



OCEAN REEF PRESS

Vol. 7, No. 25

A Unique Way of Life

April 17, 2020

Virtual Everything

"Virtual" is the new name of every game these days and your Club has been coming up with creative ways to keep Ocean Reef traditions alive. Mic O'Keeffe, Exec. Dir. of Sports & Rec and 5K Host extraordinaire, invited Members to participate in their own Bunny Hop 5K. Photos and times came in from across the country. See pg. 27 for more.



Robin Cossey completed the Virtual Bunny Hop with her son Everett. It was their second ORC 5K together!



Gabby and Suzanne Gleason hop on down the road.

AROUND THE REEF

COFFEE SERVICE

**Moved to Town Hall Porte Cochère
7am – 11 am**

With the beginning of the renovation at the Ocean Room & Inn, Coffee Service has been move to the Porte Cochère at Town Hall.

GIFT SHOP

Open Daily • 7am – 6 pm

The Gift Shop remains open daily in its location next to the Inn.

INSIDE THIS ISSUE

Didi Streit shares the highlights of her day, **pg. 5**

The Spa is here to save the day, **pg. 14**

Terry Baxter joins a new club, **pg. 18**

Golf ball giveaway, contact Fiona and Randy Woods, **pg. 23**



The Gilbert family has Bunny Hop history.



Shay, Chatham and Payton Bridge completed their 5K from Cape Cod. They said it was 48 degrees - only slightly chillier than last year at Ocean Reef!

2020 Annual Meeting

In order to follow social distancing practices, the 28th Ocean Reef Club Annual Meeting was held on Thursday, April 16, 2020 via live video stream with no Ocean Reef Club Members present. **Mr. Manzo** opened by saying, "I'm joined here at a very lonely Town Hall with **Ray Larkin**, Board Vice Chairman and Alex Tonarelli, Club President."

The format of the meeting was also different as Ocean Reef Club Chairman Bob Manzo announced that this year's meeting would

break from the customary celebrations of Club champions, Member and Associate awards and a detailed recap of Club events. He noted that these recognitions would be done at the November Town Hall, and in upcoming editions of the Ocean Reef Press. The agenda consisted of six items; welfare of Members and the community, Board actions in light of Coronavirus situation, major capital projects, Club enhancements over the past season, membership status and new Board Directors and retiring Directors.

Topics Covered

Important topics were covered beginning with the State of the

Club (Members and Associates) and the actions taken by the Club's Board and leadership to lessen the financial impact on the Club from the Virus. This was followed by an overview and status on the Major Capital Projects (Associate Parking Garage, Ocean Room & Lobby and The Clubhouse). Projected costs, timelines and both exterior and interior new renderings were shown. In addition to what was shared at the Annual Meeting, Mr. Manzo announced that a special Capital Brochure containing all these details of the major capital projects and more, would be mailed out. In addition, the Club has put together a full

communication plan with the goal of keep Members updated as the projects progress throughout the summer.

A brief overview of the 2019 Club financial results were also included in the presentation. The full details can be found in the complete 2019 Annual Report,

Continued on | 2

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OR "See"



Susan Schupp said "there must be something yummy on this grass for dragonflies!" She captured this moment as at least 20 dragonflies rested on the tip top of the long pampas grasses of Hole #18.

What have you discovered on your walk, biking or on a daily golf cart ride that you never noticed before? Email ORP@oceanreef.com and share your discoveries.

OCEAN REEF PRESS

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DEADLINES

Advertising Friday at 5 p.m.
Editorial Monday before issue at Noon

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Arthur Birsh

GENERAL INFORMATION

E-mail Updates

To receive the Friday email containing links to The Ocean Reef Press and This Week at The Reef via e-mail, send your e-mail address to communications@oceanreef.com.

INFORMATION

- ◆ Published each Friday Nov – Apr.
- ◆ Summer editions: May 1, May 22, June 26, Jul. 31, Aug. 28, Oct. 2, Oct. 23
- ◆ The editorial content of this newspaper is prepared and edited by the Ocean Reef Press Staff. The sale of advertising and printing of this newspaper is performed by Ocean Reef Club. Ocean Reef Club does not guarantee the accuracy, completeness, or usefulness of any facts or opinions published herein. Ocean Reef Club is not responsible for any content errors contained in any advertising materials published herein.

Meeting

Continued from | 1

available on the Ocean Reef Club website and emailed to Equity Members.

Club President, Alex Tonarelli reviewed the enhancements to the Club that have taken place during the 2020 season, including refurbishing of the wood floors in Gianni's and the repairs to the Islander ceiling and acoustical panels. This should significantly reduce the noise levels in the restaurant. He also gave a preview of results from the 2020 Census, which are at a 95% confidence level due to the high response by all Members. A full presentation of the results will be done in the Fall.

The Membership update provided by Vice Chairman Ray Larkin showed a strong 1st

Quarter and demonstrated that the Wait List is still going strong even as we enter these uncertain times.

Formal Business

In official business, Chairman Bob Manzo announced the election of two new directors, **Frank McKee** and **John Weiland** onto the Board of Directors, along with the reelection of **Charlie Johnston**. With the addition of the new Board Members, retiring directors **Harold Brewer** and **Bill Tweardy** were recognized for their years of service on various committees the Club's Board.

To watch the full video of the Annual Meeting, visit the Members Only Quick Links of oceanreef.com and click 2020 Annual Meeting or simply go to oceanreef.com/annualmeeting.



A thank you to partners PSAV, John Shipp, Ricardo Figueroa and Ben Mederos, for supporting the Annual Meeting.

Gotta Question?

I have noticed much of the packaging our takeout food items are delivered in is compostable. Should we be separating these items from our trash and recycling? Is the Club taking them to a compost sight?

Great question! At present, there is no commercial composting facility located in Monroe County. Israel Salgado, Solid Waste Manager, recommends you put any part of the container that has touched food in the trash. Clean parts of the container,



the top of a box for instance, can go in the recycling. These compostable containers still break down faster in a landfill than the former black plastic containers, which take 50 to 100 years to compost, making the current compostable containers used by the Food & Beverage outlets a better product for the environment.

EDITOR'S NOTE: If you would like to submit a question, email the *Ocean Reef Press* at orp@oceanreef.com.

CORONAVIRUS UPDATE

FELLOW MEMBERS WE'VE DONE WELL UP TO THIS POINT

Thanks to the collective efforts of the Ocean Reef Community we have done well up to this point. However, it's important to remember that the Ocean Reef population is primarily people over the age of 60 who are the most vulnerable to COVID-19.

Below are key points and requests to limit the spread of Coronavirus made in the past two weeks by your Club, ORCA and The Medical Center, that we would like to remind the Community of:

- If you were not at Ocean Reef on Saturday, April 4 we strongly urged you to NOT COME to Ocean Reef until the Governor lifted the Stay at Home order.
- Practice social distancing and groups of 10 people or more are not permitted per the Governor's order.
- Cover your face with a mask when entering any place of business.

We encourage you and your family to remain vigilant, not letting your proactive guard down. Your active participation in the adherence of CDC guidance referenced in previous Ocean Reef community updates (available at [CDC.gov](https://www.cdc.gov) and [oceanreef.com](https://www.oceanreef.com)) is the only way we have a chance of stemming communal spread of COVID-19. **In an ever-evolving effort to maintain the safety and wellness of Ocean Reef, we strongly urge you to self-report any testing activity.**

In our continued efforts to collectively keep our Ocean Reef community healthy and safe we strongly, and respectfully, request you continue to follow the above until the Governor and Monroe County lift their restrictions.

Sincerely,



Alex Tonarelli
President



Bob Manzo
Chairman



Ray Larkin
Vice Chairman



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Watching the Sun Set

by Didi Streit

My husband, **Chris Streit**, is the Commodore of the Ocean Reef Yacht Club for the 2019-2020 season. We happily were able to have most of our events before the Virus changed all of our lives. However, from day one of "social distancing" at our Club, we have remarked numerous times to each other of how incredibly fortunate we are to be here. The guidance from our leaders at ORC and ORCA and the pro-active management of our Club has been so helpful and informative to say the very least. We all realize the privileges we have on a daily or weekly basis:

Open air fruit and veggie market; Wynn's which now, with the help of our dedicated Bell Stand staff, delivers to our doors; Ocean Reef restaurants offering take out



Henry Stout firing his canon signaling another beautiful day at Ocean Reef.



Didi and Chris Streit use this time of social distancing to appreciate Mother Nature from the waters of Card Sound.

at our whim; church services via YouTube; watching sunsets from Greenberg Park; biking; swimming; golf; walking; Pak Mail where I only need to write my Member number on a piece of paper taped to my box and drop it off; The Medical Center; our own Public Safety and our Front Gate; and so much more.

We are not feeling sorry for ourselves but are feeling sorry for all the lives lost. We are very blessed to be here and

we do not take it for granted. However, there are times when I think to myself, this is boring. Yet when five o'clock rolls around I wonder what I have done to stay this busy all day! This is when we like to pack our little cooler with some wine and munchies and motor out on our boat to the waters of Card Sound to watch some of the most glorious sunsets. It's uplifting to see this show that Mother Nature puts on

every evening! Many of our friends are out there and one can turn off the engine and just quietly drift while enjoying the camaraderie of fellow boaters, all while watching the ever amazing display of colors in the sky.

If the yacht Truant happens to be out, past Commodore and veteran of the Marine Corp **Henry Stout** will fire his canon to signal that the sun has set for another day!

NEW YACHT SALES



Hatteras
45' - 100'



OCEAN ALEXANDER
45' - 155'



BOSTON WHALER
13' - 42'



Scout BOATS
17' - 53'



Sea Ray
18' - 40'



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General Manager and Sales Director



Craig Stephens
Sales Consultant



Richard Ward
Sales Consultant

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BOSTON WHALER 320 OUTRAGE	2012	TWIN 300 MERCURY VERADO
BOSTON WHALER 350 OUTRAGE	2017	TWIN MERCURY 350
LUHRS 38 OPEN	2005	TWIN CUMMINS 480
SEA RAY 450 SUNDANCER	2010	TWIN CUMMINS 480
HATTERAS 60 MOTOR YACHT	2010	CATERPILLAR C18
NEPTUNUS 62 FLY BRIDGE MOTOR YACHT	2007	CATERPILLAR C18



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We Mourn the Loss

Mary Ellen Kershner



Surrounded by family, on Friday, April the 10th, 2020, at the age of 88, Mary Ellen Kershner peacefully joined her husband Claude. They were married for 63 years. She

enjoyed a fulfilling, happy life full of laughter, friends, hard work and immeasurable love.

Mary Ellen was born in West Philadelphia to Edward and Ann McCormick (Spearing) on June the 27th, 1931. Her education included West Catholic High School where she excelled in both academics and gymnastics and FitzGerald Mercy where she received her nursing degree, which she used constantly throughout her whole life. On November 15th, 1952, she married her sweetheart, Claude B. Kershner Jr., after meeting on a blind date the year prior. Some nine years later, their family of two had grown to 10. Through it all, she was beautiful and charming and brought with her a sharp intellect and wit.

Mary Ellen and Claude started and ran CB Kershner, Inc., a Philadelphia based office products and office furniture company. In addition to the business, she also

worked with him on their real estate investments and on his political career. Her husband always said she was the power behind their success.

