

# The Sound

June/July/August 2019



BROKEN  
SOUND  
CLUB

# CONTENTS

## GREEN SCENE

What's the Buzz? 6

## SPA AND HEALTH TALK

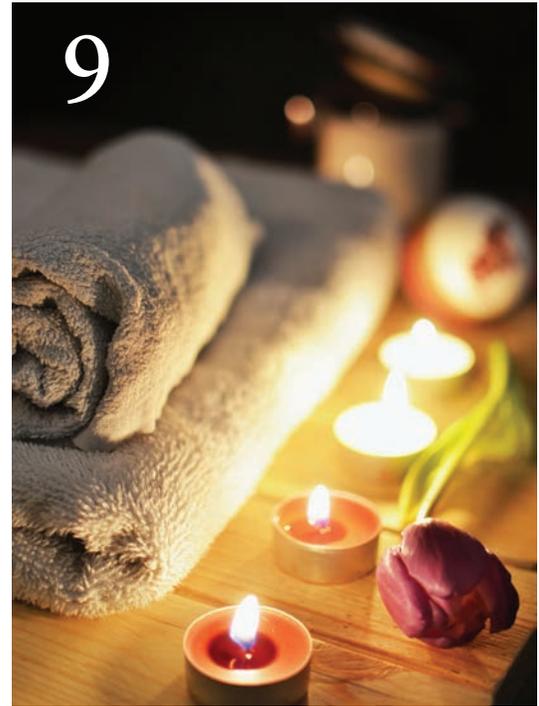
Summer Skin Prep 10  
Thirsty? 12

## ON COURT

Tennis Teams 16  
Tennis - The Year In Review 17

## ON COURSE

New Course - Golf Closing Day 20  
Old Course - Golf Closing Day 21  
Rick Sutton - Southeast Chapter  
Assistant of the Year 22  
Two Decades of Golf 23





## GENERATIONS

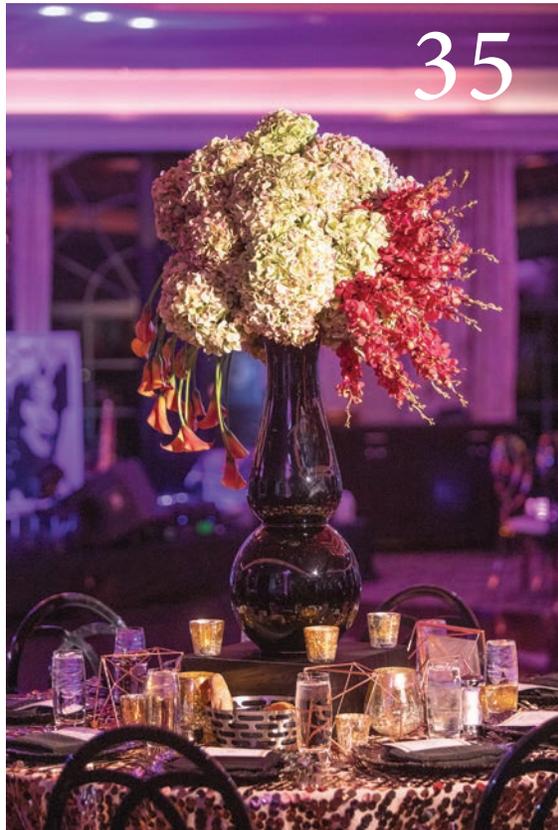
Fishing Derby	26
Kids' Easter	27
After School Camp Groups	28
Youth Season In Review	29

## FOODIES

F&B Season In Review	32
----------------------	----

## EVENT-FULL

Social Events	36
The Season In Review	38
Golf Renovation	40
An End of an Era	42
Contacts	43



# *Congratulations* to Michael Bellomo

After five years at Broken Sound, Directory of Security, **Michael Bellomo** is being promoted to a new position within G4S. In his new role, Michael will oversee staffing for G4S, perform on-site inspections, and monitor performance. Congratulations and best of luck in your future endeavors!



We are pleased to announce that **Anthony (Tony) Magnanti** will be the new Director of Security.

Tony brings over 25 years of experience to the position. Most recently, he served as a Police Captain with the Boynton Beach Police Department. He has taught classes at the Police Academy and worked with the Department of Homeland Security.

