

The Sound

February/March/April 2019



BROKEN
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Concept Photo

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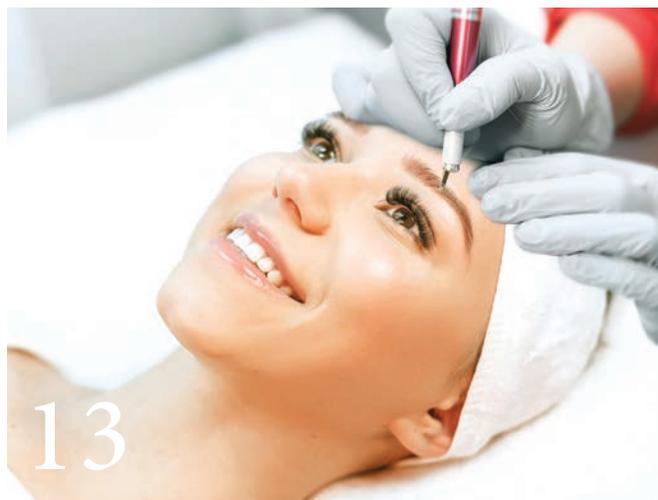
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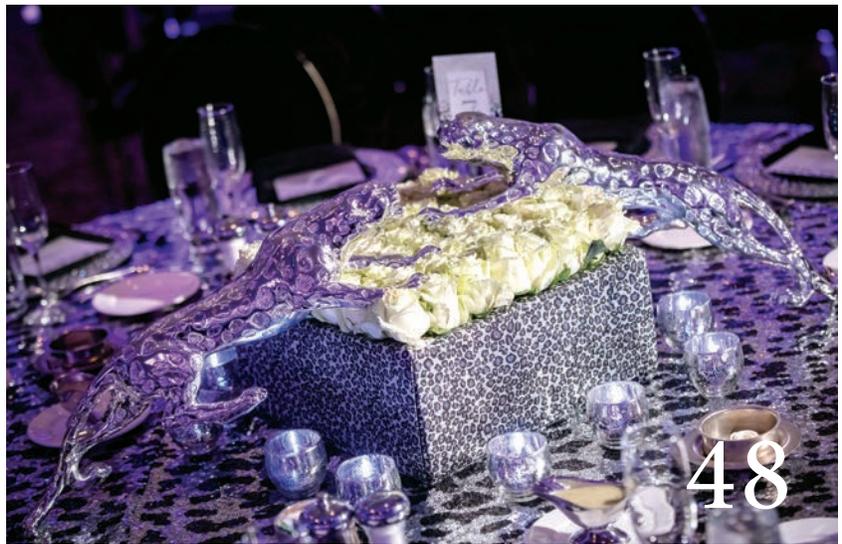
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New Year's Resolutions



A Message From Your Onsite Nurse Practitioner Cynthia Tremblay, MS, FNP, Boca Raton Regional Hospital

It's that time again. The beginning of a new year when we take a deep breath, dig deep and try to decide what we can do to make our lives better for the coming year.

Most of us tend to focus our resolutions in the new year to one of five key areas: weight, exercise, sleep, stress reduction or pain management. However there is a simple, free treatment available to us all...*Laughter*. We are all born with the ability.

The benefits of laughing include:

- Relaxed body muscles and blood vessels, relieving tension which leaves your muscles relaxed for up to 45 minutes after a deep belly laugh.
- A stronger immune system by increasing T-cell production, decreasing stress hormones and increasing blood flow.
- The release of endorphins which can temporarily reduce pain.
- Calorie burn and weight loss. One study found laughing for 10-15 minutes a day can burn approximately 40 calories. A total loss of three to four pounds over the course of a year.

- Diffused anger and promotes relationship harmony.
- Longer lifespan. A study in Norway found that people with a strong sense of humor live longer than those who do not laugh often.

Need help laughing? Watch a funny movie, spend time with friends who make you laugh, share a joke, read the comics, play with children. Call your grandkids. Do something silly. If you forgot how to laugh, then ask someone...*anyone*. And if all else fails, laugh at yourself. If you think about funny times over your life you may find you are the best comic relief available upon demand. Here's to a happy, funny new year.

Boca Regional at Broken Sound.
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For more information or to schedule an appointment, call 561.955.3030.



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FEBRUARY 21ST & 27TH
IN THE MEDIA ROOM
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ADDITIONAL CLASSES TO FOLLOW

Green Scene



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Healthy Land Stewardship Award

We are very proud of Shannon Easter, our Director of Golf Course Maintenance who was named winner of the 2018 ELGA for Healthy Land Stewardship. He was also the overall and private winner of the ELGA in 2016. Easter says, "I think that's evidence of our drive to maintain a consistent effort in sustainability. We think out of the box and are constantly looking for new initiatives." Easter and his team have been so good at stewardship,

they sometimes struggle to discover new ways to improve. Among the course's many environmental initiatives:

- Implemented Florida's first industrial composting program, which ensured all landscape material, grass clippings, and food waste were decomposed through its environmentally controlled waste system and turned into usable compost material, which is recycled by spreading it on the course;
- Collaborated with the city of Boca Raton, to participate in a reclaimed water program;
- Installed solar panels to heat the pool and run the water heaters;
- Achieved LEED certification for its spa and fitness center;
- Developed a vegetative buffer and riparian areas to reduce runoff and erosion, and to filter water and absorb nutrients;
- Installed beehives, birdhouses, bat boxes, and butterfly gardens to conserve and attract wildlife.

Broken Sound has been a leader in environmental stewardship and sustainability in the Club industry. Our 36-hole private course was the first in Florida to become GEO certified by the Golf Environmental Organization. It is also a Certified Audubon Cooperative Sanctuary.



Birds, Bees and Bats... Oh My!

Did you know that both The Old Course and The New Course are Audubon Sanctuary certified? To attain this coveted certification, a course must demonstrate they maintain a high degree of environmental quality. Evidence of wildlife and habitat management, water conservation and water quality management are amongst some of the metrics that must be demonstrated. On any given day, members can get a glimpse of a variety of wildlife on the property. Between our two courses, one can find a plethora of gorgeous native flowers, birds, honeybees and bats.



STAY HEALTHY AND ACTIVE!

what you

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how you *feel* and how

you feel determines
what you *do*

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**MEETINGS EVERY TUESDAY AT 3:00PM
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A close-up, high-angle photograph of a person's legs and feet on a treadmill. The person is wearing black athletic shoes with black laces and black socks. Their right hand is firmly gripping the black handle of the treadmill. The background is dark, and the lighting highlights the texture of the skin and the details of the shoes and treadmill.