They were a common site at Ocean Reef, walking for exercise, playing golf (a game she picked up at 60 with the Ocean Reef "Niners"), always holding hands and out and about on The Reef. Countless friends, employees and family members consulted her for sound medical advice.

She was tireless. The washer and dryer in their home ran nonstop. Her pie crusts, Devil's Food Cake, homemade bread and applesauce were family favorites. She knitted prolifically, sewed dresses for her five daughters and volunteered at St. Matthias Church.

From the outside, their success was their business at CB Kershner Inc, but those that knew them understood that their true success was their Hollywood-like

romance, their enduring love for each other, their eight children, and their great friends. They were best friends in every sense of the term who lived life fully and with great gusto: vacationing all over the world, playing golf, gambling in Las Vegas and joining the Coast Guard Auxiliary - while supporting many charities and quietly helping many individuals. Living by good example, their impact was broad.

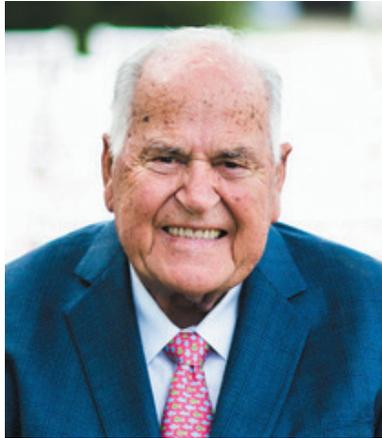
She is survived by her eight children: Joanne Spellane (Bill), Mary Ellen Smith (Steve), Claude III (Cathy Maloney), Connie Migeot, Bryson (Sandy Yannatell), Loretta Zimmermann (Eric), Bruer (Meg) and Mikie O'Mara. She leaves 18 grandchildren and four great-grandchildren.

Due to the current health situation in our country, a memorial service will be held at a later date.

Member since 1987.

We Mourn the Loss

John L. Altieri



John L. Altieri of Key Largo, Florida died on April 8 at age 93.

Raised on Staten Island, New York, he enlisted in the Navy in 1943. After studying in the Naval engineering program at Columbia University, he graduated from the George

Washington University School of Engineering in 1948. Following his early career at Voorhees Walker in New York City, he started his own Mechanical and Electrical Engineering firm in 1959 in Norwalk, Connecticut. The firm, Altieri Sebor Weiber LLC, was selected by world class architects, to design systems for complex theatres, museums and aquariums on four continents including the Getty, Guggenheim and Metropolitan Museum of Art, the Rock and Roll Hall of Fame, the Osaka Aquarium and the Yale Whale. His clients included Pritzker Laureates Philip Johnson, Kevin Roche, I.M. Pei, Richard Meier; AIA Gold Medal honorees Marcel Breuer, César Pelli, James Stewart Polshek, Robert Venturi; and other greats including John Dinkeloo, Warren Platner, Charles Gwathmey, Robert A.M. Stern

and Michael Graves. In 1986 he was elected a Fellow of ASHRAE. He was a visiting professor at the Yale School of Architecture for more than 20 years.

He retired in 1994 but never stopped donating his engineering and construction skills to his Parishes, Clubs, Malta House and Habitat for Humanity, where he served as a director.

John was widely regarded as an expert problem solver, often devising solutions by fostering community, and encouraging and empowering others. He recognized the need to assist those caring for others until the day of his passing and co-created the Forget-Me-Nots, support groups of family and paid caregivers. In 2014, he received the Positive Living Award from the Alliance for Aging for his efforts. That same year John was the first "Spirit of Ocean Reef"

award recipient for leading and supervising the Chapel renovation.

John was an active parishioner at St. Pius X and St. Justin Martyr and a member of The Patterson Club and Ocean Reef Club.

John was predeceased by his beloved wife of sixty-five years, Eileen Mary Rudden and is survived by his sons John and Peter, eight grandchildren and twelve great grandchildren.

The family would also like to acknowledge his devoted caregiver Debbie Moore, who was with him for eight years and whose daughter Kymberly, an Academy at Ocean Reef graduate, also assisted John.

A memorial mass will be celebrated at St Pius X Parish in Fairfield, Connecticut at a date to be announced.

Member since 1973.

Making Sense of Your Story



By Rev. Dr. Bob Henley

Every person and family have a story that is rooted in a place. Curiosity can give birth to a desire to discover that place, whether through the ancestral information in your DNA, or if you are fortunate, discovering the physical and geographical GPS coordinates. Understanding place, and how it shaped the lives of those distant relations who lived there, can be a source of insight into how their story has had an influence in shaping who we have become.

My wife is Dutch, and we knew that her grandparents had emigrated in the early 20th century from a small coastal town south of Rotterdam, called Yerseke. Determined to find the place, we set out from Amsterdam in our rental car and headed south. Following

a stop at the pottery factory in Delft, the map in the guide book led us to the edge of her picturesque, ancestral home town. After snapping a picture beneath the town sign, we drove in.

Feeling a bit like Stanley finding Dr. Livingstone, we got out of the car to explore. As we did, an elderly gentleman said something to us in Dutch. After explaining that we didn't speak Dutch, he, in flawless English, asked why we were there. When we explained, he said generously, "Will you put yourselves in my hands?" We had unknowingly been given the gift of a master guide.

Yerseke was a center of the oyster industry, and we knew that Jane's relatives worked as 'oystermen.' As it turned out, our new friend had retired after many years as the head of marketing for the shell fish industry in Holland. As we placed ourselves in his knowledgeable hands, his explanations helped us understand not only the significance of the place, but more importantly, how life in that place had shaped the lives of her ancestors before they came to America. It became even more personal when he

recognized the family names from the history.

Jan took us to the small museum, where we saw old photos of how the laborious work was done. We even tried our hand at some of the implements they used. We toured the packing sheds and saw the stacks of shipping crates. Then, from the top of a dike, he pointed out the area of small cottages where they likely lived. Our guide walked us into the story of their lives.

Following tea and pie in the Bol's comfortable apartment, we left that day with tears of gratitude flooding our eyes. Not only had we discovered the place, but the unanticipated gift of a guide had opened our eyes to understand how the place had shaped her family's lives.

For people of Christian and Jewish faith, there is a place that has shaped our story of faith, and the events there, have given shape, not just to our beliefs, but to our lives. That place is called the Holy Land, in the context of the Ancient Near East. To begin to understand its importance and influence through the centuries, you need to have a knowledgeable guide.

This weekend in the Chapel, our guest speaker is one such



Rod Van Solkema

person. Rod Van Solkema, and his wife Libby, have become friends of many at Ocean Reef, as they have guided them on trips through the Holy Land. They understand the dynamics of the culture and history of God's story, through the Jewish people, and through Jesus, the Jewish Messiah.

Rod will be exploring one of the most surprising stories from Jesus' life – his encounter with 'the woman at the well.' His explanation of the cultural significance of that place, and the encounter with Jesus, will give insight into why the word 'gospel' really means 'good news.'

We encourage you to go online Sunday morning, April 19 at the Chapel website, orcchapel.org at 9 a.m. Join us for the worship, and to hear Rod's insightful teaching.

Chapel News

Ocean Reef Chaplain
Rev. Dr. Robert Henley
305-367-2049
orcchapel.org

Sunday, April 19
Streamed Online: Community Worship Service
Guest Speaker Rod VanSolkema
Senior Pastor Crossroads Bible Church
Grand Rapids, Michigan
Premieres at 9 a.m.
Watch anytime by visiting orcchapel.org or [facebook.com/thechapelatoceanreef/](https://www.facebook.com/thechapelatoceanreef/).

Streamed Live: Catholic Mass
10 a.m.
Stream live or watch anytime by visiting [facebook.com/sjmkeylargo/](https://www.facebook.com/sjmkeylargo/).

Wednesday, April 22
Streamed Live: Community Bible Study
Rev. Dr. Bob Henley
10 a.m.
Stream live or watch anytime by visiting orcchapel.org or [facebook.com/thechapelatoceanreef/](https://www.facebook.com/thechapelatoceanreef/).

Thursday, April 23
Streamed Live: Women's Book Study
10 a.m.
Email **Emilie Wierda** emiliew@eglco.com or **Kim Elliot** kimelliott22@gmail.com for the Zoom link. The book "Long Story Short: The Bible in Six Simple Movements" by Joshua McNall is their study guide to the Bible.

GET CONNECTED TO COMMUNITY

Here's how: On your smart



Rev. Bob Henley and his wife Jane welcomed all to the drive through Communion on Easter Sunday.

phone, computer or other device, go to orcchapel.org and click WATCH NOW! You can also sign up to receive informative emails when you

enter your email address under "Subscribe." We hope you'll take this step and be encouraged by being connected!



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"We love the location and we chose the condo because of the views.

***We wake up each morning looking out our front window
to a 'peekaboo' view of the Atlantic Ocean
with the sunrise streaming in.***

*At night, we enjoy our cocktails on the back porch (which is enormous)
watching spectacular sunsets and waving to boaters sailing by."*

~ Terry and Pat Baxter

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NEWS FROM THE MEDICAL CENTER

Travel Considerations

COVID-19's spread around the country is particularly concerning for many of our Ocean Reef patients who are wondering about the timing of going back to their northern homes.

If you would like to coordinate a visit with your primary care provider prior to leaving Ocean Reef, please contact the Medical Center to schedule a telemedicine visit. Telemedicine visits are in support of the current stay at

home recommendations.

Lessening your exposure by limiting unnecessary travel and if possible limiting visits to larger medical facilities is a prudent consideration. Most hospitals have canceled routine surgeries and are focused on the immediate COVID-19 challenge.

Travel Restrictions

Current travel advisories from the Department of State are a "Global Level 4 health advisory". At present the Department of State advises U.S. citizens to avoid all international travel. Their

website states: "If you choose to travel internationally, your travel plans may be severely disrupted and you may be forced to remain outside the U.S. for an indefinite timeframe".

At the time of this writing the Government of Canada website states:

"The Government of Canada has put in place an emergency order under the Quarantine Act. It applies to all travelers arriving in Canada. Its purpose is to slow the spread of COVID-19 in Canada. Failure to comply with this order is an offence under

the Quarantine Act. Travelers with symptoms: mandatory isolation. If you are Canadian or a permanent resident, and you have symptoms consistent with COVID-19, you may still enter Canada by land, rail or sea. You may not enter Canada by air, to protect the health of all travelers".

If you are planning any travel in the near future, enrollment in the Smart Traveler Enrollment Program (STEP) will enable you to receive alerts and make it easier to locate you in an emergency situation.

Visit step.state.gov for further information.

VISITING SPECIALISTS

Please bring your identification and insurance cards to each visiting specialist appointment. They bill separately from the Medical Center. To schedule with a visiting dermatologist, please call their office directly. For all other specialists, please call 305-367-6702.

