



# OCEAN REEF PRESS

Vol. 10, No. 10



January 6, 2023

## Holidays for Generations

Returning holiday traditions rang strong and perhaps none more evident than Ocean Reef's tradition of family.



The Imbesi Family



The Slattery Family



The Loomis Family



The Kissel Family

## The Journey From Ocean Reef to the White House

### A Great Start to the New Year

By Teresa Holmes and Buddy Menn

*There's cause for celebration! The Ocean Reef community scored a win for the environment and the Homestead Air Reserve Base (HARB). Here are the waypoints that guided us on our journey to protect two national parks – Biscayne Bay and Everglades - and keeping the air base as a "military only" facility.*

The starting point was October 8, 2020 when the Miami-Dade County Commission declared it would soon enter negotiations with the

U.S. Air Force to allow for civil air operations at HARB. Many environmental groups, including the Ocean Reef community, were caught off-guard and immediately began waving red flags.

Several commissioners argued the goal was to move quickly on development of a fixed base operator (FBO) with limited general aviation, but the long-term vision was transforming the air base to become "the gateway to South America, the Caribbean, and Africa." Their remarks and actions were not aligned.

What's more, they cleared an immediate pathway for a one million square foot Amazon distribution facility to be built—just a stone's throw from the air base and next door to a newly constructed Fed Ex distribution center.

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## New Year, New Offerings

Ocean Reef Club and its Members highly value tradition, so every new season is an opportunity to balance beloved traditional events and offerings with brand-new and exciting happenings. Celebrate year 2023 with the following new and renewed Reef offerings.

### EVENTS & SERVICES

**Member Get-Togethers:** To make up for lost time together during Covid years, the Membership Team came up with new ways for Members to connect with one another and the Membership Team. To that end, Membership has put together a schedule of Equity Member Get Togethers, New Equity Member Get Togethers

for those who became Equity Members between 2020 and now, and All Member Get Togethers. These activities range anywhere from Carysfort Kitchen classes, Spa and Airport gatherings, mixology classes, wine and cheese socials, and more. Visit [oceanreef.com/MemberGetTogethers](https://oceanreef.com/MemberGetTogethers) for a full schedule.

### Reef Experience Program:

This season, the Member Events Team introduced the all-new Reef Experience

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## OR "See"



If you look closely you can see what was for lunch at the Dolphin Course watering hole. Photo and observation submitted by Ned Ferrarone.

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.



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### 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

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- ◆ 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.



## "Livin' at The Reef"

The sun is draining, it puts everyone in a daze,  
Driving through Ocean Reef is a complicated maze.

The sweet ice cream tastes cool on my tongue,  
Buccaneer Island is peaceful when the day's still young.

Greenberg Park is a beautiful place,  
Sail out in the ocean, there's plenty of space.

The pool water is nice, not too cold.  
Everyone can enjoy The Reef, young and old!

*-Lydia Pester, daughter of Tracy & Scott Pester*



## LOUNGE

### IT ISN'T JUST FOR COCKTAILS ANYMORE...

CH Lounge offers an incredible array of craft cocktails, wines by the glass and hand-selected whisky - but did you know you can also order caviar, raw bar selections, hors d'oeuvres and small plates to share?

#### A FEW MENU FAVORITES INCLUDE:

CH Seafood Tower – Dirty Oysters  
Steak Brochettes – Crispy Asian Chicken  
Short Rib Croquettes

*Reservations are not needed but a jacket and trousers  
are required for men.*

**CH LOUNGE IS OPEN**  
Wednesdays - Sundays at 5pm.





# The Journey From Ocean Reef To The White House

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Ocean Reef was all too familiar with Miami-Dade ambitions to develop HARB into a commercial air hub. In the late 1990's, our community successfully led a charge to stop Miami-Dade's then plan to convert the air base into a full-blown commercial airport. Following years of public outcry over environmental and life quality concerns, the U.S. Air Force ultimately rendered a Record of Decision in January 2001 that prohibited non-military use of the air base and finding "a commercial airport would not be consistent with Everglades restoration."

Knowing the history well, a small Ocean Reef group formed a non-profit organization called the Everglades Protection Alliance, and with the initial support of ORC and ORCA, set out to educate elected officials and other environmental organizations on the threat civil aviation at HARB posed to the surrounding ecosystem.

After two years of intense lobbying our county, state, and federal officials, hosting numerous helicopter tours over the sensitive ecosystem a mere mile and a half from the already endangered waters of Biscayne Bay, and an unforgettable trip to Washington DC -- a federal legislative solution began to take shape. Fortunately for the Ocean Reef community, our two **U.S. Senators, Marco Rubio and Rick Scott**, along with the South Florida congressional delegation led by U.S. **Representatives Carlos Gimenez and Debbie Wasserman-Schultz**, didn't hesitate to take up our cause and pursue a civil aviation ban in the annual must-pass defense authorization bill (NDAA).

As a member of the Committee on Armed Services, Senator Scott was proud to lead the effort this summer to include the ban in the NDAA that was subsequently embraced by **Ranking Member James Inhofe (OK)** and **Chairman Jack Reed (RI)**. Scott declared he is "committed to preserving and enhancing military readiness on our bases..." and Senator Rubio noted "[c]ivil use of HARB would harm our military readiness and jeopardize critical Everglades restoration projects".

Along the way, members of the Ocean Reef Community responded to our call to action and opened several doors for us in Washington. This put the wind in our sails to expand congressional support and propel the provision forward.

There were enough twists and turns to write a book, but here's the happy ending. The Ocean Reef community got an early holiday present....

**President Joe Biden** signed into law the defense authorization bill on December 23 that included our provision which reads as follows:

**SEC. 2874. PROHIBITION ON JOINT USE OF HOMESTEAD AIR RESERVE BASE WITH CIVIL AVIATION. On or before September 30, 2026, the Secretary of the Air Force may not enter into an agreement that would provide for or permit the joint use of Homestead Air Reserve Base, Homestead, Florida, by the Air Force and civil aircraft.**

Upon passage of the bill, US Representative Gimenez commented that "preserving the Homestead Air Reserve Base for its original intent and purpose is critical to protecting our national security interests."

While a remarkable win for now -- the journey continues. We look forward to working with the Ocean Reef Community to build upon our recent success. Happy New Year!

## "How We Keep You Safe"

### Complimentary Presentation by Ocean Reef Public Safety and Monroe County Sheriff's Office

By Bill Wilson and Bill Henneberry

Please join us **Wednesday, January 11 at 4 p.m.** at a YPO Ocean Reef-sponsored community event "How We Keep You Safe" presented by ORCA Public Safety and the Monroe County Sheriff's Office.

This complimentary semi-annual event will commence in the Cultural Center parking



Juan Perez

area for a show 'n tell of the ORCA Public Safety and Monroe County equipment and personnel that are used to help keep Ocean Reef safe. You will be able to see the vehicles/equipment and speak with the officers in charge of Public Safety, SWAT, land and sea rescue, crime scene investigations and others.

Following this, you are invited to the Cultural Center Theater at 5:30 p.m. for a special presentation by ORCA's VP and Director of Public Safety, Juan Perez, and Monroe County Sheriff Rick Ramsey about the work of both organizations and their combined efforts to protect the Members and property of Ocean Reef.

We hope to see you on January 11.



Sheriff Rick Ramsey

## Rules Reminder: Privacy Policy

Privacy is one of the Club's most cherished attributes. The Club's members and their families have found it at the Club and have come to expect it at all times.

Privacy at the Club includes proper deportment at all times by all members and their guests so as to avoid causing any undue notoriety for the Club, and having a continuous mutual respect for the absolute privacy of the Club's members.

Personal photography is permissible as long as it does not intrude upon the Club's members. Unauthorized photography, however, regardless of purpose, is considered an invasion of privacy and the taking of unauthorized photographs of any person or

subject is against the rules of both the Club and the Ocean Reef community. It also is a violation of the Club's privacy rule to sponsor any representative of the working press or its related fields onto Club property regardless of purpose, without the consent, in advance, of the Club's Chairman or President.

Finally, from and after the date of adoption of this policy, no member should expect or request for himself, his family or guests any special accommodation by the Club or community with regard to the provision of extra security or personnel, specific arrangements or consideration, or other exception beyond those being made available to all members. Through mutual cooperation, privacy will always be a valued and appreciated tradition of the Club.



# Pull Back The Curtain



by Terry Baxter

The celebrated chefs of our executive staff and major restaurants are pretty familiar to all of us: Chef Andrea (Gianni), Chef Kareem (Islander), Chef Ryan (Ocean Room and Reef Lounge), Chef Jonathan (CH Prime), Chef Eric (Sushi Bar), Chef Betania (Cooking School and Specialty Dinners), Chef Philippe (Senior Director of Culinary & Special Events), and Chef Jared (Ocean Reef Executive Chef). But we have many other talented and hard-working chefs working more behind the scenes. It's time to shine the spotlight on some of them.

Chef Josh Bettsack, the man who must never sleep. He is the Chef de Cuisine for Reef Eats. Josh oversees the Ocean Room breakfast every morning. Then, he supervises the kitchen for Reef Eats every night (ably assisted by Sous Chef Michael Meadows). Oh, and he also produces the Grand Seafood Buffet. He must be ambidextrous.

If you enjoy the banquets for the Christmas Concert, the Film Festival series, the Ocean Reef Yacht Club dinners, the Keys Children's Foundation Luncheon, Cultural Center performance dinners, All Charities annual celebration, and many others, then you owe a round of applause for Catalin Munteanu, Executive Banquet Chef. He masters the challenge of maintaining exceptional quality while serving hundreds of dinners without breaking a sweat. Catalin is one of our most devoted and passionate chefs.

When your sweet tooth is surprised and delighted, you



The Raw Bar Team, left to right: George Hutchinson, Director Barry Reed, Kesler Sipiren, Yarley Irving, Kemar Anderson, Mercedeau Biddon, and St. Paul Joseph.

can thank Executive Pastry Chef Jeffrey Munchel and his inventive team in the bakery. Bread and rolls, outlet desserts, Reef Treats, Banquets & Catering, and Specialty Dinners all call on his talents. His efforts are truly behind-the-scenes since he works out of the Commissary tucked behind the Airport (as does Catalin).

## No Reservations Needed

One of our most productive and popular outlets, the Raw Bar relies on a roll call of unsung heroes. Barry Reed has been at Ocean Reef for 35 years. He began bussing tables in the Ocean Room, but within a year was the manager of the Raw Bar. "It was a tiny little thing," Reed said. "A tin roof, four tables, no screens, but we made it our own until Hurricane Andrew wiped it out. Now at the created-from-scratch 'new' Raw Bar, Reed directs an efficient team of cooks and servers that keeps the customers lined up at the door. Reed is proud of them – "three or four of our guys have been here more than 10 years." Working back-to-back in a tightly coordinated choreography, they turn out a mountain of Member favorites in short order. "We have a great crew, dependable and compatible in spite of the tight space. We may be the only outlet open for 10 hours straight. Yesterday we served 730 covers. We are never completely empty," Reed said.

Chef Jazz King, ending her first year as Chef de Cuisine at the Burgee Bar, has revitalized the menu with real regional



Executive Banquet Chef Catalin Munteanu.



Jazzmine King, Chef de Cuisine, Burgee Bar.

American food. She calls it "Regional meets Southern Fusion." Jazz devotes her time to the kitchen, so you may not have met her yet. But look for a chance to say hello. The lively sports bar and casual atmosphere makes the Burgee Bar one of Members' go-to destinations.

Our newest venue is Palm Court Nights Cantina. Executive Chef Jared Reardon brought a team of kitchen talents from Mexico to create authentic Mexican cuisine under the stars. Jared owned a celebrated restaurant in Mexico City for 14 years. He knows his stuff. The Cantina kitchen is headed by Roma Rodas who worked for Jared for many years. All the chefs are seasoned, with a depth of experience in Mexico. The



Chef de Cuisine, Reef Eats, Josh Bettsack.



Executive Pastry Chef Jeffrey Munchel.