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Spa and
Health Talk

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THICK BEAUTIFUL BROWS

THE TREND THAT'S NOT GOING AWAY

Microblading has risen in popularity over the past few years. Did you know there are other options to get the full natural looking brow that you may not have explored?

MICROBLADING

Best for: Anyone who wants a natural brow look that lasts. Microblading is a form of tattooing, but unlike a regular tattoo, the pigment is implanted under your skin with a manual handheld tool instead of a machine. Hair-like strokes are drawn with the tool to mimic natural hairs in your brows. Even though it is not as deep as a regular tattoo, it is still a tattoo because pigment is implanted under the skin. The initial application can take anywhere from two to three hours, with a follow-up correction session a month later. After this, you will need them touched up about every six to twelve months, depending on your skin type.

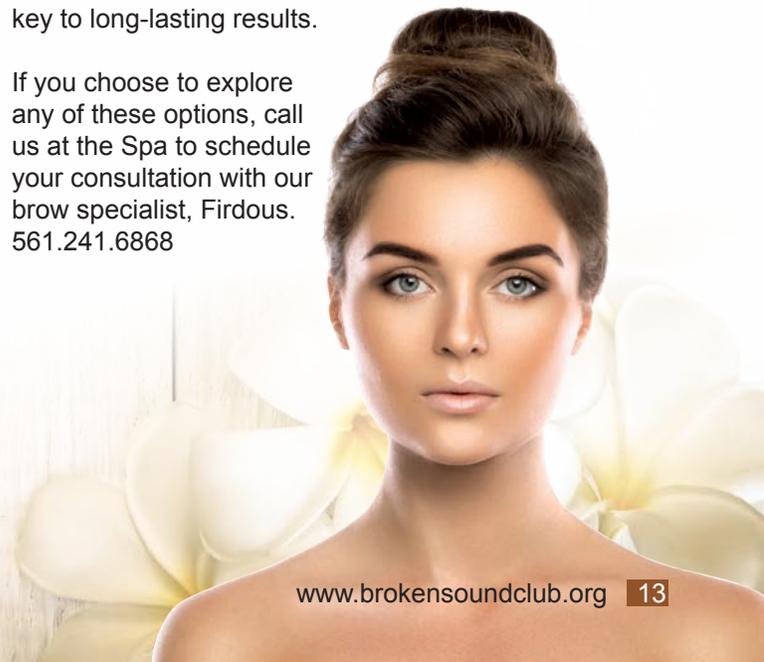
SHADING

Best for: Anyone who wants brows to look thicker and more filled in. Shading is done using either an electric hand tool or a manual tool, which creates a soft, powdered effect that resembles eyebrow powder. Instead of the hair stroke typical with microblading, shading employs a method that uses repetitive dots of pigment. It is like the pomade or powder to microblading's pencil strokes – just semi-permanent. Shading typically is less painful than microblading and a good alternative if you have had several microblading sessions done and are having trouble retaining the pigment in your brows.

COMBINATION

Best for: Anyone wanting a natural look, but with more volume. Mature skin types. Often people benefit from a combination of shading *and* microblading. This candidate would have thinning eyebrows with drier skin. Thinning brows can benefit from the extra volume of the shading, along with the natural look of microblading. As always, a consultation is recommended prior to treatment and aftercare is key to long-lasting results.

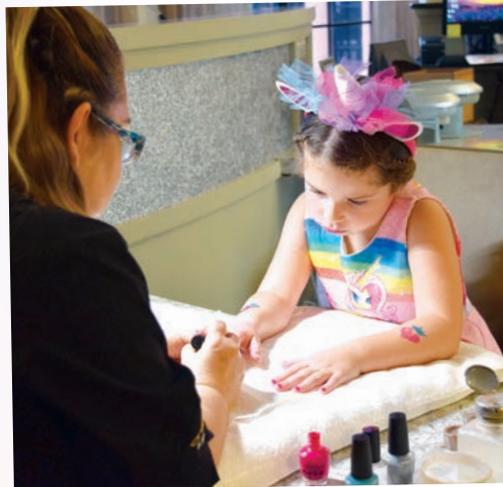
If you choose to explore any of these options, call us at the Spa to schedule your consultation with our brow specialist, Firdous. 561.241.6868





Kids' Salon Event

Girls always want to look pretty, no matter what their age. Some of our youngest members had the opportunity to enjoy the services in our Salon, and each young lady came out feeling beautiful!





Ayurveda & Yoga

Ashish Pandya is a leader in the field of personal development and has been key in reviving Ayurveda and bringing it to the West. He visited Broken Sound in January and introduced our Members to doshas.

In Ayurveda, the five elements that are found in all living things – ether, air, fire, water, and earth – are the building blocks of life that unites all humans. The three doshas is what gives rise to our differences:

- The fiery and intense Pitta type may enjoy an occasional power trip and will devour a mountain of food and be ready to eat again at the next meal.
- A delicate Vata can never get warm. She will nibble, snack, and graze her way through the day.
- The contented Kapha type may consume three pieces of cake, and will spend time making phone calls to loved ones with uplifting, motherly advice.

Doshas are dynamic, constantly changing in response to weather, conditions, and stress. The habits that you create are manifestations of your dosha, and could lead to the beginnings of disease if you don't balance yourself with care and a healthy diet. Getting to know your dosha is key to knowing yourself. It provides clues about what you should eat and what things you should address when your energy gets out of whack. The more you know about what causes certain reactions, the easier it will be to balance them.





Group Fitness

We are all aware that exercise is good for the body and the mind, but sometimes we lack the motivation to get it done. One of the best ways to make that happen is to join one of our fitness groups. You get to be with friends, feed off the energy in the room, and have fun as you feel stronger and healthier. Don't put it off. Join today!





BODY COMPOSITION

and its *Effect* on *Diabetes*

It is an unfortunate truth that more than one-third of adults in this country are at a high risk for developing diabetes, and the steady increase is due, in part, to high rates of obesity. It is not simply having a high body weight, but rather a high percentage of body fat that increases one's risk for diabetes, further illustrating the point that body composition, not weight, should be the primary focus.

