

# OCEAN REEF PRESS

Vol. 9, No. 20

A Unique Way of Life

March 18, 2022

## Here Comes a Grand Summer!

by Jody Steele

Summer is just around the corner and our "Unique Summer Camps" at Ocean Reef Club are open for registration on **Monday, March 21**. Our nationally recognized and award winning Recreation Team is ready to greet the children and grandchildren of Ocean Reef Club Members to 23 different camps. Ten weeks of fun-filled activities begin on June 6th and run through August 12th. Camps are provided for kids 5-17 with age-appropriate activities for all. To add to the family excitement, three adult camps are on the schedule. So it is time to look at your summer calendar and check out the Camp Brochure online to find the perfect camp schedule for summertime fun.

### The Camps

Adding to the return of the very popular traditional camps such as Reef Club Kids, Nature Exploration, ORC Golf Camp, Tennis Camp, Rising Star Camp, Reef Discovery, Scuba Dive Camp, Sailing, Safe Boating Camps, and Chef Camps are some NEW camp opportunities.

Brain Teaser Camp will create projects in science, technology and engineering along with a full list of outdoor activities for ages 7-11. Equestrian Camp has been such a hit that it now will be offered for three different weeks. A new Tween Pickleball Camp is for the player ready to develop their skills with on-court instruction. Tournament Tough Tennis



Nature exploration takes Reef campers out to learn about the surrounding environment.



These kids can really cook after a week at Chef Camp.

Camp will challenge the serious tennis player age 8-17 and an Adult Tennis Camp will certainly attract family and friends.

### The Staff

Mic O'Keeffe, Vice President of Sports and Amenities, is proud of the high quality dedicated counselors that direct the ORC Camps. Camp Directors Christopher Nelson and Kyle Lynch work with the RCRA (Resorts and Commercial Recreation Association) to hire college-educated personnel in the field of recreation and hospitality. Along with these outstanding counselors are professional pros in golf,



Everyone loves Pickleball, there is a camp for kids, tweens and adults.

tennis, and pickleball leading ORC camps. And, of course, their enthusiasm is priceless. Campers come back for years to reunite with their counselors and their friends.

### The Registration Process

Last summer, nearly 800 campers participated and many of the camps filled early with advanced booking. It looks like a busy summer season ahead with the "Discover One, Discover All" ORC camps. Online booking available at [www.oceanreef.com/summercamps](http://www.oceanreef.com/summercamps) or email [summercamps@oceanreef.com](mailto:summercamps@oceanreef.com)

Camp Concierge can be contacted at 305-367-6516.

## AROUND THE REEF

### BAG ROOM OPEN FINALS

**Saturday, April 2 • 1 p.m.**

Follow along for the final match as Ocean Reef and Card Sound Golf Professionals compete for the title of best golfer on The Reef. Preliminary matches continue every Friday and Saturday through April 2. See page 25 for more.

### ANNUAL MEETING

**Thursday, April 7**

**9 a.m. • Carysfort Hall**

The Annual Meeting of Equity Members will take place in Carysfort Hall and will be streamed live via [oceanreef.com/AnnualMeeting](http://oceanreef.com/AnnualMeeting).

### AVIATION DAY

**Saturday, April 9 • The Airport**

Save the date to enjoy aviation activities right on the 07FA tarmac. Details: 305-367-6516

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## OR "See"



Fernando Campo captured these unbelievable shots of the Ocean Reef Marina while paddleboarding.



What have you discovered on your walk, biking or on a daily golf cart ride that you never noticed before?  
Email [orp@oceanreef.com](mailto:orp@oceanreef.com) and share your discoveries.

# OCEAN REEF PRESS

### CONTACT US

Ocean Reef Press  
35 Ocean Reef Drive, Suite 200  
Key Largo, FL 33037  
**Managerial Editor** Molly Carroll  
**Editor** Holly Houser  
**Production Design** Henry Ballate  
**Distribution** Original Impressions  
**Editorial** (305) 367-5882  
[orp@oceanreef.com](mailto:orp@oceanreef.com)  
**Advertising** (305) 367-5806  
[ajansen@oceanreef.com](mailto:ajansen@oceanreef.com)

### DEADLINES

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

### OCEAN REEF PRESS EDITORIAL ADVISORY BOARD

Jody Steele, Chairman  
Terry Baxter, Joan Birsh, Sarah Cart,  
Susan Bohan, Mary Brady,  
Jim Leenhouts

### 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](mailto:communications@oceanreef.com).

### INFORMATION

- ◆ Published each Friday Nov – Apr.
- ◆ Summer issues: May 27, July 1, July 29, Aug. 26, Sept. 30, Oct. 28
- ◆ 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.

## Gotta Question?

I heard there's a new online dining reservations system. How does it work?

Yes! New this season, Members can make their own dining reservations through the Club website for Islander, Gianni, Ocean Room and CH Prime, without picking up the phone. The online system allows you to view availability at all four outlets at once. For example, if a 6:30 p.m. reservation at the Islander is not available on your selected date, the system will offer available options at the other restaurants, all on the same screen.

To access online reservations, first log on to [oceanreef.com/members](http://oceanreef.com/members), click "Club Life", and then select "Dining". After selecting "Reservations" under the restaurant you wish to reserve, input your desired date,



time and number of guests. Once you click "Search", all available times and outlets on your chosen date will appear. Select one, fill out your information, and book your reservation!

Through this system, Members can easily secure a dining reservation 24/7. If you need assistance navigating the platform, the Membership Team is available to help. Stop by their office or call 305-367-5921.

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



# Toro Tuna



by Terry  
Baxter

When my friends in the Islander kitchen call with excitement in the middle of the day, I know to hurry. I found Ocean Reef Executive Chef Jared, Islander Chef de Cuisine Kareem, and Sushi Chef Eric gathered around an express delivery from California. It was a one-hundred-plus pound Blue Fin Tuna packed in ice. It took three of them to lift it onto the "operating table." (They wisely didn't ask me to help.) They handled it gently like a patient transferred from a gurney. The entire operation had the air of a medical procedure.

Chef Eric was the chief practitioner. He explained his reverence. "Blue Fin Tuna is very special. The Blue Fin is warm blooded, swims fast (upwards of forty-miles-per hour), and starting in October adds belly fat for added insulation. Japanese terminology is regularly used in Sushi and



Sushi Chef Christian, Sushi Chef Eric, Islander Chef de Cuisine Kareem



Chef Eric begins dressing the Ahi with practiced skill.

Sashimi, for they have raised it to a high art. Blue Fin is "Ahi Tuna." "Toro," which means, "to melt," is the prized belly fat of the Ahi. It is rich and buttery with a distinctive flavor. "O-Toro" is the best, from the forward belly on both sides of the stomach. (I probably would be a fine specimen). "Chu-Toro," less fatty but not shabby by any means, is closer to the tail. These are both Sushi Grade, selling for 22 to 28 dollars an ounce. Our hundred-pounder cost us \$11,000 (we saved \$8 a pound by buying a whole fish). Cuts from the loin are Sashimi Grade used in Poke Bowls or Seared Tuna steaks. Nothing goes to waste. Even the meat between the ribs is scrapped out

with spoons for Tuna Tartar or Spicy Tuna Rolls. Remaining by-products are used for stock.

Chef Eric and Chef Kareem skillfully separated the cuts. I asked Eric how long he has been dissecting Tuna. "This is my first day," he shot back with a straight face. Not by a long shot. Eric has been creating Sushi since 1999. While working in Japan, he learned to butcher Tuna from Japanese chefs. He became an expert at selecting and grading Tuna, using a probe to evaluate the belly fat, something like a wine-thief sampling a keg. Color and fat marbling are the markers. All the cooks in the kitchen congregated to observe or participate. Eric said, "Chefs can

cook for many years, and still not know butchering. We give them all a chance to learn." Eric and Kareem will package up select cuts for restaurants across Ocean Reef.

Chef Jared told me that we are ordering only whole fish for the Ocean Room, CH Prime, and the Islander (Grouper, Sea Bass, Snapper, Tilefish, Salmon). "We have more control, we ensure how carefully it is handled, and the quality and the price is better. We refuse to accept second best." Now we know why Tiger Woods came to the Islander to recruit Chef Eric for his Champion's Dinner several years ago.

## OUT & ABOUT

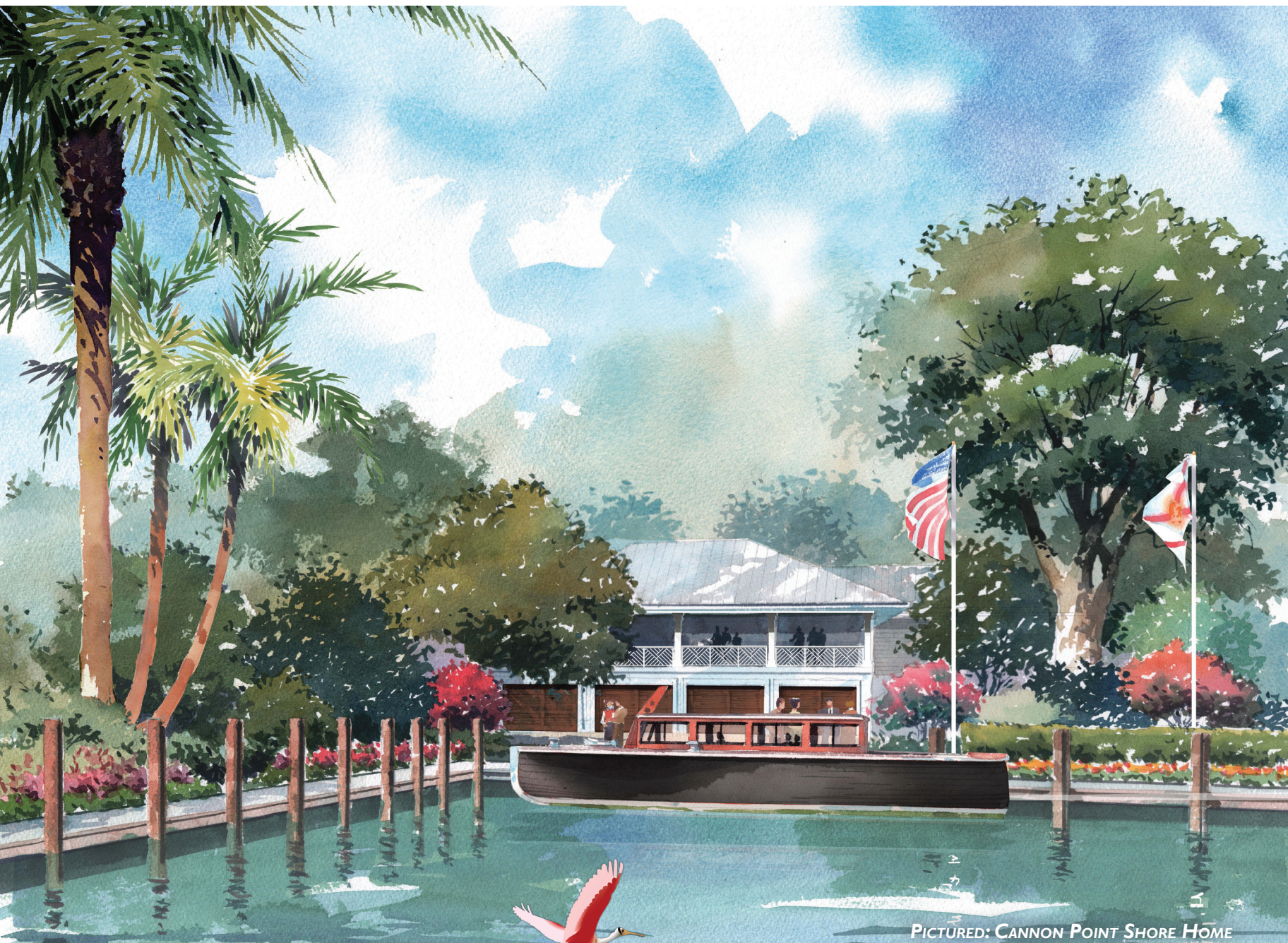


It's About Time!  
What does Daylight Saving Time mean to this group? More sunshine at the Beach Bar. Pictured right: Bill Gooch and Everton Darling spring forward together this past weekend on Buccaneer Island.