Roma Rodas heads the kitchen at Palm Court Nights Cantina. Last season, she worked in the CH Prime kitchen under Jonathan Kaiser. Before that, she was a professional chef in Mexico.

Cantina menu is an extensive sample of Mexican street food with the addition of elegant entrees from the wood-fired grill. Your first sip of a Cantina Margarita will confirm you have found the right place.

## Short Take

New to the menu at CH Lounge: "Steak Frites." Clubhouse Executive Chef Jonathan Kaiser tested a "Lounge Special" a few weeks ago – generous hunks of strip steak and filet, skewered between peppers and onions, seared over a wood-fired grill, and served with hand-cut French fries. A meal in itself, so popular it has been added to the CH Lounge menu. One of my new favs.



## OUT &amp; ABOUT



Seven-year-old Grayson Freedman finishes his nine holes of golf just before sunset.

### ATTENTION: LITTLE BIG TOWN TICKET HOLDERS

Little Big Town will be performing tomorrow, **Saturday, January 7** at 8 p.m. outdoors on the grounds of the Cultural Center.

CONFIRMED ticket holders can stop by the Cultural Center office between noon and 3 p.m. on Friday and Saturday to pick up tickets. Tickets will also be available for pickup at the Cultural Center on Saturday starting at 7 p.m. as you come in for the show. Entry for the show will be by golf cart through the porte-cochere where you will show or pick up your tickets. Vehicle parking will be at the Ocean Reef Business Center where shuttle service will be available to and from the Cultural Center.

Tickets are still available for \$350 for Cultural Center Donors, and \$395 for Non-Donors. To request tickets, email [tickets@oceanreef.com](mailto:tickets@oceanreef.com).



Join **David Bottom**, Regional Vice President, InspereX  
and co-presenter,  
**Bob Cole**, Managing Director, First Horizon Advisors, Inc.

### Modern Investing: The Ins & Outs of Structured Products

Everglades Patio  
Thursday, January 12, 2023  
4:30 - 6:00 p.m.

*Cocktails and hors d'oeuvres will be served.*



Investments: Not A Deposit | Not Guaranteed By The Bank Or Its Affiliates  
Not FDIC Insured | Not Insured By Any Federal Government Agency | May Go Down In Value

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# Move beyond your expectations.



**Residence Club PH22 | Golf Front | 3BD, 3.5BA | \$5,650,000 | 2228**

Listed by J. Bradford Millsap | 407.687.5131 | bradmillsap@oceanreefclubsir.com  
Pended by Jay Rourke | 786.493.8105 | jay@oceanreefclubsir.com  
Megan Lyons | 786.201.5265 | megan@oceanreefclubsir.com

**PENDING**



**40 Cardinal Lane | 40cardinallane.com**

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

Russell Post | 305.451.8199 | russell@oceanreefclubsir.com  
Jay Rourke | 786.493.8105 | jay@oceanreefclubsir.com



**35 Angelfish Cay | Canal Front**

5 Bedrooms, 4F/2H Baths | \$12,995,000 | 2403

Karyn Thiele | 305.394.4185 | karyn@oceanreefclubsir.com



**42 Cardinal Lane | Canal Front**

29,210 Sq. Ft. Homesite | \$9,475,000 | 2428

Russell Post | 305.451.8199 | russell@oceanreefclubsir.com  
Molly Taylor | 508.524.4633 | molly@oceanreefclubsir.com



**3 Mahogany Lane | New Construction**

5 BD, 5.5 BA | \$5,100,000 | 2377

Cassy Everhart | 305.522.2332 | cassy@oceanreefclubsir.com  
Morgan Smith | 305.321.1143 | morgan@oceanreefclubsir.com



**11 Perky Road | Central Location**

3 BD, 3.5 BA | \$5,850,000 | 2447

Karyn Thiele | 305.394.4185 | karyn@oceanreefclubsir.com



**Angelfish Cay 71B | Canal Front**

1 Bedroom, 2 Baths | 36' Dockage | \$1,950,000 | 2436

Parris Everhart | 305.522.2738 | parris@oceanreefclubsir.com



**Plaza Building | Commercial**

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

Mary Lee | 917.603.3252 | marylee@oceanreefclubsir.com

**OCEANREEFCLUBSIR.COM | 305.367.2027**

J. Bradford Millsap, Licensed Real Estate Broker





Artist's Concept

**44 Cardinal Lane | Ocean View**  
4 BD, 4.5 BA | \$11,839,900 | 2309

**Russell Post** | 305.451.8199 | russell@oceanreefclubsir.com  
**Jay Rourke** | 786.493.8105 | jay@oceanreefclubsir.com



Artist's Concept

**29 Baker Road | New Construction**  
4 BD, 5 BA | Water Front | \$5,995,000 | 2332

**Eric Woodward** | 305.394.4461 | eric@oceanreefclubsir.com



**19 Sunrise Cay Drive | Ocean Front**  
31,021 Sq. Ft. Homesite | \$13,500,000 | 2335

**Molly Taylor** | 508.524.4633 | molly@oceanreefclubsir.com  
**Russell Post** | 305.451.8199 | russell@oceanreefclubsir.com



**The Sanctuary Orchid 102 | First Floor**  
3 BD, 3.5 BA | \$6,500,000 | 2431

**Mary Brady** | 201.303.2052 | marybrady@oceanreefclubsir.com



AVAILABLE MARINA DOCKS

**Gatehouse Dock AS-4** **PENDING**  
60' Dockage | \$1,350,000 | 2416

**Karyn Thiele** | 305.394.4185 | karyn@oceanreefclubsir.com

**Marina Slip DS-19 | 80' Dockage**  
Floating Dock | 22'7" Beam | \$3,775,000 | 2401

**Marina Slip HS08 | Floating Dock**  
200 AMP | 21'9" Beam | \$2,975,000 | 2367

**Russell Post** | 305.451.8199 | russell@oceanreefclubsir.com  
**Molly Taylor** | 508.524.4633 | molly@oceanreefclubsir.com

**Marina Slip FS-34 | Floating Dock**  
70' Dockage | 18.78' Beam | \$2,100,000 | 2419

**Marina Slip ES-21 | Floating Dock**  
70' x 21'8" Dockage | \$2,575,000 | 2422

**Cassy Everhart** | 305.522.2332 | cassy@oceanreefclubsir.com  
**Morgan Smith** | 305.321.1143 | morgan@oceanreefclubsir.com

**Marina Slip DS-12 | Floating Dockage**  
90' x 21'8" Dockage | \$3,795,000 | 2427

**Marina Slip ES-30 | Floating Dock**  
70' x 20.5' Beam | \$2,550,000 | 2432

**Jay Rourke** | 786.493.8105 | jay@oceanreefclubsir.com  
**Megan Lyons** | 786.201.5265 | megan@oceanreefclubsir.com

**Marina Slip FS-24**  
70' Dock | 18.8' Beam | \$1,950,000 | 2435

**Parris Everhart** | 305.522.2738 | parris@oceanreefclubsir.com

**Marina Slip DS-11 | South Side**  
90' Floating Dock | \$3,850,000 | 2438

**Eric Woodward** | 305.394.4461 | eric@oceanreefclubsir.com

**Marina Slip FS-21** **PENDING**  
70' Dock | \$2,100,000 | 2444

**Listed by**  
**Karyn Thiele** | 305.394.4185 | karyn@oceanreefclubsir.com  
**Pending by**  
**Russell Post** | 305.451.8199 | russell@oceanreefclubsir.com  
**Molly Taylor** | 508.524.4633 | molly@oceanreefclubsir.com



**Pumpkin Key | 26-Acre Private Island**  
pumpkinkeyisland.com | \$95,000,000 | 0681

**Russell Post** | 305.451.8199 | russell@oceanreefclubsir.com



## MEMBERABILIA

### Spotlight on Ocean Reef Members



by Joan Birsh

## For Pete's Sake

### Peter Shields' book documents his life in words and pictures

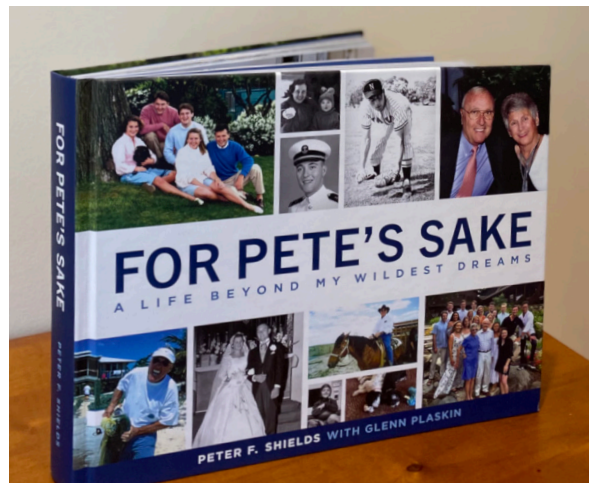
*For Pete's Sake – A Life Beyond My Wildest Dreams* is a big and beautiful coffee-table book created by long-time Ocean Reef Member and former ORC Board Chairman, **Peter F. Shields** (with plenty of input from his wife **Suzy Shields** and the help of Glenn Plaskin, a professional ghostwriter).

From the beginning, Pete has claimed that he wrote *For Pete's Sake* for only one audience, and that was his family – albeit with 5 children and their spouses, plus 17 grandchildren, that adds up to a sizable number of dedicated readers.

Though you may never have an opportunity to read *For Pete's Sake*, I believe many Ocean Reef Members might appreciate what Pete has to say about his ancestry, his career, and above all his family.

**ANCESTRY** – Pete's ancestry is surprisingly well documented. His relatives had big Catholic families, so Pete and his two siblings had an abundance of aunts, uncles, and cousins – most of them diligent about preserving photographs, letters, and journals.

Pete's maternal grandfather Peter J. Little was a huge presence in Pete's life.



He came from modest circumstances, but in time he became a very successful and prominent lawyer. His wife Bertha Mae was the first woman principal of Cambria County. AND she raised a brood of eight children (including Pete's mother Frances).

Pete's Mom and Dad both started out as high school teachers. Pete's dad eventually became director of an organization with jurisdiction over 1500 teachers and 20,000 students.

Pete's parents had high expectations for their children and Pete and his brother Tom did not disappoint. Both were good students, who also excelled in sports. In high school, they lettered in football, baseball, and basketball. They taught little sister Mary to shoot baskets and in college, she was a star of the women's basketball team.

When it came time for college, Pete was offered football scholarships to several prestigious universities. He chose the US Naval Academy, a choice that he later said had changed his life.

### LOVE and MARRIAGE

Suzy is a major character in *For Pete's Sake*. For 68 years, she has been Pete's cheerleader, advisor, organizer, tennis partner, caregiver, and the love of his life. On their first date, he

whispered to her – "I'm going to marry you."

Suzy was an only child, whose adoring father died suddenly when she was 16, leaving Suzy with just her grieving mother. Suzy prayed "to get out and find a good husband and have a wonderful large family."

Peter Shields appeared to be the answer to her prayers, and in 1959 after his graduation from the Naval Academy, Suzy and Pete were married at the Blessed Sacrament Church.

Ten days after the wedding, Pete (who had a degree in engineering) was hired by US Steel in their management training program and the newlyweds moved into a small one-bedroom apartment in Pittsburgh.

To supplement their income beyond Pete's starting salary of \$490 a month, Pete got a part-time job stocking shelves at the local A&P. Then for a little extra change, the couple volunteered for bomb-shelter research (a big deal in that Cold War era). "We lived underground in a local bomb shelter from Friday to Sunday."

The "extra change" became especially important when a month after they moved into their apartment, Suzy, who planned to teach high school in the area, found out she was pregnant.

### THE PRICE OF SUCCESS

During his long stint at U.S.



Steel, Pete moved up in the ranks and was eventually appointed director of marketing and sales for the Homes Division.

This advancement came at a price, which was four years of hard work during the day and then night school to obtain an MBA. It was a grueling period, where Pete scarcely saw his growing family.