Welcome, Tony!



A close-up photograph of a pond filled with lily pads. The lily pads are a mix of green and purple, with some showing signs of decay or damage. A single, bright yellow flower bud is in the foreground, partially open, with its stem extending upwards. The water is dark and reflects the light. The overall scene is serene and natural.

BROKEN  
& SOUND  

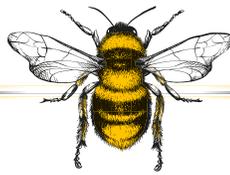
---

CLUB

Green & Scene

# What's the Buzz?





Broken Sound is all abuzz with new technology to monitor one of the honeybee hives residing at The Old Course. The hive is outfitted with BroodMinder – three sensors to track temperature (both inside and outside the hive), humidity inside the hive, and the weight of the hive.

The three BroodMinder sensors record data every hour to track the productivity and health of the beehive. With these sensors, we can learn a lot about the brood (baby bees), honey flows, and the health of the colony. A healthy colony will regulate the internal temperature at 95 degrees, regardless of external temperature, and keep the humidity at 50 – 75 percent to maintain optimal conditions for rearing the brood. When a hive experiences issues inside the colony, the bees stop regulating the temperature and humidity, and we can recognize when the issue occurred by looking at the data.

We can also see when the honey flow starts by tracking the weight gain of the colony. The temperature and

humidity sensors show us how the bees are dehydrating the nectar to become honey. We know the bees at Broken Sound Club are excellent honey producers, but we really had no idea how quickly the flow started or what the hives were capable of on a daily basis. For example, when the BroodMinder sensors were installed on March 14, 2019, the colony weighed around 80 pounds. When data was collected on April 10, the hive was over 100 pounds. That's a 20 pound weight gain in less than a month!

We plan to track the hives, analyze the data, and use the information to understand our yearly honey flows, to better prepare the bees for their buzzy work ahead!

