

The Sound

August/September/October 2017

Cultural Arts Calendar

Latest Beauty Trends

New Tennis Fitness Program

**BROKEN
SOUND**
CLUB

BOCA RATON REGIONAL HOSPITAL
& BROKEN SOUND CLUB

A Partnership for Health

Nutritional Counseling and Services

Boca Raton Regional Hospital 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.

One effort designed to empower residents to manage their health and wellness needs includes onsite nutrition services. These services are led by Patrick Mahaney, RD, LDN, a Registered Dietitian with the American Dietetic Association. He is also a licensed Dietitian/Nutritionist with the state of Florida.



Patrick Mahaney,
RD, LDN
Registered
Dietitian

Patrick is a specialist in medical nutrition therapy for weight management. He was a collaborating author and published research on the nutrition status and function after massive weight loss in the *Journal of the American Society for Enteral and Parenteral Nutrition*.

He was also a contributing author in the "Ask the Expert" column in the *Journal of Bariatric Nursing and Surgical Patient Care*.



Patrick has over 15 years of experience assisting individuals living with multiple chronic illnesses and obesity achieve a healthy lifestyle and diet pattern change through proper nutrition, meal planning and food choices.

The cost for a 60 minute initial consultation is \$120. Thirty minute follow-up appointments are \$65. Insurance is accepted for covered services (we verify benefits). If insurance is billed, a physician prescription is required. Some nutrition services are not covered.

Boca Regional at Broken Sound. A partnership for health and wellness. To schedule an appointment, call 561.955.3030.



**Boca Raton
Regional Hospital**
Keeping the Promise • 1917-2017

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BATS ARE OUR FRIENDS



MEMORIAL DAY



CHILDREN'S SUMMER PROGRAM



MEMORIAL DAY POOL PARTY



YEAR IN REVIEW

Letter from the President



Dear Fellow Members:

I would like to share some of the key developments that have occurred since the new Board of Governors took office in April.

- We finalized our budget for next year, incorporating the New Membership Plan, with some reasonable modifications. We were successful in effectively limiting the dues increase, making it significantly less than in recent years, with absolutely no decrease in services or amenities. We will continue to enhance our Members' experiences and amenities, while carefully monitoring our expenses. For example:
 - Our always fun Member Carnival at Christmas will now include an old time Street Fair, with a variety of food trucks and music.
 - We have added a very special outside orchestra event we are calling "Tanglewood."
 - We have added more "Nine and Dine" golf events, as well as additional tennis events.
- One of our most important new initiatives, the renovation and re-grassing of our Club Course, is progressing on time and on budget. Our Greens and Golf Committees have worked with our Golf Staff to create some exciting architectural modifications to the course that should excite all of our Golf Members. And the landscaping plan for the course is truly beautiful. With this in mind, the Board discussed rebranding the Club Course.
- The Board has also authorized a number of capital improvements:
 - The pool area will see new pavers replacing the synthetic grass that gets too hot in warm weather.
 - The water slide will have new stairs and an awning to protect the children and equipment.
 - The Ladies' Locker Room in the Clubhouse will soon be receiving new tables, chairs, window shades, and mirrors.
 - New awnings will be installed at the tennis courts in September.
 - In response to Member demand, we are expanding the number of Tesla charging stations and moving them to the rear of the Spa.
- In other developments, Bill Lucas, a new member of our Board, is spearheading a survey, sent to both our male and female Members, to get their perspective on general satisfaction with various components of the Club. We want your input and the best way to get that is to ask. The survey was mailed out in late May, and we will be processing and analyzing the data over the summer. Findings will be shared with Members at the first Town Hall meeting in October. And yes, we have decided that Town Hall meetings will become a regular event at Broken Sound.
- We have updated and streamlined the Club by-laws to include the new membership plan and amendments from the last six to nine months. These are accessible to all Members via the Club website.
- With an eye to the future development and enhancement of the Club, we have taken several important steps:
 - We agreed that we will work to develop a long-term plan for the Club, with the input from our Members.
 - As discussed in previous communications, our parking situation has to be resolved before we can execute virtually any improvements to our physical facilities. When we completed the renovation of the Spa, Café, and Tennis Center in 2014, we were found to have 119 fewer valet parking spaces than required by the Boca Raton building code.

The town issued a waiver, with the understanding that we cannot even put a shovel in the ground or move a wall in the Clubhouse until we address the parking shortage.

- For example, the Board has approved the construction of four new pickleball courts, but we cannot proceed until the parking issue is resolved. We have approved improvements to the children's playground, but again, we must first resolve the parking issue. Successfully resolving the parking issue is the key to giving us the flexibility to maintain Broken Sound facilities at the level we all desire and expect.
- We have authorized preliminary plans to explore renovation of the Clubhouse, but we must resolve the parking issue.
- With this in mind, the board approved the development of a prototype solar parking structure (ten parking spaces only). This prototype will be installed in July, in the northwest second parking island by Clubside. Once it is installed, you will be able to see how it operates and give us your feedback.

We are determined and committed that all of our facilities be in keeping with our premier club status, so that we can both satisfy our current Members and successfully attract new members.

As you can see, we have been very busy over the last two months. Issues are being addressed and the pace of home sales has been accelerating. We are expanding our communications and transparency, and getting very positive and constructive feedback from our Members. We are listening and we are acting, and will continue on that path, as this is OUR collective club.

One of the key things that has historically distinguished Broken Sound from neighboring clubs is our "personality." We have the reputation of being a warm, caring, and embracing community, not pretentious or class conscious; we are diverse in our membership and we set the standard for first class facilities with excellent social amenities. We live in a fabulous place and the Board is determined to do everything we can to maintain this atmosphere.

Together, I know we will be successful!

Eric Bershad, President
Board of Governors

Board Connection



Larry Kobren
1st VP, Membership,
Social and Tennis liaison



Steve Liedman
Treasurer, Audit
and Finance liaison



Alan Brumel
Secretary, Golf and
Green liaison



Paul Garber
2nd VP, Golf and
Green liaison



Stanley Lieberman
Grievance liaison



Bill Lucas
Membership liaison



Michael Mendelsohn
House, Social and
Youth liaison



Karen Bilsky
Facility and
Old Course liaison



Mike Genick
Legal & Bylaws liaison



Lee Edelstein
Fitness liaison



Who has your DATA?

Watch out for these common scams to keep your identity safe.

Ransomware:

This is one of the most profitable scams out there. A hacker can infect your computer by installing malicious software that will encrypt your files. If you don't have a recent backup, you can lose all your data. Don't click on any link or attachment that you are not expecting.

Remote PC-Repair Plans:

Victims get a phone call from a scam artist claiming to be a representative of a fake computer firm who warns you that your computer has been infected with malware. The scam: tricking you into giving the impostor full access to your files. Eventually, your computer is infected and they get you to pay for unnecessary repairs. They can also look around your computer and steal your identity.

Phishing:

This is an unsolicited email that may look like it comes from a legitimate source, such as your bank asking to update your password or from a friend sharing "attached photos." The email is bait designed to reel you in and, at that point, a hacker gains control over your computer.

Spear Phishing:

This is a highly targeted phishing attempt that aims to defraud specific people rather than a larger group. The hacker digs up your personal information. In one scam, the perpetrators pretend to be your mortgage company notifying you that your mortgage has been sold to another company and instructing you to send payments to "XYZ" company. A link in the email goes to a fake website designed to look real.

WEB SECURITY:

Using a password manager – such as LastPass 4.0 or Dashlane4 – this is software that stores and organizes your passwords. You set up a master password with at least 25 characters.

Secure your Web Searches – with HTTPS Everywhere, you can encrypt all your internet communications. It can be downloaded for free.

TELEPHONE FRAUD:

The IRS Scam:

The caller claims to be an IRS investigator who tells you an arrest is imminent if you don't immediately pay thousands of dollars in back taxes. Some of these callers instruct you to put \$500 on multiple iTunes gift cards and give up the 16-digit codes. The calls are scams and the IRS would *never* ask a taxpayer to buy iTunes cards.



Computer Caper:

Internet scam artists create little boxes that pop up on your computer screen telling you that you have a virus and need to call for technical support. Computer companies *never* notify customers of a problem through popups.

The Fake Sheriff:

Someone posing as a sheriff's deputy calls claiming you have missed jury duty and you owe the county a fine. No sheriff or court will call you and demand payment for missing jury duty. Hang up and call the police to report it.

Credit Card Con:

Someone from your bank calls and tells you there is a problem with your account and they ask for your account number and personal information. This is a scam – hang up!

ONLINE SHOPPING:

Bogus Memberships:

A traditional scam is to use the purchase of something to enroll a customer, without their knowledge, in a membership that requires ongoing purchases. A newer scam is where a crook sends an invoice for subscriptions or memberships you never ordered. When you click on the link to cancel it, you have opened a cyber door that exposes sensitive information to scammers. Another one is when you get an unsolicited offer to renew a favorite magazine at a low price. It looks real but when you enter your credit card information, you end up handing that information to crooks who sent you the bogus offer.