Adult Sleep Medicine

Edward Mezerhane
April 23

Audiology

Daisy Elwick
April 21, 28

Cannabis & Pain Medicine

Michelle Weiner
May 8, June 12

Cardiology

Jorge Cuello
April 29, May 8

Jonathan Fialkow

April 28, May 26

Colorectal Surgery

Dan Ruiz
April 20, May 18

Dermatology

Alysa Herman 305-444-4979
May 7, 21

Varee Poochareon 305-740-6181

April 29, May 6

Debra Price 305-670-1111

May 8, 22

Jill Waibel 305-598-0290

April 20

Endocrinology

Pascual DeSantis
May 1

General Surgery

Soni Chousleb
May 5

Gynecology

Jason James
May 14

Jila Senemar

April 21

Neurology

Victor Faradji
May 2

Neuropsychiatry

Katherine Genter
May 4, June 1, July 6

Nutrition

Monica Moreno
April 30

Ophthalmology

Zachary Segal
April 21

Orthopaedic Hand Surgery

Roberto Miki
May 8

Orthopaedic Sport Medicine

Michael Swartzon
May 22

Orthopaedic Surgery

Joseph Fernandez
May 15

Derek Papp

April 23, May 28

Podiatry

Steven Levine
April 17

Psychology

Joseph Mora
April 20, May 11

Pulmonary & Sleep Disorders

Raul Valor
April 24, May 15

Spine Care & Pain Management

Ronald Tolchin
April 28, May 12, 26



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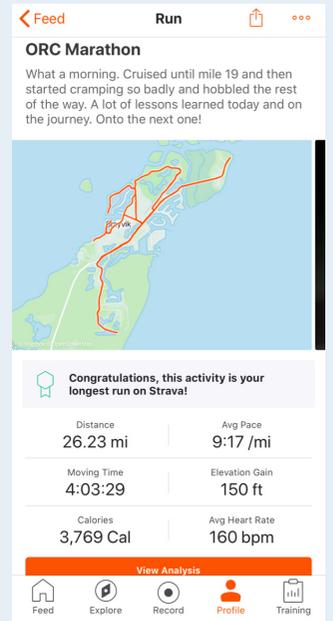
Charlotte Drinkwater shows how these Dog Park playmates know how to social distance.



The Wagner boys impressed their neighbor Bob Garces with their innovative basketball hoop.



The Celentano Family took a break from social distancing in their home to hold their own Sprint Triathlon around Ocean Reef. Lindsay, Dave, Lauren and Oli swam around the mangrove island behind their house, did a 10-mile bike ride and a three-mile run, all for fun!



When Legacy Member Chase Woodsum's first marathon, the Boston Marathon, was postponed due to the Coronavirus, he decided to run his first marathon here on The Reef this past Saturday, while raising money for the Keys Children's Shelter: It was a beautiful morning. I got going right at 5 a.m. and enjoyed the quiet early morning ORC streets. I was cruising at about a 3:50 marathon pace until mile 19 when I started cramping. It was tricky to recover from the cramps but I was able to eventually finish in about 4:16. Great experience overall for my first marathon and I couldn't have done it without my parents helping out and my girlfriend Jenn and sister Alex driving around a cart with food, water, Gatorade and icy hot. My social distanced running partner Eliza Adams ran the second half of the marathon with me.

The GOOD News in the Pandemic?



by Yurianna Mikolay,
Executive Director
Ocean Reef Community Foundation

Boy, the uncertainty about what might happen in the week ahead between writing this and the paper coming out was daunting. So, I looked in the opposite direction for inspiration. Reviewing all the good the Ocean Reef Community Foundation has been able to do thanks to the community's generosity, I was actually quite encouraged and cheered – and you should be, too! Because an Ocean Reef family committed to providing up to half a million dollars in matching funds to create our COVID-19 Relief Fund, and the Foundation quickly matched the first \$100,000 so we could get to work right away, there are some real bright spots at a dark time.

Good News about School Closures

When we realized that schools would be closing, my first concern was the many children from struggling families in our surrounding communities who rely on the schools for meals and nutrition. It was a huge relief to find out that the schools in both Monroe and Miami-Dade Counties are continuing to provide to-go breakfast and lunch for schoolchildren. When Miami-Dade County did not provide meals during their spring break week, the Foundation made an emergency grant to distribute meals in the Homestead area through Communities in Schools Miami.

Next, came the announcement that lessons would now be online, and I immediately worried about the many children who do not have

computers or internet access at home. More good news! The schools in our areas are providing computers and the cable industry has stepped up to make internet access more available.

Good News about Food Insecurity

Of course, the meals provided by the schools won't solve ballooning food insecurity for the greater community, particularly with so many newly unemployed people in our neighboring areas. In Monroe County, almost half of the population works in the hospitality industry, which has come to a screeching halt. Many live paycheck to paycheck. Food pantries report that they have already broken, doubled and tripled all the records set for people in need of food set after Hurricane Irma. Our \$20,000 grant to the Star of the Sea Foundation helped it secure a match grant, which turned it into \$40,000 in food distributions throughout Monroe County.

Our food pantries are doing an admirable job to meet this unprecedented demand. It is wonderful to have such great partners, working so hard to make this happen for the community. And they could really use a hand right now, literally. Please let me know if you would like to volunteer at Upper Keys food distributions and I will be happy to make arrangements.

Good News for Moms-To-Be, Babies & Little Ones

Come to find out, there are a whopping 700 pregnant women in Monroe County at any given time ... and on top of that, food pantries don't offer baby food or formula! Through a grant to Florida Keys Healthy Start Coalition, combined with another gift given for the Key West area, the Foundation is helping to provide baby food and formula for those in need Keys-wide for eight weeks. We are also ensuring that the formula, along with diapers and baby wipes, gets to the babies



Our local food pantries sure could use a hand with food distributions! Contact the foundation to find out how to volunteer a foundation@oceanreef.com.

and that pregnant women and toddlers get safely to and from and are keeping their medical appointments. This is even more important than ever, as preemies require hospitalization and ventilators. We're helping to prevent that happening!

Good News for Those YOU May Know Who Are Struggling

Because the Foundation is unable to make grants to individuals, we are funding an Emergency Assistance Program for Households Impacted by COVID-19 through the Florida Keys Outreach Coalition (FKOC). FKOC is vetting applications and assisting families with medical care and medicine, food, transportation, childcare, communication and other essential needs and makes payments directly to the service providers.

It's important to note that FKOC has agreed to accept applications from individuals who live *or* work in Monroe County at our request so that all those who can show they work, or until recently worked, in the Ocean Reef community, are eligible to apply.

Branches is another non-profit partner that offers free financial wellness programs. They are helping folks from either area get their tax refunds and apply for unemployment benefits, forgivable relief loans and the Supplemental Nutrition Assistance Program.

This is good news for you, too, because you can help those in need by passing along these

resources. Find sharable flyers about the FKOC and Branches programs at orfound.org, and information about additional programs and resources on our Facebook page.

Good News about That Produce You Saw Rotting in the Fields on The Local News

Yes, I am proud to say we even have some good news on this front! Starting this week, the Foundation is picking up expenses for drivers and refrigerated trucks supplied by Fishbusterz Fisheries to drive to Homestead three to four days a week to pick up pallets of produce from Homestead farms and distribute it to food pantries throughout Monroe County.

Good News for Philanthropists

Right now, you can literally double your money to help us double the good news! Join us in creating good news at a terrible time and have your gift matched dollar for dollar. Take it from me, it's definitely not all good news out there and the need is not ending anytime soon ... but helping does make you feel better! Donate at orfound.org or mail your check made payable to Ocean Reef Community Foundation, with "COVID-19 Relief" in the memo line, to 35 Ocean Reef Drive, Ste. 148, Key Largo, FL 33037. Those with an ORCF Donor Advised Fund who wish to donate from their funds, and anyone with questions about the relief effort, can email foundation@oceanreef.com.

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Angelfish Cay 63B • \$1,850,000 • 1779
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chris@klac.org



Fairway Lakes 28A • \$895,000 • 1800
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Hair Color at Home

Root Touch-Up Kits from The Spa Available for Delivery



“Spa Notes” by Jillian Barron, The Spa Director

I know hair is a hot topic right now, and believe me, I have been on a mission to find the right product to cover my own grey hair since I no longer have a stylist available to do it for me. I was talking with one of our stylists about this, and mentioned that I would just have to break down and purchase box color from the store, and she said, please promise me you will not do that to your hair!

When the salons shut down,



Dphue Root Touch-Up Kit

she began talking to her colleagues around the country, and said the DP Hue Root Touch Up kit kept coming up because of its premium formula. An Allure Best of Beauty Winner, this permanent color kit is salon quality, gentle with low ammonia, and designed to seamlessly blend into your base color. It's one of the only salon-professional endorsed permanent root touch-up solutions you can find. It's formulated without parabens, sulfates, phthalates, gluten, silicone, and it's animal-friendly and vegan.

I can definitely tell it's high quality color and much better than an alternative picked up from store. It's important to

note these kits aren't intended for drastic color changes or to lighten hair. Choose from 7 colors, and stay within one shade of your natural color. Don't worry about attempting to color roots in the back of your head or hard to reach places – no one else can typically see those either! The available 7 colors are: Black, Dark Brown, Medium Brown, Light Brown, Dark Blonde, Medium Blonde, and Strawberry, and there are 2 applications per kit. Tip: if between two colors, choose the lighter shade. For resistant grays, process for an additional 5-15 minutes.

Benefits

- 100% permanent gray coverage, won't fade or wash out
- Gentle, salon-quality Italian crème color maintains integrity of hair
- Everything you need for 2 applications: permanent hair color, developer color activator, disposable mixing bowl (2), disposable hair color gloves (2), disposable processing cap (2), hair color applicator brush,

dpHUE Color Fresh Shampoo and Conditioner sample.
 -Easy to learn and apply.
 -Box unfolds into work surface.

How to Use

Put on gloves. Squeeze ½ tube of hair color into disposable bowl. Tightly screw the cap back on and save for next use. Add 1 packet of developer color activator to bowl and mix thoroughly using the applicator brush. Apply mixture to your noticeable gray areas, usually the hairline and part line. Apply product generously. Use the tip end of the applicator brush to part the hair in ¼" - ½" sections and continue to apply until the desired areas are completely saturated. Put processing cap on and set timer for 45 minutes. Keep color on an additional 5-15 min. for resistant gray hair. Using lukewarm water, rinse out until water runs clear and follow with dpHUE Color Fresh Shampoo and Conditioner, or your regular color safe shampoo & conditioner.

Email jbarron@oceanreef.com for deliveries.



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37' Valhalla



33' Valhalla

ON PROPERTY!



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Stretching the Creative Muscles



by Susan Bohan

In checking in with friends and colleagues from both here and up North, no one seems very excited anymore about having the time to organize their closet, alphabetize the spice drawer or even get around to binge watch old episodes of their favorite TV show. But luckily, many Members with an artistic flair are enjoying the chance to stretch creative muscles in various ways.

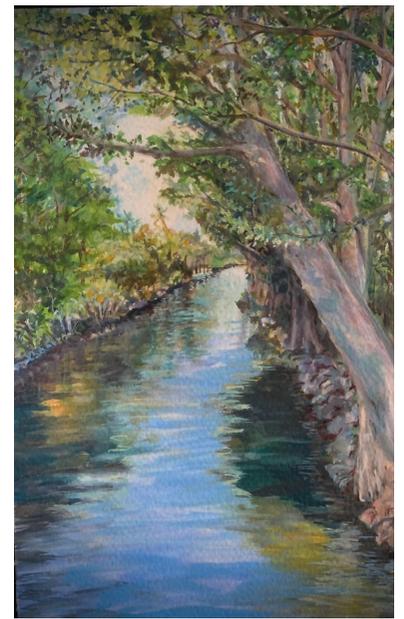
Fred Olefson remarks, "I am busy every day oil painting my versions of the Impressionists and challenging subjects." The results are charming.

