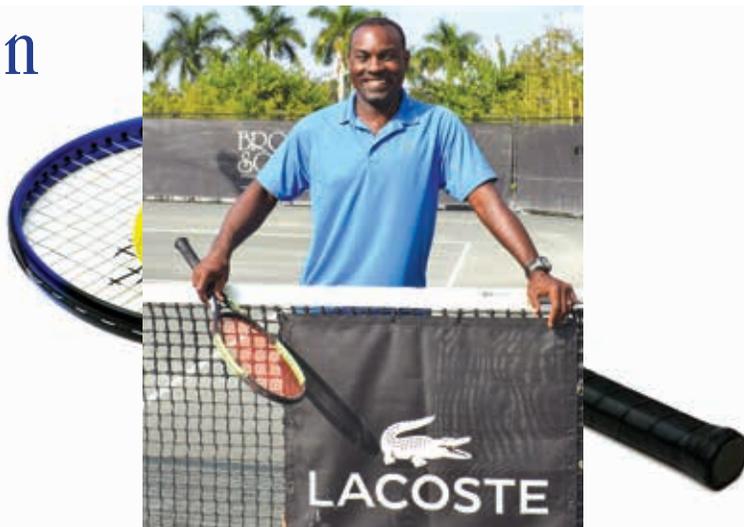
The homebase on the baseline is located near where the singles line and the baseline connect on the deuce side or the ad side. When you are at the baseline, you stand with your dominant side foot (right foot if you are right-handed and left foot if you are left-handed) near where the two lines connect, on the deuce side or the ad side.

The other homebase is at the net...but where exactly? Homebase at the net is roughly 4 to 5 feet in front of the service line. No need for any guide. Just remember to be a reasonable distance in front of the service line.

So how does the knowledge of homebase improve your game? Ever been somewhat confused on where to go after you hit the ball? Ever run for a ball, hit it, and stand there to admire your work?

In doubles, most scenarios start in the 1 up, 1 back vs. 1 up 1 back positions. If you are the server in doubles, you should move toward your closest homebase after you hit the serve. After you hit the serve, you must expect it to be in and get ready. Players often serve the ball and wait until they see it is in, watch the ball pass the returner, or see if the returner can get the serve back, and only then...move. By then, it is too late to get ready for the shot coming back. Once your serve is hit, immediately go to your closest homebase which will likely be no farther than 4 feet away. This gets you engaged and lets you anticipate and react to shots more readily.

As the returner, you not only have the homebase option at the baseline, but you also have a second option of moving to the homebase at the net. Rather than receive a serve while standing in the transition area, you should attempt to get to the the homebase at the net – your best option, especially if your opponent hits a serve that brings you forward. Going to homebase at the baseline could leave you hitting more balls than necessary in the transition area, and could also cause you to hit more



“WHAT IS YOUR HOMEBASE? THE HOMEBASE IS THE SPOT ON THE COURT WHICH YOU ARE ATTEMPTING TO GET TO OR MOVE TOWARD AFTER EACH SHOT IS HIT.”

balls as you are moving back unnecessarily. You should try to move to your closest homebase most often at the start of the point.

Note that the homebase is adjustable, and merely a point of reference for your recovery after either hitting a serve or a return, and often during the point. The dominant foot on the baseline is a good guide, as most players enjoy hitting forehands because it is the stronger of their two sides. Putting your dominant-side foot close to the singles line promotes the use of the forehand. When at homebase on the baseline, be in the ready position and angle your body toward the opponent you hit the ball to or are receiving the ball from.

While at the net if the opponents are lobbying, adjust your homebase to be more toward the service line. If your opponents are not lobbying, adjust more toward the net. The same idea applies to the homebase at the baseline. If the opponent continues to hit the ball short, adjust your homebase closer to or on top of the baseline. If your opponent is hitting deep ground strokes, make an adjustment a few more feet behind the baseline.

When you are in the middle of the rally or after a return of serve, although it is important to continue moving toward your closest homebase and ultimately get there, remember that your priority is to be still or split when your opponent hits the ball. This keeps you under control while your opponent hits the ball, all the while eventually getting to your homebase.

So, go to ‘home’ just like you would after you take a long vacation. It is always nice to get away but there is no place like your “homebase.”