VACATIONING:

The Samaritan Scam:

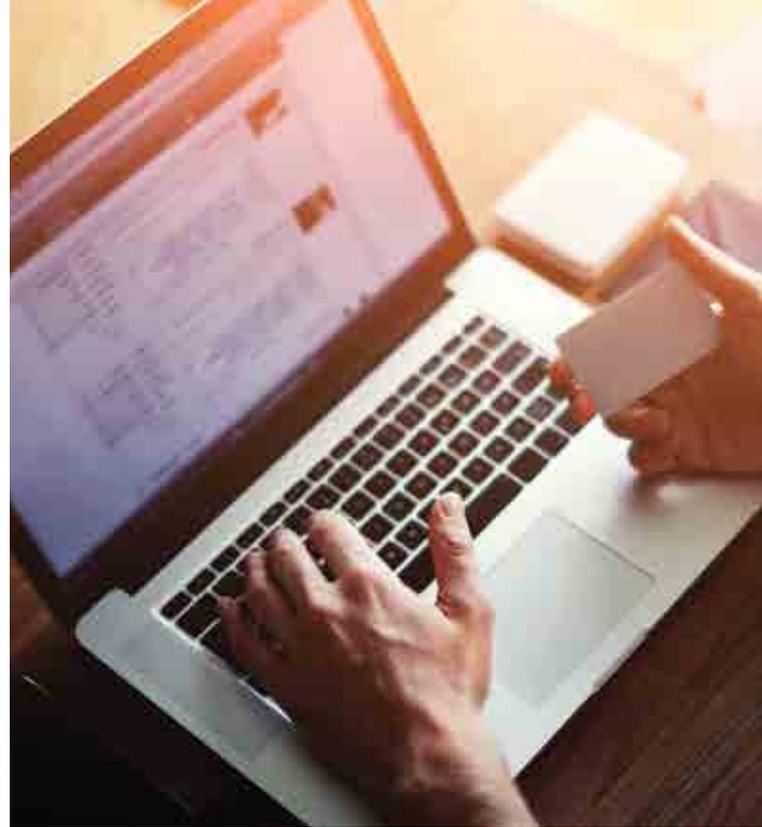
You are boarding a flight and discover your wallet is missing. Someone calls and says he found it in the airport and has your address from your business card and will mail your wallet. The point of the scam is to allow them time to use your accounts while you are traveling, rather than your reporting the lost credit cards right away.

Hotel Hoodwinks:

You check into the hotel and a few minutes later someone calls pretending they are from the front desk asking you to repeat your credit card number and security code – claiming they wrote it down wrong. It is a common ploy by crooks who were lurking nearby when you checked in.

Driver's License Rip-Off:

Watch out for unsolicited offers to help you get an international driver's license for hundreds of dollars. This can happen to people who make internet travel plans. Check with AAA to see if you need one.



“Computer companies never notify customers of a problem through popups.”

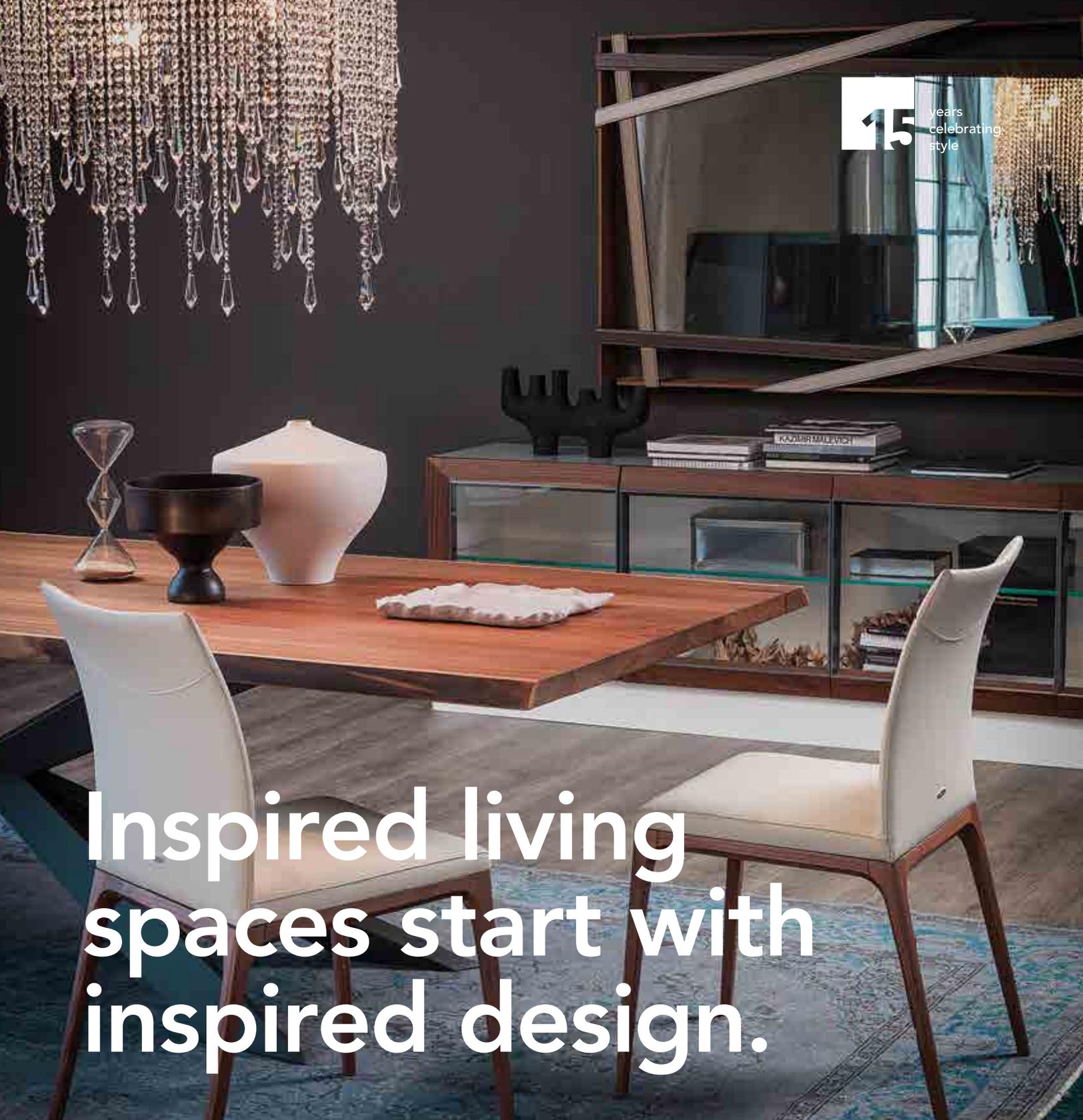
Stranger Danger:

- (1) Be alert to strangers claiming there is a spill on your clothes. This is often a ploy to get close enough to grab your wallet or purse.
- (2) Be careful at ATMs. If a bystander offers to help you with a machine, it is likely a ruse to steal your code and card.
- (3) Don't fall for an unsolicited offer to take your picture with a friend or spouse. It is a good way to have someone steal your camera or smartphone.

INVESTMENT SCAMS

1. Use FINRA Broker Check to verify the registration and background of any firm or financial professional. (FINRA is the Financial Industry Regulatory Authority.)
2. Don't do business with unregistered individuals or firms.
3. For stock pitches, check the Securities and Exchange Commission's EDGAR database (at sec.gov) to see if the company files with the SEC.
4. If you fear a scam, call FINRA's Securities Helpline at 844-574-3577.

Reprint from AARP Bulletin



15 years
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style

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Green Scene





BATS are our *FRIENDS*...

In the fall of 2016, Broken Sound Club added another feature to its already numerous eco-friendly sustainable programs by introducing bats as a natural method of insect control. It should be no surprise that BSC GM and COO John Crean, CCE CHA, recognizes the importance of alternative eco-friendly options when it comes to the property. In addition to BSC's already flourishing Audubon bird sanctuaries on both golf courses, the introduction of bats into the community was a welcome change when it came to pest control, ensuring a decline in mosquitos in the area.

Both the Old and Main Club courses have contracted with Bat Belfrys for the installation of 15 bat houses specifically designed to support the colonizing bat species in Florida. The most common bats using these bat houses are the Brazilian free-tailed bat with a 12-inch wingspan, and the evening bat with a 10-inch wingspan. A recent inspection of these bat houses found that two of the five bat houses installed on the Old Course are occupied by bats, while at least five of the houses on the Main Course show signs of occupancy.

Since the Club Course is undergoing massive renovations this summer, it is unlikely that bats will move into the unoccupied houses until winter of 2017 – 2018, when the major construction activity has been completed. In the meantime, the bats that are in place will emerge every night and span out over several square kilometers to eat their own weight in insect pests, and these bats will remain active year-round.

In early May, Bat Belfrys installed three additional bat houses, two on the grounds of the Old Course and one on the Club Course. These houses were specifically



“The bats that are in place will emerge every night and span out over several square kilometers to eat their own weight in insect pests.”

designed to support the roosting requirements of the critically endangered Florida bonneted bat, a species found only in the southern portion of Florida's peninsula.

The Florida bonneted bat is the largest bat east of the Mississippi River, with a 20-inch wingspan and 6-inch body length, and is the only endemic bat species in Florida. This bat is listed under the Federal Endangered Species Act (ESA) and is under active observation by FWC, FBC, Bat Conservation International, and the US Fish & Wildlife Service (USFWS). A citizen science campaign is underway to use acoustic devices at night to listen for these bats; their distinct hunting call is unique and unmistakable among bat voices. Additionally, nightly searches are conducted to identify



active roosts in the roofs of multi-story buildings, dead trees, and the bridges of South Florida. It is unfortunate that this unique species is critically endangered – some biologists estimate that less than 500 remain in the wild – but through the efforts of biologists, researchers, volunteers, and communities like Broken Sound, this uniquely Florida species can be saved.

Broken Sound Club continues to challenge the rules for living with urban wildlife and create new models for sustainable living that other metropolitan communities can emulate with confidence!



Why Bats?

Bats are essential to healthy environments, but centuries of myths and misinformation have generated unfounded fear of these beneficial mammals. Bats are the most effective predator of night flying insects, often consuming the equivalent (or more) of their own body weight every night!

Earth's 1,332 species of bats – over one-quarter of all the mammal species on the planet – are incredibly diverse. Bats have lived in nearly every habitat on Earth since the age of the dinosaurs. Florida has 13 bat species, which are considered so important that it is illegal to kill, harm, harass, capture, possess, or relocate them. They enjoy special protective status between April 15 and August 15 (bats may not be disturbed or excluded from any structure), during the maternity season, when 'pups' are born and reared by their doting mothers.