# YOUR CHARIOT AWAITS...



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Artist's Concept

## 40 CARDINAL LANE | 40CARDINALLANE.COM

5 BD, 6.5 BA | Ocean View | \$21,900,000 | 2308

**Russell Post** 305.367.2027 russell@oceanreefclubsir.com

**Jay Rourke** 786.493.8105 jay@oceanreefclubsir.com



Artist's Concept

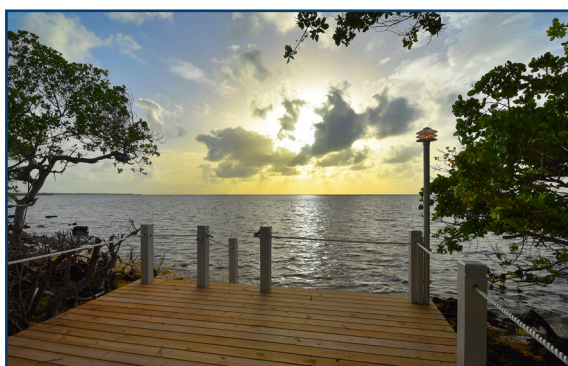
## 29 BAKER ROAD | CANAL FRONT

4 BD, 5 BA | New Construction | \$5,995,000 | 2332

**Eric Woodward**

305.394.4461

eric@oceanreefclubsir.com



## 19 SUNRISE CAY DRIVE | OCEAN FRONT

33,125 Sq. Ft. Homesite | \$13,500,000 | 2335

**Molly Taylor** 508.524.4633 molly@oceanreefclubsir.com

**Russell Post** 305.367.2027 russell@oceanreefclubsir.com



NEW PRICING

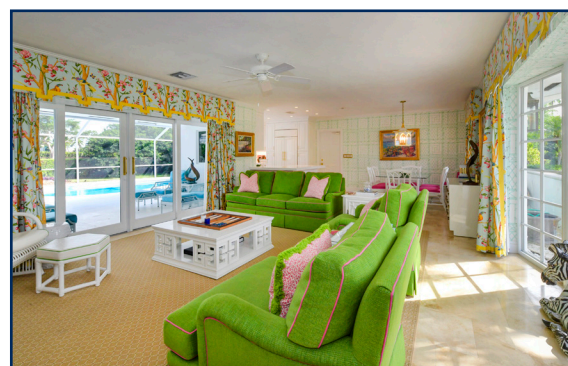
## PUMPKIN CAY 43B | CANAL FRONT

4 Bedrooms, 3 Baths | \$5,475,000 | 2341

**Molly Taylor**

508.524.4633

molly@oceanreefclubsir.com



## 18 COUNTRY CLUB ROAD | GOLF COURSE

3 Bedrooms, 2 Baths | \$4,795,000 | 2331

**Cassy Everhart** 305.522.2332 cassy@oceanreefclubsir.com

**Morgan Smith** 305.321.1143 morgan@oceanreefclubsir.com



NEW PRICING

## MARINA SLIP FS-30 | FLOATING DOCK

70' Dock | \$1,650,000 | 2347

**Denise Haney** 305.394.6838 denise@oceanreefclubsir.com

**Rick Haney** 305.394.4645 rick@oceanreefclubsir.com



LISTED AND PENDING

## RESIDENCE CLUB PH12 | GOLF COURSE

3 Bedrooms, 3.5 Baths | \$5,450,000 | 2236

**Listed by: Russell Post** 305.367.2027 russell@oceanreefclubsir.com

**Pended by: Molly Taylor** 508.524.4633 molly@oceanreefclubsir.com



## PLAZA BUILDING | COMMERCIAL

3 Buildings | Retail | \$29,000,000 | 2180

**Mary Lee**

917.603.3252 marylee@oceanreefclubsir.com

VIEW ALL OCEAN REEF LISTINGS AT OCEANREEFCLUBSIR.COM

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# REEF GALLERY



*"Quiet Heart" by Arnold Desmarais, Oil on Panel, 33" x 45"*

Please Join Us for a  
**Trunk Show on March 23-24**  
**11-5 at the Reef Gallery**  
**Meet the Designer and Owner of**  
**Cassis Jewels**



41 Fishing Village Drive | 305-367-8001  
Monday-Saturday 10am-6pm & Sunday 12pm-5pm  
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## AT THE CULTURAL CENTER

### Great Decisions with Dr. Jeffrey Morton

Myanmar & ASEAN

**Tuesday, March 22 at 5pm**  
**Cultural Center Theater**  
**Complimentary**

Myanmar is a country of 54 million, whose government has bounced from military coup to democratic experiment to military coup over the last 25 years. The Noble Peace prizewinner Aung San Suu Kyi, spent 15 years in house arrest before entering into a fragile power sharing deal with the military junta, while the mountainous frontier areas remain uncontrolled, with roaming bands of ethnic minority armed groups. Six weeks ago, on Feb 1, the generals announced a state of emergency and arrested Aung San and other officials. Protests erupted across the country, while the military, known as Tatmadaw continues to indiscriminately detain, torture and kill protestors and political opponents.

What is the response of the international community? Jeffrey Morton offers an insightful analysis of the facts and the options.



Dr. Jeffrey Morton

**Dr. Jeffrey Morton, in Person!**

**Thursday, March 24 at 5pm**  
**Cultural Center Theater**  
**Complimentary**

This year, the Great Decision lectures have been delivered by Dr. Morton, on tape. Events are moving so fast in today's world that the time delay of even a week has made a difference in the substance of some talks. Now he is here, in person, to answer questions on Russia, Ukraine, China and even Outer Space — our options for policy designed to secure US strategic interests in the 21st century, and the consequences of each of these choices. Whether you approach foreign policy as a Wilsonian Internationalist, Conservative, Neo-Conservative or America First, you will appreciate his analysis.

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## NEWS FROM THE MEDICAL CENTER

# Yes, it Tastes Delicious

March is National Nutrition Month and a good reminder to think about how and what you eat. The best tasting foods are salty, sugary and fatty and all taste wonderfully good, so an occasional indulgence is going to happen. Limiting the intake of salt, sugar and fat takes a conscious effort. Start small by making better choices and swap out healthier choices when eating out or cooking at home.

**Sodium:** Nine out of 10 Americans eat more salt than they need. Eating too much salt can raise your risk of high blood pressure, heart attack and stroke. General guidelines for adult sodium intake are 2,300 mg a day. Sodium is in everything - even bread and cereals. Deli meats, canned soups, chips and



almost all processed foods are big offenders. Ketchup has 160 mg per tablespoon and mustard 160 mg per teaspoon. That processed meat hot dog with mustard and ketchup just pushed the sodium over the recommended daily amount.

**Sugar:** Bottled drink labels at a glance may say 26 grams of sugar, but look again at the serving size - it's usually for 2 servings.

In reality it's 52 grams of sugar you consume. The recommended daily sugar intake for women is 24 grams and for men 36 grams.

**Fats:** Limiting saturated fat in your eating routine can help you stay healthier and replacing saturated fats with healthier unsaturated fats can help protect your heart. Use substitutions like cooking with vegetable oil instead of butter, nuts instead

of full-fat cheese as a snack, frozen yogurt vs. ice cream and substituting high fat protein with leaner cuts, skinless chicken or fish. **Snack Tip:** Buy fat-free plain yogurt and add your own fresh fruit.

The Medical Center can help you get back on track with FitMed, an evidence-based weight management lifestyle program that utilizes a combination of medical consultation, nutritional guidance and health coaching to deliver meaningful, lasting and effective weight loss and maintenance.

Visit us on the web at [www.mcor.org](http://www.mcor.org) or call 305-367-2600 for more information.

*Your support of the All Charities Weekend strengthens entities, like the Medical Center, that enhance Ocean Reef Club's Unique Way of Life and enables the Ocean Reef Community Foundation to provide for thousands in Key Largo, Homestead and Florida City. Call 305-367- 5996 to learn more.*

## VISITING SPECIALIST SCHEDULE

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.

### Audiology

**Daisy Elwick**

March 24, 31, April 7, 14, 21

### Cannabis & Pain Medicine

**Michelle Weiner**

May 27

### Cardiology

**Howard Bush**

March 24, April 21

**Jorge Cuello**

March 30, April 13, 27

### Colorectal Surgery

**Dan Ruiz**

March 21, April 18

### Dermatology

**Alysa Herman 305-444-4979**

April 7, 21

**Caitlin Martin-Lutz 305-740-6181**

option 1

March 30

**Debra Price 305-670-1111**

March 18, April 8, 22

**Jill Waibel 305-598-0290**

April 25

**Varee Poochareon 305-740-6181**

option 1

March 23, 30, April 6, 13, 20

### Endocrinology

**Heberto Valdes**

April 1, May 6

### Gastroenterology

**Sandra Rodriguez**

March 22, April 19

### General Surgery

**Dan Ruiz**

March 21, April 18

**Soni Chousleb**

April 7, June 2

### Gynecology

**Jason James**

April 14, May 12

**Jila Senemar**

April 26, May 3

### Holistic Medicine

**David Coppola 305-451-1819**

March 22, 24, 29, 31

### Nephrology

**Anthony Farias**

March 28, April 25, May 16

### Neurology/ Neuro Spine

**Nancy Epstein (Spine) 516-739-9270**

April 13

### Raul Vasquez-Castellanos (Spine)

March 21, April 4

**Victor Faradji**

April 7

### Ophthalmology

**Bascom Palmer 786-530-2289**

March 22, 24, April 6, 12, 14, 28

**Zach Segal**

April 19

### Optometry

**Lauren Nicholas**

March 18, April 1, 15, 29

**Bascom Palmer 786-530-2289**

April 22

### Orthopaedic Hand Surgery

**Roberto Miki**

April 22, May 20

### Orthopaedic Sport Medicine

**Michael Swartzon**

April 1

### Orthopaedic Surgery

**Derek Papp**

March 24, April 14, 28

**Joseph Fernandez**

March 18, April 15

### James Voglino

April 1

### Pediatrics

**Rosa Fernandez 954-385-6277**

April 8, 22

### Podiatry

**Pedro Abrantes**

March 11, 18, April 1, 29

### Psychology

**Joseph Mora**

March 21, April 11, 18

### Pulmonary & Sleep Disorders

**Raul Valor**

April 29

### Spine Care & Pain Management

**Ronald Tolchin**

March 22, April 5, 19

### Urology

**Dani Papir 786-530-2289**

April 14 & 28

**Lunan Ji**

April 20

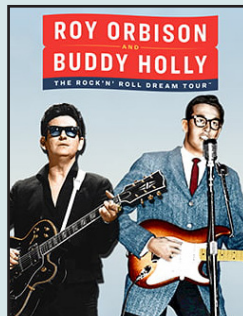


## CULTURAL CENTER



AT OCEAN REEF

### LIVE PERFORMANCES



#### ROY ORBISON & BUDDY HOLLY

##### HOLOGRAM SHOW

Saturday, March 19 • 8:00PM

\$125 Donor - \$150 Non-Donor

This cutting edge holographic performance and remastered audio will transport audiences back in time for an unforgettable evening of Roy Orbison and Buddy Holly's greatest hits onstage.



#### OUTDOOR CONCERT

##### THE BAND PERRY

Saturday, March 26 • 8:00PM

\$250 Donor - \$275 Non-Donor

The Band Perry has sold over two and a half million albums, thirteen million singles, and garnered over 1.75 billion combined streams to date. Known for their boundary-pushing live performances, the band's combination of music, fashion, and visual art.

### CAMPUS AT THE CULTURAL CENTER



FOREIGN POLICY ASSOCIATION'S  
VIRTUAL SERIES

*Great Decisions*

WITH DR. JEFFERY MORTON

#### GREAT DECISIONS

##### MYANMAR AND ASEAN

Tuesday, March 22 • 5:00PM

Complimentary

The situation in Myanmar, including the coup by the military in February 2021 and the ongoing human rights crises, coupled with civil resistance by those opposed to the regime, has led to the chaos in the Southeast Asian country. How are neighboring countries reacting, and what role will ASEAN play?



#### GREAT DECISIONS

##### JEFFERY MORTON, PhD

Thursday, March 24 • 5:00PM

Complimentary

Dr. Morton will join us in person, to answer questions on Russia, Ukraine, China and even Outer Space — our options for policy designed to secure US strategic interests in the 21st century, and the consequences of each of these choices. Whether you approach foreign policy as a Wilsonian Internationalist, Conservative, Neo-Conservative or America First, you will appreciate his analysis.

Jeffrey S. Morton is the Pierrepont Comfort Chair in Political Science at Florida Atlantic University and a Fellow at the Foreign Policy Association. At F.A.U., he directs the Leon Charney Diplomacy Program, winners of three national titles, and the Morton Research Forum.

For Tickets/Dinner Reservations, email:  
CulturalCenter@OceanReef.com



## We Mourn the Loss

Charles Entenmann

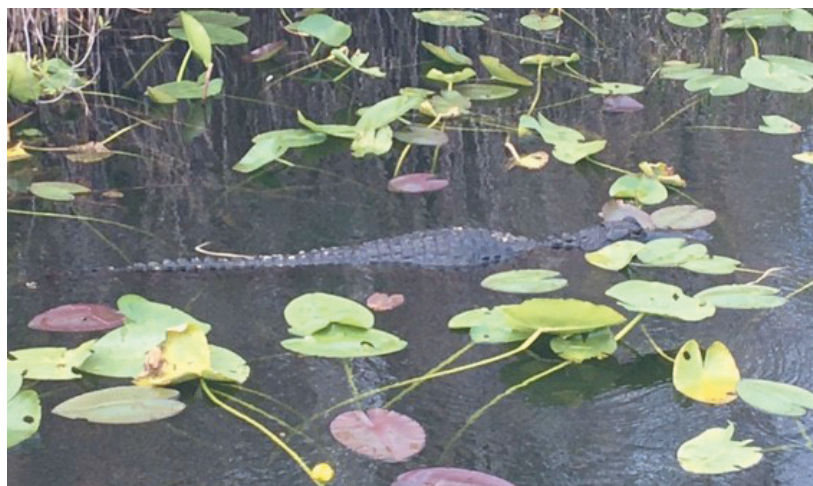
The Entenmann family lost their patriarch. Charlie Entenmann, 92, of Ocean Reef, passed away peacefully on February 24. His generosity, intellect and wit will be forever remembered.

*Member since 1988.*

## Everglades Tour



Ocean Reef Club members took a trip to Everglades National Park with Audubon Florida last week and observed many native Florida wildlife in their natural environment. The trip was a joint effort by the Club and the Ocean Reef Conservation Association.





# Fear Not? Seriously?



by Rev. Dr.  
Bob Henley

Fear, psychologists tell us, is a complex natural, powerful, primitive emotion. Fear alerts us to threats, to the presence of danger.

A fearful experience elicits a complex biochemical response in our body. We know it as "fight or flight."

We encounter what we perceive to be a threat. The hypothalamus responds by deploying chemicals like special-ops forces in the body. This jolt of adrenalin and cortisol kicks in instantly.

But unlike highly trained special force operators, whose threat response can ramp up from zero to ten and back again in a heartbeat, we mere mortals are left feeling like a limp dishrag when those chemical soldiers have departed the battlefield.

Some fears are irrational. Gary Larson's cartoons in *The Far Side* are famous for his clever ability to make us laugh at improbable events and impending bizarre disasters.