Vernon Gettone, Jr.
Head Tennis Professional



2017 Tennis Champions

Men's Singles Championship Division

Michael Buckstein

Ladies Singles Championship Division

Nathalie Balmer

Ladies Doubles A Division

Ginny Kobren/Linda Chiron

Mixed Doubles A Division

Sara Weiner/Bob Drogowitz

Men's Doubles Championship Division

Charles Balmer/Marcelo Ferreira

Men's Doubles B Division

Aaron Levko/Les Scharin

Men's Singles A Division

Jeff Saunders

Mixed Doubles Championship Division

Beth Taubman/Richard Davimos

Ladies Doubles B Division

Marjie Mackie/Joan Berger

Mixed Doubles A Division

Ellen Stettner/Ron Kane

Men's Doubles A Division

Jay Gold/Alex Kelin



Season Opener

What better way to begin December than to invite our enthusiastic tennis players to the first Round Robin of the new season. Players were happy to reconnect with teammates who had left the area for the summer, and everyone was happy to be back on the Broken Sound courts. The event concluded with the presentation of trophies to honor last year's champions!



Tennis Exhibition

Once the Season Opener concluded, the Club 'upped the game' with a world-class exhibition, including Adrian Mannarino, who is ranked 25th in the world. It is always good to watch the way the pros do it!

Then it was time to party! Tables and chairs were set up on the courts under the stars and Members were served drinks and hors d'oeuvres, with music to enhance the ambiance. It was, indeed, the best way to begin December!



Horacio Rearte, Cyril Saulnier,
Greg Wheaton and Adrian Mannarino





TSP TENNIS SPECIFIC PERFORMANCE

TRAIN LIKE A PRO FOR SUCCESS ON THE COURT

A personalized Sport Specific Training System designed by Tennis Professionals and Fitness Specialists of Broken Sound Club.

"There is a dire need for tennis specific training, as opposed to conventional personal training. TSP will target the physiological requirements which are essential to any competitive or recreational tennis player."

BROKEN SOUND TENNIS PROFESSIONALS AND PERSONAL TRAINERS...AND TSP

- Broken Sound has 23 har-tru tennis courts, an incredibly active tennis community, and a state-of-the-art fitness center.
- Broken Sound Tennis Professionals and Personal Trainers have industry leading tennis and fitness certifications and experience to optimize your performance.
- All career competitive tennis players that have experienced tennis-related injuries understand the value of being physically fit and conditioned for the sport. Every season, we inevitably lose players due to injury; With TSP these injuries are absolutely preventable through the appropriate physiological conditioning with your Broken Sound Tennis Pro and Personal Trainer.
- The value to you is that you will have a team of experts working toward one common goal: **You playing more tennis with fewer injuries!**

WHAT YOU GET WITH THE TSP PROGRAM

- Our knowledgeable and experienced professionals will create a program specifically designed for you
- On-court video assessment with detailed technical feedback
- Comprehensive Health and Fitness evaluation
- Functional Movement Screen to determine weaknesses
- Specialized Personal Training regimen designed uniquely for each Member
- Nutritionist/Dietician consultation
- Slow motion video footage narrated by Tennis Professional with correctives

WHAT TSP WILL DO FOR YOU

- Alleviate tennis and golfer's elbow (Lateral and Medial Epicondylitis)
- Prevent debilitating injury, which could result in months off the court
- Improve shoulder stability and rotator cuff function
- Alleviate knee pain through progressive strengthening of the surrounding muscle groups
- Increase ankle mobility to avoid sprains and strains. Ankles carry the full weight of the body and are really susceptible to injury
- Address wrist concerns through strengthening target muscle groups
- Address hip/hip related injuries. Tennis is a rotational sport with a high frequency of hip injuries

On
Course





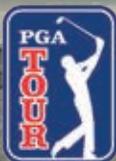
BOCA RATON CHAMPIONSHIP



presented by



Scott McCarron
2017 Champion



CHAMPIONS

Where legends play

Proceeds Benefit

BocaRatonChampionship.com | (561) 241-4653



BOCA RATON REGIONAL HOSPITAL





New Course Ladies' Member-Guest

This year, the Ladies chose the theme Margaritaville, which was reflected in everything from their dress to the refreshments! But there was no 'wasting away' under the skies of a beautiful tropical day. Only good friends, delicious food, and great golf!