The consistent insect control bats provide balances insect populations, reduces pesticide reliance, and regulates the risk of diseases carried by some insects, which saves money and time, and reduces the amount of chemical compounds in the air, soil, and water.



WHAT DO **JUSTIN TIMBERLAKE, BROKEN SOUND CLUB, AND CITY OF BOCA RATON** HAVE IN COMMON?

Mirimichi Green Express, LLC, co-owned by Entertainer and “Green” Golf Advocate Justin Timberlake and Russ Britton, recognized Broken Sound Club for its commitment and superior sustainability stewardship, with its inaugural Mirimichi Green Sustainable Program Member Award. In honor of Broken Sound Club’s eco-leadership, Mirimichi announced its donation of 1,600 lbs of Mirimichi Green’s environmentally driven CarbonizPN and four cases of Liquid Release soil products to the City of Boca Raton, for use in its public green spaces.

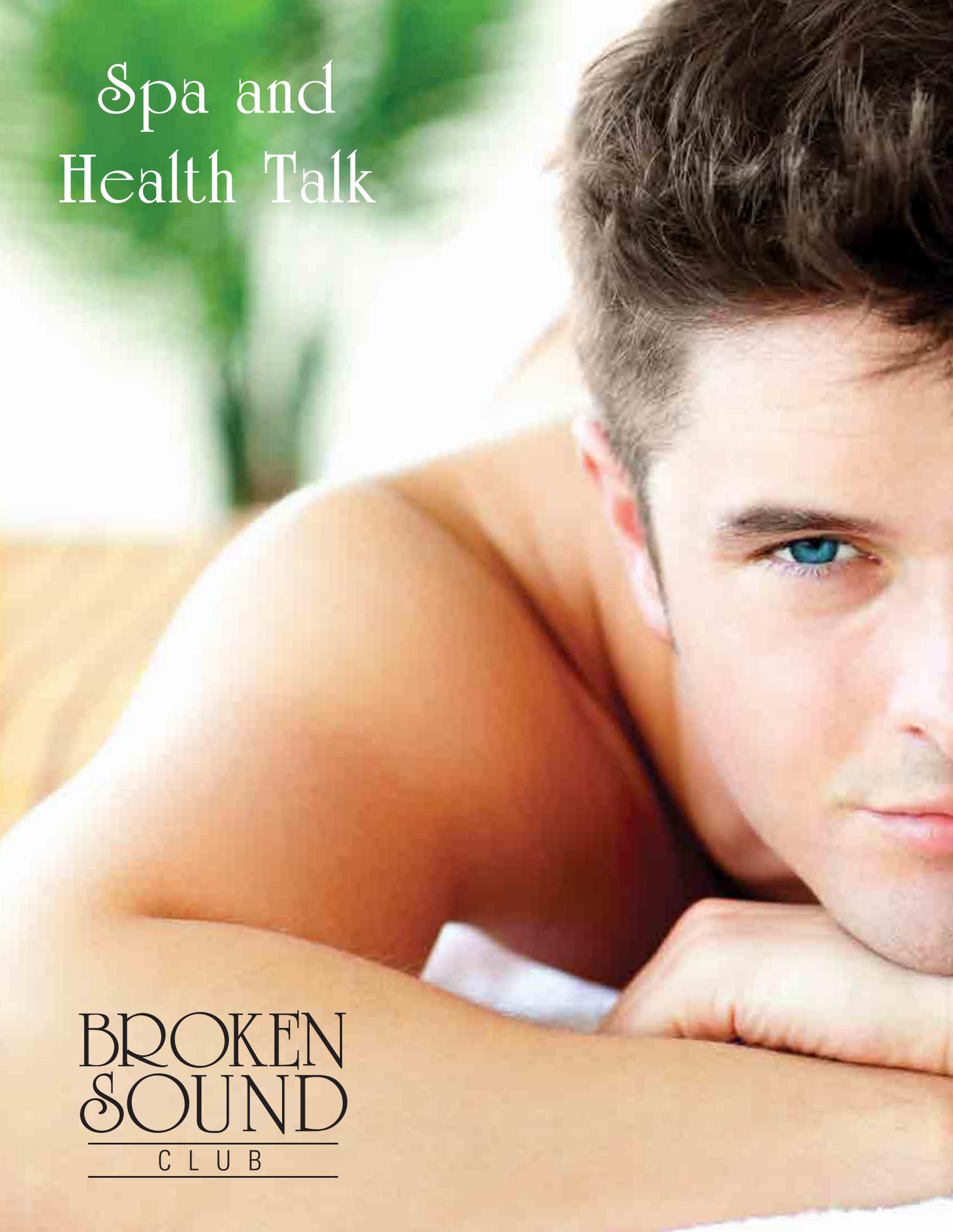


MIRIMICHI GREEN EXPRESS PRESENTS ECO-LEADER BROKEN SOUND CLUB WITH INAUGURAL **MIRIMICHI GREEN SUSTAINABLE PROGRAM MEMBER AWARD**

According to Mirimichi Green Chief Executive Officer Russ Britton, Broken Sound was selected as the company’s first award recipient because it serves as a defining “best practice” example of all that is dynamic and beneficial about leading golf course sustainability using Mirimichi’s products. The Club uses Mirimichi soil, organic weed control and granular fertilizers that utilize bio-activated carbon, inoculated with high-nutrient organics. “Broken Sound Club is taking the golf industry in the right direction and exemplifying how natural and sustainable products can work better than the harsh alternatives,” added Britton. “We thank Broken Sound Club for including Mirimichi Green products in their efforts.”



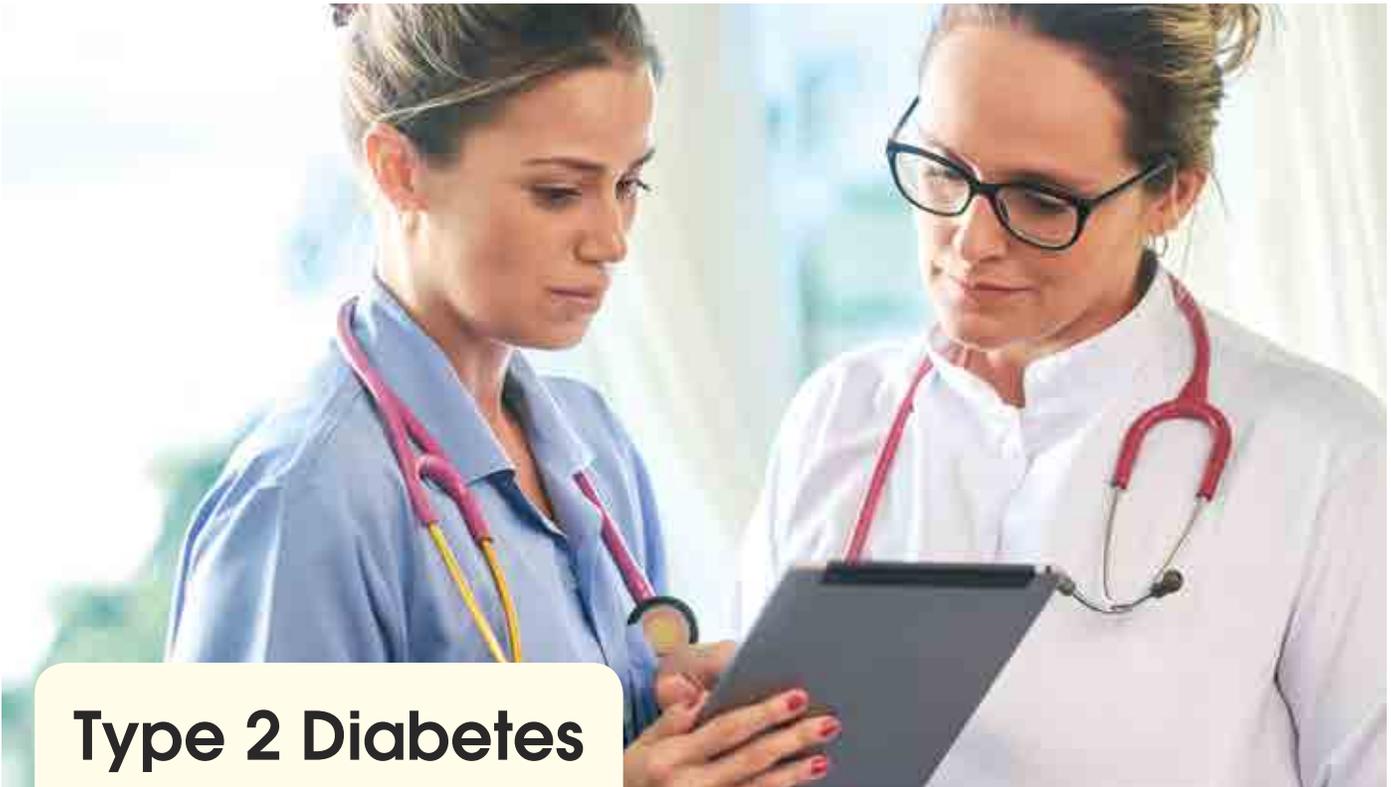
Mayor Susan Haynie, John Crean, GM/COO, Shannon Easter, Russ Britton and Michael Bright of Mirimichi



Spa and
Health Talk

BROKEN
& SOUND

CLUB



Type 2 Diabetes

Type 2 Diabetes is a commonly misunderstood disease, often being confused with a lifestyle-caused disease linked primarily to obesity. However, there are other factors that lead to the development of Type 2 Diabetes, mainly body composition.