Other fears are absolutely rational, such as driving on Card Sound Road. Or, "No, I don't think I'll retrieve my errant golf ball that came to rest next to that large croc basking in the sun." Or, "Your cancer is inoperable and untreatable."

Phobias are fears of fear. A web search turns up a list of at least 100, ranging from A to Z – *arachnophobia* to *zoophobia*.

Our lives have been immersed in a fear-filled, global environmental threat for the past two years – the COVID crisis. Its origins sinister. Its size microbial. Its spread like a wind-

driven prairie fire. Its effects unpredictable. Its costs enormous. In its wake lasting grief and lingering suffering. Its future uncertain.

Now, we face a threat many assumed had been eradicated like polio - the threat of a nuclear war. According to informed sober assessment, this is not an irrational fear at the present moment.

The brutal, senseless attack by the military forces of a tyrant, along the political fault line of Russia's western borders, has put us right back in a standoff at the nuclear OK Corral. The horrific images of destructive violence and indescribable suffering remind us that human 'progress' has taken us way beyond six-shooters.

Years ago, Swiss psychiatrist, Dr. Paul Tournier, wrote a book titled, "The Strong and the Weak." He contends that we all experience fear. He seeks to dispel the notion that there are two kinds of people – strong and weak.

What distinguishes us is how we respond to our fears. Some of us mask our fears behind a strong external response, while others appear to be weak and overwhelmed. The truth is, we are all afraid.

For Tournier, myself, and countless others, we have discovered that power is available that can enable anyone to find hope and freedom as we face our fears. That power is found through faith in God.

Let me invite you to take a moment and consider these words from one of the Psalms of the Hebrew Scriptures.

*God is our refuge and strength,  
an ever-present help in trouble.  
Therefore, we will not fear, though  
the earth give-way and the  
mountains fall into the heart of the  
sea, though its waters roar and foam  
and the mountains quake with their  
surging.*

A life of genuine faith is not Pollyannaish, unrealistically optimistic about our circumstances. Neither is it like C.S. Lewis' character,

Puddleglum, always a downer. Nor does it turn one into a carping, hypercritical person, always bristling.

Faith in God is rooted in confidence in the One who has a track record in history. God's story has been lived out through the witness of a unique, chosen people – the Jewish people. God's character has come into clear focus in the life of the person of His Son, Jesus.

You won't find any perfect examples among either one of those two groups of people of faith. But what you will find are people who are perfectly willing to tell you about the confidence and courage they have found in a life of faith.

That kind of faith can enable

the person who, outwardly appears to be so strong, to risk being honest, vulnerable about their fears. That kind of faith can enable someone who appears to be completely overwhelmed, to discover strength and power to face their fears in a way they never imagined.

Fear alerts us to threats, to the presence of danger. The Scriptures alert us to the presence of a sovereign God, in the midst of our threatening, contingent world.

God's power offers access to a way of living that offers refuge when we feel overwhelmed; strength when we feel weak; and help when facing trouble. Something to consider in a time like ours.

## CHAPEL NEWS

OCEAN REEF CHAPLAIN • Rev. Dr. Robert Henley

305-367-2049 • [orcchapel.org](http://orcchapel.org)

### Friday, March 18

#### AA Meeting

7:30 a.m.  
Yacht Club Room

#### Shabbat Candle Lighting

7:14 p.m.

### Sunday, March 20

#### Traditional Worship Service

Rev. Ed & Lisa Young  
9 a.m.  
Cultural Center

#### Catholic Mass Online

10 a.m.  
[facebook.com/sjmkeylargo/](https://facebook.com/sjmkeylargo/)

#### Contemporary Worship Service

Rev. Ed & Lisa Young  
10:30 a.m.  
Cultural Center

#### Kids Matter

10:30 a.m.  
Heritage Room at Cultural Center

#### Catholic Mass

12 p.m.  
Cultural Center

### Monday, March 21

#### Lunch & Learn

12 p.m.  
Frangipani/Hibiscus Room  
Key Largo Building

#### AA Meeting

7:30 p.m.  
Yacht Club Room

### Wednesday, March 23

#### Intercessory Prayer

8 a.m.  
Card & Games Room at the  
Tennis & Games Center

#### Episcopal Service

Rev. Emilie Wierda  
9 a.m.  
Card & Games Room at the  
Tennis & Games Center

#### Message Online

7 p.m.  
[orcchapel.org](http://orcchapel.org)

### Thursday, March 24

#### Men's Book Study

8 a.m.  
Card & Games Room at the  
Tennis & Games Center





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# A Debt of Gratitude to the Staff at ORCAT

By Diane Steinhilber, Member since 2014

During the last several months, our 9-year-old Golden Retriever, Shep, began eating his food very fast... We mistakenly attributed this behavior to a passion for his kibble. As it turns out, he was not chewing his kibble...he was swallowing it in whole pieces.

Shep had developed a debilitating autoimmune condition known as Chronic Ulcerative Parodontal Stomatitis or CUPS. An autoimmune disease is a condition in which an individual's immune system attacks healthy cells in the body.

Canines with CUPS will develop mouth pain, bad breath, and drooling. It is believed that the dog's immune system is overreacting to bacteria contained in the plaque on the teeth. CUPS can develop slowly over years or suddenly, as was the case with Shep – and he had developed



Shep Steinhilber will be walking the runway with mom, Diane, at the ORCAT Catwalk Fashion Show on Tuesday, March 29.

very bad breath.

Shep arrived to ORCAT for his "spa" appointment with Groomer Keila Palmer. Jeff and I received a video from Keila showing Shep's gums and lips. They were bright red and puffy. Our new ORCAT veterinarian, Dr. Lora Cummings, examined his mouth and gums.

When we returned to ORCAT to pick Shep up, Dr. Cummings asked us to describe Shep's "chewing habits." We shared that, he doesn't really chew...he loves to carry our socks around the house, but recently he chewed on a few pig's ears, and as usual, his

leash which he tugs on until we allow him to carry it in his mouth.

Dr. Cummings contacted Dr. Mike Wiegand, DVM, DAVDC, on Shep's behalf. Dr. Weigand is a board-certified specialist in veterinary dentistry and oral surgery, with clinics in Stuart and West Palm Beach.

Following the examination, we made a very difficult decision for our beloved Shep. Dr. Weigand explained that we could try and manage his condition conservatively, with partial dental extractions over time and a lifetime of steroids, or we could remove all his teeth at once eliminating the reason for the immune response.

On a technical note, Shep had 42 individual tooth extractions. Bone graft material was applied to improve his jaw strength. It was difficult to watch him eat. What a mess! It went everywhere!

We are pleased to share with

you that Shep is doing well.

And to my friends at ORCAT, Dr. Lora Cummings and Keila Palmer, we believe that you saved Shep's life. Because of your intervention, Shep will no longer be in pain. He will recover and lead a much healthier and happier life! We owe you and the staff at ORCAT a tremendous debt of gratitude.

Visit the *Veterinary Oral Health Council* website ([VOHC.org](http://VOHC.org)) for more information.

**Addendum:** Following Shep's dental extraction, Dr. Lora Cummings performed a biopsy on Shep, only to discover that he has lymphoma. This is unrelated to CUPS disease. Dr. Cummings immediately referred us to the Pet Cancer Center in Miami. As difficult as it is to get this news, Shep has received his first chemotherapy treatment and is doing well. Dr. Cummings has been with Shep (and us) every step of the way.

## MEMBER NEWS



Chandler Pace, son of Sherryll Anne and David Pace, proposed to Alexandra Elizabeth Finder on Thursday, March 10 at The Point, during the Reef Cup Return of the Fleet. She said yes! The couple both reside in Washington, D.C.



Brooke Baker, daughter of Patti Baker, became engaged to Matthias Welsh while hiking in West Virginia this past fall. They met in Washington, D.C. in 2016 and now reside in the mountains of Asheville, NC. Congratulations!

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# Farmers Market Favorites

By Susan Bohan

The Farmer's Market has a wonderful array of vendors that help expand our culinary skills, but there is one vendor in particular that aims to enhance our experience, both on the inside and the outside.

## Mediterranean Delight

Mediterranean Delight specializes in the fresh food products that every doctor recommends to remain healthy. Made daily, the biggest sellers are the Garlic Hummus and the probiotic Kefir Yogurt Balls. Both are delicious on your morning toast or with pita chips and sliced vegetables at cocktail time. My favorite were the Dates. Thinly sliced they make a wonderful addition to a



Mediterranean Delight with Mason.

cheese platter or just eaten as a sweet snack like raisins. Besides a great source of fiber, they are excellent for digestion. The rice-stuffed grape leaves and olives are also rich in vitamins so fill up your shopping bag. Everything on display looked delicious!

## Cure Natural Skin Care

To take care of yourself on the outside, owner Jari has also created Cure Natural Skin Care based on the healthy

Mediterranean lifestyle. Treated to the Dead Sea Bath Salts on my hands as we chatted, his philosophy of offering pure products came through. While not a doctor, he says that he created his products to share the best practices of care and to provide minerals needed for a healthy body, especially magnesium which is vital for a healthy heart. Jari wants to "educate, empower and enlighten" his customers through food and body



Cure Natural Skin Care line of products.

products made from healthy ingredients. So whether body butters, lymphatic detox kits, facial or body scrubs, mud masks or soaps interest you, he can explain how each is important and vital to your health. And, by the way, my hands have never felt so smooth!

*The Farmers Market is open Mondays and Thursdays from 11 a.m. to 4 p.m. at the 121 Marina Parking Lot. See page 22 for next week's schedule of vendors.*




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# Recycling is a Good Deal

## Part 1: Why We Should Recycle



by Jim  
Leenhouts

*Recycling is an extremely important practice for the well-being of our ecosystem, something that plays a vital role in the Ocean Reef community we live in. Over the next two weeks, I will share with you the importance of recycling, as well as what items should and should not be recycled. Here is Part 1:*

What is recycling? Recycling is a vast variety of collecting and reprocessing systems that use waste material to produce economical raw materials for useful products. It takes many

forms, for example, creating ready-to-use household lawn fertilizer pellets from processed household sanitary sewage sludge, creating useful glass articles from melted glass and plastic bottles emptied of their contents, or even creating new or repairing broken electronic devices from a superseded computer or older TV set.

The advantages of having a cycling system is providing normally discarded materials, or waste, with new value as a raw material for useful products, while avoiding the remaining option of waste destruction in incinerators, storage in landfills, junk yards or burial at sea that are costly, temporary, environmentally degrading, oxygen absorbing, unsightly at best, and are becoming legally, heavily regulated by governments for much more than just the most hazardous (nuclear waste, etc.).

ORC's Waste Management Team, a long-standing department at Ocean

Reef, operates as a home waste collection and early classification system. They collect waste from The Reef and then supply the quality waste to larger recycling industries. There are very few opportunities, because of size and market, to actually recycle Ocean Reef waste on site, but there are a few notable exceptions - walkers and wheelchairs. Therefore, as recycling gains are increasing in favor and variety, the problems of market size and the quality of the recycled raw material become important factors effecting successful recycling.

### The Process Begins at Home

The recycling process starts with the average Ocean Reef home that prepares a weekly donation of recyclable waste, collected by the Waste Management Department. Through a better understanding of the recycling process, a household may be able to increase the size, efficiency and

value of their waste donations.

That being said, recycling doesn't just have to be what you put in your blue bin. For many years, Ocean Reef Members have been recycling clothing at the Chapel Clothing Drive and Bin (located under the Club's Human Resources building), and many other excellent drives, such as the Ocean Reef US Coast Guard Flotilla boat parts sale. Longtime Members will remember the Consignment Shops near the Airport and, why not, they should qualify. Blood Drives should even be considered, and you also lose a pound!

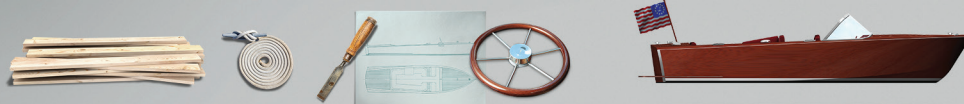
In summary, a greater understanding of recycling, beginning at home, will benefit the entire recycling process as a whole and in turn, the ecosystem we so cherish at Ocean Reef.

This two-part article will continue next week with home efforts and Waste Management at Ocean Reef.

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# Snap Up & Sing!



by Mary Brady

Our own **Ginger Knapp Ringdahl** was named Frances Louise, born in Beacon, New York. Because of her ginger hair, the nickname "Ginger" stuck. Singing and dancing since the age of 3, Ginger's early life was devoted to music. "I was never nervous, as it came naturally to me." After her marriage to Roy Knapp and three children, Ginger was an active member of the Sweet Adeline International Chorus, which was a women's barbershop chorus. Staging shows for community theaters and high school theater groups, she became adept at



Ginger Knapp Ringdahl in her at-home music room.

handling many roles. She was musical director, stage director, choreographer, vocalist, performer and excellent scriptwriter. She is now in her 60th year with the Sweet Adelines.

Coming to Ocean Reef in 1982, it wasn't long before her talent was discovered by Members here. While waiting out a rainstorm at the Health & Tennis Club, no one had a deck of cards to pass the time. Ever

resourceful, Ginger suggested singing. "I taught them two songs with harmony, and they loved it. Someone asked if we could do it again the next week." Hence, the Ginger Snapps were founded with 15 rookies who blended voices into a chorus performing at benefits and parties. As the years passed, costumes changed and the group went to 52 members. Ginger later started the Reef Rogues in 2003, which was the male counterpart of the Ginger Snapps. Ginger encouraged everyone who wanted to be a part of the performances to join. She makes it fun and encourages teamwork. "My ultimate goal is to get each person to get up and sing. I love making music."