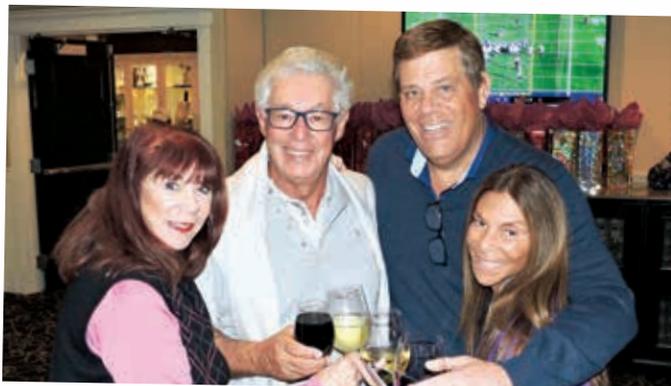
New Course Men's Member-Guest

The New Course Men's Member Guest Days were held on January 16 and 17. Although there were more than 157 players (for both days) that were competing for first place, it was the evident camaraderie that really won the day!



Old Course Ruby Jubilee

Although originally owned by IBM, the Members of Broken Sound were happy to celebrate the 40th anniversary of the Old Course, which is even more enjoyable to play today than it was when it was first built!



New Course Ladies' Opening Day

For the first time, the New Course Ladies' Opening Day combined the 18-hole and 9-hole ladies' leagues, with over 144 players happily participating.



Generations





SUMMER PROGRAM 2018

Tennis – Golf – Basketball

Weekly – June 4 to July 27

Monday to Friday

9:00 a.m. to 3:00 p.m.

For children ages 5 to 17

Members: \$265/week – Daily \$65. Includes Lunch
Non-Members: \$285/week – Daily \$70. Includes Lunch
(Sibling discount available)

Sign up: Email Arnaud Delanoe – Junior Program Manager: 100afd@gmail.com

This summer, for the 11th year, Broken Sound will offer its youngest Members the opportunity to join friends at our Summer Camp Program. Each day is made up of a combination of “intense sports” and “fun social” activities. Campers range in age from 5 to 17 years old, and we average about 50+ daily.

To accommodate individual sports interests, campers may elect to focus their mornings on either tennis, golf, or basketball. Coached by top certified instructors, participants receive three hours (9:00 a.m. to 12:00 p.m.) of focused instruction daily, with a low student / instructor ratio.

Each class offers a combination of drills and supervised play that provides a comfortable environment where kids have a chance to practice specific skills, work on their technique, and build confidence while playing their favorite sport.

Lunch from our Club kitchen is served everyday.

The afternoon offers a mix of social indoor activities – including ping pong, dodge ball, time in the game room, and arts and crafts – plus visits to the pool.

Summer days at Broken Sound take youthful energy and channels it into fun, with the added bonus of increasing socialization and sports skills. The perfect package!

Kids Around the Club

Everyone has a good time at Broken Sound, no matter how young they may be. And when it comes to the year-end holidays, we make sure there are lots of activities for kids to enjoy.



Movie Night *The Nut Job 2*

Friday, March 9
Moonstone Cafe and Game Room

Ages 5 and up
Drop off from 6:15pm. Pick up no later than 8:45 p.m.
Complimentary Popcorn

Kids' menu and snacks available at
Moonstone Café until 7:00 p.m.

Hot Dog or Pizza Bagel or Grilled Cheese with Chips
or Chopped Fruit \$4.95

Display Drinks

Sodas \$2.00,

Capri-Sun \$2.00

Gatorade \$2.50

Gelato or Sorbets \$3.50





Tennis

Tennis is often called a game for life, and that is certainly true at Broken Sound. Our after-school youth tennis program has kids ranging in age from 5 to 17 years old (and the older and more proficient they get, the more instruction is available). Our experienced coaches know just the right mix of skills and play that will produce passionate players that will enjoy the game for years to come.





Splash Art

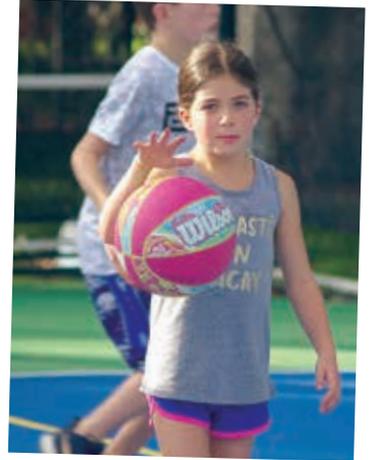
There is, they say, an artist somewhere in all of us. These Broken Sound youngsters (and a few 'older' youngsters) had the opportunity to express themselves with paint and a brush...and a little instruction from a professional. Each artist produced a turtle hatchling painting that we are sure was given a place of pride at home!