People whose body can be characterized as having a normal weight, overdeveloped body fat mass, and underdeveloped muscle mass, are referred to as 'skinny-fat'. According to InBody.com, "People with so-called 'skinny-fat' bodies are (and have been) developing diabetes to such a degree that they are now identified as an entirely "new" population that is at risk for developing diabetes."

Body Composition is entirely controlled by the person. Anyone can alter their composition by making different choices in their lifestyle. To properly explain how body composition plays a role with diabetes, one must understand how glucose affects you.

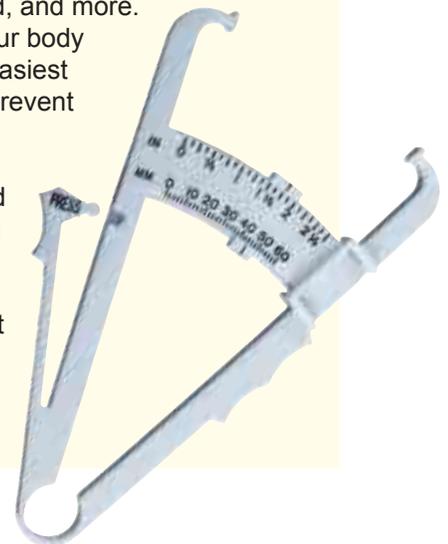
Insulin is a hormone that allows the cells in your body to use the glucose, or sugars, in your food. Unlike Type 1 Diabetes, where your body does not actually produce sufficient insulin, Type 2 Diabetes occurs when your body cannot properly use the insulin it makes. This is called insulin resistance, which over time, typically requires that diabetics take supplemental insulin.

"Lack of muscle mass can play a major role in developing insulin resistance. Sarcopenia, the medical term for underdeveloped muscle and a characteristic of skinny fatness, has been linked with increased insulin resistance and the development of Type 2 Diabetes – independent of obesity itself," says InBody.

But, of course, muscle mass is just one part of poor body composition that can put someone at risk of developing diabetes. Increased body fat is still a significant factor in the development of diabetes, and is a characteristic shared by both skinny-fat people and those who have both high body weights and high body fat percentages

This does not mean that your body type will strictly determine your risk for diabetes. Your diabetes risk is set by a number of factors, including your age, family history, genetic background, and more. However, taking care of your body composition is one of the easiest things you can do to help prevent many diseases.

Take your first steps toward a healthier you by stopping by the Fitness Center today to schedule your complimentary assessment with the InBody today!



SIZZLING SUMMER SPECIALS

Valid through September 30

90-Minute Massage Special

Save when you schedule any
90-minute Massage
\$15 OFF

Brow Wow

Brow Shaping, Tinting, and a Micro-Current Eye Lift
to perfect and enhance the brows
30 Minutes \$40

Express Spa Day

For those pressed for time, but wanting
a complete spa experience
30-Minute Refresher Facial and
30-Minute Tension Reliever Massage
60 Minutes \$79

Revitalizing Facial

A revitalizing Papaya Enzyme Mask or
Microdermabrasion, followed by a
Hyaluronic Acid Oxygen Infusion
60 Minutes \$125

Make-Up Application

Look your best for an occasion. Full HD make-up
application featuring Luka Cosmetics
30 Minutes \$29

Revita-leg Treatment

Includes lower leg and foot scrub, followed by a
detoxifying mud wrap, lower leg and foot massage,
and a relaxing scalp massage
45 Minutes \$49



Must-Have Beauty Trends

PhiBrow Microblading

If you have tried powders, pomades, pencils, and other products promising rapid hair growth, but still struggle with sparse brows, Microblading may be the answer for you. Microblading is an incredible solution to a beautifully natural, fuller brow. It is a new tattoo technique that fills brows out or reshapes them by drawing on tiny lines that look like individual hairs.

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 the 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 ten months, depending on your skin type. A consultation is always recommended prior to treatment and aftercare is key to long-lasting results.

Broken Sound Artists are certified by PhiaAcademy, which is the premier microblading certification and education in the world. The brow shape is scientifically calculated for each individual facial structure, making the Phibrow technique unique. Students must pass very strict criteria and standards prior to obtaining their certification. PhiBrow also provides the highest quality tools and products for a superior treatment.



before



after

*“dramatically enhance your eyes so they will **look bigger, brighter, and more youthful**”*



Nova Lash Eyelash Extensions

Long, thick, and full eyelashes are desired by many women but, unfortunately, we are not all genetically blessed with perfect lashes. Although it may be hard to believe, many models and celebrities also belong in the sparse lashes category. So, how do they always seem to have perfect, long, thick lashes? The answer is lash extensions.

There are several reasons to try eyelash extensions. They instantly and dramatically enhance your eyes so they will look bigger, brighter, and more youthful. The lashes will also bring out the color of your eyes, look natural, and are weightless. You will have time to spare. Lash extensions naturally frame and emphasize your eyes, so curling your lashes and applying eye makeup is really not necessary anymore. Also, you don't have to bother taking off eye makeup once the day is done.

Initially getting lash extensions can take two to three hours. After this, all you have to do is maintain the look by getting fills every four weeks. In addition to being less expensive, fills are less time consuming. In about one hour, you will leave the salon knowing that your lashes look as fabulous as you feel.

Broken Sound is featuring NovaLash certified technicians. What differentiates Novalash from other lash extensions? Their adhesive was shown to be two times as effective as the leading competitor in the following areas: strength, durability, pigmentation, texture, and curl. Lashes last two times longer than the leading competitor, are waterproof, oil proof, and flexible and dry in a deep glossy black. NovaLash continues to be the leader in the field of eyelash extensions and is committed to providing safe, beautiful, flawless eyelash extensions to enhance any woman's natural beauty.

Moonstone, The Spa at Broken Sound is pleased to offer these new services to our Members, starting in October 2017. Consultations will be available starting September 15. Please call 561.241.6899, to schedule your consultation.



before



after

DAZZLE DRY™

5-MINUTE ROCK-HARD AIR DRY • GEL-LIKE WEAR • NO-UV/LED LIGHT REQUIRED
100% VEGAN • NON-YELLOWING • NO HARMFUL OR REACTIVE INGREDIENTS

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the saturated brilliance of ARIZONA COLLECTION
is destined to take your breath away!

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Iliza Dry Heat 623

Monsoon Madness 624

Sedona Sunset 625

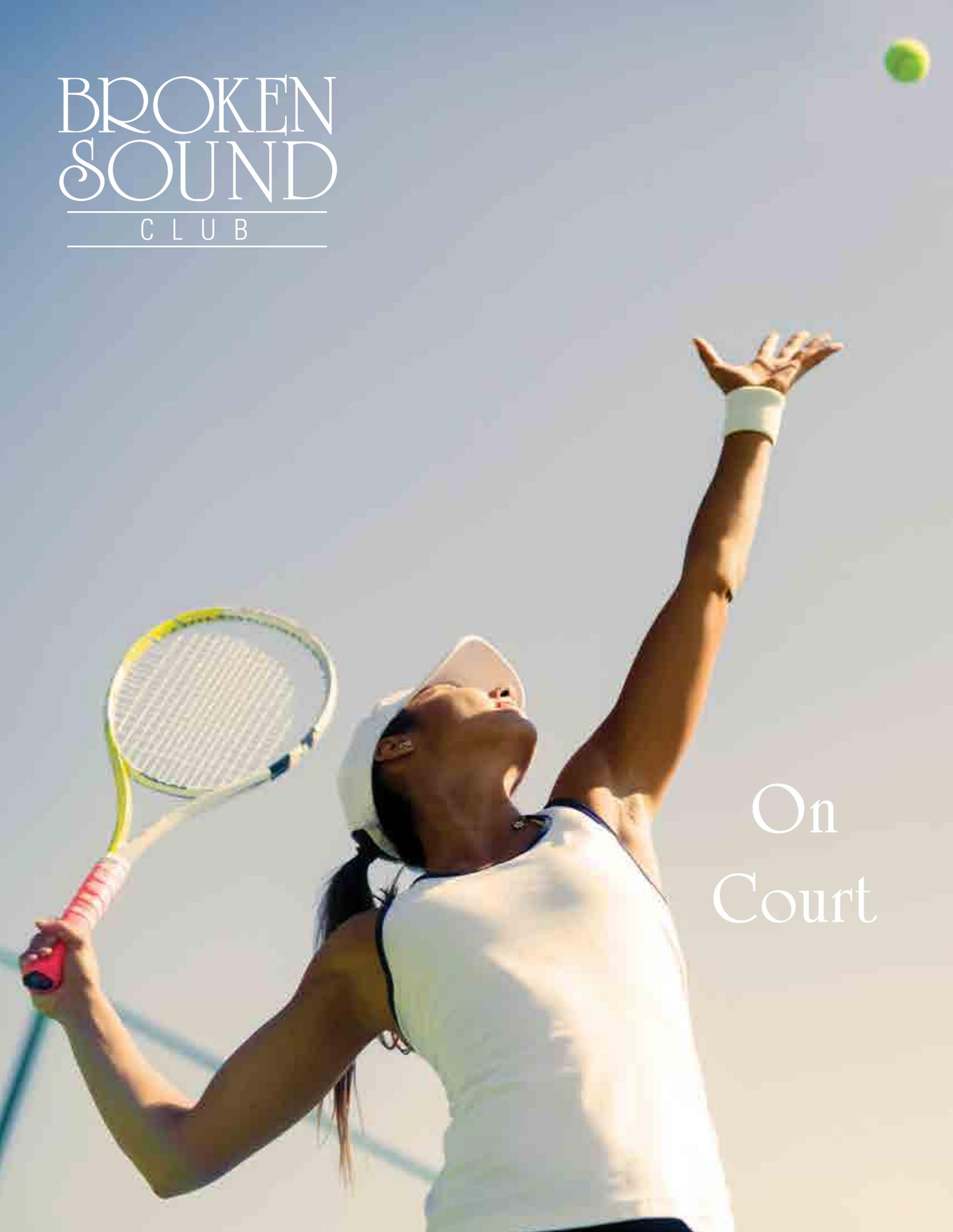
Phoenix Rising 626

Desert Oasis 627

Sonoran Glory 628

BROKEN & SOUND

CLUB



On
Court

Learnin' With Vernon

RETURN OF SERVE

When it comes to returning a serve in doubles, it is important to remember that, although hitting the ball cross court is the safest return, it is not your only option. You actually have quite a few alternatives to add to your arsenal. Not only can you hit it directly cross court, but you have the choice to hit the ball down the line, short cross court, or lob it over the opposing net player. Exercising these options will add great dimension to your game; you just need an idea on when to hit each kind of return...