After 14 years at U.S. Steel, Pete was ready to move on. When he was offered the chance to join *Production Finishing*, a small company that specialized in polished chrome for car bumpers, he immediately said "yes".

During the next seven years, Pete was instrumental in *Production Finishing's* growth and when the company was sold, the new owner, Dean Rhoads, promised Pete a significant future bonus to encourage him to stay on. It was a promise that was never fulfilled, a betrayal that Pete would never forget.

Vowing that from now on he would be his own boss, Pete left *Production Finishing* and founded his own business *Flat Rock Metal*. The company got a jump start when it was granted a contract from Ford Motors and in 1981, *Flat Rock* established a large plant and hired 21 workers (a number that two years later grew to more than 100 and eventually to 600).

Unfortunately, Pete's ability to enjoy the success



## ORC MEMBERS – NEWS, VIEWS &amp; TIDBITS

of *Flat Rock* was seriously hampered by a lawsuit. Pete was sued by his old nemesis Dean Rhoads, who claimed that by accepting Ford's business, Pete's new company had usurped the corporate opportunity of *Production Finishing*. It was a court case that dragged on for nine years with endless appeals.

Finally in March of 1987, after many back-and-forth rulings, Pete agreed to pay a greatly reduced fine to Dean Rhodes. Though the money was not significant, the years Pete had devoted to this court case, while simultaneously building his own business, robbed him of what should have been rewarding time with his growing family and finally resulted in his experiencing a crippling depression, which required a brief hospitalization and a long period of treatment.

### THE HOME FRONT

Ocean Reef, which in the early '70s became the Shields' winter residence, had everything this "tennis-loving, golf-loving, swim-loving, outdoor-oriented family" could want, except for a proper house. And after five years of squeezing into a two-bedroom Pumpkin Cay condo, Pete, who looked at a building project like a 5-year-old with his first set of blocks, built a big and beautiful house on a 100-foot oceanfront lot on Sunrise Cay.

Ocean Reef was great for the fall and winter months, but for the off-season, Suzy and Pete eventually decided they needed something more. The result: two extraordinary family compounds. One was a ranch in Idaho. The other was a waterside compound on Walloon Lake in Michigan. Both contained individual

dwelling for each of their children, as well as – tennis courts, screening rooms, swimming pools, workout areas, mess halls, guest quarters. And best of all – room to roam on foot, bicycles, or horseback.

Imagine a Four Seasons resort that is luxurious, yet remains personal, comfortable, family-oriented, and always compatible with the location's extraordinary landscape.

Of course, in time the 17 grandchildren became young adults involved in school, sports, careers. The ranch in Idaho was too far away for short visits. The original house in Ocean Reef was sold and replaced by a smaller house and recently by a lovely condo in the Sanctuary, a relatively new area of Ocean Reef. The glorious compound at

Walloon Lake is still the Shields' summer residence.

### FAMILY FIRST

The final segment of *For Pete's Sake* is devoted to personal bios and family photographs of each of the Shields' five children. That is followed by little vignettes in which the 17 grandchildren describe choice memories of family life.

It is a fitting climax to this remarkable chronicle in which Suzy and Pete Shields share their reflections on life and family in their own words and beautiful photographs. The book offers their children and grandchildren (and the descendants who will follow them) a rare opportunity to really get to know and appreciate the two wonderful people, who always tried to help "the kids" find a life "beyond their wildest dreams."



## Ocean Reef Club Vacation Rentals



### The largest selection of rentals on The Reef.

From villas to residences there is simply no better way to enjoy your stay at The Reef than in the privacy of one of our rental properties. When booking through us, you will also enjoy some of these advantages only offered through Ocean Reef Vacation Rentals.

- 10% discount on all club food, beverage and retail outlets
- Front desk services open 24/7 for convenient check-in
- Limited engineering and housekeeping services available by request
- When reserving through your Club, all club outlets and services are notified should you have any special needs
- All billing direct to your member account



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## CULTURAL CENTER



AT OCEAN REEF



## THE FOUR PHANTOMS IN CONCERT

Friday, January 13 – 8:00PM

TICKETS STILL AVAILABLE!

\$200 Donors • \$225 Non-Donors

An extravagant celebration of the iconic music of Broadway and more, The Four Phantoms In Concert brings together four Phantoms from the Tony Award-winning *The Phantom of the Opera* for an unforgettable night of entertainment. Joining The Four Phantoms is special guest Kaley Ann Voorhees, one of the youngest sopranos to play the role of Christine on Broadway.

THE MET: LIVE IN HD

## FEDORA

BY UMBERTO GIORDANO

The Met  
ropolitan  
Opera HD  
LIVE

Saturday, January 14 – 12:55PM

Runtime: 2hrs. 45min.

\$25 at the door

It tells of a letter sent by a woman in Paris informing the chief of police of Loris's confession, which led to his brother's accidental drowning in prison and the death of his mother. Loris vows vengeance on this woman and is determined to unmask the woman in Paris, but Fedora tries to defend her.

For tickets visit the Cultural Center website at:  
ORCulturalCenter.org  
or email: Tickets@OceanReef.com

All Charities  
Loves to Wineby Sarah A.  
Cart

All Charities Weekend (ACW, this season **Feb. 10-12, 2023**) is a direct descendent of a 1999 dinner auction hosted by the Ocean Reef Community Foundation at which an extraordinary wine collection went on the block ... as did a legendary bottle of Ripple that took to the stage once or twice in subsequent years. By the time ACW came into its own, wine was a star, and with time, while ACW features many other items (art, golf, family fun, luxury items and much more), wine has come to play a major role.

**Applause, applause!** For wines at the Silent Auction, ACW 2023 has it all – from highly rated French reds and cult Napa cabs to delightful chardonnay and Italian classics (of special note are several selections of older Bordeaux worthy of your consideration).

On Feb. 3, you will be able to read about all these as bidding opens online and the ACW catalog arrives in that day's edition of the Ocean Reef Press. Then lay eyes on them at ACW's Opening Night (Friday, Feb. 10), at which time you can also vote at the annual Members Choice Wine Tasting, and taste and compare some bourbons as well.

**New and returning stars take to the stage:** Online bidding will present amazing vintage experiences. New this year is the April 30 Paul Hobbs Wine Dinner for 12, hosted by **Tula** and **George Paxos**, **Elizabeth** and **Yasin Khan**, and **Val**

and **Brian Rich**. One of the most notable winemakers of a generation, Hobbs consults for high-end wineries on several continents and his eponymous production spans beautiful chardonnay, well-balanced pinot noirs and decadent cabernets along with several other varietals. This First Dibs event promises great food paired with several of his best offerings.

Also new, as referenced in last week's Ocean Reef Press, is the First Dibs "Day with the Wine Academy," providing a glimmer of what it takes to become a sommelier and the opportunity to earn WSET Level 1 certification.

And returning in a starring role is the 60-person Cult Wine Dinner, set for **March 30**. **Mary** and **John Lee's** Fine Wine Society will present incredible top-of-the ratings wines that most of us can't get, but on this magical night, the very best of the World of Wine will be within your grasp! A First Dibs seat for this "Special Evening of Wine" promises fine Champagne, extraordinary cabernet and the good company of fellow enthusiasts.

**A star that always shines:** Come Saturday night's Live Auction, among other wine-related options, six of you will have the chance to win a long-time ACW favorite, an over-the-top three-day food-and-wine experience in Napa. Mt. Veeder Magic Vineyards owner Karen Crouse will serve as your personal concierge as she and her fellow vintners, winemakers and grape growers take you on an unforgettable behind-the-scenes adventure tailored to your tastes.

As you see, All Charities loves to wine, and ACW will offer plenty to wine about!

Questions? Call the All Charities office at 305-367-5996, and/or visit [oceanreefcommunityfoundation.org](http://oceanreefcommunityfoundation.org).



## MAKING HISTORY

# He Named His Vision Ocean Reef

In 1942, the property that would become Ocean Reef Club was known as the Dispatch Creek Fishing Camp boasting four ramshackle cabins, several docks and a small harbor. The site was only accessible via the water or a dirt road (now County Road 905) that led from US 1 in Key Largo to the fishing camp. There would have been nothing glamorous about this fishing camp, nothing to presage its future as an upscale private club.

"Ocean Reef began because my father (Morris Baker) wanted a fishing camp in the Keys," Roger Baker explained. "He heard from Uncle Allen, who lived in Homestead, that the Key Largo Anglers Club was on the market, but he thought



the price was too high so they kept looking until they heard about a fishing camp over on the ocean side. That year, 1945, they made an offer and sight unseen acquired something less than 40 acres." The owners of the 7 1/2-acre fishing camp within those 40 acres were a group of Miami businessmen including brothers John and James Knight

whose family owned the Miami Herald.

In a 1960 interview, Alice E. Baker, Morris Baker's widow, shared her first impressions of Ocean Reef when she drove down with her husband from Minneapolis in 1946. "We drove 11 miles from the main highway over a narrow, rutty road with trees touching above in many places. Raccoons and night birds were everywhere, we thought it was the end of the world." It was on that drive, according to Mary Baker Philbin, Roger Baker's daughter, that her grandfather's plans changed. Morris Baker was stunned and intrigued by the primitive beauty of the site and instead of a fishing camp, Mrs. Philbin said, "He saw the crocodiles, the mangroves and the coral rock and had this vision of building something that would last forever." He named his vision Ocean Reef.

*Above is an excerpt from "On the*

*Reef, The Legendary Ocean Reef Club and the People Who Made it Great," written by Shirley Shipley and the late Dick Farmer.*

### DATELINE 1948

By 1948, Ocean Reef consisted of an inn, some small yachters, a coffee shop, a gas station, a few rental boats, and the water tower. In 1969 when the Baker family sold Ocean Reef to a real estate investment group led by Harper Sibley, Jr. and Morris Burk, Ocean Reef had added a beach and swim lagoon, dining room and lounge, golf, tennis, an airstrip and terminal, and even a pair of dolphins. At that time, the \$8 million transaction was the largest real estate purchase in the history of the Florida Keys.