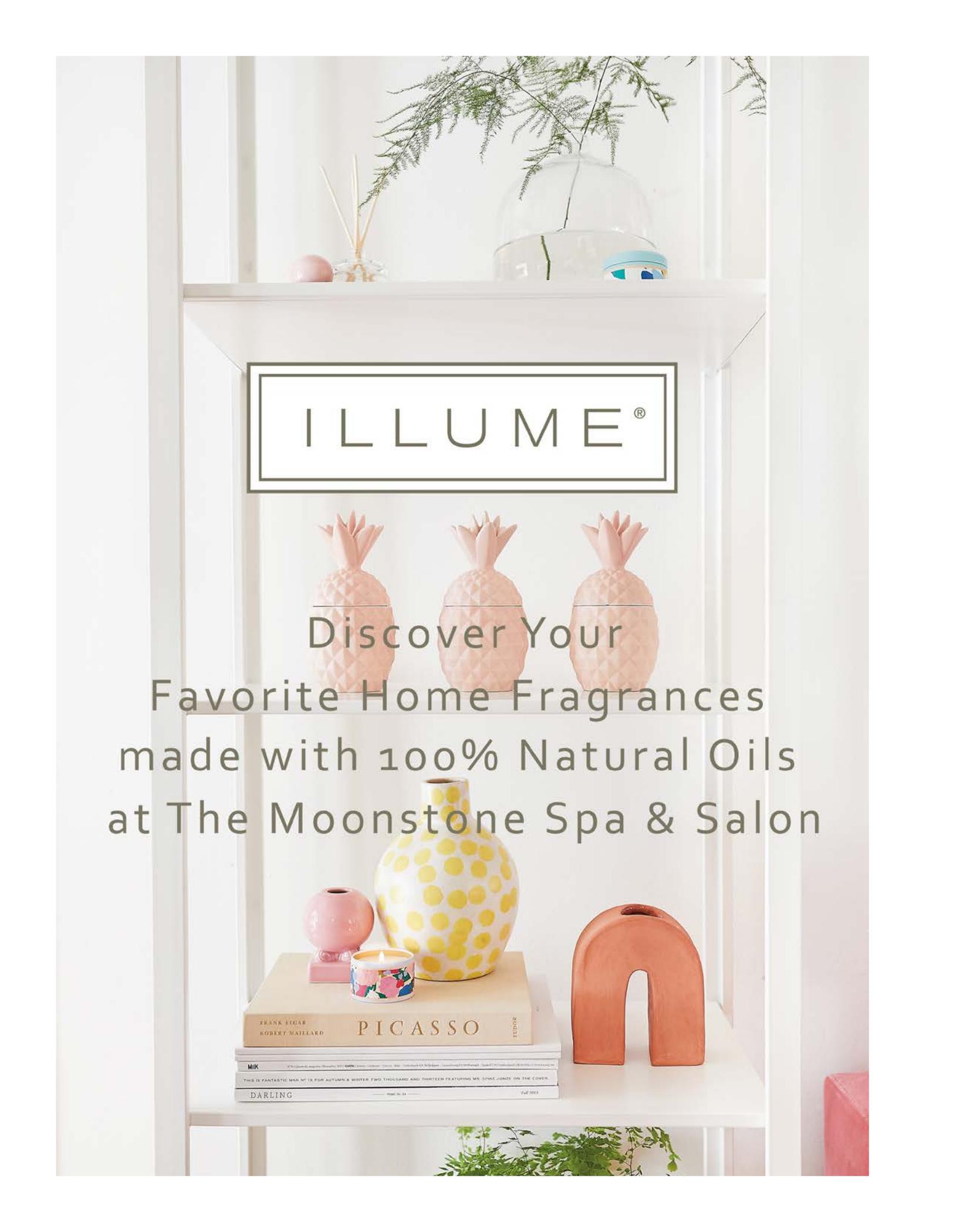
The connection between high-fat mass and diabetes has been apparent for quite some time now, however studies are also showing strong links between type 2 diabetes (T2D) and low lean body mass. This means that while a person may not be considered obese or even overweight, if they have a low lean body mass, then they are at a greater risk of developing diabetes. Additionally, diabetes is shown to have a negative effect on a person's muscles through fatigability, strength, and mass.

Muscle fatigability is simply the rate at which your muscles become tired or weaker after activity, and how long it takes for them to recover. Those with T2D tend to lose power more quickly and take longer to recover from a movement or exercise. Muscle strength and mass are also affected in those with T2D, compared to those without it, and they continually worsen the longer the person has diabetes. Research has shown that the larger muscle groups, primarily the legs, suffer the most muscle loss.

Thankfully, by improving your overall body composition you can decrease your risk of developing diabetes, as well as improve your condition if you already have diabetes. Exercise increases the delivery of glucose to the muscle cells, because the muscles are exerting more than their normal energy demand. This creates an increased need for glucose to fuel them, which in turn helps to increase the efficiency of insulin to get glucose into the muscle cells.

“The connection between high-fat mass and diabetes has been apparent for quite some time now, however studies are also showing strong links between type 2 diabetes and low lean body mass.”

The overall point to remember is that diabetes is not only affected by weight, but mainly by high body fat and low muscle mass. The most important thing a non-diabetic person can do to decrease their risk is exercise. One study actually showed for each 10 percent increase in the ratio of skeletal muscle mass to total body weight, participants showed an 11 percent decrease in insulin resistance and a 12 percent decrease in prediabetes. For someone already diagnosed with diabetes, resistance training can help relieve symptoms and improve your condition.



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On Court



Game, Set, Match!

With Pavol

Anticipation - A Valuable Skill to Possess



When we speak of anticipation, there are different types of anticipation a tennis player can possess. It could be the anticipation of limiting our opponent's options and preparing for what's at her/his hand, or understanding what type of shot has already been hit against us and how we

should set up. Anticipation proves to be an essential skill for players of all levels, in order to buy time and use it as an advantage for what is coming.