Basketball

No matter which professional team you root for, you have to cheer on our Broken Sound basketball enthusiasts. They come out every week to learn the best methods for achieving 'nothing but net'. They have fun, encourage each other as their skills improve, and their parents and coaches beam with pride at the pace of their progress.



Foodies



Holiday Week Usage Report

Did you ever wonder what it takes to make Holiday Week so special and filling at Broken Sound? We play host to what appears to be an unending stream of hungry mouths, most of whom are after traditional, all-American, casual fare. In an effort to satisfy these cravings, our chefs prepared an astounding amount of food during the ten-day period from December 18 – 28. To put it in perspective, note the number of *Weeks** it would normally take us to go through the same amount of food!

Item	Pounds	Total	Weeks*
Burgers	470	752	5
Hot Dogs	400	1600	16
Chicken Fingers	1060	9010	22
French Fries	2850		29
Cookies	528	7128	6
Bagels		4392	5.5



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BOCA RATON REGIONAL HOSPITAL & BROKEN SOUND CLUB

A Partnership for Health

Boca Regional at Broken Sound offers club members a comprehensive health and wellness program, in the convenience of your own gated community. These initiatives are tailored to meet the needs and improve the overall health of your members.

In addition to onsite nurse practitioner services and nutrition counseling, one effort designed to empower residents to manage their health and wellness needs includes onsite physical therapy. These services are led by Merissa Encarnacion, MPT, DPT.



Merissa holds a Bachelor of Science in Exercise and Sport's Science from the University of Florida. She earned her Master of Physical Therapy and Doctor

of Physical Therapy from Nova Southeastern University. Merissa provides hands-on clinical evaluations and treatments for patients with a wide variety of orthopedic, cardiac and neurological diagnoses. She has previously held positions as Center Coordinator for Clinical Education, Clinical Instructor and Adjunct

Professor at Nova Southeastern University. She is currently a voting member for the House Representatives of the Florida Physical Therapy Association.

Our goal is to promote a healthy and active lifestyle for all of our rehabilitation patients. We provide members with quality physical therapy for orthopedic and sports injuries, post-surgical rehabilitation and those with balance disorders or individuals who need general reconditioning. Whether you want to play golf, or just want to exercise at a leisurely pace, the program is committed to getting you back to optimum performance.

Scheduled appointments are recommended and are available Monday through Friday from 8:30am–3:30pm. Insurance is accepted for covered services (we verify benefits). Services not covered by insurance can be paid on a private pay fee schedule.

Boca Regional at Broken Sound. A partnership for health and wellness. For more information, call 561.955.3030.



BOCA RATON
REGIONAL HOSPITAL



The American Association of Caregiving Youth... Its Founder and its Mission!

“Words are powerful, but behavior is the final arbitrator.” These are the words that Dr. Connie Siskowski, a Broken Sound Member since 2000, lives by. In 1998, she founded the American Association of Caregiving Youth (AACY) which is the national resource for children who sacrifice their education, health, well-being, and childhood to provide care for family members who are ill, injured, elderly, or disabled. Because of her work for this organization, Dr. Siskowski was previously designated one of CNN’s Heroes, and was profiled on their annual CNN Heroes program.

Having graduated from Lynn University with a PhD, she enjoys working with her team of professionals who make a difference in the lives of caregiving youth and their families. The AACY hosted its annual holiday event on December 17, 2017, with about 600 children in attendance. Numerous donations were made by both local and national vendors, to help those in need ring in the kind of happy holiday season that is normally beyond their means. Family portraits were taken by a volunteer photographer, a luxury often skipped at this time of year. There were numerous activities for the children, including arts and crafts, as well as a visit from the Good Humor truck, with complimentary ice cream for attendees and volunteers. Broken Sound Club, along with Olive Garden, donated hot meals and sides for guests to enjoy. Children were able to “shop” for presents for their family,

at their “Regifting Station.” Volunteers donated their sealed and unused items to AACY, to be upcycled and given as gifts from the children in attendance. AACY also received generous donations of a few laptop computers to raffle away.

“The ultimate goal is for no child in the U.S. to drop out of school because of family caregiving responsibilities.”