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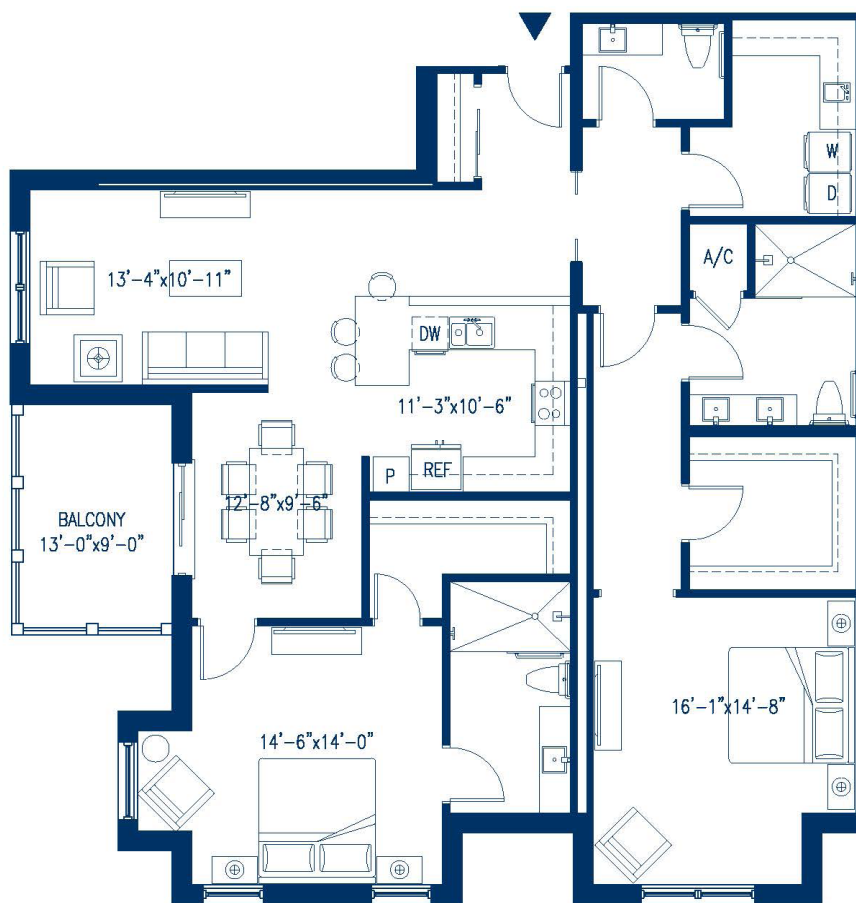
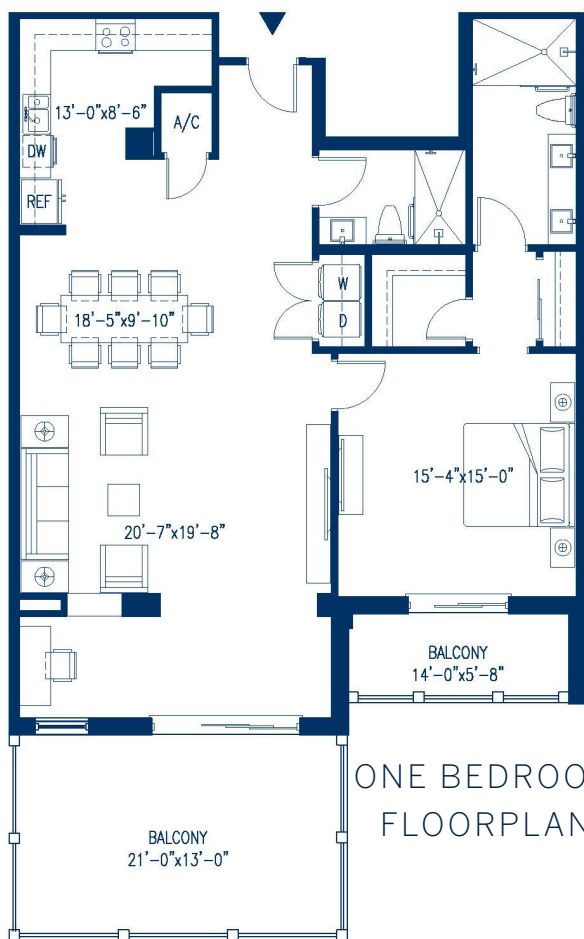
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# Everyone's a VIP Thanks to Member Guest Services

By Sarah A. Cart

"Think of Member Guest Services as 'the artist formerly known as Concierge,'" says Kyle Landers of the department he oversees as director of Member Events & Services. The reference is a heartfelt tribute to Ellie Parker, who retired from her position as Club Concierge five years ago.

Kyle explains that Member Guest Services (MGS) "is an all-encompassing one-stop shop" to assist Members and guests with "all things Ocean Reef Club." The team strives to deliver exemplary service, handling everything from answering general questions of what can be found where to helping with everyday specifics.

The result? "When you call us, you receive VIP treatment."

**Small celebrations, big moments:** It makes sense that MGS orchestrates and oversees all the Club's "traditional" Membership events and dining reservations (confused by the online system? They're happy to walk you through it). But over the past couple years, they have also quietly expanded their offerings to include coordinating small gatherings for 10 people or less – think: dinner for two, a proposal, an engagement



The Member Guest Services Team. In the front (l to r), Bridget Moverley, Katelin Wilson, Dee Rivera, Sam Gibson, Sabrina Salcedo. In the back (l to r), Madison Vernon, Kyle Landers, Austin O'Neill, Diamoni White

party, a baby reveal – arranging everything from location and décor through execution.

"The concept was soft launched last season and we handled nearly two dozen such occasions, all under the radar, but we've got a strong team that's ready to take it mainstream. They are thrilled to offer their professional assistance to make magic happen."

**Big help with the small stuff, too:** The MGS Associates also assist with more routine needs, and every interaction is genuine, unique and friendly. Working with them, one feels heard and knows that there will be follow-through.

Panicky about getting to or from MIA or FLL? MGS recently absorbed the Club's transportation team and can arrange chauffeur services for you via Ocean Drive Transportation.

Planning to arrive to The Reef late, but wish someone would shop for you and fill the fridge with some basics beforehand?

MGS can help with that.

Need a babysitter? Dog sitter? House sitter? MGS will provide a list of Associates who are interested in, and already approved to take on, such assignments so you can make those arrangements.

You already recognize the MGS team members – Samantha Gibson, Katelin Wilson, Austin O'Neill, Destiny Remigio, Deamarys Rivera, and Diamoni White. Cross trained so they know how everything works in

real time, when you arrive at a Member event, they're the ones who greet you ("How may I assist you?"), help you register, answer your questions, and in no time, know you by name. Their days are full of opportunities for creative problem solving, figuring out how best to serve the Club, how best to shine.

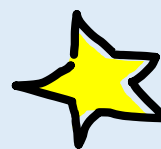
That includes sharing the welcoming of first-time visitors to the Inn, helping them learn their way around, assisting with sign-ups for golf, or a fishing charter, or tennis or pickleball, or a spa appointment, scuba or snorkeling adventure – almost anything you can imagine.

**As easy as clicking a button:** MGS can be reached via phone (305-367-6516), email ([memberguestservices@oceanreef.com](mailto:memberguestservices@oceanreef.com)), or by completing a Member Guest Service Form on the Club website (search "Member Guest Services").

Want to feel like a VIP? Reach out to MGS.

## Be An Angel Today

*The Keys Children's Foundation*



## Be An Angel Luncheon

Speaker

**Lauren Bush Lauren**

CEO, Creative Director, and  
Co-Founder FEED Projects, LLC  
Global Advocate for Child Hunger



**Monday, January 23, 2023**

Ocean Reef Town Hall  
11:30 a.m.

**Reserve Your Seats and Tables Now!**  
**Deadline Friday, January 13th**  
**Donations are most welcome!**

For an invitation or more information,  
contact Didi Streit at:  
203-621-8660 or [didistreit@gmail.com](mailto:didistreit@gmail.com)

  
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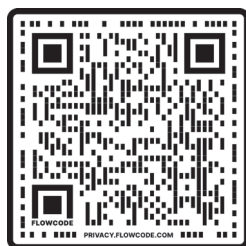
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# What's Your Investment Strategy?



by Rev. Dr.  
Bob Henley

*Teach us to number our days that we may gain a heart of wisdom*  
Psalm 90:12

Just think about it. You and I are given 31,536,000 seconds in the next 525,600 minutes of the 8,760 hours we will live in the 365 days of the

52 weeks during the next 12 months. And by the time you read this, the first five days will already be in the books! *Tempus fugit!*

Time is after all the most precious commodity we are given. The possession arrow in the game of life never changes. It relentlessly moves only in one direction.

The question I invite you to consider is this. "How will you and I invest the time we have been given? What do you hope to gain with the time entrusted to you in the coming year?"

Clayton M. Christensen was a professor in the Harvard Business School until his death in 2020. He was regarded as one of the

top management thinkers in the world. His numerous books addressed the theme of innovation.

In 2012, eight years before his death, he and two associates published a book titled, *How Will You Measure Your Life?*

Christensen applies his management research technique to the life of individuals. He claims that just as articulating a purpose is essential for any company to be successful, so he says, it is crucial for any individual. We need to live with a clear sense of purpose if we want to produce a good return on our investment of time.

He reminds us that cogent rewarding purposes are not "delivered" like food from Reef Eats. Cultivating a rewarding life purpose is the outcome of a deliberately conceived, chosen, and managed process, which must be pursued. It is too important to leave to chance.

That intentionality reflects the wisdom of the Psalmist in the epigraph. *The Message* puts it this way. *Oh! Teach us to live well! Teach us to live wisely and well.*

What are the steps in the process of defining a life purpose? What does it take to live wisely and well with the time we are given?

Christensen says there are three parts to understand when composing a life purpose. They are what he calls – a likeness, a commitment, and a metric.

The likeness is the process of drawing up the kind of person we want to become. This then becomes the shop drawings or the sketches from which we build a life of purpose.

When at Oxford as a Rhodes Scholar, he spent an hour each day reading the Scriptures and praying, wrestling to know if the things he held in his hand were true. He recalled the intensity with which he focused on seeking to know

if his likeness was right.

Assured, he then began the process of devoting his life to becoming that person.

Christensen took the parts of life from his family and his faith. He distilled those assets into three statements that gave shape to his living. They were:

*A man who is dedicated to helping improve the lives of other people. A kind, honest, forgiving, and selfless husband, father, and friend. A man who just doesn't believe in God, but who believes God.*

We all know aspirations are one thing – execution is another. Christensen asks, "How do you become so deeply committed to these things that they guide what you prioritize on a daily basis – drive what you will do, and what you will not do?"

He acknowledges that we each may have a different process for committing to our likeness. But what is universal is that our intent must be to answer the question, "Who do I truly want to become?"

The final step was finding what he called the metric by which his life would be measured.

Through time, he came to understand that measuring our lives by summary statistics of sphere of influence, awards, or wealth were not sufficient.

He concludes saying, "When I have my interview with God, our conversation will focus on the individuals whose self-esteem I was able to strengthen, whose faith I was able to reinforce, and whose discomfort I was able to assuage. These are the metrics that ultimately matter in measuring my life."

"How will you and I invest the time we have been given? Whose likeness will you emulate? What are the metrics that will truly matter in the end?"

A good likeness to consider when beginning the process is the one whose life is found in the pages of the Gospels. Have a productive, fulfilling New Year!

## CHAPEL & FELLOWSHIP CENTER NEWS

### Ocean Reef Chaplain Rev. Dr. Robert Henley

305-367-2049  
orcchapel.org

### FRIDAY, JAN 6

#### AA Meeting

7:30 a.m., Chapel Board Room

Call 305-390-4983 for additional AA Meetings

#### Jewish Shabbat Service

6:00 p.m., Chapel Sanctuary with Rabbi Lorraine Rudenberg and Cantor Lisa Siegal

#### Shabbat Dinner

7:00 p.m., Chapel Fellowship Hall

### SATURDAY, JAN 7

#### Jewish Study Session

9:00 a.m., Chapel Cornerstone Room

#### Catholic Mass

4:00 p.m., Chapel Sanctuary, with Father Hilley

### SUNDAY, JAN 8

#### Traditional Worship Service

9:00 a.m., Chapel Sanctuary, with guest speaker Chaplain Larry Moody

#### Kids Matter

10:30 a.m., Chapel Kids Room

### A Journey Together Teaching Series

10:30 a.m., Chaplain Bob Henley

#### Catholic Mass

12:00 p.m., Chapel Sanctuary, with Father Hilley

### MONDAY, JAN 9

#### AI-Anon Meeting

9:00 a.m., Chapel Fellowship Hall B

#### Rosary Prayer

4:30 p.m., Chapel Living Room

#### AA Meeting

7:30 p.m., Chapel Board Room

Call 305-390-4983 for additional AA Meetings

### TUESDAY, JAN 10

#### Potluck Gathering

6:00 p.m., Chapel Fellowship Hall

### WEDNESDAY, JAN 11

#### Intercessory Prayer

8:00 a.m., Chapel Board Room

#### Episcopal Service

9:00 a.m., Chapel Sanctuary

### THURSDAY, JAN 12

#### Men's Community Bible Study

8:00 a.m., Led by Peter Raffalski



# New Year, New Offerings

Continued from | 1

Program, exclusively for Equity Members. Join the Member Events Team for a wide variety of special events and unique adventures, including Reef Rhythm Dance Lessons, Murder Mystery Dinner, photography classes and an upcoming Illusionist Show on **Saturday, January 28.**

**Member Guest Services:** The Member Guest Services Team has expanded their offerings greatly this season. Not only do they now have an online portal (accessible by visiting [oceanreef.com/MemberGuestServices](https://oceanreef.com/MemberGuestServices)) where Members can inquire about everything from fishing charters to Spa appointments, but they also now have online dining kiosks in the Inn Lobby, additional Concierge locations in the Clubhouse, and a new small gatherings program. Read

more on page 13.