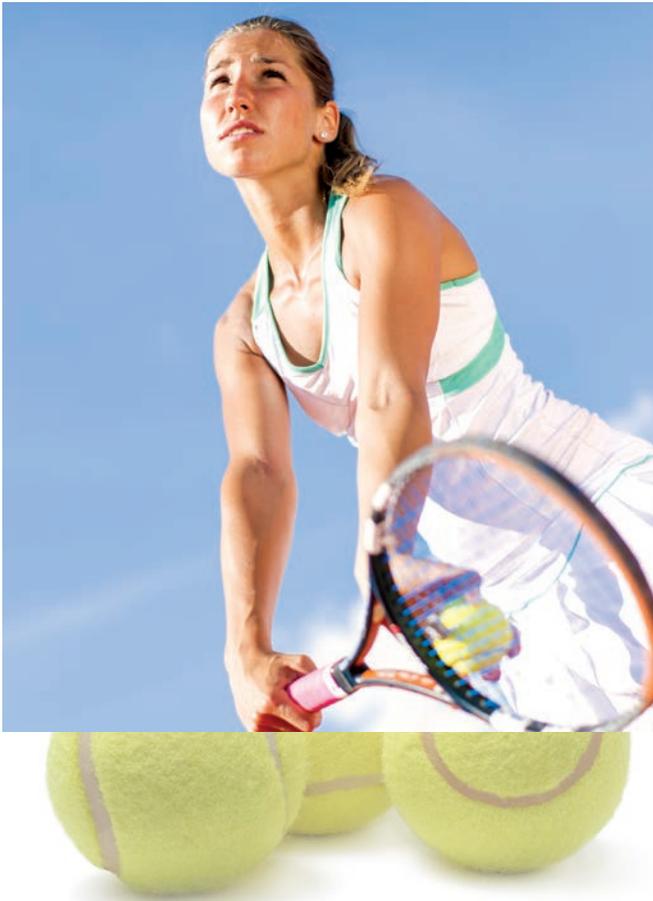
On a daily basis, we hear Tennis Professionals using phrases such as "intent," "awareness," and "execution." All these skills accomplish different aspects of the game and each one is invaluable on its own. However, they really start bearing fruit when we master the art of connecting all these dots. If we are able to understand the probabilities of the current point from our (and our opponent's) position, as well as the options we and our opponents have in the current environment, we can prepare ourselves to "take away the easy shots from our opponent and only leave the difficult ones, if any."

Phase 1

Phase 1: Let's discuss the anticipation of the ball that our opponent has already hit, as it heads toward us. There are many factors that can change the trajectory of the ball as we perceive it the moment the shot is hit by our opponent(s). That is when we are looking to utilize all of our senses: did our opponent hit the ball flat/with underspin/with topspin, hard, soft, or with the frame? Is it windy? What direction is the wind blowing? Is the wind gusting in the middle of the point? We are, indeed, able to anticipate, during the flight of the ball, what the ball will do once it bounces. At the same time, it is essential to trust our instincts and to act on them.

Example: We see the opponent slicing the ball (watching the swing) with little pace (using our hearing), clearing the net by a small margin and the wind is at our back. Hence all of our senses are telling us that the ball will be short and bounce low (due to backspin) – we should be able to move forward and attack (or hit an approach shot). The last thing we would want is to be unaware, unprepared, and lose the point that we have already set up to become offensive or aggressive with.





Phase 2

Phase 2: Now that we have mastered how the ball will act, we can add another element of anticipation, which can most likely come before our opponent has even hit their shot. Again, many factors will determine what we should expect. This time, we need to assess the shot we hit and the position our opponent is in. While many beginners are taught to watch the ball, now it is time to watch the opponent. As a rule of a thumb: the better the shot we hit, the more in trouble the opponent will be. Did I hit the ball deep? Hard? Away from my opponent? To the open court? Are they off balance? Are they just simply looking to get the ball back in the court with no other intention? Or are they stepping in on a short ball? Are they hitting a high volley/overhead? The bottom line: How many options do they have? How deep can they hit the ball? Can they hit it away from us? The less options we give them, the better chance we have to set up for the next ball early (and we will most likely receive a shorter ball from them). This is an ideal time to become offensive and aggressive. On the flip side, the shorter and slower the ball we hit, the more in trouble we are and we may need to prepare for defense (and potentially back up).

Example 1: We hit a deep ball in the corner putting our opponents on the run and in a defensive position. They open the racket face and look to slice the ball off their heels in full stretch. We then can anticipate that they only have two options: (1) hit the ball short and slow or (2) hit the ball high and slow. Therefore, we trust our anticipation and look to move forward to be there early on a short ball (or take it in the air on a high ball). In both cases, we take time away from our opponents to recover, which leads to them becoming more defensive.

“we are looking to utilize all of our senses: did our opponent hit the ball flat/with underspin/with topspin, hard, soft, or with the frame? Is it windy? What direction is the wind blowing? Is the wind gusting in the middle of the point?”

Example 2: You are a net player and either your partner or yourself hits a slow semi-high ball where the opposing net person is looking to poach and hit a high volley. Looking at her/him, you anticipate that you are in trouble (being the net person) and need to start backing up when you see this situation. If you were just watching your partner hitting the last ball (and you were looking away from your opponents), you will not know that the opposing net player is poaching. However, let's suppose you were looking at that person, and she/he starts moving, raising the racket up. You anticipate they are about to receive a high ball and hit an offensive volley. You immediately become defensive and start backing up (even before they hit the volley). Your next anticipation is that the net person will be hitting this ball down the middle. While you are moving back, try to close the middle (backpedaling diagonally). This is the rational, as well as the easier option for your opponent. By doing so, you opened up the sideline and alley. However, placing the ball close to the sideline is more difficult. Thus making your opponent hit the more difficult shot (while taking away the easier one – middle).

Let us remember that tennis is a game of statistics, not math. Hitting a good shot does not guarantee that it will land in the court and hitting a badly executed shot won't necessarily mean that the ball will go into the net or sail out. Therefore, we try to assess our chances, as well as the opportunities of our opponents in every situation. And if we can anticipate the most common patterns, we can perhaps tilt the game our way.



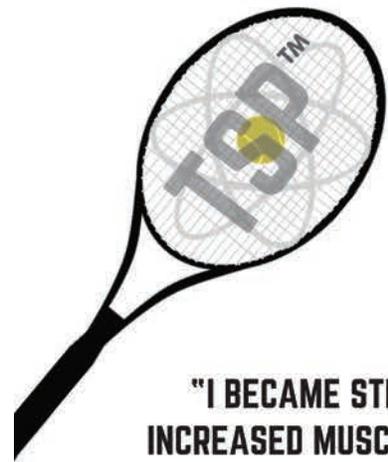


Tennis Exhibition

On December 7, everyone enjoyed an exciting tennis exhibition between Adrian Mannarino, ATP Singles #44 (pictured above right) vs Sergio Sanchez, Broken Sound Tennis Professional (above left).







TENNIS SPECIFIC PERFORMANCE

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- ANNE DE MARZO



SARAH RUSSELL WITH MEMBER ANNE DE MARZO



INGRID QUINO WITH MEMBER RON LAUFER

"IF YOU ARE SERIOUS ABOUT TENNIS AND WANT TO IMPROVE YOUR GAME, THE TSP PROGRAM HERE IN BROKEN SOUND PROVIDES A GREAT OPPORTUNITY FOR YOU. AFTER HAVING COMPLETED THIS PROGRAM, I FEEL BETTER AWARE OF HOW TO IMPROVE MY GAME, AND HOW TO WORK IN THE GYM MORE EFFECTIVELY AND EFFICIENTLY."