Joan Hession continues her work in watercolor: "I have taken at least 6 photos at different times of the day of this canal. It is located on West Snapper Point Drive. It is usually a dark scene with just a bit of light at the end and not exactly an eye-catcher, but I've always been intrigued by the tree on the right." So are we all intrigued by your talent.

Karen DiMaura has utilized her long days to make some



Last week's bottle cap art by Katherine Fritter



Watercolor by Joan Hession



Necklace by Karen DiMaura

fabulous new necklaces: "Using my time to make some new creations." How does she come up with such striking wearable art?

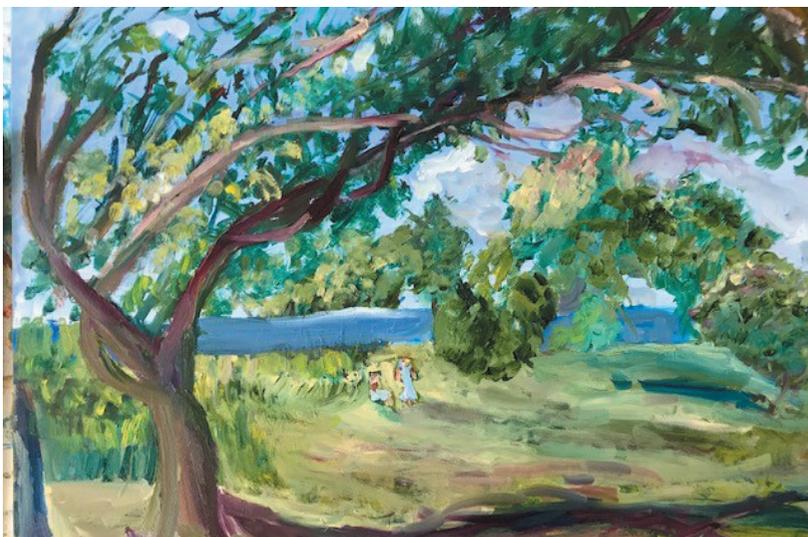
Susan Castellanos sums up her approach: "Crazed, self-distancing woman in the



Boat by Susan Castellanos

Marina makes a boat out of a palm husk pruned from a tree. Soaked, molded, dried in the sun. Then sanded and stained, polyurethaned and voila, a boat for our boat and a few hours of entertainment." Who knew something we toss away could be so lovely.

Sherrri Harris, Executive Director, reports that even though the Art League is closed, they are already putting Workshop and Trip ideas together for next season. As of now, all our favorite instructors are planning to return as well.



Oil by Fred Olefson



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Owner/Agent (1927)



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(1940)

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30 CARDINAL LANE \$6,500,000
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46 SPADEFISH LANE \$6,500,000
3 Beds / 2 Baths / 1 Half Bath (1849)



18 SOUTH BRIDGE LANE \$4,500,000
6 Beds / 6 Baths (1798)



37 PUMPKIN CAY ROAD, #B \$3,295,000
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3 Beds / 3 Baths (1899)



6 MARLIN LANE B \$1,875,000
3 Beds / 2 Baths (1851)



63 ANCHOR DRIVE, #B \$1,850,000
2 Beds / 2 Baths / 1 Half Bath (1779)



58 ANCHOR DRIVE, #B \$1,675,000
2 Beds / 3 Baths (1678)



32 MARLIN LANE A \$1,395,000
2 Beds / 2 Baths / 32' Dockage (1902)



102 CREEK HOUSE, #102 \$950,000
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 - 201 OCEAN REEF DRIVE, HS-17** (725) \$950,000
 - 10 GATEHOUSE ROAD AS-10** (1836) \$345,000

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A Dog's Life



by Terry Baxter

During my home confinement, I gained twelve pounds – overnight! No, it is not the home cooking, I am the same svelte, dashing figure that I have always been. It's that we welcomed a new little puppy to our family. And in the process, we've become the latest cliché. This week's *Wall Street Journal's* headline read, "Households stock up on puppies." Uncontaminated, unconditional love is in demand everywhere. The story asks, "what do you do when you have to postpone your wedding and cancel the honeymoon?" Why, of course, you buy a puppy. Popular new puppy names are reportedly Fauci, Dr Bixr, and Tina (short for quarantine). Ours is "Winston."

Litters are being sold out.

Social distancers longing for companionship.

Luckily, we were a little ahead of the curve. We decided to get a small dog last summer, and Pat started searching in earnest after the holidays. She brought home our little ball of white fur almost two months ago. I found an online video of a well-trained dog chasing Frisbees, shaking hands, heeling, dancing, and listening to his parent. I made Winston watch it -- he was unimpressed. What do I know? I am merely the person tall enough to reach the dog treats in the pantry, a can-opener with legs. Fair Patricia is Winston's person. He follows her everywhere, the very definition of a "Velcro dog." If we start to hug or kiss (horrors), Winston scampers around us in a frenzy, dancing on his little hind legs, growling and barking, and trying to squeeze between us (he achieves the desired result when we both dissolve in hysterics).

Winton's comic routines bring joy from morning to night. He



Winston, the morning wake-up licking machine, trying to appear innocent.

waits each morning, head on his paws, staring patiently at my face. If I open my eyes, he is immediately transformed into wiggling, squirming, licking machine – nothing has ever been so exciting in his entire life! Unless it is the ride to the Inn to get the morning papers. He dances at the sight of his little vest where we attach the leash. Being the co-pilot of the golf cart must be the most thrilling career a dog can have, unless perhaps

serving as the test dog for the Bell Stand's puppy treats. The tail wags nonstop.

None of these observations are news to the legions of Ocean Reef dog owners. I know your dog is cute, loving, brilliant, and the life of the party too. He probably even catches frisbees. What a perfect time to enjoy their companionship. We are simply thankful for your example and happy to have joined your Club.

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Comfort Food Works



by Jody Steele

We certainly all need a bit of comfort during these challenging times. In 1966, the *Palm Beach Post* reported, "adults, when under stress, often turn to comfort food that could be associated with the security of childhood," definitely a sentimental thought that has worked for many. Evidently, comfort foods do not have a lasting effect, but the brain does process it as an emotional reward. Despite the fact that most comfort foods have high calorie contents, this short-lived result might be worth it in small doses. So let's go for it.

Where in the world?

Comfort food varies all over the world and even in the United States. We can look back to those simpler times as a child and the memories related to the delicious recipes our mothers and grandmothers made for us. However, these comfort foods are quite different regionally and also can go back to our ancestry. I realized that eggs with soldiers, a favorite breakfast my grandmother made



These pancakes are from December's Pancake Breakfast, try them at home with Chef Philippe's own recipe.

me consisting of a soft-boiled egg and narrowly cut toast, is a comfort food from England. There are many others I savor from my English heritage.

Chef P's Memories

Talking about comfort food with Philippe Reynaud, Senior Director of Culinary Operations, he shared that his mother who is from Spain prepared many delicious meals that he loved including paella, a classic potato omelet, and a charred pepper salad that was served on toasted olive oil bread. As he got older, he was treated to her special sangria that he says still makes him smile. Now Chef Philippe keeps some recipes in his phone so he can quickly prepare them at home. His comforting choices are a mixture of recipes from his upbringing and other more recent favorites such as shepherd's pie, shrimp and

grits, meatloaf, and buttermilk pancakes.

What is yours?

So what is your comfort food? Due to the fact that Ocean Reef Members hail from a variety of regions, some of the most popular ones are soup and chowders, fried chicken, cornbread, chili, pizza, chocolate anything, and spaghetti with meatballs. Interestingly enough, most of these items and more are offered through our in-home dining at this moment as Ocean Reef's culinary staff is trying to keep us comfortable.

Now if you are ambitious and enjoy doing some cooking, you can reflect back on your family's comfort food and prepare your own. I have just had a request from my husband to make his mom's macaroni and cheese, not part of our diet plan at all, but it is probably time to give

in to his comfort. Although we have been making low carb ice cream for days, another favorite of ours and on a national list of comfort foods.

As breakfast is a perfect time for comfort food, you might want to take time to make this "from scratch" recipe for buttermilk pancakes from Chef Philippe. Most ingredients will probably be in your pantry except for the buttermilk, but that can easily be made with milk and a bit of white vinegar or lemon juice.

Chef Philippe's Buttermilk Pancakes

In a mixing bowl combine:

- 2 C. all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 2 teaspoons sugar
- 1 teaspoon of kosher salt

In a separate bowl combine:

- 4 tablespoons of melted butter
- 2 whole eggs

Then add 2 cups of buttermilk and mix

Combine the buttermilk mixture into the flour mixture all at once and gently whip counting 15 seconds. Do NOT over mix. It is okay, if a little lumpy. Let batter rest 10 minutes.

Heat griddle and when hot, scoop 1/3 cup of batter onto the griddle and flip when done to brown a bit.

Serve immediately.

Bon Appetit!

Proposed for Membership Through April 23, 2020

The following individuals are being considered for membership in Ocean Reef Club. Any communication concerning these nominations should be directed to the

Executive Director of Membership, Islande Dillon, at 305-367-5896 or idillon@oceanreef.com.

Waitlist Social Membership

Social Membership is currently waitlisted. Posted applicants, once approved, will be added to the waitlist.

Kathleen Davis & Gary Boynton are applying for Social Membership Waitlist. Ms. Davis

& Mr. Boynton are residents of Shelburne, Vermont. They are members of Burlington Country Club and Country Club of Vermont. Their sponsors are Marna & Chuck Davis and Joyce & Theodore Fowler.

Megan & Daniel Mullen are applying for Social Membership Waitlist. Mr. & Mrs. Mullen are residents of Gainesville, Florida. They are members of Reynolds Lake Oconee and Old

Waverly. Their sponsors are John Williams and Jorge Guarch on behalf of the Membership Committee.

Michael Edward Renn is applying for Social Membership Waitlist. Mr. Renn is a resident of Williamsport, Maryland. He is a member of Fountain Head Country Club. His sponsors are Lacy Rice, Jr. and Dixie & Edward Renn.

Complimentary VIRTUAL EVENTS

VIRTUAL FAMILY FEUD

EVERY MONDAY • 7PM START
Gather your family and join us for a night full of fantastic Family Feud! We are looking for the top responses on a various surveys and topics. The teams with the most points will win fabulous prizes!

To Play

www.oceanreef.com/familyfeud for submission form and Zoom ID

VIRTUAL HAPPY HOUR



TUESDAY, APRIL 21 • 5PM
Join Beverage Director Sean Carroll for Happy Hour. This Tuesday Sean will teach you how to make a Mojito like a pro.

Visit oceanreef.com/HappyHour for details and recipe information.

VIRTUAL CHILDREN'S ACTIVITIES

TUESDAYS
THURSDAYS
SATURDAYS
AT 11AM

Visit Oceanreef.com/VirtualEvents for details

VIRTUAL ZOOM TRIVIA

EVERY WEDNESDAY • 7PM START
Join fellow Members for three round of Virtual Trivia. Prizes awarded each round.

Visit oceanreef.com/Trivia for your meeting ID and virtual answer sheets.

VIRTUAL SPA TUTORIAL

THURSDAY, APRIL 23 • 4PM
Join Spa Director Jill Barron for a complimentary workshop or tutorial every Thursday at 4pm.

Visit oceanreef.com/SpaEvent for details.