Ginger just finished a St. Patty's Day Extravaganza, which was a huge success. How did you come up with this idea?" I wondered. "I just have these ideas in my head that I need to formulate and put together. I wrote this script this past summer. I started with Mic O'Keeffe being an extra tall leprechaun. Mic was game and onboard from the start,

even demonstrating a very convincing Irish brogue. That was my spark, which ignited the flame for the rest of the show. The story and songs came easily from there. I just love to do this. It brings me such joy."

Ginger's music room has many awards she has achieved over the years. Two awards she is especially proud of were from Ocean Reef Club: The Spirit of Ocean Reef Award in 2017, presented to Ginger in recognition of her enthusiasm, energy, dedication and support of Ocean Reef Club and all she has done on behalf of the Club's Membership to enhance our Unique Way of Life, and the 2011 award to Ginger Knapp Ringdahl, who for many years gave to The Reef the song in her heart through the Ginger Snapps and the Reef Rogues.

It is a pleasure to sing the praises of a woman with such passion and zest for life. She is loved and admired by so many. She has enriched our community for over 40 years. Thanks, Ginger, for the memories!



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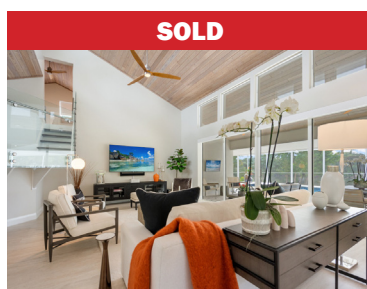
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I found Linda to be not only a great advocate, but also a warm and understanding individual who was tireless in her pursuit of getting the job done.

I should mention that I am a seasoned real estate professional as an owner of an office building portfolio in Chicago who has seen a fair share of difficult real estate deals. It is just a different animal when dealing with something personal as opposed to the business of another transaction.

I would wholeheartedly recommend Linda Jaikins and her very supportive firm, Swenson&Ecuyer Realty, for any and all residential Ocean Reef transactions."

My Best, Murray Peretz



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## Coming Up at Carysfort Kitchen

Chef Grace Young

Each guest chef who visits Carysfort Kitchen is special, but on **Friday, March 25**, Members attending the "Art of Stir Frying" class will have an extra special treat. Not only will they learn from one of the most masterful oriental cooking chefs; they will learn from the 2022 James Beard Humanitarian of the Year awardee, just announced this week, Grace Young.

Widely known as the "stir-fry guru", Chef Young is already a James Beard Award-winning cookbook author, six-time winner of the International Association of Culinary Professionals award, and



a culinary historian. Now, because of her work to save America's Chinatowns and support Chinese restaurants during the pandemic, Young can also say she's a Humanitarian of the Year.

Yet, Young's grandeur does not overshadow her dexterity with a wok, which has given her the widely attributed reputation of stir-fry master. On Friday, March 25, we welcome Chef Young as she graces Carysfort Kitchen once again with her passion for authentic, oriental cooking.



# Oh, for Goodness Snakes!



"Nature Notes"  
by Nancy Zakon

Snakes have been around for a very long time, long before Adam and Eve who had a bad day... at least Eve did. Snakes frighten us. They hide and bite – eek! Wait, calm down... Let's look on the brighter side. They hide to protect themselves - from us - and most all have harmless bites. How many snakes have you seen here? Maybe one, if that? And harmless, I'll bet.

So, what's interesting about snakes? (Oooh, still make you shiver?)



As Penny Dinsmore was recently placing orchids in her tree at Ocean Reef, she turned to discover she was not alone, capturing this photo to share with Ocean Reef a close-up view of one of its native members.

Recently, **Penny Dinsmore** snapped this photo and asked about it. Turns out, snakes have an interesting story – rising from one unusual trait: they shed their skin, whole. (You may have seen one - You just try getting out of your bathing suit without using your hands!) This complete skin-shedding gave rise to ancient cultures creating various weird and wonderful mythologies around snakes.

Greek/Roman, Norse, African, Eastern Mediterranean folklore all considered snakes as gods. Logic. Shedding skin was rebirth, and by extension immortality, ability to heal - thus, having wisdom. The caduceus, oft-seen emblem of the medical profession, depicts one or two snakes entwined around a staff. Now, you know why.

From Austin Peak at the Fish and Wildlife Commission,

pictured here is a red cornsnake. Yes, unusual name – gotten back in the day from being around corn cribs to feed on rodents nibbling grain. These snakes grow to a length of 3' or so and feed on mice, rats, bats, and birds (all snakes are carnivorous). They are found throughout the Keys in hardwood hammocks, in fields and juveniles in suburban areas. Here, our shy friend is sunning on foliage and is harmless. Only when molested will it coil and bite, but the bite isn't poisonous. Wisdom says: let the snake be - admire it, thank it, and walk away to leave it in peace.

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# Proposed for Membership

## Through March 24, 2022

### Equity Membership

#### Laura & Michael Geary

are applying for Equity Membership. Mr. & Mrs. Geary are purchasing 31 Anchor Dr., Unit B and equity from the resale list. They are residents of Fort Lauderdale, Florida and members of Fort Lauderdale Country Club. Their sponsors are James Slattery and Sean & Lori Lyons.

#### Ned Walley & Kurt

**Gabrielson** are Sr. Legacy Members applying for Equity Membership. Mr. Walley & Mr. Gabrielson are purchasing 18 Fisherman's Cove, Unit A from Peter Zorniger and the equity from the resale list. They are residents of Silverthorne, Colorado. Their sponsors are Cynthia Mitchell and Candace Sutfin.

### Waitlist Social Membership

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

#### Alicia & John Tlapek

are applying for Social Membership Waitlist. Mr. & Mrs. Tlapek are residents of Cherry Hills Village, Colorado. They are members of Country Club of the Rockies, Cherry Hills Country Club and Silverleaf Club. Their sponsors are William Koebitz and Allen Morris.

**Cliff Booth** is applying for Social Membership Waitlist. Mr. Booth is a resident of Baltimore, Maryland. He is a member of Baltimore Country Club. His sponsors are Christopher Berry, Judie Berry and Michael Watson.

**Gary Wagner** is applying for Social Membership Waitlist. Mr. Wagner is a resident of Solon, Ohio. He is a member of Signature of Solon and Cleve Racquet Club. His sponsors are Lee Westervelt and Wally

Hayward on behalf of the Membership Committee.

#### Greta & Ben Pittenger

are applying for Social Membership Waitlist. Mr. & Mrs. Pittenger are residents of Louisville, Kentucky. They are members of Valhalla Golf Club and Big Spring Country Club. Their sponsors are Bradley Ruch, Andrew Simmons and Shirley Johnson on behalf of the Membership Committee.

**Jeannine Hoyt** is applying for Social Membership Waitlist. Ms. Hoyt is a resident of North Chatham, Massachusetts. She is a member of Eastward Ho Country Club and Chatham Beach & Tennis Club. Her sponsors are Faye Evans and Jane & David Nolan.

#### Julie & David Cundy

are applying for Social Membership Waitlist. Mr. & Mrs. Cundy are residents of Ft. Lauderdale, Florida. They are members of Coral Ridge Country Club. Their sponsors are Peter Wittich and Jackie & Victor Storelli.

#### Kim & Brent Moody

are applying for Social Membership Waitlist. Mr. & Mrs. Moody are residents of Ft. Lauderdale, Florida. They are members of Grande Oaks Golf Club and Ivanhoe Golf Club. Their sponsors are Paul Flanigan and Laura Lang.

#### Kimberly & Matthew

**Troyer** are applying for Social Membership Waitlist. Mr. & Mrs. Troyer are residents of Fishers, Indiana. They are members of Hawthorns Golf & Country Club and Indianapolis Racquet Club. Their sponsors are Carlos de Quesada and John Jacobs.

#### Laura & Hugh O'Flynn

are applying for Social Membership Waitlist. Mr. & Mrs. O'Flynn are residents of Ipswich, Massachusetts. They are members of Turner Hill Golf Club, Ipswich Bay Yacht Club and Harvard Varsity Club. Their sponsors are James Tedford and William Stinson.

#### Melissa & Ronald Sylvestri

are applying for Social Membership Waitlist. Mr. & Mrs. Sylvestri are residents of New York, New York. They are members of Westchester Country Club and The Union League Club. Their sponsors are Brinlea & Brian Pitz and Mark Bezos.

#### Sally & Frank Spruiell

**Jr.** are applying for Social Membership Waitlist. Mr. & Mrs. Spruiell are residents of Shreveport, Louisiana. They are members of East Ridge Country Club. Their sponsors are Julie & Michael Waite and Jane Shepard.

#### Sarah & Ashley Cameron

are applying for Social Membership Waitlist. Mr. & Mrs. Cameron are residents of Ontario, Canada. They are members of Beaver Valley Ski Club. Their sponsors are Collen & Kelly Hansen and Newell Kraik.

#### Susan & Robert Fahey

are applying for Social Membership Waitlist. Mr. & Mrs. Fahey are residents of Villanova, Pennsylvania. They are members of Merion Golf Club, Overbrook Golf Club and Farmington Country Club. Their sponsors are Helen & Patrick Burns, Miriam & Brian O'Neill and Bruer Kershner.

#### Wendy & Christopher

**Worden** are applying for Social Membership Waitlist. Mr. & Mrs. Worden are residents of Wilmington, North Carolina. They are members of Coral Ridge Country Club. Their sponsors are Peter Wittich and Andy Denka.

### Waitlist Social Local Membership

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

#### Lora Cummings & John

**McArthur IV** are applying for Social Local Membership Waitlist. Mr. McArthur & Mrs. Cummings are residents of Tavernier, Florida. Their sponsors are Richard Bassett, Luisa Bryan and Charlie Johnston on behalf of the Membership Committee.

#### Molly & Jonathan Perlman

are applying for Social Local Membership Waitlist. Mr. & Dr. Perlman are residents of Coral Gables, Florida. Their sponsors are Steven Grekin, Jeff Cohen and Frank McKee on behalf of the Membership Committee.

#### Sylvia & Jose Mendiola Jr.

are applying for Social Local Membership Waitlist. Mr. & Mrs. Mendiola are residents of Coral Gables, Florida. They are members of Riviera Country Club. Their sponsors are Shannon & Craig Shapiro and Beatriz & Angel Veliz.

### Sr. Legacy Membership

**Carol & Mike Geiger** are applying for Sr. Legacy Membership. Mr. & Mrs. Geiger are residents of Fairview, Pennsylvania. They are members of Kahkwa Club. Their sponsors are Carolyn Fovel, Ginger Knapp-Ringdahl and Nancy Sturtevant.



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# Ardmore South African Show Now Open



by Susan Bohan

The Ardmore South African Ceramics and Textiles Art Show opened on Tuesday with a well-attended reception, and will remain until March 25. Come see the one-of-a-kind museum-quality pieces. Each is produced in a collaborative process from design sketches to sculptor to the painter whose deft brushstrokes add color to bring the vivid animals to life.

We are so fortunate to once again be treated to these breathtaking ceramics as well as



Zebra Jug

textiles designed in their unique way. Find a tray candlestick, vase, box or whatever you can imagine and add a touch of the exotic to your home here, up north, or both!

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#### Wooden Toys

April 12-14, 1:30-4pm

Choose among many patterns for cars, trucks, etc. to give the special children in your life. \$150 plus materials.

To register, contact Art League at [artleago@bellsouth.net](mailto:artleago@bellsouth.net) or 305-367-2359.

Your support of the All Charities Weekend strengthens entities, like the



Giraffe Urn

*Art League, that enhance Ocean Reef Club's Unique Way of Life and enables the Ocean Reef Community Foundation to provide for thousands in Key Largo, Homestead and Florida City. Call 305-367-5996 to learn more.*

## Ocean Reef Art League

**TONIGHT IS THE NIGHT**  
**The party begins at 4pm**

**The entire Ocean Reef Community is invited to attend**  
**Complimentary sliders, mini hotdogs, cotton candy,**  
**popcorn, cupcakes, & various spirits**  
**Music by DJ Ron**





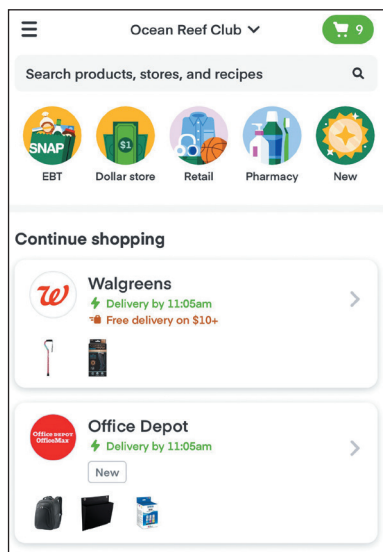
## Same-Day Shipt-ing



"Dot.calm"  
by Jane  
Silverman

Sometimes you just don't know where to turn for help. My go-to for just about everything is the private **Ocean Reef Gals Facebook** page with 1.7 thousand brilliant and connected Ocean Reef women as members. Supersmart (yes A-type) with "only the best for us" recommendations and advice. Borrow a cup of sugar or muffin tin? Done. Anyone have a crab claw cracker? Easy. Need a condo next week for your daughter's friend? Found.

When you have exhausted all resources at The Reef for must-have TODAY items like a retractable dog leash, a new



Instacart and Shipt offer same day delivery to Ocean Reef for items ranging from printers to pots and pans, party decor to backpacks.

printer, a computer charger, your grandchild's party decorations, or prescription medications... that's when I turn to **Instacart** and **Shipt: Same Day**. Both services deliver to Ocean Reef seven days a week all year long till the late evenings with deliveries from Office Depot, Walgreens, CVS, Publix, Family Dollar, and Dollar Store (you would be surprised

what you can order from a dollar store!).

They both offer great personalized service as you text/chat with your shopper in real-time. They are easy to use: download the app, create an account, select the store you want to shop, and place your order.