- RON LAUFER

"THE PROGRAM WAS UNLIKE ANY PAST INSTRUCTION I RECEIVED. UPON COMPLETION OF THE PROGRAM I FEEL MUCH STRONGER, MORE FIT, AND MORE COMPETENT ON THE COURTS. IT ALSO AIDED IN BRINGING UP MY CONFIDENCE LEVEL. THANK YOU ALL FOR BRINGING THIS PROGRAM TO OUR CLUB."

- TERRY ROSEN



SARAH RUSSELL WITH MEMBER TERRY ROSEN

TO READ FULL REVIEWS VISIT WWW.BROKEN SOUND CLUB.ORG/TENNIS

FOR MORE INFORMATION ABOUT
THE TSP PROGRAM

Tennis Pro Shop
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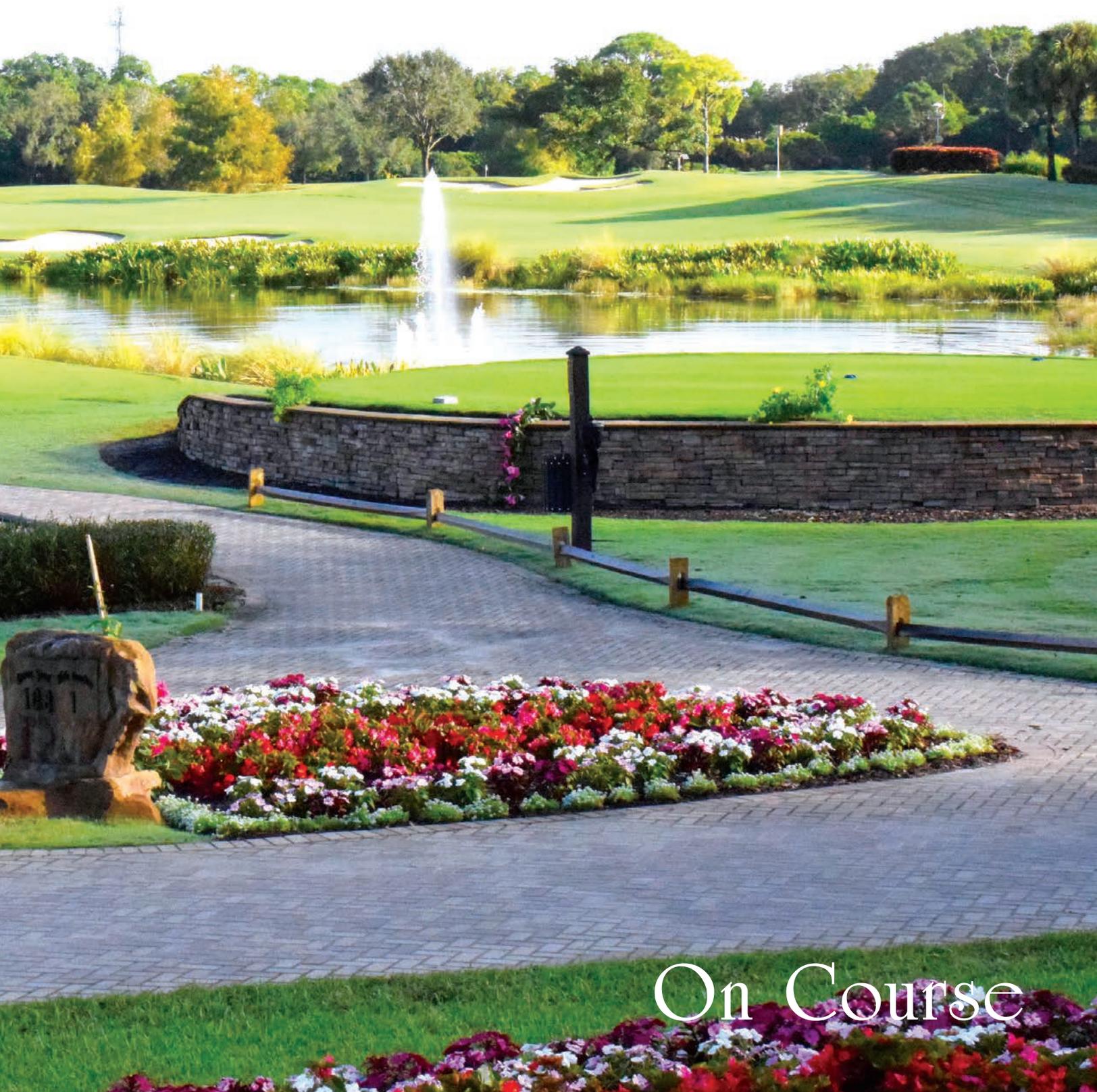
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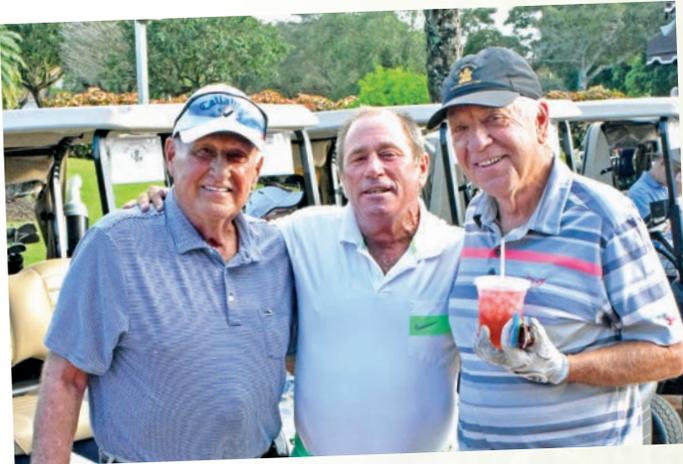
On Course



Opening Day

Our golfers were resplendent under the perfect South Florida sunshine. Everyone was happy to be back on the course, catch up with friends, and naturally, play some golf!







NC Men's / Ladies' Member-Guest

It is always a treat to invite a friend to be your guest at a Broken Sound golf tournament. Both the men and the ladies took their turn. The ladies went the extra mile, each team dressing to evoke The Kentucky Derby in some fashion.



Oasis Championship Media Day

Oasis Media Day took place on Thursday, January 10, with last year's winner, Mark Calcavecchia looking to become a back-to-back champion!