VIRTUAL COOKING SCHOOL

THURSDAY, APRIL 23 • 5PM
This week, Executive Chef Andrea Van Willigan and CH Prime Chef de Cuisine Shelby Confer will guide you on how to cook a roasted chicken.

Ingredient Delivery

Get all of the ingredients you need delivered to your step with our new meal prep kit. For details, visit oceanreef.com/VirtualCooking.



VIRTUAL ZOOM BINGO

EVERY FRIDAY • 7PM START
Join fellow Members for three rounds of Virtual Bingo. There will be multiple winners for each round with plenty of prizes!

How To Get Your Boards

Different Bingo Boards for each round will be included in take-out and delivery dinners from all ORC restaurants Tuesday through Thursday.

STIRCRAZY SCAVENGER HUNT

SATURDAY, APRIL 18 • 7PM START
Join us for a virtual scavenger hunt! To register, visit www.oceanreef.com/StirCrazy

Teams will have 60 Minutes to complete a series of photo and video challenges. Submit all photos/videos to Member Events at 305-783-7331.

Congrats!

VIRTUAL EVENT WINNERS

Bingo Winners

Round 1:

Connor Burke
Jeff Fischer
Geoffrey Noyes

Round 2:

Karin Teglia
Brad Vandenberg
Tracy Vieweg

Round 3:

George Wagner
Gerald Henn
Jackie Tyghem

Trivia Winners

1st Place Team:

"Just Here to Have Fun"
The Vieweg Family

2nd Place Team:

"Can't Stop This Quaranteam"
The Henn Family

3rd Place:

"Gorson's"
The Gorson Family

VIRTUAL SUNRISE & SUNSET

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WEEKLY SPECIALS • APRIL 20 – 26



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**Blackened Mahi
Caesar Wrap 19.00**
Waffle Fries

Grilled Salmon Bowl 26.00
Sticky Rice, Broccoli, Carrots, Pickled
Ginger, Wasabi, Sweet Soy, Rusted
Sesame Seeds



305-501-5530 • reefhut@oceanreef.com
Lunch & Dinner Daily • 11am - 9pm

MONDAY, APRIL 20
Chicken Fajitas 16.00
Mexican Rice & Pinto Beans

FRIDAY, APRIL 24
Blackened Mahi 18.00
Wild Rice, Roasted Vegetables

TUESDAY, APRIL 21
Shrimp Fried Rice 17.00
Egg Roll, Stir-Fried Vegetables

SATURDAY, APRIL 25
Chicken Pot Pie 17.00
Mac and Cheese, Small Side Salad

WEDNESDAY, APRIL 22
**1/2 Rack Jack Daniels
Glazed Smoke
Pork Ribs 16.00**
Corn on the Cobb, Chakalaka Beans

SUNDAY, APRIL 26
Meatloaf 17.00
Mashed Potatoes & Gravy, Broccoli

THURSDAY, APRIL 23
Chicken Parm 16.00
Garlic Bread, Small Caesar Salad

**DAILY SPECIALS ARE
AVAILABLE FROM 5-9PM**



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305-367-5879 • gianni@oceanreef.com
Dinner Daily • 5pm - 9pm

Platessa Alla Milanese 44
Pan Fried Milanese Style Flounder, Baby Arugula, Fennel,
Red Pepper, Olives, Sun-Dried Tomato, Lemon Vinaigrette,
Caper Butter Sauce

Penne Al Forno Small 17/ Regular 32/ Family 59
Baked Penne With Rock Shrimp, Creamy Herb Sauce,
Broccoli, Mozzarella, Parmesan Cheese, Parsley

Cotoletta Di Vitello 56
14oz. Center Cut Veal Chop, Roasted Butternut Squash,
Vidalia Onions, Peas, Sage Butter Sauce



ISLANDER
FISH HOUSE & SUSHI BAR

305-367-5862 • islander@oceanreef.com
Dinner Daily • 5pm - 9pm

APPETIZER

Chesapeake Bay Style Crab Cake 24.00
Mustard Mayo, Lemon

ENTRÉE

Greek Grilled Black Grouper 39.00
Zahtar Spice, Mykonos Potatoes,
Greek Salad, Herb Oil

NEW REEF HUT BREAKFAST • DAILY 7-11 AM

BEGINNING FRIDAY, APRIL 17
BREAKFAST WILL BE ONLY BE AVAILABLE FROM REEF HUT

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Two Eggs Any Style, Challah Bread French Toast, Applewood
Smoked Bacon, Sausage Link, Hash Brown,
Choice of Toast, Juice or Milk, Coffee or Tea

CREATE YOUR OWN OMELET 15.75
Choice of Spinach, Bell Peppers, Onions, Tomatoes, Mushrooms,
Choice of Cheese, Smoked Ham, Hickory Smoked Bacon or
Sausage. Served with Hash Browns, Choice of Toast

TWO EGGS ANY STYLE 14.75
Choice of Applewood Smoked Bacon, Smoked Ham Steak, or Grilled
Sausage, Hash Browns and Choice of Toast

BREAKFAST BURRITO 15.00
Eggs, Bacon, Ham, Sausage, Cheese,
Breakfast Potatoes, Salsa, Tortilla

GOLDEN MALTED WAFFLE 12.00
With Berries or Bananas and Whipped Cream 15.75

BUTTERMILK PANCAKES 11.75
With Blueberries or Banana 15.75

WEEKLY SPECIAL • APRIL 20-26, 2020
STEAK AND EGGS 12.00
6oz Seared Ribeye, Choice of Eggs, Home Fries, and Toast

FRIDAY FREEZE

COMPLIMENTARY ICE CREAM DRIVE THRU

Stop by the Membership Office every Friday between 1-2pm for complimentary ice cream. Members must stay in their cart and practice social distancing.

Watch This Space



"Dot.calm"
by Jane Silverman

A birthday cruise down the Nile to see the pyramids. A visit to our son in Utah. A family celebration in New York. Our 2020 holidays are on hold while we hunker-down and pray for the world to heal itself. As we pace the perimeters of our isolated world, faces masked and hands gloved, I flashed back to having to put my two cats into six months of quarantine when I moved to London. These were pre-Pet Passport days and the poor things were shipped from San Francisco to an outdoor caged holding facility 90 minutes by train (and taxi) from my new home. To entertain the cats, the facility had a large aviary in the center with colorful birds flitting and singing for them to look-but-not-touch.

And now here we are in captivity, too, in our own goldfish bowls looking longingly at the world through our computers, phones and TV screens. We wave to friends, Zoom with family and embrace life the best we can.

Damsel in De-stress

My favorite escape from the confines of sheltering-in-place is watching **Explore.org** and its app [explore.org](https://www.explore.org) which streams up-close stress-relieving encounters with mood-boosting wildlife and nature. Many of its 130 cameras around the world are manually-controlled by remote operators who focus on the best views at each location. It's unscripted and unpredictable. Take a deep breath (okay pour a drink) and watch – it's magical when wildlife steps into the frame.

[Explore.org](https://www.explore.org) is not just live views of lions, tigers, wild hippos, and elephants from the Great Rift Valley in Africa; you can also spy on an eagle nest



WildEarth.tv lets you live stream from safari vehicles, guides on foot, drones, rovers and remote cams so you can track wild animals in real time.

in Iowa, a Great Dane puppy nursery in Massachusetts, pandas in China; for "Tiger King" fans, there are even tigers from Big Cat Rescue in Tampa. Check out the relaxing "zen den" where you can watch the aurora borealis or even a calming live feed from the International Space Station's NASA Space cam; it's the perfect antidote to our stressful days.

Keep Calm & Safari-On

For some real "reality TV," go on safari with **WildEarth** [wildearth.tv](https://www.wildearth.tv). This award-winning show live streams from safari vehicles, guides on foot, drones, rovers, and remote cams all tracking animals in the wild from the Djuma and the andBeyond Ngala Private Game Reserves in the Northeast corner of South Africa. You can interact with the game ranger in real-time and ask questions by using #safariLIVE on Twitter, or through the chatbox on the Wildearth website. It is an authentic experience and ever so soothing; Sunrise Safari is Midnight – 3 a.m., Sunset Safari 9:30 a.m. – 12:30 p.m.

Must-See TV

If you have had your fill of Netflix, Amazon Prime, and the other video-on-demand services, then you might like to try some of these great TV and movie apps for alternative viewing options:

Tubi and its app [tubitv.com](https://www.tubitv.com) has 3x the content of Netflix with thousands of movies and TV shows for free (though there are some commercials). It's my go-to site for current and nostalgic TV shows and has niche categories like Faith, Not on Netflix, Movie Night!, Westerns, British TV, Bollywood Dreams, Telenovelas, and many others to help narrow

your search for the perfect escape.

I can always find something to watch on Sony's **Crackle** app [crackle.com](https://www.crackle.com); it offers completely free streaming of ad-supported new and iconic television shows, Hollywood movies, and other very watchable video content.

The **Quibi** app [quibi.com](https://www.quibi.com) is a revolutionary celebrity-driven "next generation of story-telling" designed to be watched on your mobile device in quick-bites (7-10 minutes). These daily episodes include stand-alone short films, feature-length movies broken down into mini-chapters, documentaries and even dating and cooking game shows. Look for original works by directors Steven Spielberg and Quentin Tarantino, and celebrity-driven works with Idris Elba, LeBron James, Jennifer Lopez, Reese Witherspoon, Liam Hemsworth, Will Smith, Laura Dern, Kevin Hart, and more. Sign-up for a free three-month trial until April 30.

The Great App-byss

To cancel any free trials, be sure and mark on your calendar the end date and cancel before the trial expires. For Apple: go to Settings on your phone or the App Store, click on your name, and then click the Subscriptions tab to cancel (or to check if you have any active subscriptions). For Android users, go to GooglePlay, click on your name and manage subscriptions. Deleting the app is not enough.

TV Guides

Heard about a great TV show or movie but don't know where to watch it? The **JustWatch** app [justwatch.com](https://www.justwatch.com) is a free streaming guide designed to help you find

where to watch your favorite movies and shows. It's like a TV Guide for your smartphone and searches across 40 online providers including Netflix, AmazonPrime, GooglePlay, Tubi, Crackle, Quibi, CBS, ABC, and NBC. Not sure what to watch? Click on the filters tab and find movies and TV shows by Genres, Ratings or Prices.

Worth Watching

One World: Together At Home [globalcitizen.org](https://www.globalcitizen.org) is a global music concert in support of all the people affected by COVID-19, especially our frontline healthcare and essential workers. Hosted by Steven Colbert and the two Jimmys (Kimmel and Fallon), it was created in collaboration with Lady Gaga, a COVID-19 survivor. Think of it as a historic virtual Live Aid-esque event broadcast live on **Saturday, April 18, at 8 p.m.** on just about EVERY channel and social media outlet. The show will feature at-home performances from Andrea Bocelli, Billie Eilish, Chris Martin, David Beckham, Elton John, Idris and Sabrina Elba, John Legend, Kacey Musgraves, Keith Urban, Kerry Washington, Paul McCartney, Priyanka Chopra Jonas, Stevie Wonder, and so many more. Search for #TogetherAtHome.



The JustWatch app searches across 40 online providers to help you find where to watch your favorite movies and shows.

Easter Ball Hunt

by Fiona and Randy Woods

The restless waters of the Florida Keys conceal countless secrets. Shipwrecks, pirate treasure, and smuggler stashes litter the seabed, often lost and forgotten.