Feel free to include special instructions like "please pick up a dozen helium balloons that say 'I love you'" or "send me photos of the options I have for a label maker;" they are happy to oblige.

Shipt has a delivery fee of \$10 while Instacart starts at \$3.99, but they both have an annual subscription offering free deliveries from any participating zip code in the country for \$99. PS: 100% of your tip goes directly to the shopper who delivers your order.

Track the delivery live on your app and be sure and call the front gate to clear them at 305-367-4992, email them at [frontgate@orcareef.com](mailto:frontgate@orcareef.com) or visit [www.orcareef.com](http://www.orcareef.com) and click **Clear Guest** at the top of the page.

## ASSOCIATE SPOTLIGHT



### Marisa Bozzo

If you don't already recognize her name, you'll definitely recognize her face from the various events held around The Reef over the past several years, and most recently leading the team at the popular Waterside venue. Marisa Bozzo has had her hands in practically every aspect of Ocean Reef Food and Beverage since she first arrived from Argentina.

This year, Marisa celebrates yet another promotion. Next time you see her at an ORC event, congratulate her on her recent promotion to Banquets Manager!



## Join Tracy Bell

CFA, Executive Vice President, Director of Equity Strategies, First Horizon Advisors

### as she discusses Navigating the Markets Amidst Economic Transition

#### Waterside at Town Hall

Wednesday, March 23, 2022 / 4:30pm - 6:30pm

*Cocktails and hors d'oeuvres will be served*

RSVP to [peter.raffalski@firsthorizon.com](mailto:peter.raffalski@firsthorizon.com) or 305-367-3040



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## WEEKLY HIGHLIGHTS

### 18 FRIDAY

#### Golf Fitness Class

7am • Member Fitness Center

#### Everglades Alligator Farm Tour

8:45am • Meet at Nature Center

#### Golf Clinic with Stef Shaw

9am • Academy of Golf

#### Mah Jongg, Canasta & Backgammon Open Play

10am-4pm • Card & Games Room

#### 18-Holers LGA Golf Clinic with Stef Shaw

1pm • Driving Range

#### Duplicate Bridge Game

1-4pm • Card & Games Room

#### 9-Holers LGA Golf Clinic with Stef Shaw

2pm • Driving Range

#### Come Sail with Us:

##### Bullseye Sailing

2pm • Card Sound Sailing Club

#### Croquet Mixer Open Play

2-5pm • Croquet Lawn

#### Golf Clinic with Dave Vihlen

3pm • Driving Range

#### Don't Look Up (R)

4:30 & 7:30pm • Cultural Center

#### Cocktails

5-8pm • The Point (Members Only)

#### Live Music: Juan Areco Trio

6-10pm • CH Lounge

#### Teens Only! Beach Bonfire

8pm • Buccaneer Island

### 19 SATURDAY

#### Danish & Coffee

7-10am • The Point (Members Only)

#### Beach Yoga Class

8am • Buccaneer Island

#### Reformer Pilates Class

9am • Member Fitness Center

#### Pickleball 101

9am • Tennis & Games Center

#### Kering Eye Wear Trunk Show

10am-2pm • Fishing Village

#### Gameio Tennis Clinic

10am • Tennis & Games Center

#### Guided Eco-Kayak Tour

10am • Meet at Pool Desk

#### RGC Card Sound Range Open

10am-3pm • Card Sound Range

#### Luck of The Irish

11am • Fishing Village

#### Pickleball Organized Play

4-5:30pm • Tennis & Games Center

#### Cocktails

6-9pm • The Point (Members Only)

#### Live Music: Brittany Bogdansk

6-10pm • CH Lounge

#### Lighted Standup Paddleboard Tour

7pm • Buccaneer Island

#### Teens Only! After Hours

10pm-12am • Reef Rec Room

### 20 SUNDAY

#### Danish & Coffee

7-10am • The Point (Members Only)

#### Beginners Sailing Clinic

9:30am • Meet at Pool Desk

#### Guided Eco-Kayak Tour

10am • Meet at Pool Desk

#### Guided Paddleboard Tour

1pm • Meet at Pool Desk

#### Croquet Mixer Open Play

2-5pm • Croquet Lawn

#### Don't Look Up (R)

4:30 & 7:30pm • Cultural Center

#### Cocktails

5-8pm • The Point (Members Only)

#### Live Music: Brittany Bogdansk

6-10pm • CH Lounge

#### Family Night! Walking Scavenger Hunt

7pm • Buccaneer Island

### 21 MONDAY

#### Beach Yoga

8am • Buccaneer Island

#### MGA Event

9am • SG Hammock Course

#### Mah Jongg, Canasta & Backgammon Open Play

10am-4pm • Card & Games Room

#### Lunch & Learn

12pm • Frangipani/Hibiscus Room  
Key Largo Building

#### Learn & Play Croquet Intermediate Clinic

2:30pm • Croquet Lawn

#### Women, Wickets & Wine

3:30pm • Croquet Lawn

#### Pickleball Organized Play

4pm • Tennis & Games Center

#### Gianni Member Appreciation Dinner

5:30pm • Gianni Ristorante

#### Men's Night Tennis League

5:30-7pm • Tennis & Games Center

#### Men's Card Night

6:45pm • Tennis & Games Center

### 22 TUESDAY

#### Gentle Yoga Class

8am • Member Fitness Center

#### 18-holers Play for the Cure

8:30am SG • Dolphin Course

#### Golf Clinic with Stef Shaw

9am • Academy of Golf

#### RGC Card Sound Range Open

10am-3pm • Card Sound Range

#### 9-holers Play for the Cure

10:30am • SG Hammock Course

#### Croquet Open Play Mixer

2-5pm • Croquet Lawn

#### Vine to Table Dinner

6:30pm • CH Prime

### 23 WEDNESDAY

#### Ladies' Pickleball League

8am • Tennis & Games Center

#### MLO Jewellery Trunk Show & Class

9am-3pm • The Spa

#### Mat Pilates with Spine Corrector Class

9am • Member Fitness Center

#### Cardio Tennis Clinic

9am • Tennis & Games Center

#### Intermediate/Advanced Pickleball Clinic

9-10:30am • Tennis & Games Center

#### Golf Clinic with Dave Vihlen

10am • Driving Range

#### ORC Bridge Championships

1pm • Card & Game Room

#### Wine & Putting Clinic with Stef Shaw

4:30pm • Putting Green

#### Live Music: Fanni Sarkozy & Kai Sanchez

5-9pm • CH Lounge

#### Mens Pickleball Night League

5:30pm • Tennis & Games Center

#### Don't Look Up (R)

7:30pm • Cultural Center

### 24 THURSDAY

#### 9 Hole Ladies

8am • Hammock Course

#### MLO Jewellery Trunk Show

9am-3pm • The Spa

#### Bridge Lesson

10-11:30am • Tennis & Games Center

#### Mah Jongg, Canasta & Backgammon Open Play

10am-4pm • Card & Games Room

#### RGC Card Sound Range Open

10am-3pm • Card Sound Range

#### Croquet Open Play

3:30-5pm • Croquet Lawn

#### Raw Bar Lobster Bake

5:30pm • Raw Bar

#### Islander Member Appreciation Dinner

5:30pm • Islander

#### Live Music: Brittany Bogdansk

6-10pm • CH Lounge

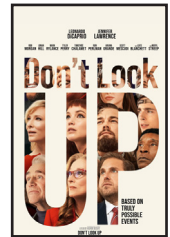
## MOVIES

General Admission \$12, Donors \$10

Children (under 12) \$6

Tickets go on sale half an hour before showtime.

Movie Hotline: 305-367-6306



#### "Don't Look Up" (R)

Friday, March 18  
4:30 & 7:30pm

Sunday, March 20  
4:30 & 7:30pm

Wednesday, March 23  
7:30pm

Runtime: 2h 18min

Stars: Leonardo DiCaprio, Jennifer Lawrence, Meryl Streep

Premise: Two low-level astronomers must go on a giant media tour to warn mankind of an approaching comet that will destroy planet Earth.

#### Cultural Center Museum

Daily 9am-4pm • Open During Movies

#### Library Hours

Monday – Friday • 10am-2pm

Your support of the All Charities Weekend strengthens entities, like the Cultural Center, that enhance Ocean Reef Club's Unique Way of Life and enables the Ocean Reef Community Foundation to provide for thousands in Key Largo, Homestead and Florida City. Call 305-367-5996 to learn more.

## FARMER'S MARKET

Located in the 121 Marina Parking Lot from 11 a.m. to 4 p.m.

#### Monday, March 21

Jerry is Here • Le Petit Pain

Pasta Amore • r.f. Orchids

La Montagne Des Saveurs French

Cheese • Mediterranean Delight

Lomelo's Meat & Seafood

Italian Baked Goods • Black Duck

Harvey's BBQ

#### Thursday, March 24

Jerry is Here • Le Petit Pain

Pasta Amore • r.f. Orchids

La Montagne Des Saveurs French

Cheese • Mediterranean Delight

Lomelo's Meat & Seafood

Black Duck • Crystal Nuts • Italian

Baked Goods • Harvey's BBQ • Bon

Appetreat • Mozzarella • Stoney's

Crab Claws

For full list of events pick up a copy of This Week at the Reef!



## CLUB SHOPPING

MONDAY, MARCH 21 - SUNDAY, MARCH 27

### Ocean Reef Gift Shop

Sundries, gifts, newspapers & more.  
Daily • 7am – 7pm  
305-367-2611, ext. 7139

### Golf Shop

All your golfing needs from  
apparel to equipment and more.  
Now located in the  
new Clubhouse.  
Daily • 7:30am – 5:30pm  
305-367-5912

### Port O' Call Wine & Spirits

Wines by the glass and artisanal  
cheese and charcuterie boards.  
Mon.-Thurs. & Sun. • 11am – 8pm  
Fri. & Sat. • 11am – 9pm  
305-367-5999

### The Burgee Shop

Daily • 9am – 5pm  
305-367-2611, ext. 5515

### Peter Millar

Shop casual sportswear and luxury  
performance golf attire for men.  
Wed.-Sun. • 10am – 5pm  
417-425-4723

### Member Fitness Center

The latest trends in workout attire.  
Mon.-Fri. • 6am – 7pm  
Sat. & Sun. • 6am – 5pm  
305-367-5820

### Tennis Pro Shop

All your tennis needs from apparel  
to equipment and more.  
Daily • 8am – 5:30pm  
305-367-6583

### The Spa at Ocean Reef

Offering luxury skin and body care  
products, unique accessories, gift  
items and more.  
Mon. – Sat. • 8:30am – 5:30pm  
Sun. • 9:30am – 4:30pm  
305-367-6506

## WINING & DINING

MONDAY, MARCH 21 - SUNDAY, MARCH 27

### Palm Court

Daily 11:30am-3:30pm

### Beach Bar & Grill

Beverages Daily 11am-8pm  
Food Daily 11:30am-5pm

### Beach Treats

Sat. & Sun. 11am-5pm

### Islander & Sushi Bar\*

Mon.-Thurs. & Sun. 5:30-9pm  
Fri. & Sat. 5:30-10pm

### The Ocean Room

Breakfast Mon.-Sat. 7-11am • Sun. 7am-12pm  
Breakfast Buffet Mon. - Sun.  
Dinner Mon.-Thurs. 5:30-9pm • Fri. & Sat. 5:30-10pm

### Gianni Ristorante\*

Dinner Mon.-Thurs. & Sun. 5:30-9pm • Fri. & Sat. 5:30-10pm  
G the Bar opens 30 min. before dinner

### Raw Bar

Lunch Daily 11am-4pm  
Dinner Daily 4-9pm

### Rum Runner

Daily 9am-4pm

### Port O' Call Wine & Spirits

Mon.-Thurs. & Sun. 11am-8pm  
Fri. & Sat. 11am-9pm

### Reef Treats

Mon.-Thurs. & Sun. 7am-9pm  
Fri. & Sat. 7am-10pm

### Toski's

Snack Bar Daily 9am-4pm

### Reef Hut

Lunch Mon.-Sat. 11am-4pm  
Dinner Mon.-Sat. 5pm-8pm

### Reef Eats

305-367-5898  
Breakfast Daily 7-11am  
Dinner Mon.-Thurs. & Sun. 4-10pm • Fri. & Sat. 4-11pm

### Town Hall Waterside

Thurs.-Sun. 5-10pm

### Fitness Café

Mon.-Fri. 7am-5pm  
Sat. & Sun. 7am-3pm

### The Point (Members Only)

Coffee Sat. & Sun. 7-10am  
Cocktails Fri. - Sun. 5-8pm

### Burgee Bar

Dinner Daily 5-10pm  
Cocktails Mon.-Thurs. & Sun 5pm-12am • Fri. & Sat. 5pm-1am

### Reef Lounge

Lite Bites Mon.-Sat. 5-10pm  
Cocktails Mon.-Thurs. 5-11pm  
Fri., & Sat. 5pm-12am

### CH Prime (Members Only)\*

Tues. 6:30-10pm • Wed.-Sun. 6-9pm

### CH Lounge (Members Only)

Tues. 7-10pm • Wed.-Sun. 5-10pm  
Member Appreciation Hour  
Wed. 5-6pm

### Grill Room (Members Only)

Breakfast Mon., Tues. & Thurs.-Sun. 7-10am  
Lunch Mon., Tues. & Thurs.-Sun. 11am-3:30pm  
Dinner Mon., Tues., Thurs. & Sun. 5:30-9pm • Fri. & Sat. 5:30-10pm

Visit [oceanreef.com/Dining](http://oceanreef.com/Dining) for menus and weekly specials.  
For dining reservations, call 305-367-5931.

\*Reservations required.