Each child also received a gift bag upon departure, full of donations from Walmart and Sam’s Club. In the bag, they found items like USB drives to use for school, as well as toiletries from Boca Raton Regional Hospital.

Dr. Siskowski believes she has only made a dent in the awareness about caregiving youth. It is her wish that she could find a way to connect to people and help them better understand what a difference they can make for the children, families, and society. The ultimate goal is for no child in the U.S. to drop out of school because of family caregiving responsibilities.

SPECIAL EVENTS

COLOR WAR

February 18

President's Day Pool Party

February 19
12:00 – 4:00 p.m.

ART SHOW

February 26 – March 2
Cocktail Reception – February 26, 5:30 – 8:00 p.m.

Aerobic Tennis Workout

March 10

New Member Reception

March 11
5:00 – 6:00 p.m.

ANNUAL MEETING

March 13
7:30 p.m.

Seder Dinner

March 29 & 30

Easter Brunch

April 1

Dinner Dance

April 21



CLUBS

Great Lectures

7:30 p.m.
February 12, February 26,
March 5, March 19, April 16

What's Up Group

February 8, March 1, April 5

Women's Club Lunch

February 15, March 15, April 19

Movie Night

March 19, April 23

Book Club

4:00 p.m.
February 20, March 13, April 10

Israel Forum

February 22, March 15, April 12

Boca Friends Gala

April 8



SOCIAL/CABARETS

Valentine Dinner Dance with Street Talk

February 14

CLUB CABARET

Savannah Jack

February 15

CLUB CABARET

Nunziata Brothers

March 1

Old Course Dinner Dance

March 3



Savannah Jack

BEE GEES/DONNA SUMMER TRIBUTE

March 15 Poolside

Social Lecture

March 16, April 13

CHILDREN

Kids' Movie Night

March 9, April 13

Breakfast with the Easter Bunny

And Petting Zoo – March 24

Family Camp Out

April 7

Fishing Derby

April 21

TENNIS

Doubles Championship

February 8 – 11

Men's Tennis Member-Guest

February 17

Mixed Doubles Championship

February 22 – 25

Ladies Tennis Member-Guest

March 5

Aerobic Tennis Workout

March 10

East Coast Swing

March 26 – 30

BSC Invitational Ladies' Pro-Am

April 20

BSC Invitational Men's Pro-Am

April 21

BSC Invitational Finals

April 22



FITNESS/SPA

Aerobathon

February 15

9:00 a.m. – 12:00 p.m.

Biggest Loser Challenge

Ends February 28

Fitness Lunch & Learn

February 16, March 9, April 11

Beauty Buzz

March 15

5:00 p.m.



GOLF

Men's Night Out

February 22, March 22
New Course

Couples' Mixer

February 25
Old Course

Senior Club Championship

February 27
Old Course

Club Championships

March 3 – 4
New Course

Ladies' Night Out

March 5
New Course

Ladies' Member-Guest

March 7 – 8
Old Course

Men's Member-Guest

March 19 – 20
Old Course

Member-Member

March 24
New Course

Golf for Israel

March 26
New Course

Men's Night Out

April 9
Old Course

Ladies Night Out

April 12
Old Course

Charity Challenge

April 22



Broken Sound's Intellectual Life



Mr. & Mrs. Sandy Sadja hosted a group of Broken Sound couples who were raised in other countries. Each couple was requested to bring a dish from that country. Represented in the picture are members from Venezuela, Israel, Turkey, Greece, Belo-Russia and France. It was extremely well received by everyone and the after dinner discussions were extensive.



On Thursday, December 21, 2017, **Professor Robert Watson** of Lynn University addressed over 300 ladies at the monthly Women's Club luncheon; his topic was *Alexander Hamilton: The Man, The Myth, The Musical*. Professor Watson is a well-known author, historian, and political commentator. He has co-convoked numerous national conferences on the American presidency, moderated political debates and forums, and delivered more than 1,000 keynote addresses, town hall programs, and lectures to civic, professional, and community groups.



Broken Sound Member **Jack Klein** received an award for his sponsorship of Haitian students to the U.S.



**BROKEN
SOUND**
CLUB



THE BROKEN SOUND MEMBER ART SHOW

FEBRUARY 26 – MARCH 2

There is lots of talent residing in Broken Sound, and we encourage everyone to come and see the artistic expressions of our Members. The Club's Annual Art Show provides a platform for artists to put their work on display for friends and family. Each year, we are increasingly impressed by the imagination, inventiveness, and technique exhibited. A visit to our Art Show is always meaningful, for both the creator and the viewer!