## RECREATION REFRESH

### Reef Rec Room & Nature Center:

The Reef Rec Room has gotten a refresh with new arcade machines, refreshed lounge furniture and pool table, and colorful wall decals. And as for the Nature Center, there are plenty more animals to stop by and visit, now boasting a new Ball Python, two Bearded Dragons, a few more Geckos, a San Boa, another Guinea Pig, and two Uromastix from the lizard family.

### Enhanced Buccaneer

**Island Arrival:** With Phase II of the Lagoon Enhancement Project complete, Members are now welcomed to Buccaneer Island Lagoon-side by a new brick paver walkway, reimagined landscaping, lighting and expanded views, and large Burgees inlaid in the pavers. Plus, improved aesthetics of the road that leads to the Islander.

## Ocean Reef Airport:

Members can now rep 07FA with a full selection of Airport swag, including hats, koozies, water bottles, shirts, and more, all available in the Ocean Reef Airport Terminal. Plus, **Aviation Day** is back on **March 25** with an exciting new lineup of speakers, including supersonic survivor Brian Udell and Howie Franklin, the only flight steward to work for five US Presidents. Plus, stay tuned as the Ocean Reef Flying Club takes off with a VIP Cocktail Reception following Aviation Day! More info to come.

### New Spa & Skincare

**Services:** The Spa is offering a variety of new treatments, products and services this season and has also added several new providers to their team for 2023. Additional nail techs, massage therapists, and four barbers are now on staff. Not to mention, a new satellite location at the Residence Club. Read more about this and the new skincare and massage services on page 20.

putting green, providing a wide array of visual cues to fix even the most uncommon putting issues. Schedule a session by calling Golf at 305-367-5912 and read more

**Burgee Golf Polos:** This year, the Golf Shop introduces custom Burgee-branded polos by top brands, including Greyson, for men and women. The polos come in four designs and a variety of colors, from white to camo and teal, for you and the whole family to represent. Read more on page 29.

## FOOD & BEVERAGE DELIGHTS

### New Offerings & Policies:

It's no secret there has been a lot of "new" in the Food & Beverage realm this year, from additional dining outlets like Palm Court Nights Cantina, to a new dining reservation policy, all of which have been covered in the Press all season long. To review what's new, see pages 2 through 7 of the Taste brochure at [oceanreef.com/Taste](https://oceanreef.com/Taste).

### Carysfort Kitchen Program

**& Classes:** The Carysfort Kitchen Culinary Program is an all-new program developed by Chef de Cuisine Betania Salles and her talented team this season. Students have the distinct experience of learning in smaller groups and developing higher-level kitchen skills. The final hands-on class of the season is coming up on **January 24 & 25 – Italian Series.** And soon, the traditional guest chef classes begin! This month, enjoy showcase classes by Chefs Sean Massey (**January 9**), Jared Reardon (**January 23**), and Rolando Beramendi (**January 30**). Visit [oceanreef.com/Taste](https://oceanreef.com/Taste) for more.

The Club is committed to making 2023 at Ocean Reef a year to remember! Visit [oceanreef.com/events](https://oceanreef.com/events) for a schedule of 2023 happenings through the end of season.

## John Rudolph Designs

New Ocean Reef Location!



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John Rudolph

Gail Zimmerman, NCIDQ 9277

Lois Palguta, AIA, FL Licensed Architect

305-741-7377 - Plaza Building 31 Ocean Reef Dr, Suite 201, Key Largo, FL 33037

## IN THE GYM & ON THE COURSE

### Member Fitness Amenities:

The Member Fitness Center has a plethora of new offerings debuting this year that will help improve muscle tone, weight management, muscle recovery, and much more. New, state-of-the-art equipment is on its way as well, including the Clmbr indoor climbing machine and Octane Ellipticals and X-Rides. Read more on page 33.

**Puttview:** The Golf Team is excited for Members to try out their newest addition to the Academy of Golf – the Puttview. Puttview is an interactive putting system that uses augmented reality (AR) technology to help you practice your putting in real-time. The AR projector is capable of displaying images onto the putting surface designed specifically to improve your green reading and visualization on the



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# Outdoor Casual Dining for All



by Jody Steele

Perfect weather ahead for al fresco dining at lunch or dinner awaits you at Reef Hut. The atmosphere is totally tropical with shade available under the huge tiki hut or at an umbrella table on the patio. I especially like the ambiance at night with lights twinkling above, plenty of privacy, and a casual feel under the stars.

## What a Menu!

Artisan salads with toppers, sandwiches and handhelds, a daily soup, the LARGEST pizza on The Reef, and clever kid's options are on the extensive



Reef Hut is open for dinner Mondays through Fridays from 5 to 8 p.m.

menu. Weekly selections are offered on five themed nights including Caribbean, BBQ, and Italian.

There really are choices for whatever you are in the mood for and better yet, everyone in the group can select their own cuisine.

## The Team is Ready...

Manager Petruenella Davis has been at Reef Hut for almost a year now. She attributes the success of this popular restaurant to an efficient and dedicated team. Petruenella has been at Ocean Reef since 2009 and she is thrilled to be at Reef

Hut. She is definitely enjoying making the connection to her customers and is proud of this hidden gem, the extensive menu, and her capable staff.

## More Choices!

Members may stop in and order or call ahead at 305-501-5530 for dining at Reef Hut or for pick up. The GRAB & GO items are always ready for the busier folk with sandwiches, salads, poke bowls, and even desserts on the shelf. The Reef Hut menu is on [oceanreef.com](http://oceanreef.com) under dining for your review—especially handy when you have a family that is craving different cuisines.

## So You Are Having a Party...

The Catering Menu for Reef Hut is pretty impressive and should be ordered at least 24 hours in advance. Starters like soups and salads, entrees such as stuffed cannelloni, lasagna, custom sub sandwiches, smoked beef brisket, and fried chicken along with appropriate sides are available. Another whole selection of a Mexican themed menu with tacos, enchiladas, and fajitas can also be your theme.

## Convenience is The Word!

Hop on your golf cart or phone ahead to order from this beautiful and tasty menu at the last minute when everyone is hungry and no one wants to cook. You can plan ahead or wait until the moment it is time for that easy meal. No reservations needed.

Lunch is Monday-Saturday 11 a.m. to 4 p.m. Dinner is Monday-Friday 5 to 8 p.m.



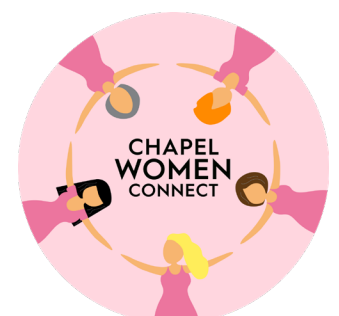
## WOMEN OF OCEAN REEF, PLEASE JOIN CHAPEL WOMEN CONNECT FOR

# What does it mean to be a woman of faith? WITH SUSAN POMPEO

Friday | February 3, 2023 | 10am  
AT THE CHAPEL AT OCEAN REEF

For Susan Justice Pompeo, being a woman of faith has meant living a life that flourishes in every sphere of leadership. Come and hear her personal story of how faith has been the center of a life well lived.

Coffee bar and small bites will be served.  
Space is limited.



TICKETS \$20 per person | Reserve your space by calling 856-905-8939



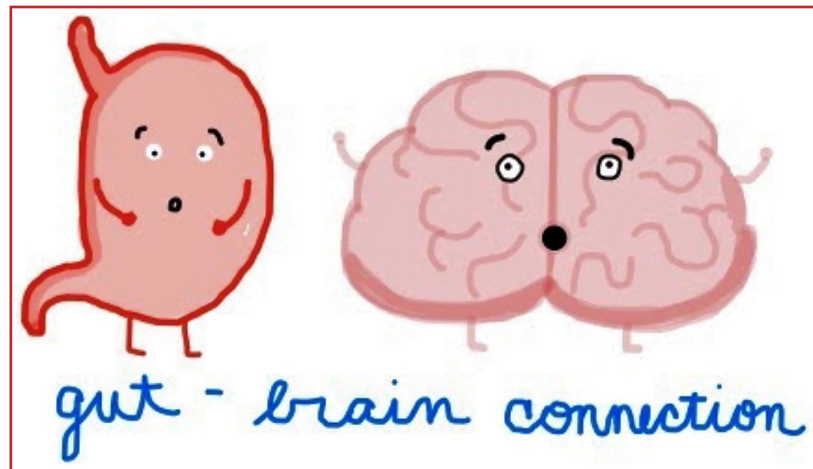
## Medical Lecture Series Presents "Gut Microbiome & Neuropsychiatric Disease"

January 10, 2023  
Cultural Center Theatre – 5 p.m.

In recent years there has been increasing research on the interaction between the brain, the gastrointestinal tract, the bacteria within the gastrointestinal tract, and the bidirectional relationship between these systems: the brain-gut-microbiome axis.

In a 2020 YouTube presentation by Dr. Madan, he speaks to the Gut Microbiome:

"Our gut and our inner brains



are intimately connected, and it is a two-way street. It is all one closed system. The cool part now is, we have a gateway to what is going on in the gut. The bacteria are about 1,000 or so species. About 3 million different genes are represented; collectively, all those bacteria weigh about 3 pounds, and curiously our brains weigh about 3 pounds. Our gut bacteria develops as we age and there are a lot of things that affect how this looks."

Dr. Alok Madan is a clinical health psychologist with extensive experience in implementing and evaluating programs to improve the care of individuals with chronic medical conditions and serious mental illness. He earned his doctorate in clinical psychology and his Master of Public Health degree from the University of Alabama at Birmingham. Dr. Madan has been involved in formal training, direct patient care, clinic

management, and research to improve neuropsychiatric care for more than 15 years. He currently serves as the Vice Chairman of the Department of Psychiatry at Houston Methodist and is a Clinical Professor of Psychiatry & Behavioral Sciences at the University of Texas Health Science Center at Houston (UTHealth).

Dr. Madan has a passion for his research and work and is an engaging speaker. Mark your calendars for this fascinating lecture followed by a cocktail reception. Many thanks to Healthnetwork Foundation for sponsoring this lecture.

Visit us on the web at [www.mcor.org](http://www.mcor.org).

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.