## SPOT ON SHOPPING

### Joan the Shopper

#### Art League Gift Shop....

This little boutique, located in the area next to the gallery, doesn't have a ton of choices but I always find at least one unique "must-have". For instance – a **perfect basket from master basket weaver Linda Brown**. (\$165 to \$3000); or an unusual **necklace created by our own Ocean Reef Member Karen DiMaura** (\$380); or one of **Cynthia Chuang's enchanting little insect and animal pieces in enamel**. (\$56 to \$280)....Then in a class by themselves are the magnificent (and I don't use that word lightly) **Ardmore Ceramic Creations** that come to us from an artist's community in South Africa. These mini masterpieces are sculpted and painted mostly by young women of Natal. (Pictured a teapot \$2200).... **Until March 26 the Art League is featuring an exhibit of Ardmore creations**. There are some really mind-blowing pieces on view and for sale. Do not miss this show.... Also not to be missed – **Cocktail Reception**



to celebrate the Art League's **45th anniversary**. Everybody is invited to gather at the Cultural Center parking lot from 4:30 to 7:00 (today! – March 18). You can wish the Art League a Happy Birthday and they can wish you many happy returns. Goes without saying.

– Joan Birsh



# Abella Skin Care: It's Always Sunscreen Season!

By Michelle Santiago,  
Spa Manager

Like most of us, sunscreen is a must in my skin care routine. When selecting a sunscreen, I make sure it does not have ingredients like avobenzone or benzophenone, as they are active ingredients absorbed in your skin. These ingredients are known to irritate the skin and migrate and get in your eyes.

Sunscreen is a drug - there are both physical and chemical sunscreens and it's important to know what you're putting on your skin. Physical sunscreens sit on the skin's surface to reflect the damaging UV rays, and



don't absorb into the skin or get in your eyes while jogging or working out, avoiding irritation. ColorShade SPF 35 is a physical sunscreen.

Many people claim that their make-up contains sunscreen, but most people don't apply the correct amount to provide enough coverage. On the days that I don't feel like wearing foundation, a good tinted sunscreen is a life saver! Abella Skin Care delivers on a dewy, light and protective option. The ColorShade SPF 35 is the perfect combination of broad-spectrum

sun protection, color, and moisture with all the benefits of vitamins and antioxidants to help protect and restore.

## Abella Skin Care ColorShade SPF 35:

- SPF 35 Broad Spectrum UVA/UVB Protection
- Water-resistant (80 minutes)
- Contains green tea – a powerful antioxidant with cancer-fighting benefits to protect & repair UV damage
- Vitamins D & E to assist the skin in healing
- Paba Free
- Hypoallergenic, tested
- Non-Comedogenic, doesn't clog pores.
- Available in 3 convenient shades of Light, Medium and Dark to complement any skin type, making it unique to you.
- Ideal for sensitive skin, Rosacea, safe to apply after procedures on compromised skin, lasers, hydrafacials, peels.

Come by The Spa to choose what shade is best for you!

## UPCOMING SPA EVENTS:

Wednesday, March 23  
Mother & Daughter (all welcome)  
MLO Jewelry Class  
2-3:30 p.m.

Make Your own Jewelry Class - \$199, limited space available, must call or email to register ahead of time. (Call 305-367-6506 to register or email [jbarron@oceanreef.com](mailto:jbarron@oceanreef.com)).

## SPA TRUNK SHOWS:

- Wednesday, Mar 23 – MLO Trunk Show 9am-1:30pm
- Thursday, Mar 24 – MLO Jewelry Trunk Show 9am-3pm
- Friday, Mar 25 & Saturday, March 26 – Idalia Baudo 9am-3pm
- Tuesday, Mar 29 - Ala Von Auersperg Trunk Show 9am-2pm  
Ala von Auersperg, created by Ala Isham, is known for clothing with timeless silhouettes that are effortless and relaxed.
- Wednesday, Mar 30 & Thursday, Mar. 31 - Aura Headpieces 9am-3pm



## ELEVATED LIVING

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# SPORTS

## INSIDE THIS ISSUE

## Championship Season at Ocean Reef



"From the Gold Tees" by Michael Leone, Director of Golf

Time flies when you are having fun! In less than a month, the MGA and LGA will be closing out another exciting and fun season here at Ocean Reef Club.

After all of our major tournaments have come to a close, there are still a few trophies to hand out. Within the next month, Ocean Reef Club will crown our Men's and Ladies' Club Champions. Out of our 700 plus association members, only two of them will be Club Champions!

The Men's Club Championship will take place **Saturday & Sunday, March 19 & 20**. The ladies will compete in the LGA Club Championship **March 27, 29 and 30**. The Ocean Reef Club Professional



The Bag Room Open is underway every Friday and Saturday at 1 p.m. on the Dolphin Course. Spectators are encouraged!

staff is excited to soon crown 2021-2022 Club Champions!

### Bag Room Open is Underway

The second weekend of the 2022 Bag Room Open is in the books. Eight matches were played in the tough conditions and we are now moving on to Round 2. These Sweet Sixteen Matches will take place today and tomorrow, **Friday, March 18 and Saturday, March 19**, at 1 p.m.

### Friday, March 18 Matches

Derek Swoboda vs. David Sandberg  
Griff Jayne vs. Steven Taraska  
Zach Haynes vs. Tom Gibson  
Sara Davis vs. Jacob Smith

### Saturday, March 19 Matches

Jack Sheehan vs. Kyle Johnston  
Mike Leone vs. Dave Vihlen  
Justin Seybuck vs. Matt Costigan  
Maddie Murray vs. Trey Kelly

### New in the Golf Shop:

A staple in any wardrobe, BDraddy is back in the Ocean Reef Golf Shop. Both their cotton and sport collections are versatile enough to be worn in any situation but also boast the fabric quality to pull it off. A brand that can be worn on and off the golf course, BDraddy has an excellent selection for lifestyle options as well.

The Golf Shop is open daily from 7:30 a.m. - 5:30 p.m.

## GOLF SCOREBOARD

### MGA Net Club Championship

March 7, 9 & 11

#### FLIGHT ONE

1st Place: David Cummings  
2nd Place: Swany Swanson

#### FLIGHT TWO

1st Place: Carlos Enriquez  
2nd Place: Ralf Sellig

#### FLIGHT THREE

1st Place: Mike Miles  
2nd Place: Jerry Henn

#### FLIGHT FOUR

1st Place: Tony Rodriguez  
2nd Place: Tom Logan

#### FLIGHT FIVE

1st Place: Frank Demmerly  
2nd Place: Andy Woodman

#### FLIGHT SIX

1st Place: Larry Brady  
2nd Place: Dan Muckler

### LGA Ringer Results

March 8 & 15

1st Place: Beth Noyes  
2nd Place: Diana Frazier  
3rd Place: Carla Connor  
Closest to the Hole: Vanessa Lindner (Hole #9), Christine Patton (Hole #11)

### 9 Hole Ladies Weekly Event

Thursday, March 10

1st Place: Teresa Ferrarone  
2nd Place (tie): Carolyn Sheehan  
2nd Place (tie): Cynthia Hilberg  
2nd Place (tie): Linda Salisbury  
Closest to the Pin: Roz Smith (Hole #6)

### MGA Weekly Event

Monday, March 14

1st Place Gross: Richard Satterfield, John McCormack, Buzz Hilberg, Stan Henry  
2nd Place Gross: Michael Conley, Albert Rex, David Jackson  
1st Place Net: Keith Bozeman, Charlie Simms, Lee Westervelt  
2nd Place Net: Tyler Davis, Tom Logan, Ignacio Sanchez, Robert Morosky  
3rd Place Net: Swany Swanson, Briggs Forelli, Jeff Steinhilber, James McCann  
Closest to the Hole: Jim Kaplan (Hole #5), Steve Eldred (Hole #11)

### 9-Hole Men's League Weekly Event

Monday, March 14

1st Place: Larry Biddinger & George Post

## Greenside Bunker Play



"Swing Tip" by Derek Swoboda, Director of Instruction

How do we achieve efficiency out of our greenside bunkers and what is the best way to escape these difficult situations? What clubs should we use? How should our stance be? What should our clubface look like at address? Let's give you a few simple steps to

hitting the perfect bunker shot time and time again.

### Step 1: Set the Clubface First

Before you do anything, you need to set your clubface in the direction you want the golf ball to fly. You don't need to open the clubface if you're using a golf club with plenty of loft - usually 54 degrees or more.

### Step 2: Set Your Feet

After you set your clubface, your feet are going to be set just a bit wider than your usual stance width. If you open your clubface, your feet need to be just a bit open as well. If your clubface is

square, you will not need to open your stance at all.

### Step 3: Move the Ball Forward in Your Stance

The intention of a well-played bunker shot is to hit behind the golf ball. How far behind? I like to look one inch behind the ball and use a full swing and follow through. When you hit a proper greenside bunker shot, you will see the sand from your shot land on the green.

For more tips like these, schedule a lesson with one of our expert Teaching Professionals. Call the Golf Shop at 305-367-5912.



# Relief from the Winds due to the Marlin Building



by Windsor D. Coffin, CSMYC Commodore

Waking up last Sunday, one would have thought there was no possible way the CSMYC sailors would be sailing on the Pond. The strong winds that might have kept us from competing had one important distinction...the wind direction. Since the winds were coming from a northerly direction, we had the benefit of the homes of Villa Cay and the Inn's Marlin Building as protection. With that, we rigged our East Coast



The Commodore urging a sailor to hurry up from across the Pond. Photo by Erin Coffin.

12's and went racing.

Seven boats showed up for racing in the cold conditions. Well, cold by South Florida standards. Unfortunately, it became clear that one boat had some serious problems from launch. **Al Mast** was unable to trim his sails almost immediately and a quick check of the boat revealed it would not be a Pond-side fix. So, we had to carry on without Al. As racing began it became apparent that although we were spared the strongest of the winds, the northerly winds that

flowed around the buildings created a wild swirling effect. Wind shifts of up to 60 degrees in direction were observed. The conditions really tested the skill of the sailors, but luck was a big factor too. After five races it was yours truly, **Windsor Coffin**, who took top honors for the day. Second Place went to **Sim Wooten** who, despite what he tells you, continues to sail with speed and consistency. In fact, Sim and I tied on points and we had to determine who won on the second level tiebreak where the sailor who finished

better in the last race took the win. I finished Race #5 in first, Sim came in second. Rounding out the top 3 was **Jim Seale** with his first-ever showing in the CSMYC's Sunday Top 3. Congratulations to Jim!

Forecasts for this Sunday at the time of this writing are showing much lighter wind conditions, but not too light. It's setting up to be another beautiful day of racing on the Pond!

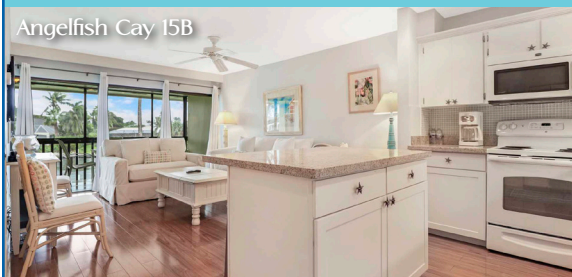
The Card Sound Model Yacht Club races every Sunday (except Easter Sunday) from December until the end of April at "the Pond." Races begin at 10am and we are always looking for new members to join our group of model sailors. So, swing by as early as 9am if you are curious and have questions. If you would like more information about our model yachting club and our EC12 model yachts, please contact me, Windsor Coffin, at [csmyc12@gmail.com](mailto:csmyc12@gmail.com).

19 Harbor Island Drive



## Ocean Reef Club Vacation Rentals

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# Pumpkin Key Race Trophy Still Up for Grabs!



by Frank Schneider,  
Card Sound Sailing Club  
Commodore

A highlight in our CSSC event calendar is the Pumpkin Key Race & Luncheon, part of the history of our club.

In 1996 Jane and George (Bud) Berry, as the owners of Pumpkin Key island, established the Pumpkin Key Trophy for a special race around the island, followed by a luncheon served on their beach. The Pumpkin Trophy is awarded to the skipper and crew in first position after



The lunch must go on!

having surrounded the island twice, either way.

Today, you'll find at the entrance to the Burgee Bar on your right, a plaque in memory of Bud Berry, carrying the illustrious names of all past winners of this race.

This year, the Pumpkin Key Race has been blown out by high winds. Following Safety Guidelines for the Race Committee to produce safe sailing conditions for most competitors, it's the Race



Pumpkin Key winner's plaque.

Committee's obligation to consider cancellations starting by W-SW winds at 15-18 mph. But various sources were predicting winds 20mph gusting to 24 plus. Enough reasons to cancel and move the race to the next Saturday, March 19.

But we had a luncheon and a blast!

Since Jane and George passed away, the luncheon takes place in Baker Harbor.

**Rick Chanin**, our Fleet



Pumpkin trophy out of reach.

Captain, set the tables and a great barbecue menu, ready at noon, attracting a happy crowd.

Everyone interested in sailing, please contact our CSSC membership chair **Gary Sayia** at [gsayia@aol.com](mailto:gsayia@aol.com) for more information.

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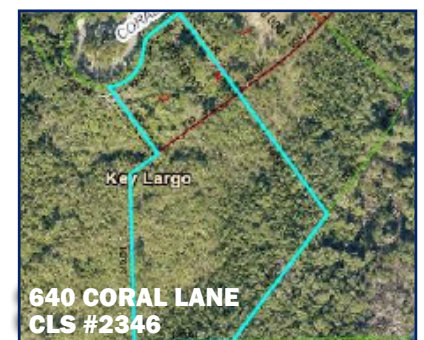
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# Rod and Gun Club News



by Jody Steele

## Bonefish & Burgers

The Rod and Gun Club and the Ocean Reef Conservation Association will be hosting a communications session with experts from the Bonefish and Tarpon Trust to share the latest developments in research and information. The event is on **Wednesday, April 13** at the Cultural Center at Noon. Lunch fee will be charged to your ORC account and reservations can be made by emailing [reefrogandgunclub@oceanreef.com](mailto:reefrogandgunclub@oceanreef.com).