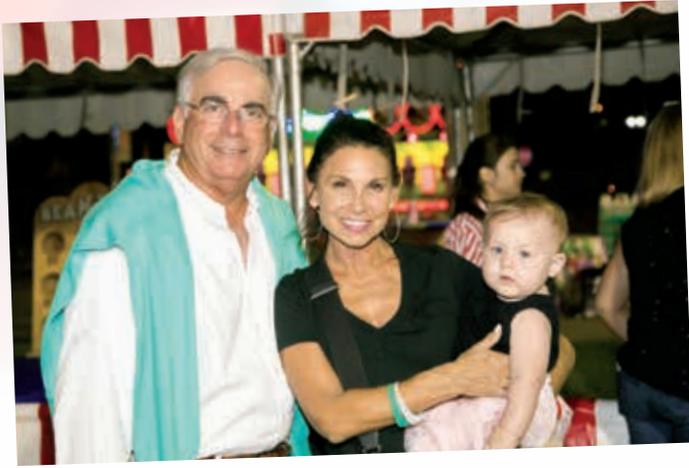




Street Festival

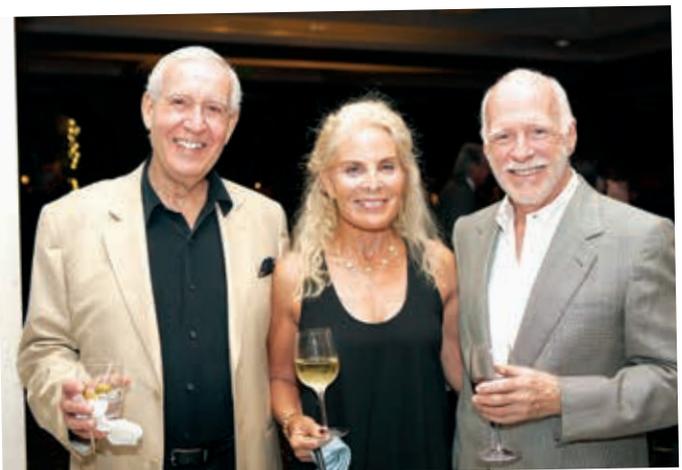
Come one, come all! The call went out to Members, young and old, to come and be dazzled by the numerous rides, games of skill and chance, carnival performers, and lots of food and drink. Everyone tried their hardest to win a prize, but even if they didn't, there was no shortage of smiles and fun.





Broken Sound Club's Annual Member-Member Party

On November 18, 2017, Broken Sound had its annual opening Member-Member gala with close to 400 members in attendance. With an Egyptian theme and décor supervised by Lorant Botha, Catering Director, music by Euphoria and a spectacular buffet, the club opened its new winter season with an incredible party.





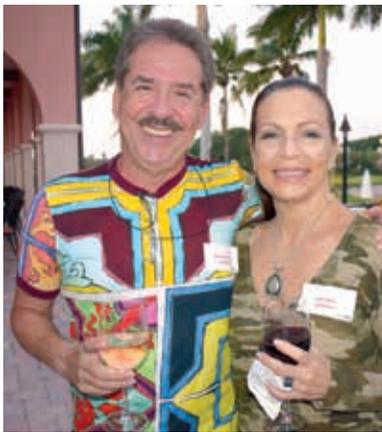
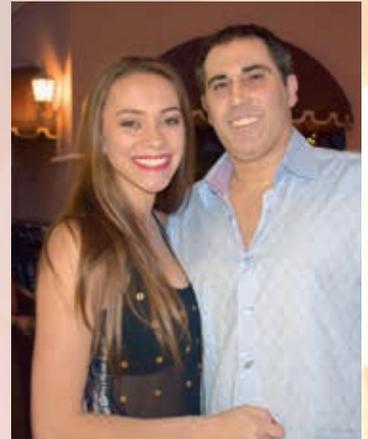
Women's Fashion Show

November 16, 2017 saw the Women's Club at Broken Sound, the largest group at the club, hosting its annual lunch and fashion show. This year's event had a record-breaking attendance of over 400 ladies, a wonderful plated lunch and an amazing fashion show by Neiman Marcus.



New Member Reception

We are always excited to expand our Broken Sound family. On December 21, the terrace was filled with lots of New Members who were happy to meet one another and anxious to begin enjoying the special lifestyle offered by their new club.