Oasis Championship Tour Setup

Construction began on Monday, January 14th for play between February 4th – 10th. Our members are looking forward to hosting a great Champions Tour Event.



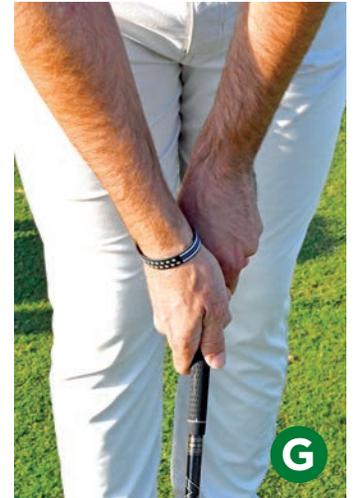
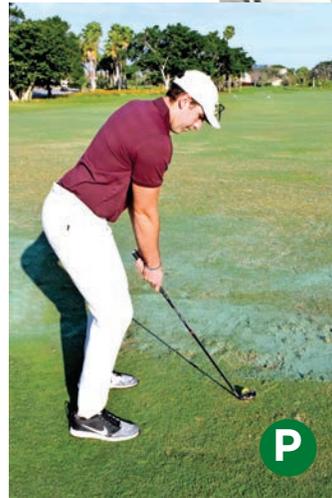
Bringing It *Back To Basics*

There are plenty of things to work on when going out to practice your golf swing. People typically wonder what they should concentrate on the most when they hit the putting green or driving range. Is it putting, chipping, long irons, or driving? These are all good starting points, but can all be ineffective if you have a problem with the most basic part of the golf swing.

If you guessed 'set up', then you would be correct. There is a good analogy that I use before every swing to make sure that I get in the right position when making a golf swing. I like to call it **P.G.A.** This is easy to remember as a golfer because of the Professional Golf Association.

The **P** stands for **Posture**. When setting up to address the golf ball you want to make sure the body feels comfortable and relaxed. The best way to describe your stance is like you were playing defense in basketball. You should have your knees bent, chest up, weight centered, and your butt out. As you swing the golf club, the chest should rotate and maintain the posture throughout the swing. If you come out of posture, you will run the risk of topping the golf ball (lifting the chest up) or chunking the golf ball (dropping the chest/dipping the knees). Try to keep the weight of your chest over the golf ball until after you hit the ball. The natural body movement of the swing will pull you up, rotating your body and belt buckle toward the target.

The **G** stands for **Grip**. This is another important part of the golf swing when setting up. If you open the grip up with a strong grip, then you could run the risk of pulling the golf ball. If you close the grip down with a weak grip, then you run the risk of pushing the golf ball. You want to focus on what is best for your golf swing by starting at the neutral position and then working from there. The neutral position is when you place your forward hand (left hand for a right-handed golfer) on the butt end of the grip. Create a V with your thumb and index finger that will point toward your back shoulder (right shoulder). Make sure the grip is resting in the knuckles and fingertips and not in the palm of the hand. Now follow suit with your right hand matching the V in the thumb and index finger so it is also aligned with your right shoulder. You may also want to try out the interlock grip or overlap grip, depending on what feels more comfortable.



The **A** stands for **Alignment**. This is the third and final step before swinging the golf club. Every player on tour has a pre-shot routine where they decide on the line that they want to hit the golf ball on. Take a second in your practice or on the course to stand behind the golf ball and select a target. Draw a line back to the golf ball and find a piece of turf in front of the ball that stands out to you. Select something one to three feet in front of the golf ball, so you can line the face of the golf club up to the mark. Once you have the golf club set up to the line, you will now be able to set your body up parallel to the target on the same line.

If you can grasp **P.G.A.** before every swing, it will provide a great basis for your overall game. This will set you off on the right path to maximize the benefits in your practice routine. If there are any questions or concerns, please reach out to the professional staff here at Broken Sound to add value to your game.

PGA PRO'S TIPS



FLAGSTICK IN HOLE:

2019 USGA Rules allow putt with the flagstick in. NO PENALTY. The Old Course encourages ALL Members to play with the flagstick in. This will help speed up pace of play.



USGA GROUND CLUB IN PENALTY AREA:

2019 USGA Rules allow players to ground the club inside the penalty area. NO PENALTY for touching the ground.



KNEE HIGH DROP PROCESS:

2019 USGA Rules: Ball dropping process is now from knee height, no longer shoulder height.

2019 USGA Rules: Drop from knee height.



LOOSE IMPEDIMENT...

2019 USGA Rules allow you to remove loose impediments inside bunkers. NO PENALTY for sticks, stones, shells, etc.



OC USGA TAP DOWN SPIKE MARKS:

2019 USGA Rules allow you to tap down spikemarks and ballmarks in your putting line. We encourage you to tap down, but don't slow down your pace of play.

South Florida PGA Give Back to Young Hospital Patients

PGA Professionals Visit Palm Beach Children's Hospital Providing Gifts to the Young Patients



Golf is the most charitable sport in the world, and five Southeast Chapter PGA Pros proved why. PGA Professionals Paul Clivio, **Jeff Waber**, Ben Bauer, Shawn Costello, and David Flinn spent a morning at Palm Beach Children's Hospital at St. Mary's Medical Center visiting every room, providing each young patient with a new toy, putting smiles on many faces, and bringing tears to parents' eyes.

Over the last two months the PGA members and associates of the Southeast Chapter of the South Florida PGA have been collecting toys at various golf facilities throughout south Florida, all of which made this day possible.

As they visited each room, the only information they were provided was the patient's name and age. The reasons these these young individuals were in the hospital were unknown, but the golfers knew that what they were doing was going to make the kids' stay just a little bit better.

"This is just something very small that we can do to give back to our community, and our goal is to do it again next year, and provide even more gifts to the patients and their families," said Jeff Waber, PGA Director of Golf at Broken Sound – Old Course.

ABOUT THE SOUTHEAST CHAPTER OF THE SOUTH FLORIDA PGA

The South Florida PGA Southeast Chapter is one of three mainland chapters of the South Florida PGA, with close to 850 members and 196 golf facilities.

ABOUT THE SOUTH FLORIDA PGA FOUNDATION

The South Florida PGA Foundation is a not-for-profit organization founded to support the South Florida community, with a focus on junior golf, education and scholarships, and charitable gifting. The South Florida PGA Foundation falls under the direction of the South Florida PGA, a not-for-profit organization comprised of over 1,850 men and women PGA Professionals serving as the experts in business and the game of golf. Over the past 13 years, the Foundation has touched the lives of more than 12,000 individuals residing in South Florida, through various programming, including but not limited to junior golf, charitable gifting, scholarships, and PGA HOPE.