## BroodMinder



# JUST ADD WATER

## SPONGELLÉ

HONEY BLOSSOM



CLEANSE • EXFOLIATE • MASSAGE • NOURISH  
WITH EXTRACTS OF YUZU • EDELWEISS • VETIVER

BODY WASH INFUSED BUFFER  
ÉPONGE DE CORPS INFUSÉE  
DE GEL DOUCHE

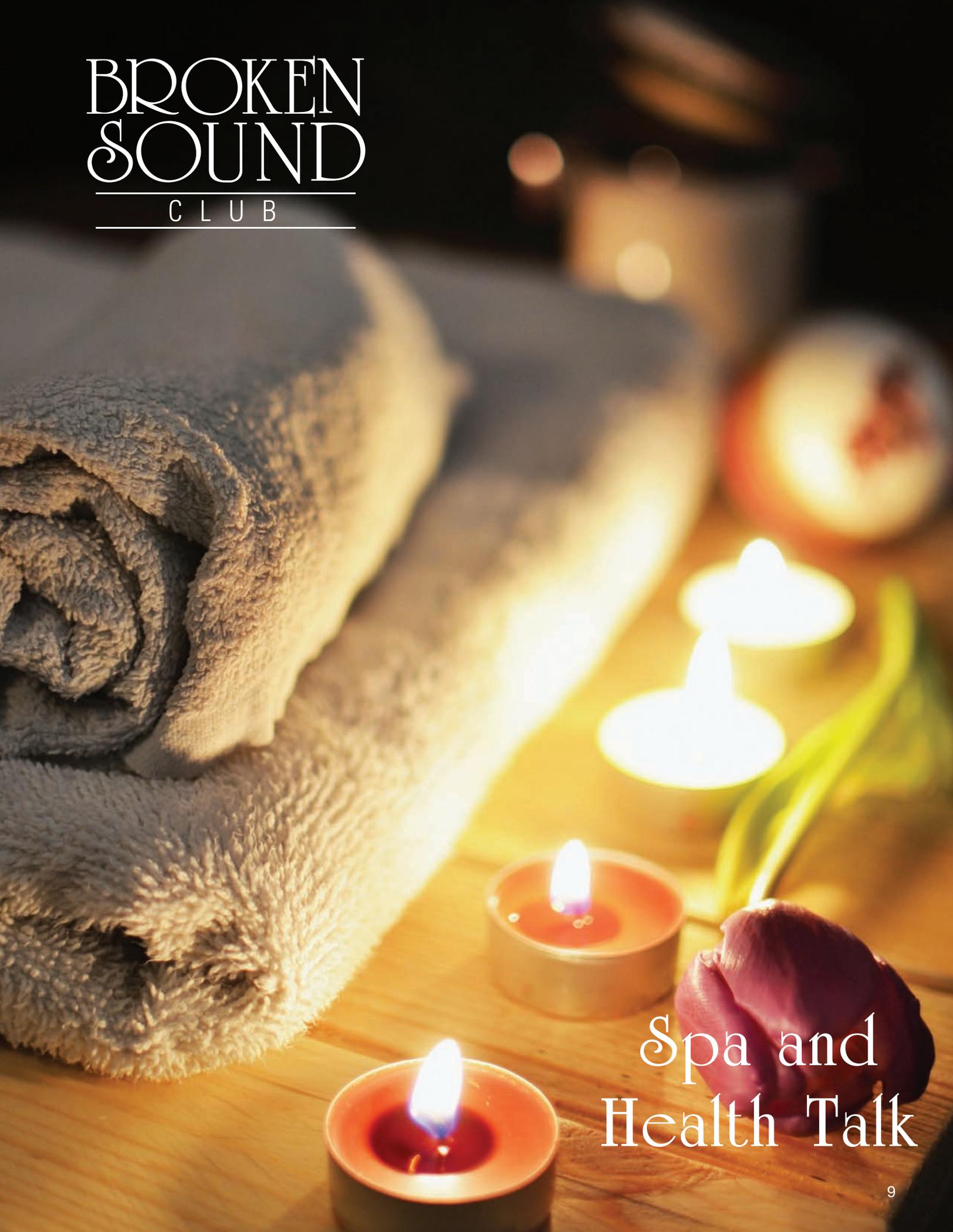
**5+ USES** 1.5 oz. / 43 g

# BROKEN SOUND

---

CLUB

---



Spa and  
Health Talk

# SUMMER SKIN PREP

IS YOUR SKIN READY  
FOR WARMER  
WEATHER?



As the weather slowly starts to heat up, it is the perfect time to start thinking about prepping your skin for the warmer summer months, before the season is in full swing. By preparing your skin appropriately, it will work wonders in avoiding summer damage from increased time spent in the sun, including dark spots and sunburn.

## PROFESSIONAL TREATMENTS:

Professional treatments that feature masks and other peel alternatives are great during the summertime. Enzyme masks, such as pumpkin or papaya, work to dissolve cells on the surface of the skin and regulate oil production, keeping the pores clear of debris. Antioxidant treatments are another good option, as they help give the skin a much-needed boost that can help protect the skin from UV damage during the months where that exposure is at its peak.

If you regularly get chemical peels, when you schedule one, ask your PCA Certified Professional how to keep the skin cool after a treatment during the summer months.

## AT-HOME ADDITIONS:

Daily care products that have powerful antioxidants will keep the skin protected and healthy throughout the summer. Start early, incorporating ingredients like Vitamins C and E, before the summer hits to allow your skin to get used to these ingredients. You will go into summer with strong, healthy skin, preemptively preventing damage. Continued use of your antioxidant products every morning throughout the summer – and the rest of the year – will give your skin an extra boost of UV protection and prevent skin damage.

## SUN PROTECTION:

Make sure to apply a broad spectrum sunscreen of at least 30 SPF every day, and stock up on your favorite SPF product if you are going on vacation so you don't run out. PCA Sheer Tint Broad Spectrum SPF 45 is a great go-to sunscreen for summer months. Water resistant and with a universal tint, this favorite can be worn under makeup or solo, whether you are hiking, swimming, or out with friends.

Aside from sunscreen, there are other important forms of sun protection. Wide-brimmed hats can help prevent UV rays from hitting your face to avoid sunburn and, most importantly, sun damage like dark spots and premature aging. Try to stay out of the direct sunlight during peak hours (10 a.m. to 4 p.m.), which is also important in avoiding those harmful UV rays.

## ARE HIGHER SPF SUNSCREENS BETTER?

The answer may surprise you.

You are shopping for sunscreen and the numbers flash before you in the aisles: SPF 5, SPF 15, SPF 30, SPF 45, SPF 75... If you are looking for optimal protection, you go with the highest SPF you can find, right?