Welcome New Members



Gary Kranz & Lori Davis
(Tanglewood)



Bethany Eighmy
(Cedar Cay)



Michele Fine
(Fairway Bend)



George & Barbara Fenton
Nassau Bay



Andrew & Cheryl Friedman
Oak Run



Dr. Randy Goldfarb & Yohana Carvalho
(Grand Oaks)



Craig Grossman & Cherie Engelman
(Laurel Pointe)



Dana Charles
(Vintage Place)



Rhonda Levy
(Oak Run)



Stanley & Toni Leffler
(Laurel Pointe)



Dr. Jesse & Lisa Liebman
(Timbermill)

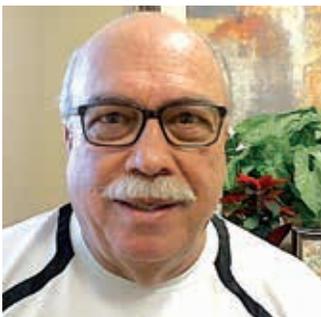


Michael Braid & Lynne Simon
(Bent Creek)



Dr. Karen Mashkin
(Vintage Place)

Robert & Diana Moskowitz
(Clubsides Pointe)



Jorge & Rosibel Monch
(Water Oak)



Lawrence & Victoria Oberman
(Banyans)

NOTE FROM THE MEMBERSHIP OFFICE

Upgrades / Downgrades

Broken Sound Club has one of the most flexible membership upgrade/downgrade policies of most of the clubs in this area. Golf Members who have been in their category for at least two years and who can no longer play golf can downgrade to a Tennis membership by submitting a letter to the Membership office no later than March 31, 2018. The downgrade will become effective October 1, 2018, which is the beginning of the Club's fiscal year. The downgrade requires no qualifications, limitations, fees, or change in your current equity. For those who are considering an upgrade in their membership, please note that you need only be in the upgraded category for two years, after which you can downgrade to a lower category.

Feel free to contact the Membership office for any questions on the change in your annual charges, whether upgrading or downgrading your membership category.

Contacts

Administration

John Crean, General Manager/C.O.O.	241-6855
Cathy Grana, Assistant General Manager	241-6837
Ed Cichiello, Clubhouse Manager	241-6866
Carol Boettcher, Director, Human Resources	241-6886
Lisa Fuller, Executive Assistant	241-6810

Accounting

Dianne L. Hart, Director of Finance	241-6834
Club Billing	241-6848

Fitness & Spa

Rotunda Reception Desk	241-6840
Leigh-Ann Davidson, Spa Director	241-6890
Chuck Niessen, Fitness Manager	241-6878

Food & Beverage

Tim Nelson, Food & Beverage Director	241-6831
Joe Longo, Executive Chef	241-6891
Lorant G. Botha, Director of Catering	241-6892
Carl Ramallo, Lead Dining Reservations	241-6877
Hostess Podium (Main Dining Room)	241-6859
Old Course Bar	241-6854
Bistro	241-6856

Golf

Men's Locker Room	241-6852
Ladies' Locker Room	241-6822

Club Course

Scott Feller, Director of Golf	241-6806
Pro Shop	241-6860

Old Course

Jeff Waber, Director of Golf	241-6893
Pro Shop	994-8505

Golf Course Maintenance

Shannon Easter, Director	994-8545
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Membership

Maureen Schreiber, Director	241-6820
Jean Ouellette, Assistant	241-6835
Elyse Arnel, Website Administrator	241-6872

Social Activities

Al Salkeld, Director	241-6846
Sue Salkeld, Assistant	241-6870

Tennis

Greg Wheaton, Director	241-6888
Pro Shop	241-6880

Junior Programs

Arnaud Delanoe, Program Manager	241-6876
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Other Numbers

Access Control (Guest Access)	998-5823/5818
Banyans Gate	241-5947
Club Reception	241-6800
Broken Sound Master Association-BSMA	998-5813
Security (Yamato Road Gate)	997-6935
Valet	271-5500

Email Addresses:

Department Managers

firstname_lastname@brokensoundclub.org

Board of Governors

board_governors@brokensoundclub.org

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BEE GEES

and

DONNA SUMMERS

Tribute Show

March 15, 2018

8:00 p.m. Poolside

\$28 per person



Classic 70's disco hits.