When do you hit the return down the line?

- 1) When the serve is hit to you out wide.
- 2) When your opponent at the net is aggressive.
- 3) When your opponents are playing Australian.
- 4) When your opponent at the net is playing close to the middle of the court.

When would you lob the return?

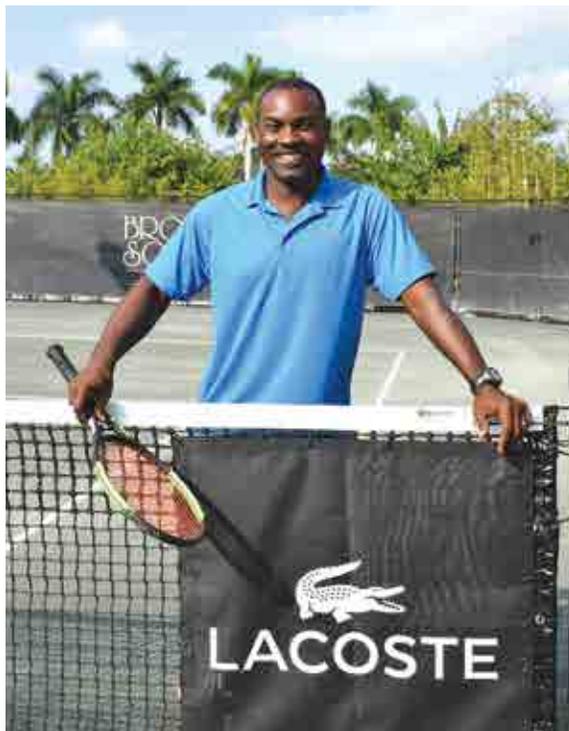
- 1) When the server serves and immediately comes to the net, hit the lob over the opponent at the net, perhaps causing confusion.
- 2) When the opponent at the net is close to the net.
- 3) When the opponent at the net is poaching.
- 4) When you see that your opponents are tired, lob the ball over the net person.

When do you hit a short return?

- 1) When the server likes to stay at the baseline.
- 2) When your opponents play two back.
- 3) When the server is tired or does not move well.
- 4) When the serve lands short in the service box.

Remember, to win is to play smart. Take the time to learn your options for each situation and you will take your game to the next level!

Vernon Gettone, Jr.
Head Tennis Professional



TENNIS UPCOMING EVENTS

September

4 Labor Day Round Robin – 9:00 a.m.

October

12 Tennis Social – 6:00 p.m.

November

9 Tennis Social – 6:00 p.m.

11 Complimentary Clinic – 12:00 p.m.

December

1 Tennis Season Opener – 3:00 p.m.

1 Tennis Exhibition – 5:30 p.m.

2 St. Andrews Challenge at Broken Sound – 10:30 a.m.

8 Mixed Social Doubles – 11:00 a.m.

16 Aerobic Tennis Workout – 12:00 p.m.



NEW PROGRAM AT BROKEN SOUND COMING THIS FALL!

TENNIS-SPECIFIC FITNESS TRAINING SYSTEM

Joint Program with Tennis and Fitness

Tennis is a physically demanding game with a staggering amount of injuries, most of which can be avoided through a training system that is specifically designed to target those areas that are most vulnerable and susceptible to injury. Always looking to strengthen and enhance its sports programs, Broken Sound Club is proud to offer a new **Tennis-Specific Fitness Training System**. It will be a joint venture between the Tennis and Fitness Departments in order to promote the game of tennis while at the same time emphasizing the importance of being physically conditioned for participation in a tennis program. It will involve:

- *A stroke analysis by a Tennis Professional* – Serve, Forehand and Backhand Ground Strokes, Forehand and Backhand Volleys
- *A movement assessment by a Personal Trainer*
- *Corrective exercises and sport specific training with a Personal Trainer* – strengthen muscles needed to perfect your stroke mechanics, add greater flexibility and core strength

The purpose of the Tennis-Specific Fitness Training System would be to allow beginners (new tennis members) an introduction to the sport with a strong emphasis on physical conditioning prior to hitting the courts. It will also enable our current members (intermediate & advanced players) to experience a level of sport specific physical conditioning which will allow them to elevate their game and become more competitive. The primary focus is to keep an already active tennis community playing longer and without injury.

Join us this fall for your personal evaluation by both the Tennis and Fitness professionals.

TENNIS MEMORIAL DAY

To celebrate Memorial Day, 92 BSC Members enjoyed one of the Club's most anticipated and well-attended tennis events of the year. After fueling up with a continental breakfast, the Round Robin began and included games like "Beat the Pro," where Members challenged BSC tennis professionals. Wilson was also on property for a Demo Day, allowing Members the opportunity to try out new racquets and purchase them at a reduced cost.

BSC is proud to have one of the most active, year-round tennis programs of any South Florida Club. Member participation runs high, as everyone has fun developing new skills and interacting with friends who share their ardor for the game, no matter what their skill level.







UNCONVENTIONAL CHIC



BREAK THE RULES AND REDFINE FRENCH CHIC
Summer 2017 Broken Sound Club Boca Raton FL

On Course



BROKEN
SOUND
CLUB

Tips from the Golf Pros: PRACTICE HABITS

AIMING

To help us aim properly, go behind the ball and draw an imaginary line between your ball and the target. Along the target line, pick a spot in front of your ball between 1 and 3 feet. Align your club using this spot. Picking a spot closer to the ball will help make aiming a lot easier.



HANGING BACK

When your weight “hangs back,” usually caused by having too much weight over your trailing leg, you will most likely end up with the ball being sliced or “pushed.” To correct this, try to keep your weight balanced in the center of your feet by rocking to your heels, leaning over your toes, then relaxing and finding that “middle ground.” Then when you swing, just follow through and finish your swing with your weight over your lead foot!





ADDRESS

“Make sure the clubface is square.” After you place the club next to the ball, bring the club up until it is parallel to the ground. Take a look at the grooves and make sure the grooves are perpendicular to the ground. This will ensure the clubface is square at address. From left to right: Clubface CLOSED, Clubface SQUARE, Clubface OPEN.



GOLF UPCOMING EVENTS

September

- 3 Labor Day Scramble – 9 & Dine, OC
- 28 Allianz Volunteers 1 p.m. shotgun

November

- 2 OCWGA Opening Day
- 6 OCMGA Opening Day
- 8 9 & Dine, OC
- 12 OC Couples' Mixer
- 29 9 & Dine, OC
- 30 OCWGA Mixer

December

- 2 Fit & Feed
- 4 OCMGA Mixer
- 10 OC Couples' Mixer
- 20 9 & Dine. OC

CLUB COURSE MEMBER-GUEST DAYS

- January 9 and 10 Ladies' Member-Guest
- January 16 and 17 Men's Member-Guest

OLD COURSE MEMBER-GUEST DAYS

- March 7 and 8 Ladies' Member-Guest
- March 19 and 20 Men's Member-Guest

Course under Construction



Sod to sprig machine putting down latitude 36 on #5



New tee and turn around area at number 5 tee



Number 8 greens complex was dropped 5 feet from where it used to be and moved to the left.
A bunker was added to the back.



Oak trees transplanted from the lake bank on number 5
to the back right of 5 green complex