<https://esoutherngolf.com/south-florida-pga-give-back-to-young-hospital-patients/>

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Generations



Breakfast with Santa

The holiday season got off to a jolly beginning as our junior members had the opportunity to have breakfast with Mr. and Mrs. Santa Claus.

From the smiles we saw, we knew it would be a very Merry Christmas!





KIDS' HOLIDAY CAMPS

When school let out for the holiday season, our Broken Sound kids made the most of every day. With our pros to guide them, they practiced basketball, golf, tennis, and best of all, had a wonderful time doing it!



KIDS FISHING DERBY



GONE
FISHIN'



SAVE THE DATE

SATURDAY

APRIL 27, 2019 10:00 AM



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Foodies

Holiday Week...

HOW MUCH FOOD?!

When Holiday Week arrives at Broken Sound, our kitchens get ready to fulfill the desires of our members and their guests who visit the club for delicious food throughout the season. In addition to Broken Sound's excellent culinary adventures that our members can expect year round, the club prepares to satisfy even the youngest of palates with traditional "kid food". All American Classics are always a staple when it comes to our youngest guests, who are sure to stop and "refuel" between all of the amazing activities we host at this time of year. It is always amazing (and fun) to see how much food is prepared during the ten day holiday period in late December.

To help you understand the quantities, take a look at the number of WEEKS it would normally take us to consume the same amount of food. That's a LOT of French fries!



Item	Pounds	Total	Weeks
Burgers	980	1,568	5
Hot Dogs	560	2,240	16
Chicken Tenders	980	98 cases	22
French Fries	1,290	43 cases	29
Cookies	9,396		6



Your Life Is An Occasion, Rise To It!

Make Your Event Memorable
Broken Sound Club Catering 561-241-6892



BROKEN SOUND

CLUB



Event-full

CHOCOLATE
DIPPED
STRAWBERRIES

New Member Cocktail Reception

It is always fun to meet the new people who decided to make Broken Sound their home. Invariably, current Members welcome them with stories of all the great food and exciting events ahead of them. But the bottom line is always the exceptional people who make up the membership and staff. Welcome!





Member Meet Member

Broken Sound is a pretty large Club and there never seems to be enough time to meet other Members. This event allows for just that opportunity. You can see from the photos that devoting time to getting to know one another turned out to be a great way to spend an evening.



MOVIE NIGHTS

7:00 PM SHOWTIME IN THE MEDIA ROOM



February 25th
March 18th
April 15th
May 20th



BROKEN
SOUND
CLUB

DO YOU HAVE WHAT IT TAKES TO BE

THE TRIVIA MASTER?

MARCH 6

APRIL 3

MAY 1

7:30 PM IN THE VISTA LOUNGE





MEMBERS
**ART
SHOW**
AN ANNUAL EVENT

MARCH 4 - MARCH 8, 2019
RSVP TO AL & SUE 561-241-6846

CARNIVAL

When Broken Sound hosts a Carnival, EVERYONE gets in on the action. Note the empty table in the top right photo...no one wanted to sit down and miss any of the fun!





#LovetoLoveatBrokenSound

A Love Challenge

Love is at its best when you put in the time and effort to keep it fresh, interesting, and in bloom. It flourishes when you show your sweetheart that you want to keep things exciting, no matter how long you have been together. We encourage you to complete *any four* of these challenges during the month of February. Then let us know what you have accomplished at #LovetoLoveatBrokenSound for the opportunity to be featured.

- 1. Write Love Letters:** Did you save all the love letters and cards your beloved had written to you when you were dating? Are they wrapped in a beautiful satin ribbon? Perhaps you put them in a memory book for safe keeping and every now and again you take them out to read the words that expressed their true love for you. Our challenge is to write and deliver seven love letters to each other over a week. The letters need not be mushy; the subject could be about something like a trait you admire in your loved one. You may be surprised to see the effect a simple letter written from the heart can have.
- 2. Create a Mystery Date:** There's nothing more fun than being surprised. How about planning a mystery date? All you have to do is provide the time and date, and then you plan the rest of the details. Buy concert tickets for a favorite band or Broadway show. Make a reservation at a restaurant you haven't visited or plan a day at the beach. Try not to give away too much information until you reveal the surprise. The anticipation will be exciting.
- 3. Recreate Your First Date:** Your first date is probably your most memorable date. Why not recreate it? If possible, go back to the restaurant you ate at – even if it was Taco Bell! Reminisce about your first date and how it made you feel. The memories it stirs will have you laughing and loving the entire evening.
- 4. Be part of a Mixed Doubles Tennis or Golf Outing:** Find another couple that enjoys the same sport you like and set up a time to play together. Put earnest competition aside for the day and concentrate on camaraderie between friends. The combination of exercise and good conversation will rejuvenate your day.
- 5. Luxuriate in a Couples' Massage:** Book a time at the Moonstone Spa for the two of you to have a couples' massage. The peace that comes from the spa's ambiance and the skill of our massage therapists will send you both out feeling relaxed and happy.





New Year's Eve

Inspiration can come from anywhere! In a creative mind, the strangest of items can spark a thought. It so happened that a Shopping trip to Sawgrass Mills and the sighting of a pair of glitzy loafers inspired our New Year's Eve celebration in the Main Dining Room, "A Wild Night."



To all those attending the Club's many functions, thank you for joining us and believing in the vision. May your 2019 be a happy, healthy, and inspired one!







COLOR WAR



COO/GM John Crean Honored For His Dedication to and Support of the Jewish Community



Jewish Federation®
OF SOUTH PALM BEACH COUNTY

Commemorating the 15th year of hosting its own annual fundraiser to benefit Jewish Federation of South Palm Beach County, the Broken Sound Club membership honored the Club's Chief Operating Officer/General Manager John Crean. The black-tie gala took place on Thursday, January 31, 2019 in the main clubhouse at 2401 Willow Springs Drive, Boca Raton, Florida. The co-chairs for the evening were Jeannie and Marty Epstein, Judy and Nate Metzger, and Kate and Sam Sidewater. Forty additional club members made up the host committee.

The evening featured a themed program that traced Crean's personal history back to his roots in Ireland, his hospitality career that brought him to America in 1990 (first to Lawrence Beach Club, then Muttontown Club and now Broken Sound Club), his BSC and industry leadership, and mostly his support and advocacy of the Jewish community. Since 2003, when Broken Sound Club membership first hosted its own club fundraiser to benefit the Jewish Federation of South Palm Beach County, Crean supported the member's passion for this critical mission and its impact by generously committing the venue, staff and resources.