## *"Breast Cancer Across All Ages"* *A Night out at the Medical Center ~ Ladies Night*

*Thursday, January 12, 2023*

*5:00 p.m. Lecture*

*6:00 to 7:00 p.m. Cocktails and Hors d'oeuvres*

*The Medical Center at Ocean Reef*

*Please join us in welcoming Dr. Starr Mautner who will discuss and answer questions regarding personalized screening and treatment of breast cancer in your 20's and 30's vs 40's vs 50's and beyond and how screening and treatment varies specifically for each age group. Dr. Mautner is a board-certified and fellowship-trained breast surgical oncologist at the Miami Cancer Institute (MCI). She treats patients with benign and malignant breast disease and is the lead physician for breast surgery clinical trials at MCI. Dr. Mautner earned her medical degree from the University of Miami School of Medicine and completed a general surgery at New York Presbyterian Hospital-Weill Cornell Medical College. She then went on to complete a research and clinical fellowship in breast surgery oncology at Memorial Sloan Kettering Cancer Center. Dr. Mautner is very active in community engagement and educational programs.*

*Visit [mcor.org](http://mcor.org) for details or call 305-367-6777 • All Ladies Welcome!*



## 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**  
Jan 12, 19, 26

### Cannabis & Pain Medicine

**Michelle Weiner**  
March 24, July 7

### Cardiology

**Howard Bush**  
Jan 19, Feb 9

### Jorge Cuello

Jan 25, Feb 8, 22

### Colorectal Surgery

**Dan Ruiz**  
Feb 20, April 17

### Dermatology

**Alysa Herman 305-444-4979**  
Feb 2, 16

### Debra Price 305-670-1111

Jan 6, 20, Feb 3, 17

### Varee Poochareon 305-740-6181

Jan 11, 18, 25, Feb 1, 8, 15

### Jill Waibel 305-279-6061

Jan 10, Feb 6

### Endocrinology

**Jeremy Bleicher**  
Jan 23, Feb 6, March 6

### Heberto Valdes

Jan 6, Feb 3, March 3

### Gastroenterology

**Sandra Rodriguez**  
Jan 24, Feb 14

### Gynecology

**Jason James**  
Jan 12, Feb 9, March 9

### Jila Senemar

Jan 10, Feb 7, March 7

### Holistic Medicine

**David Coppola 305-451-1819**  
Jan 10, 12, 17, 19

### Nephrology

**Anthony Farias**  
Jan 23, Feb 20, March 27

### Neurology/Neuro Spine

**Nancy Epstein (Spine) 516-739-9270**  
Jan 18, Feb 15, March 22

### Raul Vazquez-Castellanos (Spine)

Jan 31, Feb 28, March 21, April 18

### Victor Faradji

Feb 2, March 2

### Ophthalmology

**Bascom Palmer 786-530-2289**  
Jan 24

### Zach Segal

Jan 17, Feb 21, March 21

### Optometry

**Lauren Nicholas**  
Jan 13, 27, Feb 10, 24

### Susanna Tamkins

Jan 20, Feb 17, March 17

### Orthopaedic Hand Surgery

**Roberto Miki**  
Jan 27, Feb 24

### Orthopaedic Sports Medicine

**Michael Swartzon**  
Jan 20, Feb 10

### Orthopaedic Surgery

**Derek Papp**

Jan 12, 26

### Joseph Fernandez

Jan 20, Feb 17

### James Voglino

Jan 13, Feb 13, March 3, April 7, May 26

### Pediatrics

**Rosa Fernandez**  
Tele-Med 954-385-6277 (Option 1)  
Jan 20

### Podiatry

**Pedro Abrantes**  
Jan 11, 25, Feb 17

### Sophia Masri

Jan 13, 27

### Psychology

**Joseph Mora**  
Jan 9, 23

### Pulmonary & Sleep Disorders

**Raul Valor**  
Jan 6, Feb 3

### Spine Care & Pain Management

**Ronald Tolchin**  
Jan 10, 31, Feb 21

### Urology

**Dani Papir 786-530-2289**  
Jan 12, Feb 9

### Lunan Ji

Jan 18, Feb 15

## Now Featuring Stressless® - Innovators of Comfort!



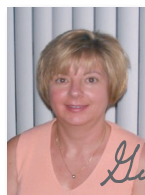
## NEW MERCHANDISE IN STOCK DAILY!

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Gina Amato



Call to schedule a complimentary in-home consultation, or stop by our Key Largo store.



## New at The Spa for 2023



"Spa Notes" by Jillian Barron, The Spa Director

Now that the holidays are behind us and we are full swing ahead into 2023, why not treat yourself to some relaxation and rejuvenation with a Spa day? The Spa has added so many new treatments, products, and services this Season, and we can't wait for you to try them all!

### New Skincare & Spa Services for 2023:

**Valmont Collagen Energy Ritual –** Bring your skin's youthful spark back with this cellular renewal booster treatment! This service begins with a rejuvenating facial massage using a prime renewing pack to feed vital nutrients to the skin for a radiant glow. The regenerating collagen mask smooths and hydrates for an immediate firming effect.

### Dr Dennis Gross SpectraLite RX Afterglow Facial -

This luminosity-boosting facial utilizes LED technology in the form of a mask that contains a combination of 162 red and blue LED lights that work together to smooth wrinkles, diminish discoloration, and clear imperfections. Red lights penetrate deep within the skin's



Barber Randee Blanco offers appointments Tuesdays from 7am – 3pm

dermis to stimulate collagen production while blue lights destroy P. acne bacteria to reduce redness, inflammation and prevent future breakouts. This facial treatment works to firm, tighten, and instantly improve texture to ensure your glow will remain long after the sun sets. Includes a light lactic acid exfoliation to minimize sun damage and your customized light-therapy treatment.

### BR Remodeling Triple Lift Facial Treatment –

This facial utilizes a specialized microcurrent machine created by Biologique Recherche. The machine combines four types of electric currents to firm, sculpt, and lift the skin, and it definitely works! The products used in the treatment are customized to your skin's specific needs. Some of

the results you may see include widened eyes, softer wrinkles, more defined cheekbones, and a smoother, more youthful appearance overall.

### Thai Massage –

The Spa has 2 therapists that specialize in Thai massage, Carlos Bacallao, who spent the summer in Thailand, and helped us create our new Thai menu, and Valeska Knott, an extremely talented massage therapist with a passion for Thai. Thai massage relieves weary muscles, reduces tension and stress, and renews the body's energy flow with rhythmic and targeted stretching techniques and pressure point stimulation. Thai is one of my favorite massages, and is very unique and unlike other massages we offer. Thai massage is done on a floor mat, and we recommend wearing loose, comfortable clothing when coming for this service.

### More exciting news for the Spa in 2023:

We have added several new

providers to our talented team, including additional nail techs, massage therapists, and we now have 4 barbers on staff, one of which offers early morning appointments on Tuesdays! Randee Blanco offers barber appointments from 7 a.m. – 3 p.m. on Tuesdays if you are an early riser that wants to get your haircut out of the way and then get on with your day!

The Spa now offers Spa and Salon services at our new, satellite location at the Residence Club. The facility is beautiful and modern, and we offer massage, hair, and nail services at this location Monday – Friday by appointment. Come by The Spa or call to schedule one of our new services! 305-367-6506.

### Upcoming Spa Events:

Jan 6 – Irresistibles Jewelry Trunk Show 9 a.m. – 2 p.m.

Jan 11 – Isabella Adams Luxury Home Accessories, Decor & Jewelry 9 a.m. – 2 p.m.

## Share Your Favorite Club Tradition



In the spirit of the holidays, the Ocean Reef Press asks you to reflect on the Club traditions from any time of year that mean the most to you and your family, and share them with us!

For the **Nesher** family, one of their favorite Reef activities for the grandchildren over the years has been the Elf Tuck-In. They

love listening to a Christmas story and also receiving some Christmas surprises from the Elf. Spreading reindeer food is the icing on cake! It's a special Nesher Christmas Eve tradition.

If you have a favorite Club tradition, please submit it to [orp@oceanreef.com](mailto:orp@oceanreef.com) by **Monday, January 23.**



**Ocean Reef® Member's Yacht AVAILABLE FOR SALE!**

**PURA VIDA, 92' 2000/20 Hatteras MY**  
Elite series, (4) S/R layout, walk-around decks. Complete new exterior paint job, headliner & LED lighting in 2020. MTU 16V-2000 with only 2885 Hrs. Naiad stabilizers, bow thruster, twin Gens, 18' Hell's Bay tender. Located in Ft. Lauderdale. CA

CA, David Wiest | Office: 954-525-7484 | Cell: 954-261-5250 | [rjcyachts.com](http://rjcyachts.com)



**ROBERT J. CURY**  
YACHT SALES & CHARTERS



**FARMER'S MARKET  
SCHEDULE**

**MONDAY, JANUARY 9**

**Field at Four Corners**

- Jerry's Here Farm Fresh
- Le Petit Pain • Pasta Amore • r.f. Orchids • La Montagne Des Saveurs French Cheese
- Mediterranean Delight & Cure Skin • Lomelo's Meat & Seafood • Salsa y Sabor
- Stoney Crab Claws
- Harvey's BBQ

**THURSDAY, JANUARY 12**

**Field at Four Corners**

- Jerry's Here Farm Fresh
- Le Petit Pain • Pasta Amore • r.f. Orchids
- La Montagne Des Saveurs French Cheese
- Mediterranean Delight & Cure Skin • Lomelo's Meat & Seafood • Salsa y Sabor Crystal Nuts • Harvey's BBQ • Bon Appetreat
- Gemita's Kitchen
- Stoney Crab Claws

# Farmer's Market Favorites



by Susan Bohan

If you want to expand your at-home dining experience, a good place to catch some ideas is Salsa y Sabor at the Farmer's Market like I did right before the Holidays.

We have very young grandkids, so our grown children like to have a long "cocktail hour" while they read books, fetch milk and usher the little ones to their beds and quiet sleep before a late dinner. As chief chef, this always throws me when they visit over the Holidays since I like to serve by 7 p.m. and be done before they even like to sit down!



Salsa y Sabor

So to augment my favorites of guacamole and cheeses, we all tried the delicious dips of Spinach Artichoke, Yogurt Mint and Chipotle Hummus. Whether with crackers, vegetables or chips, they disappeared before the last good night. Their breads

were difficult to choose from but the Olive Oil & Fine Herbs Focaccia and Plain Ciabatta were perfect with our traditional fillet. But forget leftovers! I was told they freeze well but nothing was left making a return visit to Salsa y Sabor mandatory!

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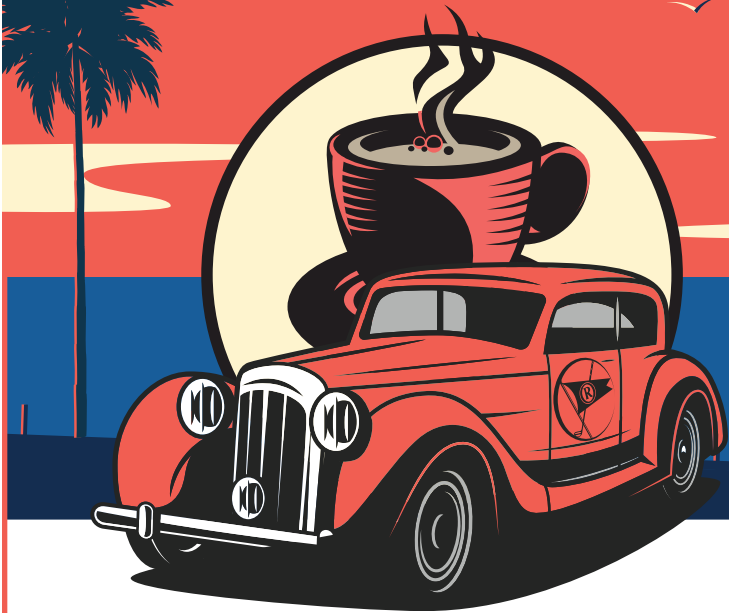
**SALES**  
1-877-579-0775  
Mon.-Fri. 9am - 8pm  
Sat. 9am - 6pm  
Sun. 11am - 5pm

**SERVICE**  
1-866-372-8217  
Mon.-Fri. 7:30am - 7pm  
Sat. 8am - 5pm  
Sun. Closed

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Calling all  
car enthusiasts!



SATURDAY, JANUARY 7  
9-11am • Business Center Parking Lot

# CARS AND COFFEE

Members are invited to bring vintage automobiles, sports cars or any cool conveyance, or just stop by for a morning of “car talk” over complimentary coffee and lite breakfast bites.



## MEMBER NEWS



## Dollie Jospey Celebrates 100 on New Year's Day

By Jim Leenhouts

In an uncommon occurrence – one in 5000 – well-known ORC Member **Dollie Jospey** recently celebrated her centenarian birthday. Equally uncommon, her birthday was New Year's Day 1923. She married Sheldon at 17 years of age. The couple joined Ocean Reef in 1971 and shared 75 years of marriage before Sheldon passed well

into his 90s. Dollie and Sheldon were members of the Racquet Club at Ocean Reef (Dollie's favorite sport), Card Sound Golf Club, Ocean Reef Yacht Club, Ocean Reef Flying Club and the Ocean Reef Art League where Dollie served as president.

Dollie and Sheldon had two daughters, four grandchildren and 10 great-grandchildren.

She remains in excellent health and has been a source of interest and pride at the Ocean Reef Medical Center for many years. She was lustily feted recently at the Center at the end of December for her continuous healthy lifestyle.

Happy 100th birthday Dollie!

## NEED SOME BRIGHT MOMENTS IN YOUR LIFE?

Come to the Memory Café!