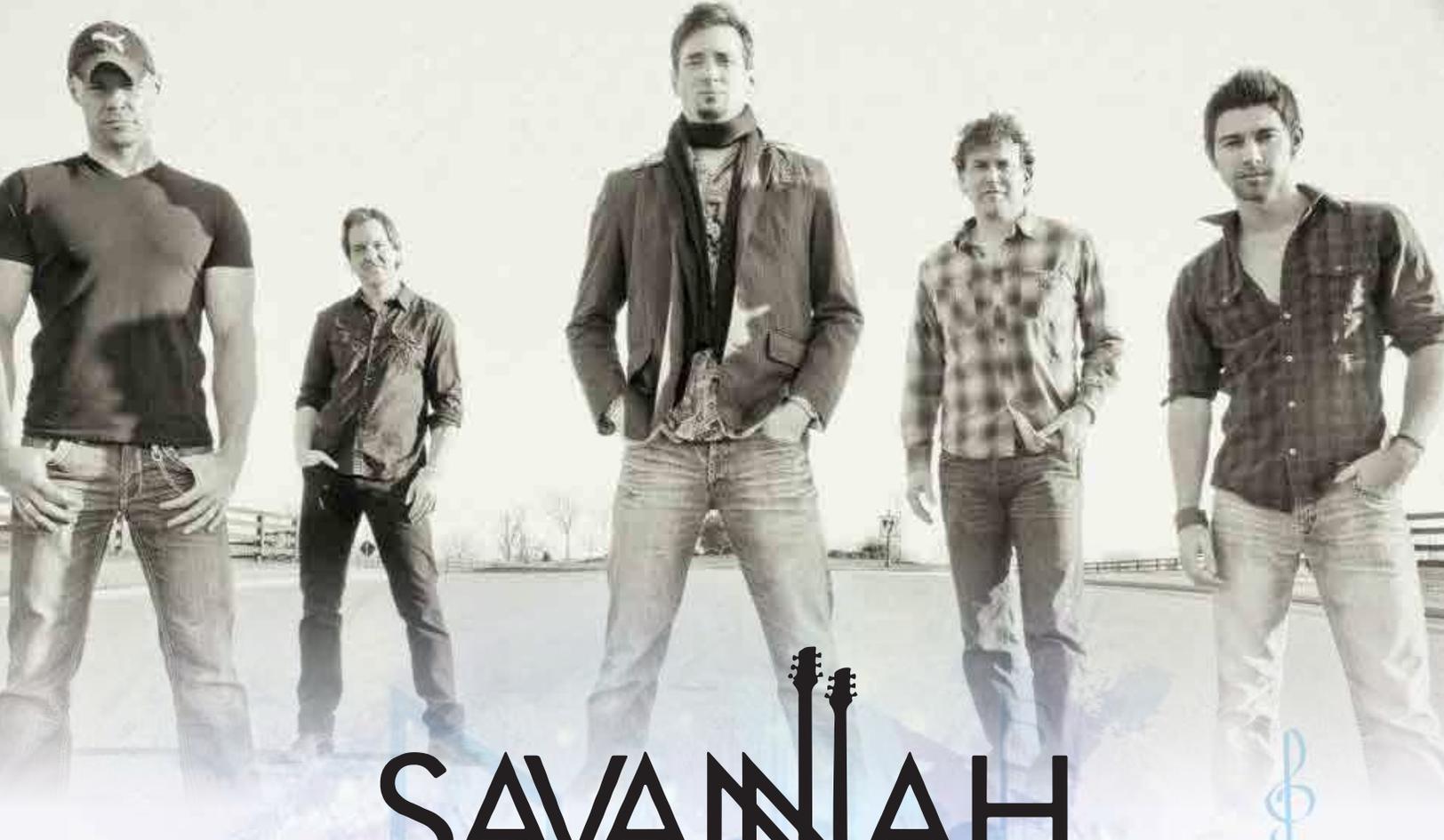
Number 6 with latitude 36 sprigs down and
sod around bunkers



Sod to sprig machine putting down
latitude 36 on number 5



Sod going down on the bunker at number 4 green



SAVANNAH JACK

Thursday, February 15, 2018
Main Club

Tickets – Broken Sound Website

Headline act for Peter Frampton, John Fogerty, Vince Gill,
The Doobie Brothers, Lady Antebellum
and the legendary Kenny Rogers.

Savannah Jack has honed their skills as outstanding
live entertainers who captivate audiences with
their three-part vocal harmonies.





Generations

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Third Annual Kids' Fishing Derby

April 22, 2017

This great family event is designed to teach 5-to-16 year old beginners how to fish, and sharpen the skills of fishing novices. Some Members who are avid fishermen enjoyed teaching the 30 youngsters how to bait and catch the fish. Many juniors were lucky enough to catch some of the BSC bass in our lake!





Children's Summer Program

Oh, to be a kid at Broken Sound's Summer Program. Every weekday from 9:00 a.m. to 6:00 p.m., there is nothing to do...except have fun!

About 50 juniors throw themselves into daily activities that include tennis, golf, basketball, and swimming. They get to use the Club's extraordinary facilities, and hardly notice that along with the laughter and camaraderie, they are learning skills that will serve them well throughout their lives, whether improving their sports games or polishing their ability to interact with other people.

Lunch is provided daily from the Clubhouse. Many BSC juniors attend the elementary school that is located within steps of our property, and their friends can join in on the BSC fun, because our camp program is also available for non-members.

The parents of these lucky youngsters have given the summer program high marks, and enroll their kids for the entire eight-week program.

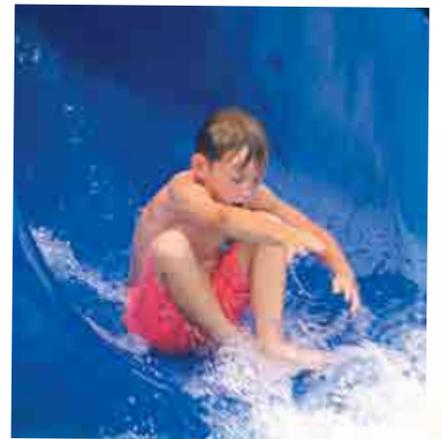


Congratulations



Anna Balmer, daughter of Members Charles and Nathalie Balmer, is an intensive member of the Broken Sound Junior Tennis Academy. This 12-year-old finished 3rd on the BSC Junior Tennis Ladder 2017. Quite an accomplishment! Anna attends Omni Middle School, and is also an excellent golf player.





Easter Bunny and Egg Hunt



Event-Full



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Social/Dining Activities

August

- 18 Chef's Table
- 23 Cooking Class
- 28 Great Lecture Series

September

- 1 Chef's Table
- 4 Labor Day Pool Party 12 – 4 p.m. and Labor Day Dinner
- 11 Great Lecture Series
- 14 Wine Tasting
- 15 Chef's Table
- 20 Rosh Hashanah Dinner
- 23 Lynn Philharmonia
- 27 Cooking Class
- 28 Great Lecture Series
- 30 Yom Kippur Dinner

October

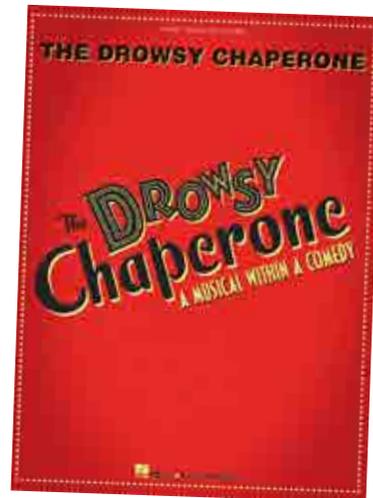
- 14 Lynn Cabaret
- 16 Great Lecture Series
- 21 Lynn Philharmonia
- 30 Great Lecture Series

November

- 3 Mature Driving Class
- 4 Lynn Cabaret
- 10 Steve Besserman Lecture – *Love & Survival*
- 11 Wick Theater – *Drowsy Chaperone*
- 11 Lynn Philharmonia
- 13 Great Lecture Series
- 14 South Florida Symphony
- 18 Member-Member Opening Party
- 27 Great Lecture Series

December

- 8 Larry Strickler Lecture
- 11 Great Lecture Series
- 20 Wick Theater – *A Wonderful Life*
- 21 Great Lecture Series
- 23 Breakfast with Santa
- 26 Build a Bear
- 27 Family Dinner
- 28 Broken Sound Street Fair



Boca Friends

January 18 – Card Party

Hadassah

December 14 – Card Party

January 5 – Lunch & Learn

January 8 – Concert/Show

February 2 – Lunch & Learn

March 2 – Lunch & Learn

Women's Club



I can't believe that summer is almost over and soon we will be fully involved with our Women's Club activities. If you are interested in joining our group of more than 600, call Rowena Kovler at 561-241-5486. For those of you who are already members, remember that your membership dues will be automatically renewed unless we hear from you by September 20.

Mark your calendars now. You won't want to miss any of these programs, I promise!

Marjorie Lasso, President

LUNCHEON MEETINGS

Thursdays

11:40 a.m.

Member Grill Room

November 16

The Gala Luncheon and Fashion Show, our kick-off event of the season, will feature fashions from Neiman Marcus, Boca Raton. Invitations will be mailed in mid-September.

December 21

Professor Robert Watson

Alexander Hamilton: The Man, the Myth, the Musical – 11:00 a.m. – 12:00 p.m.

January 18

Second Annual Book & Author Luncheon – Betsy Lerner, author of the 2016 best-selling *The Bridge Ladies*

February 15

Professor Ralph Nurnberger – widely acclaimed Professor of International Relations at Georgetown University; topic TBA

March 15

Barbara Rinella, a well-known Chicago academic entertainer. *The News Sorority*, a book about leading female journalists, such as Katie Couric, Diane Sawyer, Christiane Amanpour, and others.

April 19

Back by popular demand, a Fashion Workshop with two designers from Neiman Marcus

WOMEN'S CLUB OUT-OF-CLUB TRIPS

Wednesday, January 24: The Harid Conservatory in Boca Raton Tour, musical performance and lunch.

Saturday, February 3: NCL's newest ship, The Escape Tour and lunch on board. Bus leaves Club at 10:00 a.m. Contact Sandy Granatstein at sandragranatstein@gmail.com

Wednesday, March 21: Maltz Jupiter Theater – South Pacific Lunch first at the Jupiter Beach Resort. Details to follow.

Tour of the new **Science Museum in Miami**. Details not yet available.

(All speakers and events are subject to change.)



Alexander Hamilton



Ralph Nurnberger



Barbara Rinella

Neiman Marcus

SHOWS CONCERTS AND CABARETS



Broward Center

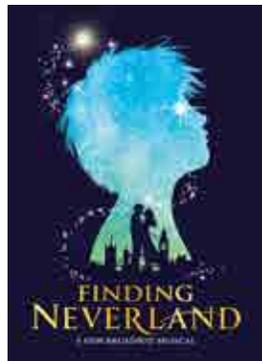
(dates to be determined)

Sound of Music – October
Love Never Dies – November
School of Rock – December
Riverdance – January
A Gentleman's Guide to Love and Murder – January
Wicked – February
Waitress – April
Jersey Boys – May

Kravis Center

(dates to be determined)

The King and I – November
Book of Mormon – November
Finding Neverland – January
Cabaret – February
The Illusionists – March
The Bodyguard – April
Something Rotten – May

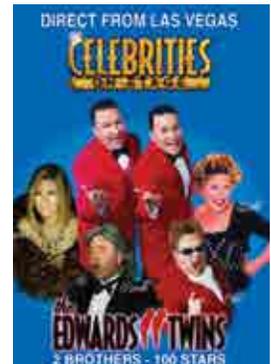


Broken Sound In-house Cabarets

Thursday, January 25

Edwards Twins

Celebrity impersonators extraordinaire! *USA Today* says, "The most stunning range of impersonations you will ever see."