Not so fast.

Dermatologists and estheticians typically recommend an SPF of at least 30 every day, for both indoor and outdoor activity. While an SPF of 15 blocks 93 percent of UVB rays, an SPF of 30 blocks 97 percent, and an SPF of 50 blocks 98 percent. Going higher than SPF 50 does not increase your protection by any significant amount. **So as long as you are using an SPF of at least 30 daily, you are good to go.**

In fact, the higher the SPF, the more likely most people are to neglect reapplying their sunscreen after several hours in the sun, believing that they are protected for longer because of that high number on the bottle. This can lead to sunburn, blistering, and – when practiced routinely – precancer that may eventually lead to the occurrence of skin cancer.

## HERE ARE THE QUICK FACTS:

The term SPF, or Sun Protection Factor, is a measurement of UVB protection. UVB rays are the burning rays, while UVA rays are the aging rays, leading to wrinkles and dark spots on the skin. By choosing a higher SPF, you may avoid a sunburn, but UVA rays may still be getting through. This is why choosing a sunscreen that offers “broad spectrum” protection is essential to protect against both UVB and UVA rays.

- Not sure your sunscreen has enough UVA-blocking ingredients? Look for the following on your product's label: zinc oxide, titanium dioxide, avobenzone, ecamsule, or oxybenzone.
- Don't be fooled by a false sense of security because you chose an SPF over 50. You should still reapply every two hours – or every 60 to 80 minutes when swimming or sweating. Seek the shade and wear a wide-brimmed hat, as well as other sun-protective clothing, when you are out in the sun for prolonged periods. You can even buy SPF-infused clothing to wear for your next trip outside.
- A shot glass worth of sunscreen is recommended on the entire body, applied 15 minutes before leaving the house, to assure the product has time to start working in the skin before being exposed to the sun.
- A broad spectrum sunscreen with an SPF of at least 30 should be a staple in your daily skincare regimen – no matter the season, time of day, or type of weather. UV rays penetrate clouds and reflect off the snow, so don't think that just because it is raining or the dead of winter that you need not apply an SPF.



# Thirsty?

A woman with brown hair in a ponytail, wearing a purple athletic shirt and large black headphones, is shown in profile drinking from a clear plastic water bottle. She has a white towel draped over her shoulders. The background is a large, dynamic splash of water with many bubbles, set against a light blue sky. The overall theme is hydration and fitness.

**Did you know** that water makes up about 60% of your total body weight and is the most critical chemical in your body? While most people recognize the importance of water, many still do not drink enough daily to ensure proper hydration.

Your hydration depends not only on water intake, but on the amount that leaves your body through sweat, and urine. This is why it is especially important when exercising or taking part in an outdoor activity where you are sweating more than usual. It is possible to lose 6 to 10 percent of your total body weight from sweating during intense exercise, so always make sure to continuously sip water, and ideally drink a glass of water before beginning an activity.

You have probably read different theories as to how much water you should be drinking daily, but it really will come down to each individual and what types of activities you take part in. It is also important to realize that even though you may not be exerting yourself, you can still become dehydrated if you are outside when the weather is unusually warm, as it is in South Florida during the summer!

Another aspect of hydration is whether to drink a sports drink or plain water. Many people like sports drinks because of their taste, but in most cases, it is not necessary, and water will suffice. Some of the added benefits of using a sports drink include replenishing electrolytes and carbohydrates lost during exercise, however, unless you are performing high-intensity workouts lasting longer than 45 minutes, it really is not necessary.

Maintaining proper hydration is crucial to all aspects of health and fitness. Water helps you perform at your best, and maintain a healthy body composition. While there may be the temptation to grab a sports drink, for the average person, plain water is all you need.



NOW AVAILABLE

TENNIS PRO SHOP



THE REVOLUTION IS HERE

**WILSON**

CLASH RACKETS



F R E E  
F L E X



S T A B L E  
S M A R T

An aerial photograph of a tennis court. The court is green with white lines. A net is stretched across the middle. Several people are on the court, including a player in a yellow shirt and dark shorts, and others in blue and yellow. A group of spectators is sitting on a bench in the background under a red and white striped awning. The text 'BROKEN SOUND CLUB' is overlaid in the top right corner.