**Tuesday, January 17**  
10:30am-12pm  
Chapel/Fellowship Hall

Music, snacks and fun. RSVP by emailing [info@memory-corner.com](mailto:info@memory-corner.com) and visit [www.memory-corner.com](http://www.memory-corner.com) for more information.



# A Year in Review



"Dot.calm"  
by Jane  
Silverman

At the start of the year, I often enjoy Time Magazine's "Year in Review" video for a look back at the past 12 months. This 4-minute recap is a great way to memorialize the past year. What a doozy it was! The 2022 video is not for the faint of heart. If you would like to view the year that was, visit: <https://time.com/6242993/2022-a-year-in-review/>.

On a brighter note, since 2010, Google has synthesized its billions of daily searches (1.2 trillion annually) on its search engine into a succinct two-minute video, "Year in

The New York area was one of 2 places that had rainbow mantis shrimp as its top trending animal this year, along with Raleigh-Durham, NC

The New York area searched for disco more than anywhere else in the U.S.

Year in Search reveals Google trends around the world.

Search," capturing the mood and statistical personality of the year past. It is a unique perspective and a telling account of everyday people and what motivates them.

Interestingly, "Can I Change" was the most popular asked question of the year with searches about changing careers and seeking new outlooks on life in our reimagined post-pandemic world. Watch the film here:

<https://yearinsearch.google>.

Just for the fun of it, scroll down the "Year in Search" page to find an intriguing section: "Discover local searches" <https://about.google/stories/local-year-in-search-2022> to see your hometown neighbors' most popular searches by town or zip code. For instance, Rochester, NY's top trending animal was "thrush bird" and the area was one of 3 in the country that searched more for "jazz" than "rock"; Chicago's top trending recipe was the "quick pancake" and "happy hour" was the top trending "near me" search; in "Columbus OH, the top trending animal was the "great eared nightjar" and its top trending recipe? "Spicy margarita!" Columbus – what the heck is a nightjar and why are so many people searching for it?? Let's make "Ocean Reef Club" the number one search for 2023!!

This week is a great time to start your own "Year in Review." Take a second each day to capture a photo or video on the

popular 1 Second Everyday: Video Diary <https://1se.co> which has over 10 million downloads (IOS and Android) and counting. The app turns 1-2 second snippets you have taken into a personal movie, a montage of your life with visual cues. This easy-to-use daily video journal takes note of subtle moments from your camera roll (or use the in-app camera to take new mini-videos) and strings them into a memorable timeline of a year in your life, just a second a day, every day.

Swipe right to My1SE to start your journal. Click on a date and upload a photo or video and add a caption; then click on Add Journal to write about your day or whatever is on your mind. Visit settings and click on the Auto Backup button to save your diary and visit its Help Center for How-To directions. The New York Times wrote, "Few [apps] inspire personal reflection so viscerally."

EXHIBITING JAN.17-JAN.27, 2023

# YOU ARE INVITED

OCEAN REEF ART LEAGUE PRESENTS  
"BLUE COAST"



"Silver King" 72"x 60" Acrylic Wesley Carter



"Bonefish Grass" 32"x48" Textured Polymer/Acrylic Kent Krebeck



"Reflections" 36"x36" Acrylic Wesley Carter

MARINE WILDLIFE, LANDSCAPES & COASTAL PORTRAITS

SAVE THE DATE  
JOIN US AND MEET THE ARTISTS AT THE  
OPENING RECEPTION  
TUESDAY • JANUARY 17, 2023 • 5-7PM





## WEEKLY HIGHLIGHTS

## 6 FRIDAY

**Monthly Pro-Am**

Tee Times • Dolphin Course

**Danish & Coffee**

7-10am • The Point

**AA Meeting**7:30am • Chapel Board Room  
Call 305-390-4983 for additional  
AA Meetings**Gameio Tennis Clinic**

10am • Tennis &amp; Games Center

**Duke Women's Tennis (Team****Practice)**1:30-3:30pm • Tennis & Games  
Center**Come Sail Away: Bullseye****Sailing**

2pm • Card Sound Yacht Club

**Golf Clinic with Dave Vihlen**

3pm • Driving Range

**"Triangle of Sadness" (R)**

4:30 &amp; 7:30pm • Cultural Center

**Equity Member Get-Together:****Bingo Night**

5-7pm • Town Hall

**Teens Only!**8pm • Bonfire at the Reef Rec  
Room**Live DJ**

9pm • Burgee Bar

## 7 SATURDAY

**Entries for Triple Golf Classic****Open**3pm • Patron & Equity Members  
Only**Danish & Coffee**7-10am • The Point (Members  
Only)**Cardio Boxing Class & Yoga Nidra**

8am • Member Fitness Center

**Cardio Tennis Clinic**

8 &amp; 9am • Tennis &amp; Games Center

**Pickleball Pro-Pro**

9am • Tennis &amp; Games Center

**Lighted Standup Paddleboard Tour**

6pm • Buccaneer Island

**Duke Women's Tennis (Exhibition,  
cocktails, meet & Greet)**

5-7pm • Tennis &amp; Games Center

**Cocktails**5-8pm • The Point (Members  
Only)**Ocean Room Seafood Buffet**

5:30-9:45pm • Ocean Room

**Reef Club Kids Open**

6-10pm • RCK Clubhouse

**Ping Pong Tournament**

8pm • Reef Rec Room

**Live DJ**

9pm • Burgee Bar

## 8 SUNDAY

**Danish & Coffee**7-10am • The Point (Members  
Only)**Pickleball Pro-Pro**

8:30am • Tennis &amp; Games Center

**Beginners Sailing Clinic**

9:30am • Buccaneer Island

**Mat Pilates Class**

10am • Member Fitness Center

**Gameio Tennis Clinic**

10am • Tennis &amp; Games Center

**Guided Eco-Kayak Tour**

10am • Meet at Pool Desk

**Duke Women's Tennis (Member**Gameio)  
3:30-5pm • Tennis & Games Center**"Triangle of Sadness" (R)**

4:30 &amp; 7:30pm • Cultural Center

**Cocktails**5-8pm • The Point (Members  
Only)

## 9 MONDAY

**Beach Yoga Class**

8am • Member Fitness Center

**Sweat Class**

8am • Member Fitness Center

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

10am-4pm • Card &amp; Games Room

**Gameio Tennis Clinic**

10 &amp; 11am • Tennis &amp; Games Center

**Aqua Cardio Class**

11am • Member Fitness Pool

**Farmer's Market**

11am-4pm • Field at Four Corners

**Learn and Play Croquet Clinic**

2:30pm • Croquet Lawn

**HIIT Class**

4pm • Member Fitness Center

**AA Meeting**7:30pm • Yacht Club Room  
Call 305-390-4983 for additional  
AA Meetings

## 10 TUESDAY

**Cycle Class**

6am • Member Fitness Center

**Master Swim Class**

7am • Member Fitness Pool

**Sweat Class**

8am • Member Fitness Center

**Pickleball Cardio**

8am • Tennis &amp; Games Center

**Strength Cycle & Vinyasa Yoga**

9am • Member Fitness Center

**Gameio Tennis Clinic**

10am • Tennis &amp; Games Center

**Gameio Tennis Clinic**4:30-5:30pm • Tennis & Games  
Center

## 11 WEDNESDAY

**Intercessory Prayer**

8am • Chapel Board Room

**Ladies Pickleball League**

8am • Tennis &amp; Games Center

**Cycle Class**

9am • Member Fitness Center

**Gameio Tennis Clinic**

10am • Tennis &amp; Games Center

**Golf Clinic with Dave Vihlen**

10am • Driving Range

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

10am-4pm • Card &amp; Games Room

**Fit Camp**

12pm • Member Fitness Center

**Live Duplicate Bridge Game**

1-4pm • Card &amp; Games Room

**Arts & Crafts (Shadow Drawing)**

2pm • Buccaneer Island

**Stretch & Mobility Class**

3pm • Member Fitness Center

**Gameio Tennis Clinic**4:30-5:30pm • Tennis & Games  
Center**Men's Pickleball Night League**5:30-7pm • Tennis & Games  
Center**"Triangle of Sadness" (R)**

4:30 &amp; 7:30pm • Cultural Center

## 12 THURSDAY

**Cycle Class**

6am • Member Fitness Center

**Core Class**

6:30am • Member Fitness Center

**Men's Pickleball League**

8am • Tennis &amp; Games Center

**Cardio Tennis Clinic**

9am • Tennis &amp; Games Center

**Gentle Yoga Class**

10am • Member Fitness Center

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

10am-4pm • Card &amp; Games Room

**Gameio Tennis Clinic**10am & 11am • Tennis & Games  
Center**Farmer's Market**

11am-4pm • Field at Four Corners

**Gameio Tennis Clinic**4:30-5:30pm • Tennis & Games  
Center**Raw Bar Lobster Bake**

5-9pm • Raw Bar

**Burgee Bar Karaoke**

9pm • Burgee Bar

## MOVIES

General Admission \$12, Donors \$10

Children (under 12) \$6

Movie Hotline: 305-367-6306

**"Triangle of Sadness" (R)**

Fri. January 6 • 4:30PM &amp; 7:30PM

Sun. January 8 • 4:30PM &amp; 7:30PM

Wed. January 11 • 7:30PM

Runtime: 2hr 27min

Stars: Charlbi Dean, Harris Dickinson,  
Woody HarrelsonA fashion model celebrity couple join  
an eventful cruise for the super-rich.**Film Society: Food & Film "Julia"**

Mon. January 9 • 4:30PM

The fascinating Julia Child and her legacy  
is celebrated in this recent documentary.  
Honoring her engaging personality, years  
of television fame, and a multitude of  
challenges, Julia continues to amaze.  
\$63++ optional dinner following. Must be a  
Film Society Member to Attend.

**Dining with the Presidents: Candice****Millard on James A. Garfield**

Thurs. January 12 • 6PM

\$62++ per person. Includes dinner and  
speaker. Reservations required.  
Candice reveals the extraordinary life and  
tragic death of a man who, had he lived,  
would have been one of our greatest  
presidents.

**Cultural Center Museum**

Daily 9am-4pm • Open During Movies

**Library Hours**

Monday – Thursday • 10am-2pm



## CLUB SHOPPING

### Joan the Shopper

**Near Disaster....** Dining at CH Prime was to be a highlight of a recent visit of my grandson Henry, who is holding down a job at AIG and attending graduate school in Economics at New York University.... Henry, like all my young adult grandchildren, is a serious foodie. He was really looking forward to experiencing CH Prime, our Michelin-contender Ocean Reef restaurant.... But, alas, neither Henry (nor I) was "looking forward" far enough to remember that CH Prime requires that gentlemen wear a jacket. Henry neglected to pack one.... Hold your breath, there's a happy ending. Disaster was averted by a visit to **Vineyard Vines** Men's department at the entrance of the Fishing Village.... Pictured here: Henry in his new Vineyard Vines Classic Perfect wool blazer (\$395). Henry is also modeling his Blue Bay Checked Shirt (\$128) with the *brrr* nylon fabric, that offers an additional 3 percent cooling effect (a bonus now that we are at last enjoying real Florida weather) ... The shirt is also wrinkle resistant so that Henry will be able to get off the plane in LaGuardia,



ready to head straight for the office.... Other **Vineyard Vines** specialties: ties and belts; great men's pants (the long and the shorts); quick-drying, easy-to-wear swim trunks. And there is an impressive variety of polo shirts, which can be worn without a jacket in all OR restaurants (except, of course, CH Prime and the adjacent lounge) .... However – I think my grandson looks so handsome in that blazer, that I'm tempted to tell him that the OR Dress Code has made a new rule – *Jackets Required Everywhere*. But then, Henry would probably remind me that I don't write the Ocean Reef rules, I only write about them.

by Joan Birsh

## OCEAN REEF STORE HOURS

### Ocean Reef Gift Shop

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

### Peter Millar

Sun.-Thurs. • 10am – 5pm  
Sat. & Sun. • 10am – 7pm  
305-367-5820

### Tennis Pro Shop

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

### The Burgee Shop

Mon.-Thurs. & Sun. • 9am – 5pm  
Fri. & Sat. • 9am – 7pm  
305-367-2611, ext. 5515