Thursday, February 15

Savannah Jack

Back by popular demand! They mesmerize audiences everywhere with their three-part vocal harmonies, great musicianship, and infectious energy that will get you on your feet with the very first beat!

Thursday, March 1

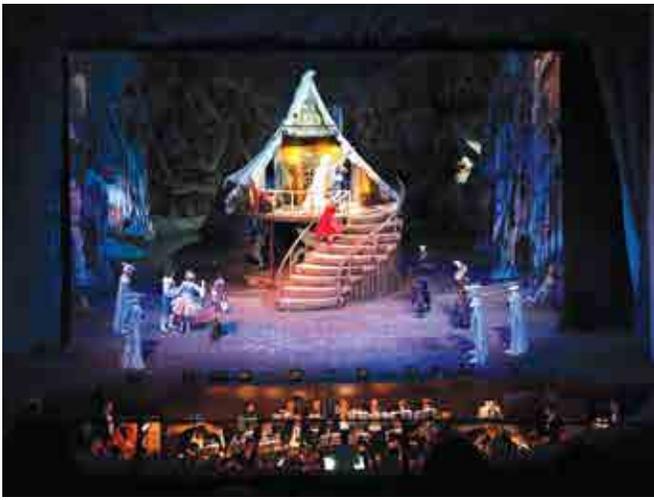
Will & Anthony Nunziata

Carnegie Hall headliners with soaring tenor voices that bring fresh takes on timeless Broadway classics.

Thursday, March 15

Bee Gees/Donna Sommers Tribute Night

Outdoor concert by the pool – don't miss it!



South Florida Symphony Spanish River Worship Center

Tuesday, November 14
7:30 p.m.

Celebrating the Great American Song Book

Classic beloved songs from songwriters such as Cole Porter, Irving Berlin, George & Ira Gershwin, Johnny Mercer, Harold Arlen, Rodgers and Hart, Oscar Hammerstein, and many others.



Thursday, February 8
7:30 p.m.

And the Tony Goes To

Songs from *West Side Story* and *On the Town*, *Cabaret*, *Fiddler on the Roof*, *The Music Man*, *Carousel*, *Annie Get Your Gun*, *A Little Night Music*, and *The Secret Garden*

Sunday, February 25
7:30 p.m.

Musical Expressions of Nature

Vivaldi *Four Seasons*, Lara St. John, Violin, Beethoven Symphony No. 6 Pastoral

Sunday, April 25
7:30 p.m.

If You Will It, It is No Dream

Celebrating Israel's 70th Anniversary
Ravel Piano Concerto in G, Aldo Lopez-Gavilan, Piano
Nimrod Bernstein – If you Will It, It is No Dream, based on words of Theodore Herzl



The Wick Theatre

Saturday, November 11 – 7:30 p.m.

The Drowsy Chaperone

Winner of five Tony awards – a loving send-up of the Jazz Age musical, featuring one show-stopping song and dance number after another.

Wednesday, December 20 – 7:30 p.m.

A Wonderful Life

Frank Capra's beloved classic film brought to the stage.

Wednesday, January 17 – 7:30 p.m.

Singin' in the Rain

The "Greatest Movie Musical of All Time" is lovingly adapted by Broadway legends Betty Comden and Adolph Green.

Wednesday, April 4 – 7:30 p.m.

Brigadoon

A Lerner and Loewe musical – a Scottish fantasy about a town that disappears into the Highland mist and returns for only one day every one-hundred years. Songs include *Come to Me*, *Bend to Me*, *Almost Like Being in Love*, *There But for You Go I*.

Friday, May 11 – 7:30 p.m.

Jerry's Girls

An incredible homage to Jerry Herman including music from *Hello Dolly!*, *Mame*, *La Cage Aux Folles*, and more.

Crest Theatre Broadway Series

Tuesday, January 9

Santino Fontana and Jessica Fontana

Tuesday, February 13

Jerry Herman – Broadway Legacy Concert

Tuesday, February 27

Andrea McArdle and Donna McKechnie

Tuesday, March 13

Mandy Gonzalez

Tuesday, April 10

Max Von Essen

Memorial Day Pool Party

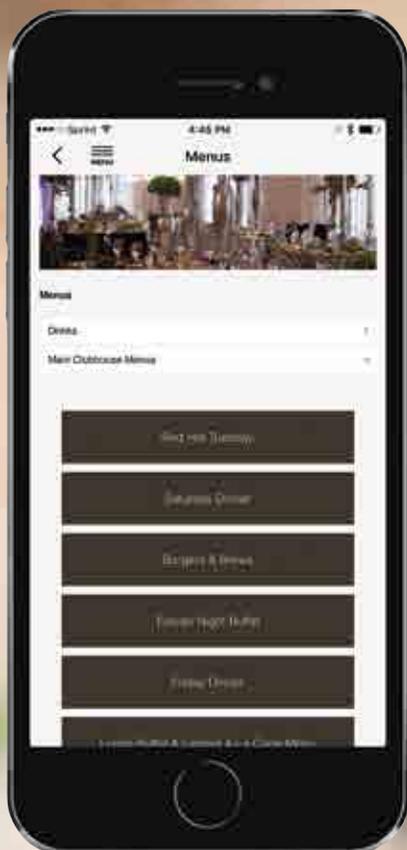
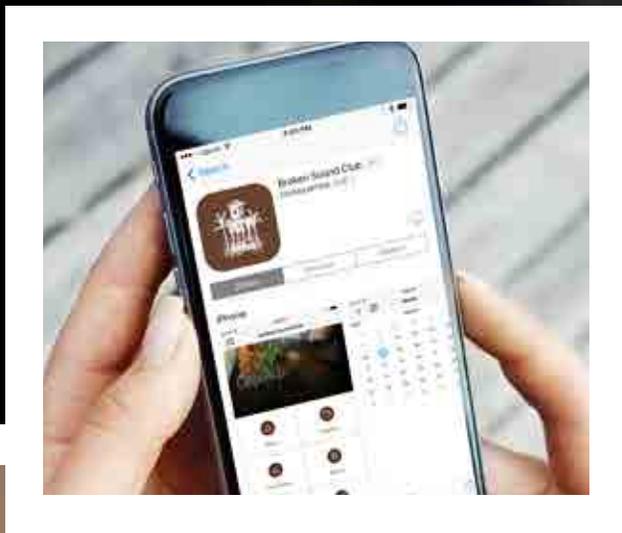
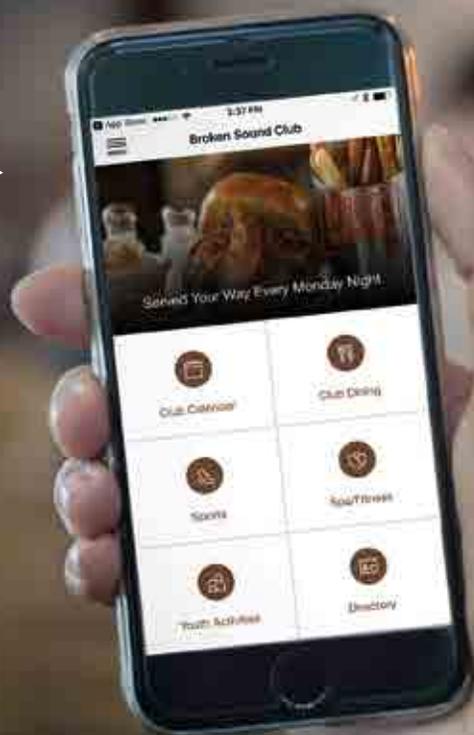
The unofficial start of summer was welcomed in jubilant fashion by all our members young and old at a lively pool party. The entertainment was diverse with a rockin' DJ, bounce houses and trampolines to jump on, and the BSC waterslide in peak condition! The party also featured face painting, balloon artists, and karaoke!

Expending all that energy made the kids and their parents hungry and there were burgers, hot dogs, fries, and all the traditional BBQ delights of the Memorial Day weekend. Then it was on to the beginning of the junior summer program here at the Club!



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The Club at your fingertips!

- member directory
- event calendar
- dining menus
- dining reservations
- aerobic class schedule
- youth events
- golf tee times
- tennis court times



The Moonstone Café

If you are looking to get away from the hustle and bustle of everyday life, do a little computer work or surf the net, have a *tête-à-tête* with a friend, or enjoy a healthy snack after a tennis match or a spa treatment, we have the perfect place for you – BSC’s Moonstone Café.

Opened in 2012, its decor embraces you with warm, earthy tones. The comfortable furniture and welcoming atmosphere lets you settle in to collect your thoughts and regroup.

There are computers set up for you to use or you can bring your own laptop and enjoy excellent connectivity. A large TV lets you keep up with major sports events or news of the day.

If you are thirsty, you can indulge in a variety of fruit smoothies or a delicious coffee, latte, cappuccino or espresso. If hunger is front and center, the Café offers healthy food and snacks that will keep you satisfied (without the guilt that you are reversing all the good you did for your body on the tennis court or in the Fitness Center!). You can savor your treats in the Café or just pick them up and take them with you to your next venue.

The Moonstone Café has become a special haven for many Members. Spend a brief, soothing respite there and it is bound to reduce your blood pressure.

Blackberry Smoothie

Blackberries are rich in bioflavonoids and Vitamin C, low in sodium, and only 62 calories per cup. Blackberries also have one of the highest antioxidant levels of all fruit.