# BROKEN SOUND

---

CLUB

On Court

## TENNIS • TEAMS



**DIVISION 2 TEAM:** (L-R) Greg Wheaton (Tennis Director), Andrea Udell, Caryn Nashban, Robin Kissin, Judy Litwin, Roz Lerner, Debbie Munoz, Michelle Mishaan, Carol Henn, Cindy Braun, Jean Ende, Joyce Bloshinsky, Denzil Pieters (Head Tennis Professional)

Missing from Picture: Sandy Sher, Judy Priluck, Andrea Pouliot, Andrea Fishfeld, Sara Weiner, Jamie Stockton.



**SPBCWTA DIVISION 4 TEAM:** (L-R) Lois Cooper, Jean O'Malley, Rose Marie Cavera, Director of Tennis Greg Wheaton (in the back), Jane Adams, Lois Hendricks, Tennis Pro Pavol Vasko (in the back), Pam Gilbert, Marjie Mackie, Diane Mischel, Adrienne Frank, Anne DeMarzo, Tennis Pro Denzil Pieters (in the back), Marcy Lavine (Co-captain), Ginny Kobren (Captain)



**SPBCWTA DIVISION 6 TEAM:** (L-R) Gail Sack, Nancy Frank, Gail Passen-Silver, Ronnie Paulvin (in the back), Karen Goldsmith (Co-Captain), Jackie Stolzenberg (in the back), Caryn Harris (Captain), Gail Eagle, Jody Appelman, Tennis Pro Denzil Pieters (in the back), Teri Polly, Tennis Pro Pavol Vasko (in the back), Dorothy Fishman, Shelley Halber, Director of Tennis Greg Wheaton (in the back), Ellen Stettner, Kimberley O'Malley, Caroline Estrin



**CLAYMATES BLUE TEAM:** (L-R) Marian Schuman, Sylvana Siegel, Arleen Dworkin, Helene Zipper, Lynn Kelin (Co-captain), Beth Tassel (Captain), Gwen Nagorsky, Patsy Tischio, Susan Grallnick, Carrie Wissner



**CLAYMATES WHITE TEAM:** (L-R) Doris Maccarrone, Roberta Fields, Pamela Sacks, Bonnie Goldberg, Lisa Jolson, Janie Swilky, Susan Williams (Captain), Janice Kirschner (Co-captain), Diane Melton, Marilyn York (in the back), Marcia Potash, Sylvia Genoese

# TENNIS • YEAR IN REVIEW



# *Titleist*<sup>®</sup>

- Easy pocket access
- Maximum storage
- Proprietary 7-way cuff with full-length dividers
- Abrasion-resistant materials