## Special Rod & Gun Club Event

Join other Members at the traditional "Film Festival and



Amazing catch of a 848 lb. Giant Blue Fin Tuna off of North Carolina a few weeks ago. Congratulations go to angler, Adam Kibel!

Sportsman of the Year Award" on **Thursday, March 31** at the Cultural Center. The event begins at 5 p.m. with short sporting films, followed by a cocktail reception and dinner including the award ceremony. For reservations, email [reefrogandgunclub@oceanreef.com](mailto:reefrogandgunclub@oceanreef.com). Tables of ten may be

arranged-Members \$150 per person and Non-Members \$175 per person.

## The Range

A reminder that the Rod & Gun Club Sporting Clays Range is open on Tuesday, Thursday, and Saturday from 10 a.m. to 3 p.m. The Range will NOT

be open on Friday. However, arrangements for other days or a special event for a group can be arranged by calling **Carmen Sferrazza** at 905-321-7261 or emailing [Range@rodandgun.org](mailto:Range@rodandgun.org).

## Fish of the Month

Just a few more weeks in March to catch Snapper (all legal species) and take your catch to the MarineMax Tackle Shop to be weighed. Hours for weigh-in are 7 a.m. to 5 p.m. You could win recognition and a \$100 gift certificate for the Ship Store.

## Share Your Sporting Pictures

Take out that phone to catch an award-winning picture for the Ocean Reef Press. Send to [jodylsteel@gmail.com](mailto:jodylsteel@gmail.com) with all the information including names, location, date and any other important details. And please remember, the Ocean Reef Press follows the Bonefish Tarpon Trust's stance on Keep 'em Wet. If you do not plan to eat your fish, please leave them in the water for your photo.

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# Amazing Feats of Fitness



"Fitness Focus" by Luis Bracamonte, Director of Fitness & Wellness

Our last championship challenge of the season ended up being the most epic. First, **Bob "the Plankster" Schwartz** broke his own Club record of 30 min. and 15 sec. with an incredible 40 min. and four sec. Then the two-time winner of the Wall Sit Challenge, **Cynthia Doolan**, also broke the 40-min. mark to extend the Club record to 40 min. and 54 sec. If these times sound extraordinary, it's because they truly are by any measure. Both Bob and Cynthia credit their core and mental strength and endurance to effort and consistency.



Bob Schwartz, aka the Plankster, breaks his personal record and sets a new age group world record, holding a plank for 40 minutes and 4 seconds.

Cynthia tells us that some of the things she implements in her weekly schedule are core yoga, weight training, running, water aerobics, pickleball, tennis and golf. Most recently, she also added Pilates reformer training to her fitness routine. Cynthia believes that it's important to try new things to keep her routine fresh and advises all to keep their bodies moving.

Bob "The Plankster" Schwartz, who will be crowned the Club's



Cynthia Doolan, winner of the Wall Sit Challenge, surpasses the Plankster to break the Overall Club Record with an impressive 40 minutes and 54 second plank.

Men's Fitness Champion for the fourth year in a row, is a regular participant in cycle and core classes on top of his personal fitness program with trainer Beth Bielat. Bob, who surprises us every season by improving upon extraordinary previous performances, also has bragging rights as having the longest plank ever held by anyone in his age group. We congratulate both Bob and Cynthia for their amazing feats of fitness and look forward to see what they will have in store for us next year!

We also thank all Members for their participation and enthusiasm towards the fitness challenges and invite all to join us at our Fitness Awards Ceremony on **Wednesday, March 30 at 5 p.m.** at the Member Fitness Center. The ceremony will feature several awards across different categories and is a celebration of fitness at Ocean Reef Club. Save the date and come have a toast with us at the gym!

## Plank Challenge Results

Ladies:

1. Cynthia Doolan: 40min. 54sec. (new overall Club record) 20 points
2. Joannie Rich: 12min. 34sec. 14 points
3. Kathleen Metzman: 5min. 1sec. 12points

Men:

1. Bob Schwartz: 40min. 4sec. (new men's Club record) 20 points
2. Louis Metzman: 5min. 18sec. 14 points
3. Larry Delpapa: 3min. 34sec. 12 points

## Club Championship Final Scores

Ladies:

1. Kathleen Metzman 50 points
2. Joannie Rich 48 points
3. Cynthia Doolan 45 points

Men:

1. Bob Schwartz 54 points
2. Nelson Abanto & David Goodman 20 points
3. Louis Metzman 14 points

Congratulations to **Kathleen Metzman** and Bob Schwartz, overall winners after four challenges!

## Special Events Coming Up

**The A to ZZZ of Sleep & Nutrition with Monica Auslander, RD**

Friday, March 18 at 2pm

**Beach Yoga at Buccaneer Island with Kiley Schenck**

Saturday, March 19 at 8am

**Keering Eyewear Trunk Show at Fishing Village**

Saturday, March 19 10am to 2pm

**Microgreens Workshop with Beth Bielat**

Wednesday, March 23 at 2pm

**Achoo & You: All About Allergies with Monica Auslander, RD**

Thursday, March 24 at 2pm



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# Microgreens Workshop With Beth Bielat

Wednesday, March 23

By Beth Bielat, Fitness Specialist

Microgreens are a category of seeds harvested as tender immature greens. By sprouting seeds, like vegetables, herbs, and pseudo-grains (like buckwheat or amaranth), we can eat super-condensed nutrients that are mega-healthy, easy and fun to grow, and absolutely delicious.

These beauties pack a huge punch when it comes to nutrition. Boasting 4 – 40 times the nutrients of their full grown big brothers and sisters (depending on the kind of greens), eating just a small amount can help you increase your potassium, iron, zinc, magnesium, copper, and other antioxidant intake. There are studies that claim that by adding

microgreens to your diet, you may decrease the chances of heart disease, Alzheimer's disease, diabetes, and certain kinds of cancer. It's easy to add the greens to your diet – just sprinkle some into your salads, sandwiches, dressings and smoothies.

Anyone can grow microgreens – it's so simple – even those without green thumbs. All you need are seeds, soil, containers and water. The sprouts take just a few days to gestate and once sprouted, all you need is a few days of sunlight. You can even grow them inside or outside.

In this workshop, you will learn how to grown your own microgreens. We will supply you with all you need to get started. Our starter kit includes containers, organic potting soil, and all the seeds you need to start your first containers. It will be fun, educational and delicious.

Join Beth Bielat at the Member Fitness Center from 2 to 3 p.m. on March 23. Any questions, call Beth at 207-310-0626.

## RECENT CATCH



Francesca Johnson and Linda Jaikins had a successful 1/2 day with Captain Frank and Mate Reef on WarBird and caught nice Mutton Snapper and Mahi!

### When Photographing Your Catch Remember to... **KEEP EM' WET**

If you catch fish that are catch-and-release species, or fish you do not intend to eat, please do not remove them from the water for a photo. Instead, send us a picture of your crew out on the water, your fish flags and a description of the fish you caught.



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*Many hours of preparation, coordination and hard work goes into this event each year. The Ocean Reef Medical Center Foundation wants everyone to know how much we appreciate everyone's effort, time and donations in support of this years "Fun-Raiser".*

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The Membership of Racquet Club  
Ocean Reef Club  
The Farmer Family for providing the player hats  
Wynn's at Ocean Reef  
Mary & John Lee for underwriting the program book  
Lexus of Kendall/Lexus of West Kendall for providing the vehicles  
NetJets for flight time

*We thank all the many volunteers for the time and effort that goes into this annual event.*

*A special acknowledgement goes to the following:*

**Event Chairs:**

Lori & Brad Young

**Co-Chairpersons**

Amy Joseph & Michele Urbinati

**Sponsor Chairperson:**

Keith Young

**On Course Chairpersons:**

Dale Schuble

**Pickleball Chairperson:**

Barry Goldsmith

**Photography Chairperson:**

Sally Weisleder

**Golf Player Coordination:**

Gail Wheeler

**Golf Professionals, Card Sound Club-** David Sandberg & Staff

**Golf Professionals, Ocean Reef Club-** Mike Leone & Staff

**Tennis Professionals-** Racquet Club, Willie Cakans & Staff

**Tennis Professionals-** Ocean Reef Club, Jim Morton & Staff

**ORC Catering-** Christian Sarquis, Antonella Bruno & Staff



# Another Successful Medical Center "Fun" Raiser



by Kevin Girard, Head Pickleball Professional

Sixteen Members competed in the annual Medical Center "Fun" Raiser Pickleball Tournament on Tuesday, March 15. Each year, the Tournament holds several fundraising activities that includes pickleball, golf and tennis play.

A catered lunch was provided prior to the Pickleball event before Members squared off in a round robin format that included five rounds. Members could also further donate to the Medical Center by buying poker chips that allowed them to have a little leeway with their pickleball game. Chips included "serve do overs," "ignore kitchen



"Fun" Raiser Pickleball participants.

violation," and "add a point to your score" to name a few. Chips could be purchased after every game and could be used at any point in the match.

After many hard-fought battles, chips played, and lots of laughing, we had two Members emerge victorious from the women's side, as well as three from the men's side. **Jennifer Forelli** compiled the most points to make her the women's leader. **Barbara Kopczynski** was just behind and took second. Both players took home gift cards.

On the men's side, **Sim Wooten** edged out **Mike Conley** and **Todd Doolan** (two-way tie for second) to be



Medical Center "Fun" Raiser Pickleball winners, 1 to r, Todd Doolan, 2nd place (tie), Barbara Kopczynski, 2nd place, Mike Conley, 2nd place (tie), Jennifer Forelli, Women's Champion and Sim Wooten, Men's Champion.

the men's champ.

The Tennis & Games Center extends a thank you to the Medical Center, to all involved in putting the event together, and to all of the Members who

competed and donated. It was a great event and we can't wait to have it again next season!

## RIVERLAND PICKLEBALL OPEN



The Riverland Pickleball Open crew in Port St. Lucie on Sunday, March 13.



Mike Shields (left), and his partner Kirk Haggerty, took gold in the 4.0 50+ Men's Division.



Keith King and ORC Head Pickleball Pro Kevin Girard took gold in the Men's 4.5 35+ Division.

## PICKLEBALL

### Player of the Week

Susan Reichardt

**Where are you from?**

I am from Potomac, Maryland.

**How long have you been playing pickleball?**

I've been playing a little over four years.

**What is your favorite part about the game pickleball?**

The people. I have met so many nice people and made lots friends through the years while playing. I love the social aspect and also enjoy working on my game through play and clinics.

**What other activities do you enjoy at Ocean Reef Club, aside from playing pickleball?**

I also enjoy croquet, golf, tennis, and the Cultural Center.





# A Creative End to the Medical Center "Fun" Raiser Tennis Tournament



"Tennis Shorts" by Jim Morton, Director of Tennis

Ocean Reef Club is steeped in meaningful annual traditions throughout the year and this past week, one of the most important took place, the Medical Center "Fun" Raiser. This treasured event is a terrific way to show support for your Medical Center and its amazing staff.

The tennis portion of the tournament, which had 33



What do we do when rain cancels the "Fun" Raiser Tennis Tournament? Pull the winners from a jar! The first players to have their names drawn six times (representing a set of six games) were declared champions.

participants, was scheduled for play on Tuesday morning, but as with many of our events this year, Mother Nature had different plans as dark skies and a steady rain caused us to get creative for the tournament.

While we were unable to play tennis during the event, we were able to come up with winners and finalists by holding a "Draw Party". During the Ocean Reef Club catered luncheon, Racquet Club Head

Tennis Pro Willie Cakans and ORC Director of Tennis Jim Morton had a raffle drawing to determine the winners. Players names were drawn out of a bowl with the first players to have their names drawn out six times (representing a set of six games) being declared the winners!

## This year's Medical Center Tennis winners are as follows:

A-Flight Champions:  
Caroline Allen & Barbara Kopczynski  
A-Flight Finalist:  
Tricia Griffin & Chris Garlich  
B-Flight Champions:  
Liz Angelone & Jordan Truchan



Despite the required ingenuity, Members enjoyed the "Draw Party" and catered luncheon. Photos by Bob Broton.

B-Flight Finalist:  
Lorne Price & Brooke Weisleder

Congratulations to the winners along with the participants and especially to the Medical Center who continues to serve our community so well!

## TENNIS & RESULTS

**Men's "B" Night League**  
Monday, March 14  
1st Place: Andy Hofmann  
2nd Place: John Hyland  
3rd Place: Rob Hubbard

## TENNIS TIP

# Placement Over Power



by Kendall Stephens, Assistant Tennis Professional

When you are engaged in a rally, many times you feel the urge to up the pace and go for power on your put away shot, as opposed to placement. What I want this week's tennis tip to hone in on, is focusing on placing the ball in the spot you want to move your opponent, and not trying to hit through them.

One of the most important things to try to get comfortable with as you are learning the

game of tennis is that using placement as your priority, over hitting through your opponent with power will give you more positive, consistent results. When you are focused on power and not placement, you give your opponent a chance to win easy points that they do not have to earn.

Next time you are on the courts, try to work on getting higher net clearance by hitting the ball higher over the net, eliminating the chance for a low percentage miss, and increasing your chance for good placement.

## Book a Lesson with a Pro

Put this tip to the test during a lesson with one of our Tennis Professionals. To schedule, call the Tennis & Games Center at 305-367-6583.



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# Croquet News: ORCC vs. KLAC

by William Hinkebein,  
ORC Croquet Chair

Today, **Friday, March 18** is the 20th ORAC (Ocean Reef/ Anglers Club) Challenge Invitational - the annual Golf Croquet match between the Ocean Reef Croquet Club and the Key Largo Anglers Croquet Club. There is a long, glorious croquet tradition at both clubs in this event and today's match is highly anticipated.