"We are proud to shine the spotlight on John Crean this year for his appreciation and embrace of diversity, passion for community and stellar personal and professional achievements," noted Event Co-Chair Judy Metzger. "This is the first time in 15 years that our Club fundraiser has had an honoree and it is most fitting that it is John Crean."

Event Co-Chair Jeannie Epstein adds that "John has never forgotten his roots and the immense opportunity that has been afforded to him in America which he views as an inspiring, open-hearted melting pot of so many cultures and nationalities."

Crean said he is humbled by the honor. "When you truly look at the rich fabric of America, Boca Raton and Broken Sound Club, in particular, we all share more in common than we don't, and the Jewish Federation of

South Palm Beach County encourages and promotes a strong sense of community and advocacy. As an



immigrant from Ireland who came to this country, just as those who once entered through Ellis Island seeking a better life did, I am deeply honored to be recognized by Broken Sound Club members as they raise funds to continue to 'strengthen the foundation of the Jewish community and build its collective future.'

Co-chair Kate Sidewater shared yet another "first" for this annual members' event. "Because of John Crean's leadership, relationships and widespread support and advocacy of the City of Boca Raton as a great place in which to live, work, play, learn and visit, the host committee has opened up this traditionally private event beyond club membership to the community-at-large. We encouraged all those who worked alongside John in 'building a better community' to join in saluting him while benefitting a leader in community services."

From its 100-acre campus in West Boca, the Jewish Federation of South Palm Beach County connects the Jewish community. Together, with its beneficiary agencies, the nonprofit takes care of those in need and advocates for the vulnerable who cannot advocate for themselves — to live a life with dignity and respect. It works together to build a dynamic Jewish future at home, in Israel and around the world. The nonprofit inspires a passion for learning, responsibility and community. Together, the Federation and its agencies innovate, ideate, and celebrate. A gift to the Federation provides nourishment, expands educational horizons, and supports its brothers and sisters in Israel.



Women's Club Fashion Show

What woman doesn't love a fashion show?! For the Members of Broken Sound, it was especially wonderful to get straight from the runway insights on the upcoming trends.



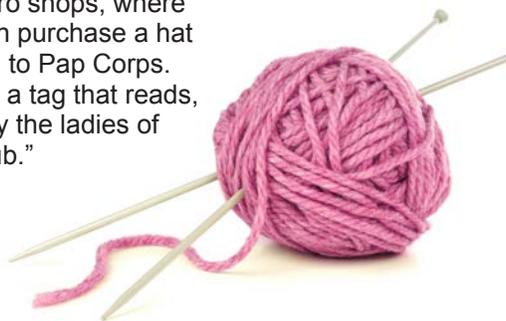


Magic Hands

WARM HEARTS

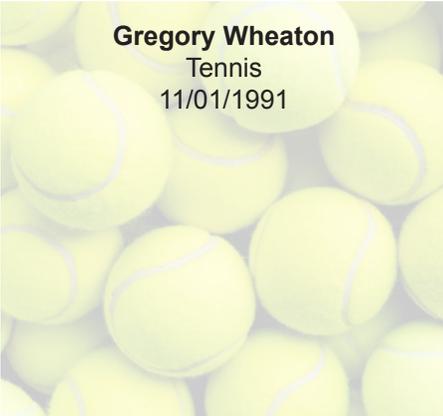
The Magic Hands Knitting Club at Broken Sound was started in 2011 by Eileen Batt. The group has grown steadily – they now have 21 members – with more ladies joining to experience the satisfaction of creating an art work of their own in an environment of warm camaraderie.

There is also a charitable aspect to their work, as they make and donate hats to the Chris Evert Children's Hospital for newborns and oncology, as well as to The Nicklaus Children's Hospital for oncology patients. The group also makes blankets. At the request of General Manager John Crean, the group also places some of their work in the pro shops, where BSC members can purchase a hat for a \$25 donation to Pap Corps. Every item carries a tag that reads, "Made with love by the ladies of Broken Sound Club."



We Thank You for your Years of Service

Tennis



Gregory Wheaton
Tennis
11/01/1991

Membership & Social



Jean Ouellette
Membership
12/12/1992

Al Salkeld
Social
10/20/1997

Maintenance & Housekeeping



St. Justin Etienne
Facilities Maintenance
12/14/1988

Wisly Pierre
Housekeeping
05/29/1997

Food & Beverage



Rene Demesmin
Food + Beverage
09/21/1988

Yonel Davilus
Food + Beverage
01/02/1989

Momo Adelphone
Food + Beverage
10/18/1990

Ilofene Greffin
Kitchen Cc
10/25/1990

Basilien Fleurinord
Food + Beverage
11/04/1992

Persoinel Greffin
Food + Beverage
09/30/1993

Berthony Destinvil
Food + Beverage
01/13/1994

Levelte Pierre
Food + Beverage
02/08/1998

Golf



Thomas Chassey
Golf Operations
09/15/1976

Dennis MacDonald
Golf Operations
09/20/1977

John Christophersen
Golf Operations
06/09/1980

Willio Barthelmy
Golf Maintenance
12/09/1985

Dieumerite Etienne
Golf Maintenance
09/28/1987

Anthony Brondolo
Golf Operations
08/27/1988

Renol Charles
Golf Maintenance
02/08/1989

Duchene Thelusma
Golf Maintenance
10/03/1989

Donnie Green, PGA
Golf
10/20/1992

Juan Pino
Head Pro
12/02/1993

Joseph Luzincourt
Golf Maintenance
06/08/1995

Contacts

Administration

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

Accounting

Dianne L. Hart, Director of Finance	241-6834
Club Billing	241-6830

Fitness & Spa

Leigh-Ann Davidson, Spa Director	241-6890
Jeff Weiner, Fitness Manager	241-6858
Rotunda Reception Desk	241-6840

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	997-7793
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Membership

Lisa Fuller, Director	241-6820
Jean Ouellette, Assistant	241-6835
Jon Ricco, Member Communication Specialist	241-6872

Social Activities

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

Tennis

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

Pool

Kristen Mueller, Aquatic Manager	241-6819
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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 Format Change

Email Addresses for All Staff

first initial lastname@brokensoundclub.org

example: John Doe = jdoe@brokensoundclub.org



Why Live Life Anywhere Else!

BROKEN SOUND CLUB

2401 Willow Springs Drive, Boca Raton, FL 33496-2812



Concept Photo