## CLUB 7 CART BAG

NOW AVAILABLE AT BOTH PRO SHOPS

# BROKEN & SOUND

---

CLUB

---

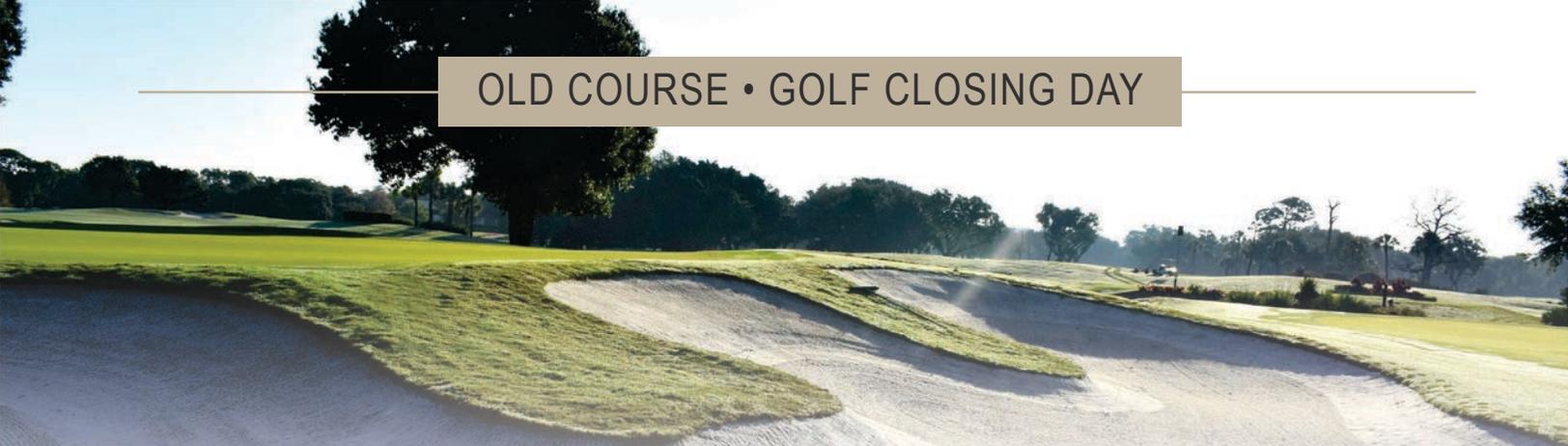


On Course

NEW COURSE • GOLF CLOSING DAY



OLD COURSE • GOLF CLOSING DAY



SOUTHEAST CHAPTER  
*2018 Annual Award Winners*



Broken Sound's very own  
Assistant Golf Professional of the Year

## Rick Sutton, PGA

Broken Sound Club • Old Course

The Southeast Chapter of the South Florida PGA has recognized nine PGA Professionals for the organization's Annual Awards. The honors encompass a wide variety of skills, roles, and abilities within the game and business of golf, including "Golf Professional of the Year" and "Teacher of the Year." The annual awards ceremony, attended by Chapter membership, industry professionals, and their guests was held April 22, 2019 at The Club at Ibis, in West Palm Beach, Florida.

### 2018 SOUTHEAST CHAPTER ASSISTANT OF THE YEAR



The Assistant of the Year Award is for overall performance as an Assistant, willingness to accept responsibility, promotion of the game through teaching adults and juniors, and promoting the image of the PGA of America.

#### Key Criteria

- A-8 and B-8 active Professionals are eligible for the award, as well as any professionals serving in an Assistant Professional role
- Service to his/her Section and the Association
- Leadership ability

Rick is currently in his 5<sup>th</sup> season as the Lead Assistant PGA Professional at The Old Course.

# TWO DECADES OF *Friday Golf*



Ralph Druckman, Lee Devisser, Nassar Djafari, Jerry Ende, Samuel Mitrani, James Boyle, Lawrence Lassoff, Harvey Feinman, Mayer Lawee, Mel Hartman, James Lanting, Neil Jokelson, (Scott Feller), Bert Koudijs, (Not pictured: Gerald Cohen, Jeffrey Isaacs)

Ralph Druckman, originally from Montreal, has been a Member at Broken Sound for 23 years. When he moved to Florida and first bought his home in 1994, he was on the lookout for a group to play golf with. At the time, a man by the name of Gerald LaFrance was in charge of a group of two foursomes. It was not until 1997 when Ralph got his opportunity and was able to join the Gerald LaFrance group. Three years later, Gerald LaFrance left Broken Sound, and the group needed a new leader. That is when Ralph Druckman stepped up and gladly took over running the group.

When he became the leader, Ralph transformed the group from only two foursomes to four foursomes. He took charge of everything, whether it was deciding the format for the week or handling the money everyone put in for the games. The goal each week was to make

it as fair and fun as possible. After the week's game, once every group had finished, they would meet in the bar area and Ralph would total the final scores and announce the winners of that week. The deal was, whichever team won that week paid for all the drinks. Ralph said, "It makes it a lot of fun and truthfully, I have to tell you that everyone in the group enjoys that hour after the game as much as the golf contest."

For the past five or six years, at the end of every season, the group has had a dinner at the Club, and everyone brings their wives.

It had not occurred to Ralph that it had been 20 years, until one of the guys in the group had hats made in Europe that say Ralph's Golf Group. Now, Ralph looks forward to continuing this tradition as long as he can.



Golf, Basketball, Tennis, and more!