We recently anchored our small boat off Greenberg Park to swim and explore the warming waters of Card Sound. Immediately we spotted a golf ball, then another, then countless golf balls broadly strewn like tightlipped clams in the sand and seagrass.

Now here was the making of an accidental Easter Ball Hunt!

Saturday, we enlisted the **Drinkwater family** to join us in their own boat to assist in collecting as many balls as possible in one hour. Keeping a wide and watery distance, we



The Drinkwater Family assisted in the hunt, keeping a watery distance from the Woods.



impatiently donned snorkel gear to dive and collect a fabulous trove of vintage dimpled balls.

Golf balls, many with creatures and algae living on or inside them, were located in a range of 50 to 200 yards from shore at depths of 3 to 6 feet. Geographic coordinates will be provided on a need-to-know basis.

Golfers, if you recognize your ball please contact us to claim it. They do not smell well.



Fifty ancient golf balls were retrieved from Card Sound off Greenberg Park during Ocean Reef's first Easter Golf Ball Hunt last weekend.

Ancient Bird at ORC



"Nature Notes" by Nancy Zakon



You, at times, may have noticed small groups of white birds, pecking into grass lawns or scurrying along the road.

Chances are these were ibis – which have an ancient and interesting history. In ancient Egypt the ibises, commonly found there near waterways and ponds, helped humans by eating poisonous snails. As early as 600 BCE, ibis became deified, representing the god Thoth, god of wisdom, knowledge and writing, and in hieroglyphics became the first letter. (Who knew?) Fast forward, and due to current arid conditions, drainage and reclamation,

they're extinct in Egypt. They flew the coop, so to speak, relocating and diversifying into those like we see in Florida and similar coastal areas around the globe. Not practicing social distancing, these groupies feed and nest in flocks near the water. They feed by probing with their curved, red beaks to feel for critters. Good lawn aerators! May the Thoth be with you!

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To Recycle, Or Not to Recycle

By Holly Houser, Ocean Reef Press Editorial Assistant

With so many Members dining from home and ordering takeout, this article from March 13 is being published again by request.

The Garden Group recently invited Ocean Reef Solid Waste Manager Israel Salgado to give a recycling presentation at their "Talk Trash" meeting. Israel shared the important questions asked by the group and his answers:

We'll start with the general question, what can and can't you recycle?

Israel Salgado: Ocean Reef follows the recycling guidelines for Monroe County. Anything with the recycling symbol can be recycled, but there are some rules that go along with it. The main rule being that recycled items cannot be soiled. Meaning if they can't be rinsed out, they can't go in the recycling bin. For example, a can of beans must be rinsed out before it can be recycled, and a pizza box can't be recycled in its entirety because of the grease that seeps into the cardboard. If the top of the box is clean though, it can be ripped off and recycled.

For a full list of recyclable and non-recyclable items, see the graphic to the right.



- Cartons & Plastic Bottles (Rinsed with cap on)
- Clean Aluminum Foil & Foil Containers
- Empty Aerosol Cans
- Metal Jar Lids
- Clean Cardboard Boxes
- Rinsed Metal & Aluminum Cans
- Rinsed Glass Bottles & Jars
- Paper Products, Newspapers & Magazines
- Plastic Bags & Containers

- Do Not Recycle**
- Paper Cups & Plates
 - Plastic Film & Wrap
 - Glass Dishes, Window Glass Or Broken Glass
 - Styrofoam
 - Yard Waste
 - Ceramics
 - Batteries & Light Bulbs (Contact 305-367-5811 for proper disposal)

With the popularity of online shopping, what should Members do with their cardboard boxes?

IS: The number of cardboard boxes we see has drastically increased, so we can no longer just pick them up once a week or they'll pile up. The Solid Waste Team picks up trash three times a week in season and recycling only happens once. Therefore, we now pick boxes up on trash days and separate them in the truck. Members should breakdown their boxes and place them next to the trash bin (not inside the bin because the boxes cannot get contaminated by the trash). On your neighborhood's recycling day, we will pick up boxes if they are inside the recycling bin.

What about the packaging inside the boxes? Is that recyclable?

IS: Many people try to recycle the Styrofoam, bubble wrap or foam packing peanuts that come in their packages but these are not recyclable. Our team accepts them in the trash and PakMail and UPS will take the donated peanut pieces. Some companies ship with packaging that is recyclable (ex, Amazon's air cushions). It's important to look at the symbol on the packaging because some items may have special recycling instructions.

Should an additional day of recycling pickup be added based on this increase?

IS: We have analyzed our trash and recycling pickups and have determined we still have the right ratio, three days for trash and one day for recycling. If a Member finds the recycling building up, we recommend getting the 65-gallon rolling containers as they hold more and can be closed to cover the contents. From now through the end of April, the Solid Waste Department is selling these bins for \$40 in honor of Earth Day. If interested, call Israel at ext. 2181.

What happens if some of these non-recyclable items accidentally make it into a recycling bin?

IS: Once recycling is picked up, it's taken to a plant in Pompano Beach for sorting. If a non-recyclable item is found, it will be separated and thrown into the trash pile. There, different types of recyclables are also sorted into different piles.

On that note, we've also heard people say they throw their recycling and trash into one bin because Solid Waste separates it anyway. Is that true?

IS: No, but that is a common misconception. If recycled items are placed with the trash, they are then contaminated and will have to be thrown out. It's still important to separate your trash from your recycling.

What should people do if they have questions?

IS: Members should call 305-367-5992 Monday through Friday if they have questions, if they need to schedule a special pickup or if they need to dispose of tires, paint, batteries or fluorescent bulbs (call 305-367-5811). If looking for trash and recycling pickup schedule, it can be found on page 31 of the ORCA Directory.

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CABIN FEVER MANY THANKS STEVE JOBS...



by Joan
Birsh

Can you imagine how much more difficult living in the age of the coronavirus would be if we didn't have computers...

No email, no Zoom reunions, no streaming of *The Crown* or *Tiger King*. And what would we do without cell phones for ordering take-out from Wynn's or a favorite OR restaurant, or everything from a toothbrush to a microwave from *Amazon*. And how about Facetime chats with family and friends who are currently uninvited to visit us at Ocean Reef.

My growing gratitude for living in the Electronic Age, reminded me of what a struggle it was for me to initially master (that's too strong a word) the computer, internet, and cell phone.

In an article for the *Ocean Reef Press*, published in 2013, I chronicled my *Growing Old in the Electronic Age*. Much of that article is excerpted here.

I'm thankful for computers--I really am. I'm only sorry they didn't come along sooner.

Decades ago my first job, just after graduating from college, was at *Mademoiselle Magazine*. Now defunct, it was then a flourishing fashion magazine directed to young college and career women. I was thrilled to be in New York and to have this apparently glamorous job.

Alas, the glamour was all about where I worked, not about what I did--which was answering queries from young women who wanted to know where in Akron, Buffalo, Tulsa, etc. they might purchase the

merchandise featured on one of the pages of the current issue. It was mindless work but not frustrating, since only one carbon copy was required and I could handle that on my manual typewriter.

But *Mademoiselle* was not content with just being a fashion magazine. There was a managing editor with serious literary aspirations. Submissions by real writers (Truman Capote for one) were sought, and in many cases appeared on the editor's desk, usually as the only existing copy of a typed manuscript.

And that's where I came in. Every article under consideration for publication had to be retyped with six carbon copies so all the top editors could read it and weigh in on its potential. There was no Xerox, no computer, no printer. Not even an electric typewriter. Making corrections was a tedious and in my case generally a very messy process.

After serving my time in the lower ranks of publishing, I graduated to actually writing articles.

Meeting deadlines was a challenge. All those things--like moving around paragraphs, checking words and spelling, cutting and rewriting-- that can be done so easily on a computer involved endless retyping. Looking back I'm sure writing everything took me four times as long as it does today on my laptop.

Enter the computer.

Eventually I changed jobs and became the editor of *Playbill*. In time I married the boss.

One evening I was working on an article in our New York apartment and my new husband Arthur Birsh generously suggested I borrow

his computer. I started out gang busters. I finished well over half my assignment in record time. Then suddenly and inexplicably my work disappeared into cyberspace. I was distraught. Arthur, who even then was a pretty good wonk, was equally bewildered. We called the Mac hotline. After making any number of suggestions, all of which failed, the expert on the other end of the line asked me if I was wearing a sweater. I was. That, he said, was the problem. It seems my wool sweater gave off enough of an electric shock to boggle the mind of our primitive computer. I'm certain Steve Jobs fixed that bug promptly. The computer is now my friend.



Bless the iPhone. After some early resistance on my part, my iPhone is now my most important accessory.

When my children were growing up, parents worried a lot. Where are they? Why aren't they home? Thank the iPhone for changing all that. Now, most of us over 50's, only have to worry about the whereabouts of our spouses and he (she) better have his (her) iPhone on ring.

Google knows everything and you can too. Google is my lifeline to the world. One click on the Google website and you have the answer to everything in seconds. I "Googled" Google to ask about the site's most commonly used search terms. "What is LOVE" was #1.

If you are looking for more in depth information than Google offers, you might want to check out Wikipedia. I've looked up people, places and things (important and obscure) and I've almost never been disappointed.

E-mail. Judging from a fast look at the listings in ORCA's Ocean Reef Directory nearly all of us are using e-mail. Not having an e-mail address is like not having a credit card or a passport. jbirsh18@gmail.com is where I correspond with friends; issue and reply to invitations; write thank you notes; forward photographs; respond to forms, etc.

NOTE: a few e-mail tips. Salutations and sign offs are not required, but that's a habit I can't break... Sentences that are all caps should be avoided. In netiquette, that is equivalent of shouting... Use the Subject line to provide a clue on what your e-mail is about. ...Reread your e-mail. Remember once you hit "Send" your message is a goner.

Texting--the only form of communication where it is an advantage to be "all thumbs". For quite awhile I considered "texting" (sending an instant message (IM) via your phone or tablet) as kids stuff. Then it became clear to me that if I wanted to keep in touch with my kids and grands, that was the only way to go. If you are young or maybe older but manually adept, you use both thumbs and type brief, abbreviated sentences. Often your message is going to a friend who is ready to provide an instant reply. Think of it as a conversation.

Unless you are a veteran texter, you probably won't get into the thousands of abbreviations in textology. But just for the fun of it, see if you can translate the following text. If you succeed, you are definitely COO (Cool):
if thr r GR8 members, thr mst b a FUtr 4 OR

Easter Weekend AT THE REEF

Thank you to Members for sending in scenes from the new normal along with fond memories of past Easter celebrations.



Easter at the Sikora/Johnson home included masks, gloves, Clorox wipes and hand sanitizer for their guests the Gliddens and Dearings. The Gliddens brought an Easter basket filled with paper towel, toilet paper, sanitizer and vodka. No Coronavirus being passed at their Easter dinner!



Neil Jones, Jessica Santemma Jones, Carol Santemma, Current D'Ignazio and Timothy Clinton enjoyed a post-Virtual Bunny Hop Easter dinner.



Kathy White and Bill Wonfor put up a beautiful cross in their front lawn to help connect fellow Members on Easter. Many stopped to take a photo and give their thanks. One Member even left a note reading, "Happy Easter – Thank you."



The Schupps enjoyed a socially distanced Easter sunrise celebration with Easter hymns streamed through the Ocean Reef Chapel.