- 1½ Cups Frozen Blackberries
- ½ Cup Greek Yogurt
- ¼ Cup Whole Milk
- ¼ Cup Condensed Milk
- ¼ Lemon, Juiced

Blend all ingredients together for one minute or until smooth.



Peachy Queen

Peaches have high levels of magnesium, iron, zinc, and copper. They are low in calories, with no saturated fat, plus they are a good source of dietary fiber.

- 1½ Cup Chopped Frozen Peaches
- ¼ Cup Greek Yogurt
- ¼ Cup Peach Nectar
- ¼ Cup Water

Blend all the ingredients together for one minute or until smooth.





A Member's View

Eric and Susan Lebersfeld have been Members of Broken Sound Club since October 2015. Eric will tell you that he was fine with his old house and did not want to move. "I was happy where I was, but as they say, 'a happy wife is a happy life'." It was Susan who initiated their search for a new home, and it yielded a very positive outcome.

One of the things that attracted the Lebersfelds to BSC was the convenient Boca Raton location, close to schools, shopping, and entertainment. Being an active family, they were particularly seeking a tennis program with state-of-the-art facilities and a full calendar of opportunities to play doubles with fun people. They appreciated the overall beauty of the community, and the availability of so many other amenities within the gates, including a good bar to hang out at Happy Hour!

Since moving in, their experience has been extremely positive, and the community has lived up to all their expectations. They have taken full advantage of the benefits that come with membership, filling their days with morning bike rides, indulging in the lunch buffet in the dining room, taking golf lessons in the afternoon, and playing pickleball in the evening. They call the service personnel and professional staff "top notch."

The entire family – Eric, Susan, Jack (17), and Hannah (15) – works out in the Fitness Center, and they love eating at the Bistro. Susan plays tennis a few times each week, and Eric plays on weekends.

They came to Broken Sound looking for down-to-earth people with whom they could have fun and form lasting friendships, and they found just that. Everyone has been very welcoming and the Lebersfelds are happy to see more people of their generation moving into the community. Eric says, "My entire family is very happy living in Broken Sound. The people are cool and there's just a good vibe to the community."



Eric Lebersfeld with wife Susan and children Jack and Hannah. Eric is President and Chief Marketing Officer of Capitol Lighting, a local family-owned company dating back to the early 1920s.



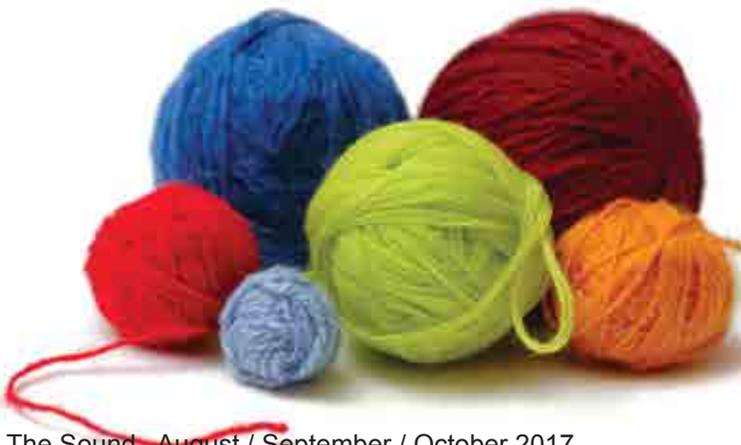
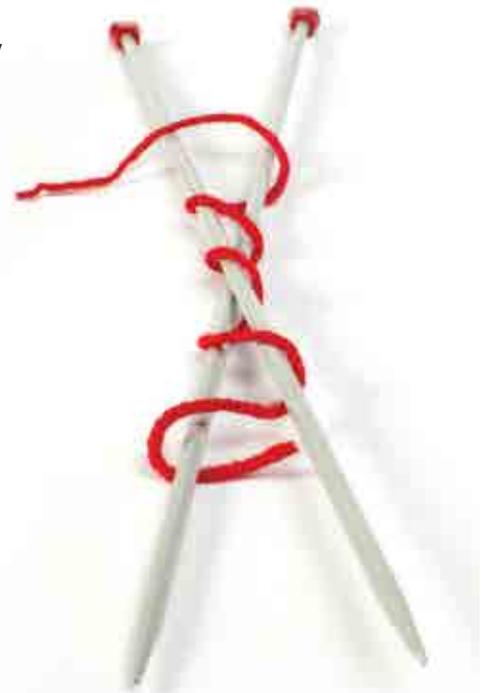
Knitting Club Magic Hands

When Eileen Batt joined the BSC Social Committee, she also decided to inaugurate a club of her own. She was an avid knitter and thought there was no better way to socialize with her friends than by sharing an art she loved so dearly. The Magic Hands Knitting Club came into existence in 2011, and now meets every Tuesday in the Main Clubhouse.

To help novice knitters hone their skills, Eileen used a basic pattern that yielded a small hat. It wasn't long before the club was producing 50 hats annually! As their expertise increased, it took less and less time to knit more hats, providing an enjoyable opportunity to converse with friends, while producing something of value.

Ultimately, Eileen decided that these hats could serve a greater purpose, and be donated to infants in the NICU at The Salah Foundation Children's Hospital at Broward Health. To this day, the Magic Hands Knitting Club is able to donate around 200 hats to the hospital annually. Many other BSC Members were so moved by the knitting club's efforts, that they often donate works of their own that they make at home. Donations are also made to Kidz Medical Services, which provides pediatric and neonatal health care in South Florida.

Ann Fogel, Coordinator of Child Life at the Broward Medical Center, recently sent a letter saying, "The wonderful crowns brighten the spirits of our patients, as they are made to feel extremely special by this handmade gesture. Your beautiful and abundant donation softens the news of needing to receive in-patient treatment, but also showers the patient and their room with color and warmth. Your act of kindness makes a world of difference!"



Welcome New Members



David & Bonnie Kaplan
Tanglewood



Edward & Gwen Nagorsky
Whisper Trace



James & Michele Cohen
Whisper Trace



Stephen & Gail Lewis
Fairway Pointe



Steven & Jodi Paisner
Cedar Cay



Lori Feldman & Barton Charlip
Oak Run



Dr. Jerry & Naomi Neuwirth
Vintage Isle



Oktay & Nihal Yavuz
Bay Isle



Hal & Claudia Nowak
Bent Creek



Dr. Mark & Pamela Gelbert
Whisper Trace



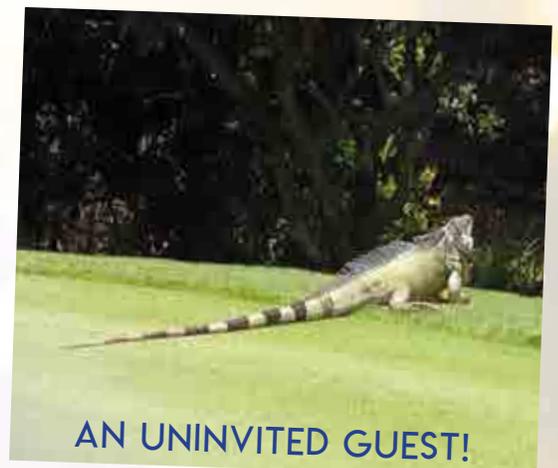
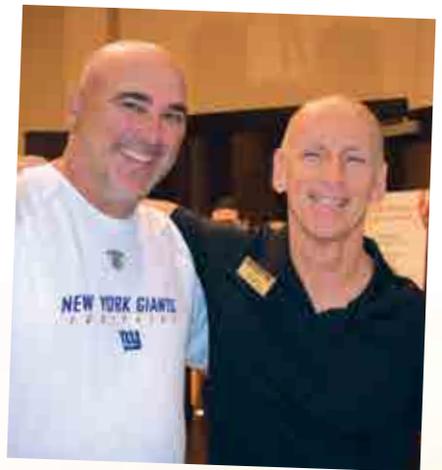
Allyson Mahler
Timbermill



Elaine Weisman
Clubsides Pointe

YEAR IN REVIEW





AN UNINVITED GUEST!

Contacts

Administration

John Crean, General Manager/C.O.O.	241-6855
Cathy Grana, Asst. General Manager	241-6837
Ed Cichiello, Club House 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
Cecilia Novellino, F&B Admin Assistant	241-6824
Carl Ramallo, Lead Dining Reservations	241-6877
Hostess Podium (Main Dining Room)	241-6859
Old Course Bar	241-6854
Bistro	241-6856

Golf

Tee Time Computer	997-1146
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

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
Automated Reservations	989-5279

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

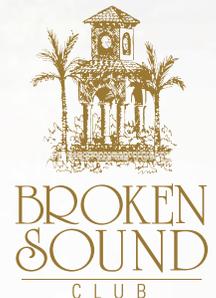
Board of Governors

board_governors@brokensoundclub.org

If The Shoe Fits, *LIVE IT!* At *Broken Sound Club*



*W*hatever your passion or interest...your active enviable *home life, business life, sporting life, and social life* complement each other perfectly at **Broken Sound Club**. Known as the “friendly” club for its signature blend of warmth, elegance and genuine hospitality, this award-winning private gated golf and country club community offers a choice of 27 lushly landscaped intimate residential villages, each with its own character. All are just minutes away from its main clubhouse with indoor and outdoor dining, two Audubon Sanctuary certified signature golf courses, a new two-acre \$6 million poolscape with bistro and \$7 million 35,000-square-foot spa and fitness center, and 23 tennis courts. **It’s all here, but if you need to leave...**this 5-Star Platinum Club of America is just a few miles from Boca’s burgeoning Class A office parks and vibrant Downtown, pristine beaches, A-rated public and award-winning private schools, two universities, sports arenas and stadiums, and an exciting world of shopping, dining, art and culture, recreation, and nightlife.



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