Over the decades, various croquet disciplines have been practiced, including American, Six Wicket and now today's most popular game called Golf Croquet. Golf Croquet has risen to be the croquet game played by an estimated 80% of all players in the world - at clubs from Australia, New Zealand, Egypt, England, Ireland, South Africa, the United States and



ORC's 2022 ORAC Team in order left to right: Heather McHold Campbell, Bob Blackburn, Gordana Schneider, Houston Stebbins, Alan Thomson, Mike Love, Carol Blackburn, Judy Wilson, William Hinkebein, Frank Schneider, Laura Hendrick, Betsy Caldwell, Ron Sekura, Kendall Hendrick. Not pictured: Susan Jensen Reichardt, Karen Uebele.

other nations. There are some 500 croquet clubs in the US, with about 200 of those in Florida. Golf Croquet's 25 year rise in popularity is similar to the Pickleball phenomena... everyone loves it!

In decades past, Ocean Reef croquet has hosted large tournaments with the top professionals in the world.

These events were so large and popular, extra temporary croquet courts were cut into the golf course fairways. Even Card Sound Golf Club once had a beautiful lawn and an active croquet club.

**Today's ORAC Competition**  
The 2022 Ocean Reef Team was selected from those

individuals who have achieved high success in the scheduled events this season. Others are active Croquet Committee members who are also worthy based on their skill of play this season. And still, others are individuals who have exemplified themselves through extraordinary effort and enthusiasm this season, joining in most every scheduled event.

See the photo to the left for this year's ORC team of 16 players, 12 of whom will play in the ORAC with four alternates ready to step in if needed.

Good luck and good play to all ORAC players from ORC and KLAC!

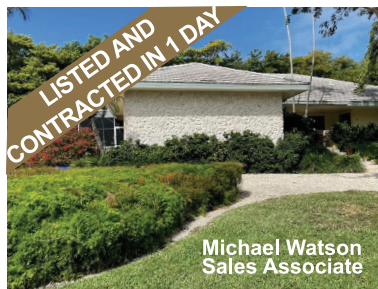


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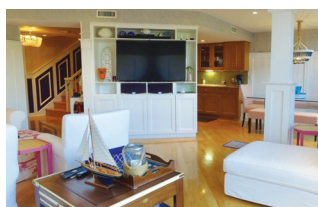
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# Card & Games Corner



by Gregg Van Dyke,  
Director  
of Card &  
Games

## One Last Evening of Bridge & Canasta

We will hold one final Evening of Bridge & Canasta this season to celebrate the winners on **Thursday, March 24**. Play will begin at 4 p.m. with a great buffet dinner following at 6:45 p.m. Everyone's favorite dessert bar will be available from 4 p.m. on and one complimentary cocktail of your choice will be included with your entry. Your attendance is what makes all these events possible. Please call the Card & Games Room at 305-367-6609 or sign up on sheet in the Card & Games Room.

## ORC Club Championships

The Canasta Championship has completed its third session, with the best two of three counting, while the Bridge Championship will be completed on **March 23**. Results will be announced soon.

## Ladies' Poker Night

For the ladies, there will be one last Ladies' Poker Night on Thursday, April 7. To get more details or to register, call 305-367-6609.

## Join Me for Backgammon

**Thursday, March 24** is the next time I will be going over to Town Hall Waterside at 6 p.m. I will be doing Backgammon there on two tables. It is a great chance to learn this wonderful game.

## Mah Jongg Saturdays

I am still trying to put Mah Jongg together for experienced players on Saturday mornings at 10:30 a.m. Come join or call me at 305-367-6609 if you feel another time will work better. See you at the table.

## BRIDGE & CANASTA RESULTS

### ORC Club Championship #2

#### Wednesday, March 9

#### Section A North-South

1. Mary Anne Dickson - Jay Beatty
2. Adelaide Jared - Pamela Harding
3. Kay Meinhardt - Rosemary Jones
4. Fred Bacher - Ed Kavanaugh
5. Mary Zwirn - Mel Zwirn
6. Rod Patton - Ron Besse

#### Section A East-West

1. Marianna Brinck - Barbara Gooch
2. Dorothy Kemp - Amy Salisbury
3. Beverly Platner - Brian Platner

#### Friday, March 11

#### Section A North-South

1. Dedie Nutt - Gail Yoh
2. Joanne Wills - Kay Meinhardt
3. Joyce Fowler - Ted Fowler
4. Margo Miller - Mimi Whitbeck

### Section A East-West

1. Dorothy Kemp - Mary Anne Dickson
2. Ann Petersen - Hollis Petersen
3. Marianna Brinck - Barbara Gooch
4. Leigh Denny - George Denny

#### Monday, March 14

#### Section A North-South

1. Joyce Fowler - Ted Fowler
2. Mary Anne Dickson - Evelyn Turner
3. Cynthia Mitchell - Joyce Leary

#### Section A East-West

1. Monica Phillips - Paula Pendergast
2. Pat Henry - Rosalie Svete
3. Carolyn Fovel - Denny Morgan
4. Dorothy Kemp - Beverly Platner
5. Ann Petersen - Hollis Petersen

### Canasta Score:

#### Wednesday, March 9

Penny Cunningham - Linda Westervelt 11,690 Score

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# Bridge Tip

## Double – A Bid Technique

Double: A bid technique. Various kinds, however all doubles not for penalty are considered conventional. Some examples:

### Balancing Double/Balancing Bid

Making a bid in position where passing would end the bidding (i.e.: 1 D P P?).

The requirements for balancing (with a double or otherwise) are always less than bidding in the middle of a live auction. The reason for this is that here the opponents have given up in a part score, so you can assume that your partner has some good cards. In a live auction they may be going to game and your partner may be totally bust (a really bad hand).

### Business Double

Same as a penalty double (i.e. I mean business).

### Lead Directing Double

A double which asks partner to lead a specific suit. Often these will be doubles of artificial or Qbids made by your right hand opponent. The most common would be a double of stayman (2C over 1NT) which says, "Partner, I have clubs". A double like this does not usually ask to compete in the auction, but may be made on something like KQTxx of clubs and not much else.

### Lightner Double

Almost always used when opponents have bid to a slam. They are made by partner of opening leader and always ask for an unusual lead. Many times that player will be void in a suit. Very often it will specifically ask for the lead of

dummy's first bid suit (doubler may have AQ of suit, or K with outside A, or be void).

### Negative Double

Used after partner bids and opponents overcall shows 4 cards in the unbid major.

### Optional Double

Simply means a double that can be passed, or not, by partner. In a sense, all doubles are optional, but some more so than others.

### Penalty Double

Used when you think you can set (prevent them from making) opponents contract.

### Responsive Double

A specialized bid for more advanced players which allows partnerships to decide whether to compete for part score, go to game, or defend.

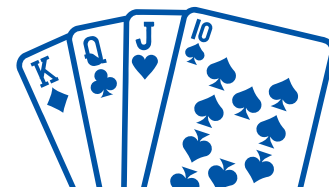
### Support Double

A specialized bid for more advanced players. Used when you have opened the bidding and partner has responded, and your right hand opponent has bid. A double at this point shows 3 cards in partners suit (i.e.: 1 D P 1S 2C X).

To bid 2S would show 4 spades (and no extra values beyond opening hand). To pass or bid anything else would deny having as many as 3 spades.

### Takeout Double

Used after opponents bid to indicate support in unbid suits.



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Beautiful Custom Carpet Cleaning..... 786-489-3252  
Cal & Son Carpet & Wood Floors..... 305-331-5047  
Delaware Elevators..... 410-430-6009  
Impact Windows..... 305-451-9796  
Reef Window Treatments..... 305-453-6490  
Tints "N" More..... 305-233-3600  
South Florida Pressure Washing Services INC..... 786-470-0344

### INSURANCE

BIA & Company..... 786-456-1400  
Brown & Brown..... 305-246-7528  
Keen Battle & Mead Insurance..... 305-367-2777  
Marsh & McLennan Agency..... 305-367-9353  
Marsh Private Client Services..... 305-367-9353

### INTERIOR DESIGN AND FURNISHINGS

Avenelle Design & Management Incorporated..... 305-922-2947  
Catalina Castone Creations, Inc..... 305-971-3935  
Eileen Plasky Design Group, Inc..... 305-735-4589  
European Design & Trading Co, Inc..... 305-367-4455  
Island Interiors at Ocean Reef, Inc..... 305-367-2450  
Janet Wood Interior Designer..... 305-395-0241  
JDR Design..... 305-395-0241  
Royal Furniture..... 305-451-5700  
Robert Wade & Associates..... 305-371-2832  
TLC Interiors & Exteriors..... 305-803-5220

### LANDSCAPE & MAINTENANCE

Beach House Gardens..... 305-453-9377  
Blue Native of the Florida Keys..... 305-872-4050

Bright View..... 305-258-8011  
Gardenscapes and Services..... 305-242-4444  
Longitude Surveyors..... 305-463-0912  
Michael Flaugh Landscape Architect..... 772-419-0024  
Rusch Landscape & Associates Inc..... 305-248-5607  
Waltz Lawn & Landscaping..... 305-245-1599

### LUXURY AVIATION CHARTER

Fly Exclusive..... 252-639-1397

### MARINE

Argos Nautic..... 305-794-2421  
Bellingham Marine..... 904-380-5519  
Beautiful Custom Carpet Cleaning..... 786-489-3252  
Capt. Walter Streeter..... 305-509-3394  
Tri County Yacht Service..... 305-367-4343

### MOVING, STORAGE & DELIVERY

Atlantic Project Solutions..... 786-610-0195  
Castle Services..... 305-979-2446

### PAINTING & PAPERHANGING

Archer Painting..... 305-367-3762  
JLM Painting and Waterproofing Inc..... 305-242-9529  
Premiere Paperhanging & Painting LLC..... 305-504-3649  
The Islander Painting Company..... 305-431-0143  
TLC Interiors and Exteriors..... 305-803-5220

### PEST CONTROL

Shield Pest Control..... 305-247-1771

### PLUMBING

Brothers Backflow Plumbing and Gas..... 305-267-3992  
Coppertown Plumbing..... 305-680-9950  
Seaway Plumbing Inc..... 305-367-3225

### POOL SERVICES

Islamorada Pools..... 305-852-3133  
Reef Tropical Pools and Landscape..... 305-367-2005

### PRINT, SHIPPING & BUSINESS SERVICES

The UPS Store..... 305-396-7444

### PROPERTY MANAGEMENT

Onshore Services..... 305-367-4110  
Card Sound Property Management..... 305-522-5770  
Rhoads Property Management..... 786-381-1192  
RC Management Company..... 305-509-7755

### REAL ESTATE AND VACATION RENTALS

Ocean Reef Homes..... 305-812-4836  
Ocean Reef Club Sotheby's International Realty..... 305-367-2027  
Ocean Reef Club Rental Company Inc..... 1-800-741-7333  
ORU Associates Inc. Plaza Building Leasing..... 305-367-9399  
Reef Rentals..... 305-367-4280  
Swenson & Ecuyer Realty..... 305-367-3600  
The Owner Rental Group..... 305-367-2036  
Watson Luxury Properties at Ocean Reef..... 305-367-0999

### ROOFING

Rapid Roofing Inc..... 305-245-2244

### SALON & SPA

Ooh La La..... 305-367-2460

### TRAVEL

Fantastic Endeavors, Inc..... 305-453-9208

### WATER, FIRE, MOLD RESTORATION

Safeway Restoration..... 305-256-9555

### WATER TREATMENT SYSTEMS

The Water Wizard..... 305-235-3508





1 OSPREY LANE | OCEAN FRONT

4 Bedrooms, 5.5 Baths | \$25,900,000 | 2256

Molly Taylor 508.524.4633 molly@oceanreefclubsir.com

Russell Post 305.367.2027 russell@oceanreefclubsir.com



44 CARDINAL LANE | OCEAN VIEW

4 Bedrooms, 4.5 Baths | \$11,839,900 | 2309

Russell Post 305.367.2027 russell@oceanreefclubsir.com

Jay Rourke 786.493.8105 jay@oceanreefclubsir.com



LISTED AND SOLD

429 SOUTH HARBOR | LAKE FRONT

5 Bedrooms, 6.5 Baths | \$6,500,000 | 2320

Listed by: Patti Furneaux 305.321.3156 patti@oceanreefclubsir.com

Sold by: Molly Taylor 508.524.4633 molly@oceanreefclubsir.com



NEW LISTING

1 SPRAY ROAD | GOLF COURSE

3 Bedrooms, 3 Baths | \$4,795,000 | 2349

Barbara Sibley 305.394.0061 barbara@oceanreefclubsir.com

Agent/Owner



LISTED AND SOLD

HARBOUR GREEN 39 | CANAL FRONT

3 Bedrooms, 3.5 Baths | \$4,500,000 | 2313

Listed by: Patti Furneaux 305.321.3156 patti@oceanreefclubsir.com

Sold by: Cassy Everhart 305.522.2332 cassy@oceanreefclubsir.com

Morgan Smith 305.321.1143 morgan@oceanreefclubsir.com



211 ANDROS ROAD | VILLA CAY

11,360 Sq. Ft. Homesite | \$3,900,000 | 2245

Russell Post 305.367.2027 russell@oceanreefclubsir.com



LISTED AND SOLD

MARINA SLIPS DS-23

75' Floating Dockage | \$2,300,000 | 2327

Listed by: Mary Lee 917.603.3252 marylee@oceanreefclubsir.com

Sold by: Marcy Aultman 305.522.7700 marcy@oceanreefclubsir.com



RESIDENCE CLUB PH21 | NEW CONSTRUCTION

2 Bedrooms, 2.5 Baths | \$3,250,000 | 2333

Susan Bryan | 305.522.7700 | susan@oceanreefclubsir.com