Zoom Seder at the Woodman's entailed video chatting with the grandmas (look carefully for the screen) and Lysol wipes on the dinner table!



Susan and Bruce Berry sent us their Easter memories of their grandchildren, Rhys, Riley and Hayden Farmer at last year's Easter Tea.



After running the Virtual Bunny Hop, Gabby Gleason continued for a bike around The Reef!



Betsey Skudder's grandsons, Grayson and Ashton Jayne, had an Easter complete with a Virtual Bunny Visit and an Easter egg hunt!



Easter memories from the Maguires. The left photo is Bruce and Mary Jo Maguire with the late Patty Matthews. The right is their son Joe and his children with their decorated Easter cart a few years back.



SPORTS

INSIDE THIS ISSUE

2020 Virtual Bunny Hop Results

FEMALE 5K RUNNERS

Ages 13-19

Alison Hansen – 21:00 (*Overall Female Winner*)

Sydney Walker – 23:84*

Caroline Hansen – 26:55

Gabby Gleason – 30:45

Ages 20-29

Charlotte Hansen – 22:08

Courtney Hackett – 36:51

Ages 30-39

Nina Dinsmore – 21:57

Current D'Ignazio – 26:19

Kelly Otzen – 31:07

Ages 40-49

Liz Murphy – 26:32*

Marti Stevenson – 28:04

Ages 50-59

Tricia Holbrook – 22:40

Susan Shuldman – 29:09

Suzanne Gleason – 30:45

MALE 5K RUNNERS

Ages 13-19

Colin Thornton – 26:00

Ages 20-29

Kyle Rich – 25:38

Will Thornton – 26:00

Landon Thornton – 26:00

Ages 30-39

Michael DiNapoli – 20:50 (*Overall Winner*)

Hamilton Biggar – 24:37 (*Mr. Biggar also ran 6.52 miles in 1:00:47 on Saturday*)

Chris Sutter – 24:37

Andrew MacMannis – 24:51

Timothy Clinton – 28:01

Ages 40-49

Todd Blanche – 25:22

Ages 70+

Mickey Gilbert – 25:50

FEMALE 5K WALKERS

Ages 8 & Under

Mikaela Saborido – 50:81*

Ages 13-19

Shay Bridge – 44:00

Ages 30-39

Robin Cossey – 43:52

Hollie Saborido – 50:81*

Ages 40-49

Courtney Bridge – 42:04



This year's Virtual Bunny Hop was a family affair for Colin, Will and Landon Thornton!



Hamilton Biggar, Chris Sutter and William Sutter got out Easter day for a socially distanced 5K. They look forward to being back at The Reef participating in the Bunny Hop tradition next year.



Patty and Harlan Kent walked the race together and both received first place in their age groups.

Ages 50-59

Patty Kent – 43:49

MALE 5K WALKERS

Ages 8 & Under

Everett Cossey – 43:52

Hudson Saborido – 50:81*

Ages 40-49

Gardiner Bridge – 45:15

Ages 50-59

Harlan Kent – 43:49

Ages 60-69

Bart Shuldman – 47:01

FEMALE & MALE 5K WHEELED

Ages 8 & Under

William Sutter – 24:37

Ages 9-12

Clifton Gilbert – 16:20

Laila Gilbert – 18:11

Payton Bridge – 25:01

Chatham Bridge – 25:01

Ages 30-39

Zachary Gilbert – 17:02

Stephanie Gilbert – 18:11



Patricia Heaney, along with her fellow bikers Stephanie Karl and Patricia DiNapoli, had fun with the 5K. All three matched their masks to their shirts!

Ages 50-59

Patricia Heaney – 15:00

Ages 60-69

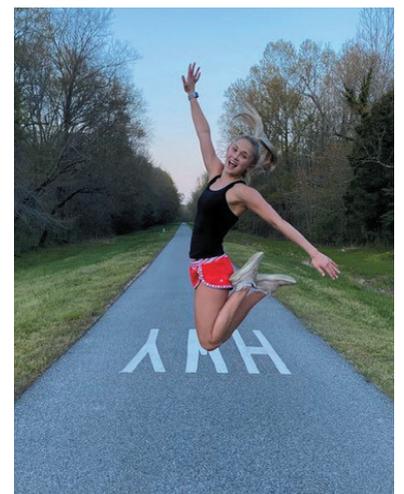
Stephanie Karl – 14:00

Patricia DiNapoli – 15:00

*These overachievers ran or walked more than the 5K distance. Their times have been adjusted to reflect their average 5K time.



Nina Dinsmore paused at the Fishing Village to snap a photo during her Virtual Bunny Hop 5K, finishing first in her age group.



Sydney Walker, niece of Adelaide Schultze Jared, has spent every other Easter at Ocean Reef and refused to break this year's Bunny Hop tradition! She went above and beyond running a full 5.5 miles.

Practice Your Strokes Using a Wall



"Tennis Shorts" by Jim Morton, Director of Tennis

If you are in residence at Ocean Reef, you are able to practice on the courts at the Tennis & Games Center. But how do you get better while practicing social distancing? One way is to come over with a can of balls and practice hitting on the Tennis Wall that is located on court four.

I remember very vividly as a young boy spending hours working on my tennis strokes by hitting on my school wall. The repetition of hitting a ball back to a wall consistently can be mesmerizing while being the most efficient way to build one's strokes. Over the years, I have made it a habit to ask most really top notch players how



Will Morton demonstrates how to practice your strokes against a wall.

they practiced as kids and almost universally they all talk about the amount of time they spent hitting a ball off a wall.

What is the best way to use a wall as a practice partner?

First it is best to start only eight to ten feet from the wall and use an abbreviated swing. I usually start with my racquet back to put the ball in play gently while working on finishing towards my target. Once I can control the ball for 10 to 15 shots, I move back twice as far, about 20 - 25 feet, and see if I can control the ball from that distance. It is at this distance that I will try to hit my regular topspin stroke using just my forehand to build consistency. If you play your forehand at rally pace, you



should be able to finish your swing on the opposite shoulder and still have enough time to track down the next ball.

With success, I then practice my topspin backhand. One tip to make this easier is to start the ball with your forehand then use your backhand for the remainder of the rally. Remember, if you are having trouble controlling the ball on your backhand move back in closer to the wall and shorten your stroke. Upon finishing with your backhand consistency practice try moving back another 10 feet and see if you can hit some combination shots. One of my favorite drills is to hit a forehand followed by two backhands and then to hit another forehand. You may notice while doing this drill that

the ball will sometimes ricochet at an extreme angle due to the spin, causing you to sprint for the next shot. If so, remember, this now is a defensive shot so hit it with less pace and aim higher on the wall to regain control.

If you feel up to it you can also move up close to the wall and practice your volleys. Try hitting 10 forehand volleys in a row then switch to backhand volleys and finally try alternating from forehand to backhand. Please be careful to not over practice the volleys as it is easy to tweak an elbow by practicing the volley for too long.

Lastly, try picking a target on the wall about two feet higher than the net line and a little to the left of where you are standing to hit some serves. I typically will serve then try to hit one return then catch the ball to get both serve and return practice. After about 10 to 15 serves and returns, I am exhausted and ready to head home satisfied that I have effectively worked on improving my game.

Try this as a routine and you too will find your game improving!

Doubles Positioning at Net vs. at the Baseline



"Tennis Tip" by Brad Mixson, Tennis Professional

A doubles team should be positioning themselves according to the placement of their shot and the direction it pushes their opponents. Whether the team is moving to the right, moving to the left, or staying centered, it's crucial that they move as one. That is, when partner "A" moves over to cover

their alley, partner "B" also moves over to close the gap between them. This will differ between doubles partners who are at the net as opposed to when they are at the baseline. Being aware of this proper positioning will be a breakthrough for many club players.

When At the Net...

When both players are at the net, as a ball is hit cross-court by player "A", they will move that direction to cover a ball hit down the middle, as player moves the same direction to cover their alley. When player "A" hits down-the-line, they will stay in front of the ball to cover their alley, and player "B" will move towards the ball hit so that they can cover the middle of the court. The wider a ball is hit, the further over each player moves in that direction. If the opposing team hits a sharp angle from

their wide ball, it can be cut off by whichever player is diagonal to them. It is important that neither player gives up too much ground on either their right or left. When a ball is hit down-the-middle by either player, both player "A" and "B" should "clog the middle" to control that portion of the court and make sure no ball goes between them. I would not be concerned about being beat down the alley as those balls can be cut off. This explains why controlling the center of the court by hitting this deep volley to the middle is a winning play.

When At the Baseline...

When at the baseline, the shifting right and left will be quite different. When player "A" hits a baseline shot cross-court, they should move out wide to cover a sharp angle. The further a ball is hit out wide, the more

player "A" will move towards their alley, putting themselves in a good position to cut off the angle. Their partner, player "B" will be able to cover the down-the-line or middle shots when they come. When a ball is hit down-the-line, the player diagonal from the ball should be out wide if they're at the baseline, but closer to the middle if they're at the net. The idea is that the cross-court response can be cut off by the net player in the air, whereas they'll need to run it down to cover the angle from deeper in the court.

When you position yourself properly, you're setting your team up to be successful. Our staff will be thrilled to help you practice these positioning tactics. Bring us any questions you may have regarding these skills. See you out on the courts soon!

PICKLEBALL

Pickleball Tip: 3rd Shot DRIVE - When NOT to hit a 3rd Shot Drop



by Justin
Romero,
Head of
Racquet
Sports

The 3rd shot drop is one of the toughest shots in the game and it is difficult to be consistent at hitting them in the perfect spot every time. Many players think they HAVE to hit a drop/dink for the 3rd shot. Here are some

instances when you should not drop that 3rd shot.

1. When the returner does not come in after the return. Why go for a 3rd shot if you don't have to? Drive the return back to the returner and come into the net!

2. If the return is bouncing high and short in the court. If it bounces high and lands short ATTACK down the middle (lowest part of the net) and come in to the kitchen line.

3. If your opponent hits an amazing return and you are out of position. It is tough to hit a 3rd shot when you are IN position, do not try it when you are OUT of position. Hit a ball down the middle of court, reset, and try to hit a 5th shot drop.

RECENT CATCH



Steve Martin "caught" this bonefish being COVID-19 prepared!

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20 Small Habits to Improve Your Wellness



“Fitness Focus” by Luis Bracamonte, Director of Fitness & Wellness

1. Drink 12oz of water upon waking up to rehydrate your body and brain after sleep.
2. Take five minutes each day to meditate, visualize and reflect.
3. Take a ten-minute walk after lunch or dinner.
4. Perform one act of kindness every day.
5. Reframe one negative thought into a positive one before sunset.
6. Push your body to do

something difficult or new every week.

7. Play with your dog or cat for five minutes every day. If you do not have a dog or a cat, get one.
8. Go for one day without a food indulgence.
9. Take 30 seconds to take five deep breaths in the middle of your day.
10. Spend five minutes each day examining and admiring nature.
11. Give a family member or friend an accurate and specific compliment.
12. Check your posture by leaning your back against the wall with arms extended once per day.
13. Learn something new in a field outside your expertise regularly.
14. Work on strength exercises 30 minutes per week.
15. Add 30 more minutes of walking, running, biking, and

paddling, dancing or swimming to your week.