# Summer Fun

BROKEN SOUND CLUB  
SUMMER CAMP 2019

**JUNE 3RD -**  
**AUGUST 2ND**

Monday to Friday - 9am to 3pm

For children ages 5 to 16  
Lunch and drinks included



# BROKEN SOUND

---

C L U B

---



## Generations

# FISHING DERBY





# AFTER SCHOOL CAMP GROUPS



# YOUTH SEASON IN REVIEW



TENNIS



BREAKFAST WITH SANTA



PUPPET SHOW



JUNIOR GROUP



BASKETBALL



SPLASH ART



RIDES



CARNIVAL



COOKING CLASS



SLIDE



KIDS' SALON

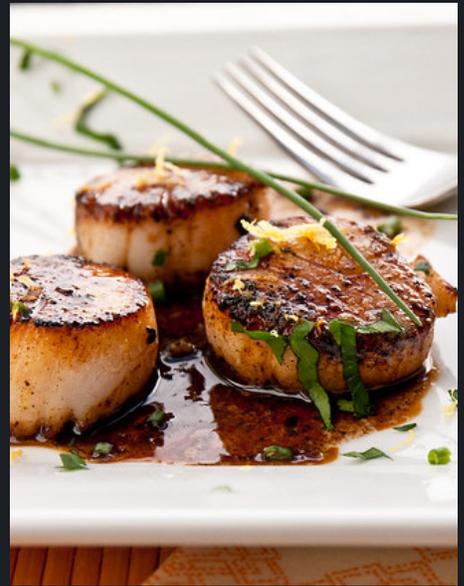


NOAH'S ARK STUFF-A-BEAR





# 1401 EAST THE STEAKHOUSE



SATURDAYS NEVER TASTED SO WELL



# BROKEN SOUND

CLUB

Foodies

# F&B SEASON IN REVIEW



CATERING PRESENTATIONS



WINE TASTINGS





## FOOD PRODUCTION



## COOKING CLASS



## DESSERTS

Your Life Is An Occasion, *Rise to It!*



Wedding Ceremonies and Receptions,  
Landmark Celebrations and Mitzvahs.  
Make Your Event a Memorable One!  
Broken Sound Catering  
561-241-6892

# BROKEN SOUND

---

CLUB

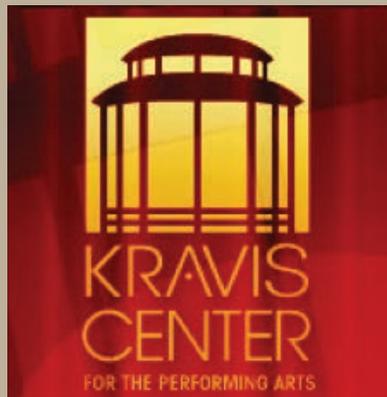


Event-full



# Social Events in Review







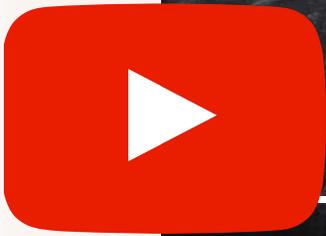


## CLUB RENOVATION BEGINS



The first stage of the Club Renovation is the relocation of the New Course Putting Green. Renovation began in April and will be open to the Members in July. The putting green will be located behind the driving range, just north of the Starter Shack making room for the new Playground.

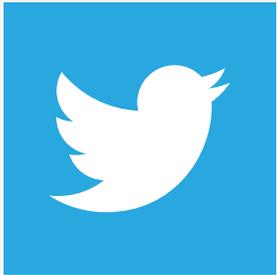




# The Social Classroom



A series of Tech & Social Media classes exclusively for the members of Broken Sound Club



**NETFLIX**



**Uber**



**Class Schedule Coming Soon!  
Topics to be announced  
in the Word of Mouth**



For more information please contact Rachel Flood at [RFlood@brokensoundclub.org](mailto:RFlood@brokensoundclub.org)

# An End of an Era

Al & Sue... Wishing you the best on your future endeavors



# Contacts

## Administration

John Crean, General Manager/C.O.O. 241-6855  
Cathy Grana, Assistant General Manager 241-6837  
Ed Cichielo, 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

Lorant G. Botha, Food & Beverage Director 241-6831  
Joe Longo, Executive Chef 241-6891  
Catering Office 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

## Membership

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

## Member Services & Lifestyle

Tim Nelson, Director 241-6846  
Gabriela Muriel 241-6870

## Tennis

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

## Pool

Kristin Mueller, Aquatic Manager 241-6819

## Junior Programs

Arnaud Delanoe, Program Manager 241-6876

## 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**  

---

C L U B

---

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