16. Play your favorite sports more often.
17. Add one more serving of a health food to your daily intake.
18. Consider a different opinion without letting negative emotions cloud your thinking.
19. Encourage someone to stay on course with building positive habits.
20. Sit less and take periodic movement breaks throughout the day.

Small positive actions over time program behavioral patterns, which lead to significant changes in wellness. Everything you do matters, stay strong and fit.

ZOOM CLASSES

Visit oceanreef.com/FitnessSchedule for the zoom links and passwords.

Friday, April 17

Flexibility & Mobility with Luis 9:00 am
Shoulder Training Workshop 10:00 am

Saturday, April 18

Bootcamp with Casey 9:00 am

Monday, April 20

Flexibility & Mobility with Casey 9:00 am
Exercises to Relieve Sciatica Workshop with Casey 10:00 am

Tuesday, April 21

Bootcamp with Luis 9:00 am
Vinyasa Yoga with Lindsay 10:00 am

Wednesday, April 22

Silver Fit with Casey 9:00 am
Balance Training Workshop 10:00 Am

Thursday, April 23

Bootcamp with Luis 9:00 am
Gentle Yoga with Lindsay 10:00 am

YOUR WEEKLY FITNESS ROUTINE WITH MEMBER FITNESS MANAGER CASEY CULP



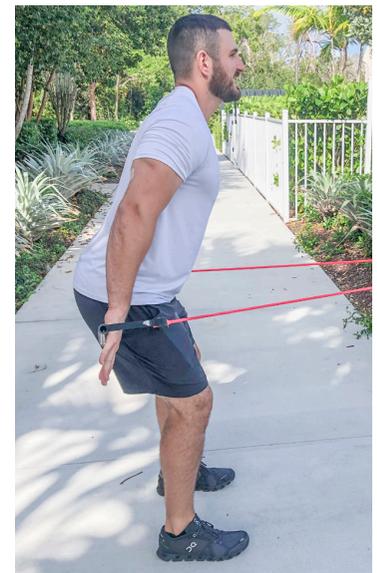
Exercise 1: Band Rows 20 alternate side 20 each



Exercise 2: Band Chop/lift 10 to 15 reps. Angle of attachment can change.



Exercise 3: Band Chest Press 15 to 20 reps



Exercise 4: Band Straight Arm Pull 15 to 20

Clubhouse Renovation Update



"From the Gold Tees" by Scott Kirkwood, Director of Golf



Artist's rendering of the front and rear exterior of new Clubhouse.

We are approaching the end of April and the beginning of our exciting Clubhouse renovation. Over the coming weeks you will see a lot of changes taking place around the golf operation. Earlier this week crews started to clear the landscaping around the scoreboard to make more room for parking as the project unfolds. By the end of the month the temporary Golf Shop will be installed and we will begin moving our merchandise and operations into the trailers which will be located where the Practice Green currently is. Throughout the project, the practice green will be dismantled and the Short Game area behind Toski's will be our primary area for practicing putting and warming up before your round. We are all very excited that the project will be moving ahead on schedule and we eagerly await the chance to open the temporary golf shop once we get the green light. The courses are still very busy and we are glad that we have been able to stay open and operating during

trying times. We hope to see you all out and about, but most importantly practicing social distancing while enjoying the game we all love.

Golf's Major Championship Updates

In early April, the USGA, R&A, European Tour, LPGA, PGA Tour and PGA of America released an updated schedule for all the Professional events. Many of the Major Championships that we are used to watching during the spring and summer have been moved to the Fall due to the coronavirus, and some have

been canceled altogether.

The new schedule promises to be action packed from August through the end of the year, below are how the major golf tournaments have changed

- The Masters: Originally April 6th – 12th
°New Dates: November 9th – 15th
- US Open at Winged Foot: Originally June 15th – 21st
°New Dates: September 14th – 20th
- US Women's Open at Champions Golf Club: Originally June 1st – 7th
°New Dates: December 7th – 13th
- Open Championship at Royal St. George's: Originally July 16th – 19th
°Cancelled, the 2021 Open Championship will be held at Royal St. George's
- PGA Championship at TPC Harding Park: Originally May 11th – 17th
°New Dates: August 3rd – 9th

- Ryder Cup at Whistling Straits – **Ocean Reef Club's Assistant Golf Professional Zach Haynes works at Whistling Straits over the Summer!**

°Date remains the same as scheduled:
September 22nd – 27th



Brad Vandenberg had his 5th golf career hole in one on April 5 on the Hammock #17, playing from the blue tees. Congratulations!

The Times, They Are A Changin'

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Hit It Here, Not There...



"Swing Tip"
by Derek Swoboda,
Director of Instruction

In every round we have ever played, there likely has been a statement made such as "don't hit it there". In this week's segment, we are going to chat about proper management of your game. What does it mean to manage your game on course and how can we best go about creating a strategy?

First things first... create realistic expectations for your round such as: I am going to lay up short of green side bunkers today. I am going to aim toward the center of the green today. These, I would define as attainable goals for your round.

How many times have you played a shot aggressively to a hole location which was tucked right behind a green side bunker and watched your ball fly straight into the sand? What are the benefits to attacking that hole location and is there a necessity to do so?

The Point System

Create a point system which gives each penalty area a value of expected added strokes to your round. For example, if there is a deep green side bunker guarding the hole location, the potential added shots to your score is 2 if your ball lands there. If there is a body of water, give that a value of 3. Creating this system is vital for the next step moving forward into aiming.

What should my target be?

See the photo above for a visual reference to what your target could look like.

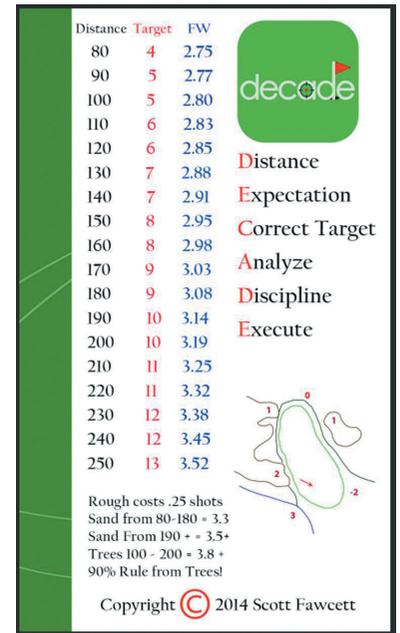
Situation: 100 yards from middle of the fairway.



When you see the hole location close to the bunker (2 points), we are going to add 4 yards and the two points for a total of 6 yards. This is important given the place you wish to aim should be 6 yards past the flag (because of the bunker short) and 6 yards right of the flag (largest part of the green).

Even though this seems like common knowledge, we always want to make sure that we have a system in place to help us make the right choices on the course. Most of the big scores we end up with are direct results from bad decisions.

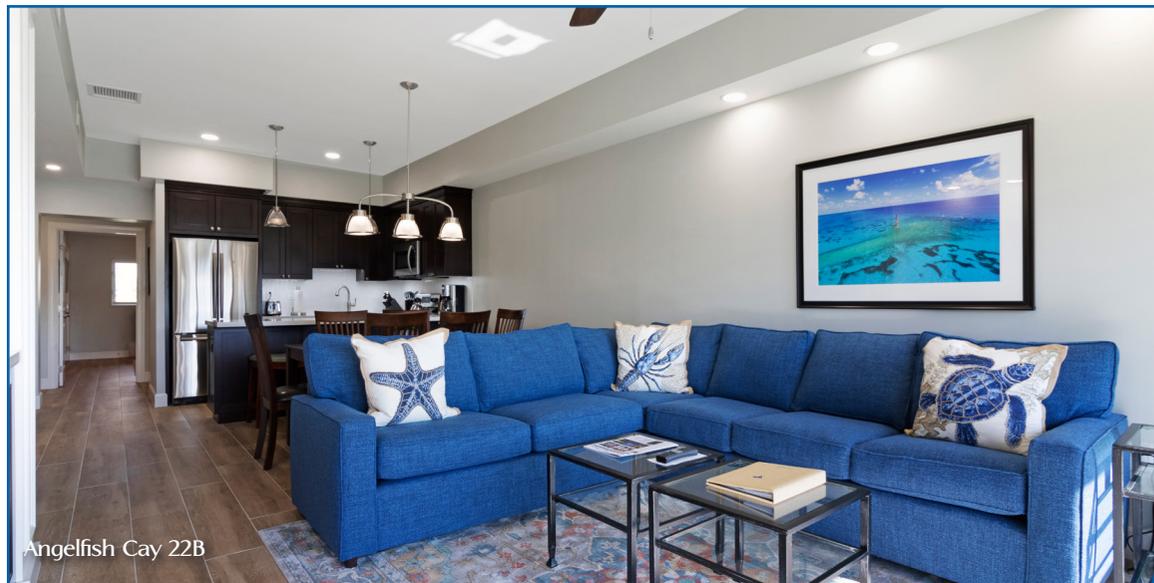
Through this system called DECADE Golf, we can analyze your tendencies and help you



The above chart was made by Scott Fawcett, creator and owner of Decade Golf.

make your best decisions on the course. Lowering your scores is not necessarily about your golf swing... it is about how you play the golf course and the strategies you implement to gain success.

Sign up today for your on-course strategy lesson using Decade Golf!



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At the Bridge Table When Things Happen



by Gregg Van Dyke, Director of Card & Games

Play it Out

When a claim is questioned, there is no "playing it out";

the claim ended play. If you do not agree with a claim (having given the claimer a reasonable chance to state his line of play or defense), call the director, who will adjudicate the matter. And if your claim is questioned, don't let anyone get away with telling you how to play — something at least one local veteran believes the law allows the non-claiming side to do (and the law did indeed allow that—until it was changed in 1949.) Don't argue with your opponent(s); just call the director.

Call Me Back

When the director asks you to call him back at the end of the hand if you feel you were damaged by what you called him about in the first place, there is a good reason for his doing that. He may have to adjust the score if the non-offending side was damaged, but no one can be sure of that until there is an actual result. After the hand, if you think you were damaged, call the director back so he can resolve the matter; if you don't do this, you are saying, in effect, that you were not damaged as things

went. That's fine, but the matter is then over.

Questions, Questions

When the director comes to your table in a disputed situation, listen to his questions and answer them—the director is trying to establish the facts while everyone is there and the matter is fresh. If you choose not to cooperate in this, do not expect the director to be sympathetic to new "facts" offered later when the opponents are not there.

Be nice to the opponents.

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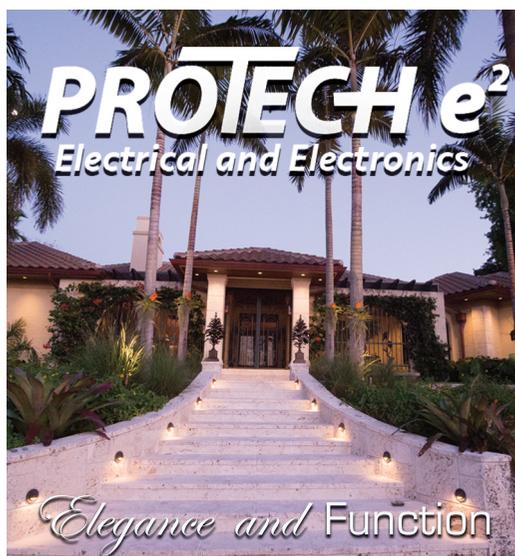
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