### 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

### Member Fitness Center

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

### 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

## WINING & DINING

MONDAY, JAN. 9 – SUNDAY, JAN. 15

### Palm Court

Lunch Daily 11:30am-3:30pm

### Palm Court Nights Cantina

Dinner Mon., Tues., & Fri.-Sun. 6-9pm

### 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  
Equity Member Only Night Thursday

### The Ocean Room

Breakfast Mon.-Sat. 7-11am • Sun. 7am-12pm (Buffet Sat. & Sun.)  
Dinner Tues.-Thurs. 5:30-9pm • Fri. & Sat. 5:30-10pm  
Equity Member Only Night Tuesday

### Gianni Ristorante\*

Dinner Mon.-Thurs. & Sun. 5:30-9pm Fri. & Sat. 5:30-10pm  
G the Bar opens 30 min. before dinner  
Equity Member Only Night Monday

### Raw Bar

Lunch Daily 11am-4pm • Dinner Daily 4-9pm  
Lobster Bake Thursday

### 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

### Reef Hut

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

### Reef Eats

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

### Fitness Café

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

### The Point (Members Only)

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

### Burgee Bar

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

### Reef Lounge

Small Plates Daily 5-10pm  
Cocktails Mon.-Thurs. & Sun. 5-11pm  
Fri. & Sat. 5pm-12am

### CH Prime (Members Only)\*

Dinner Mon.-Thurs. & Sun. 5:30-9pm • Fri. & Sat. 5:30-10pm  
Equity Member Only Night Wednesday

### CH Lounge (Members Only)\*

Dinner Mon.-Thurs. & Sun. 5-9pm • Fri. & Sat. 5-10pm

### Toski's

Open Daily 9am-4pm

### Town Hall Waterside

Dinner Wed., Thurs. & Sun. 5-9pm • Fri. & Sat. 5-10pm

### Grill Room (Members Only)

Lunch Mon.-Fri. 11am-4pm • Brunch Sat. & Sun. 9am-4pm  
Dinner Daily 4-9pm

### Rum Runner

Open Daily 9am-4pm

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



# 2022 End of the Year Celebrations 🏆

TO VIEW ALL PHOTOS VISIT [OCEANREEF.COM/EVENTGALLERY](https://oceanreef.com/eventgallery)

## New Year's Eve



## Super Bingo







Festival on the Green



Winter Wonderland Street Fair





# Art League Instructors Art Show

Through January 13



by Susan  
Bohan

Tuesday night's Instructors Art Show Opening was solid proof of the high level of talent we are fortunate to have here at the Art League. The Show will continue through January 13, so be sure to stop by soon to see works of the following:

Monica Bankowski – Watercolors; Veronica Gutierrez – Mosaics, Stained Glass and Jewelry; Andres Lopez – Oils; Marijke



Monica Bankowski

Browning – Paint on Pottery; Jenny Baumer – Knitting; Stacey Frisch – Hand Built Clay; Carmen Kelley – Oils & Acrylics. While at the Show, peruse the catalog and sign up to take a class from any of the above.

### Quilting with Lizzie Stebbins

There is a new class coming on Mondays beginning **January 9:** Quilting with Lizzie Stebbins.

Beginners are welcome since both sewing machines and fabric will be provided.



Jenny Baumer

All you need to bring is a fun attitude and these mornings will teach you a new skill!

- Session I – January 9, 16, 23, 30, February 20, 27
- Session II – March 6, 13, 20, 27, April 10, 17

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



Andres Lopez

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# SPORTS

INSIDE THIS ISSUE

## New in Golf



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

### Puttview

We are extremely excited to announce our newest addition to the Academy of Golf, Puttview! Puttview can be extremely beneficial for golfers of all skill levels. This indoor putting green has built-in breaks, which allow golfers to practice putts that curve in every direction. Puttview also comes equipped with an augmented reality projector designed to take your putting to the next level.

### What Does This Mean?

The projector is capable of displaying images onto the putting surface designed specifically to improve your green reading and visualization on the putting green. Common problems we hear from golfers when looking for putting help are...

- I cannot aim my putter properly
- I never know how hard to hit it
- I have trouble with consistent ball position
- I don't know how much this



The Teglias, Hangover Open Dolphin Course Net Champions.

### putt breaks

Puttview provides a wide array of visual cues to cure all of these issues! Schedule your lesson with one of the Ocean Reef Golf Professionals by calling 305-367-5912 to hop on the Puttview and improve your putting. Let's make more birdies!

### A Busy Month in Golf

2022 was a fantastic year in golf and we are excited to get 2023 off to a flying start! The month of January is one of the busiest months for Golf events. The month began with the biggest field event of the year, the Hangover Open with nearly 350 players! Upcoming events consist of the MGA Interclub with Card Sound, the LGA Member-Member,



Kristian Fortis, Ricky Fortis, Hope Fortis and Andy Timmerman, Hangover Open Hammock Course Net Champions. Not pictured, Hangover Open Hammock Gross Champions Newell Kraik, Andrew Kraik, Daniel Kraik and Bryce Neil.

the Member-Professional tournament, and several more. The Golf Staff is excited to crown new champions.

### New in the Golf Shop Custom ORC Polos

The New Year brings new golf shirts for the whole family. This year we have a variety of custom ORC design polos exclusive to the Golf Shop. The custom polo for this season from Greyson is available in fits for men in size Small – XXL, women in size XSmall - XLarge, and junior size Small - XXL. In addition to this polo, we have three other men's options for our ORC brand. You will be sure to stand out in the classic diamond print options and the course camo design. For ladies, we continue to have the Burgee cutout polo from Foray. New colors include yellow, lavender, and black. We also continue to stock white and navy. Stop in the Golf Shop daily 7:30 a.m. to 5:30 p.m. to get your ORC matching polos today!



Matthew Peel, George Vincent, Billy Peel and Brendan Peel, Hangover Open Dolphin Course Gross Champions.

### Hangover Open

It would not be the New Year without the Ocean Reef famous Hangover Open! 2023 kicked off this early morning when the first four of 350+ players teed it up in effort to walk home with the coveted Hangover Open Beer Mugs. January 1st might have felt like July 1st, but temperatures were not as hot as a few of our teams on the golf course. In a 1 Best Ball Shamble, our participants knew it was a must to take advantage of every opportunity. Eighty-three scorecards were turned in, but only a few could win. Please see page 34 for the 2023 Hangover Open Results.



New Puttview in the Academy of Golf.



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# Upcoming Happenings for the Bonefish Bonnies

## Make Your Reservations Now!

By Sarah A. Cart

Next **Friday, Jan. 13**, is the **reservation/entry deadline** for two fun-filled Bonefish Bonnies occasions.

The first is a **Cooking School Luncheon** to be held 11 a.m. – 1 p.m. Jan. 19 (check-in 10:45 a.m.) at Carysfort Kitchen. Bonefish Bonnies will be treated to a cooking demonstration by the kitchen's amazing Chef de Cuisine Betania Salles, followed by a delicious three-course luncheon. Your payment is your reservation.

To make your Cooking School reservation, email your name and ORC Member number to BonefishBonnies1@gmail.com or send your \$65 check to Bonefish Bonnies, 24

Dockside Lane PMB 1, Key Largo, FL 33037, before next Friday.

The second is the **Monday, Feb. 6, Fishin' Funatics Tournament**, the first of this season's three Bonnies-only competitions. Focused on the fun of fishing, whether on the flats, the reefs or offshore, it will be preceded by an Anglers & Captains Meeting from 5 to 6:30 p.m. **Thursday, Feb. 2** at 14 Harbor Island Drive. On the evening of the Feb. 6 tournament, competitors will be feted at an Awards Dinner beginning at 6 p.m. at the Academy; anglers' spouses, partners, captains, mates and other Bonnies are welcome to attend the dinner as well.

**To enter the Feb. 6 fishing tournament**, download the entry form at [www.BonefishBonnies.com](http://www.BonefishBonnies.com) or grab a copy from the drawer beneath the Bonnies' Bulletin Board in the Reef Treats lobby. Be sure to complete the form and submit all relevant payments via your ORC Member number or a check (\$200 per angler for the tournament

plus \$125 per person for the Feb. 6 Awards Dinner) to BonefishBonnies1@gmail.com or via snail mail to Bonefish Bonnies, 24 Dockside Lane PMB 1, Key Largo, FL 33037, by the Jan. 13 deadline.

### Bonnie FAQs:

Since 1999, the Bonefish Bonnies have enjoyed fishing fun and friendship-expanding adventures via monthly luncheons, educational programs, travel adventures and local tournaments. Following the Fishin' Funatics, the group will undertake its annual offshore competition, "Bonnies Love Sails," on **Monday, March 6**, and the organization's traditional flats competition will take to the waters on **Monday, April 3**.

Bonnies bring together women interested in fun, friendship and fishing. The group is open to all women of Ocean Reef and Key Largo Anglers Clubs and their mothers, daughters or granddaughters. Individual events are priced separately.

Newcomers are welcome throughout the season. To join, register online at [www.BonefishBonnies.com](http://www.BonefishBonnies.com) by completing both the Membership Form and the Waiver and Release Form (in addition to your signature, don't forget to check the "I agree" box on the waiver). For additional information, check the Bonnies Bulletin Board in the Reef Treats lobby or reach out via BonefishBonnies1@gmail.com.

## KAYAKING WITH A PURPOSE

This **Monday, January 9**, Bonnies will join with members of the Rod & Gun Club in an inaugural joint **Kayak Clean-Up** to help keep our mangroves beautiful. Interested Bonnies should let Bonnies' Special Events Chairperson **Laura Zausmer** know ASAP of your intention to take part ([laurazausmer@gmail.com](mailto:laurazausmer@gmail.com)) as well as whether you will be staying for lunch at the Beach Bar afterward.

Plan to arrive at the beach on Buccaneer Island by 9:15 so everyone can get organized to be on the water from 9:30 to 11:30 a.m. Ocean Reef Club Recreation will provide 16 double and 10 single kayaks for the venture. Participants should wear (or bring) sunscreen. While water and gloves will be provided, Laura suggests bringing your own gloves and water bottle as well as a hat, sunscreen and pickers if you have them. Nets, and boat hooks (not gaffs) can be useful as well. (The Club will provide – and dispose of – the adventure's trash bags afterward.)

## RECENT CATCH



John Paleologos (left) caught his 10 lb. African Pompano, and George Wagner his 9 lb. Pompano, while fishing on New Year's Eve with Capt. Bill McKee.



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**11 COUNTRY CLUB ROAD CLS #2445**

**5 Bedrooms / 5.5 Baths \$8,800,000**  
New Construction! Great opportunity for the discerning buyer looking for a custom built home in the heart of the club! Get in now to pick finishes that match your families personal preferences. Superior Location!  
**ALL BRAND NEW!**  
**Bob Ecuyer**



**44 CARD SOUND CLS #2413**

**7 Bedrooms en-suite / 8.5 Baths \$9,950,000**  
BRAND NEW modern home w/all conveniences & impact glass. All-season kitchen, pool, spa, & cabana/guest room en-suite. Chef-designed kitchen, formal dining & wine rooms. 2 living rooms, 2 laundry rooms & large office. No-step entry to the main floor, plus elevator. 3 car & 2 cart garage.  
**Juan Ventura**



**REDUCED FC LANDINGS 1B CLS #2285**

**3 Bedrooms / 3 Baths \$6,255,000**  
Sophisticated quiet luxury living just a golf cart away from all club amenities. Enjoy the stunning water view of Fisherman's Cove from the top floor corner unit. Deeded dockage, one car garage, golf cart room, and a large common area with BBQ & fish cleaning station at your floating dock.  
**Olga Grant**



**CONTRACTED CLOSING 1/31/23**

**28 DILLY TREE CLS #2356**

**4 Bedrooms / 3.5 Baths Golfcourse \$3,750,000**  
Open floor plan! New kitchen, wet bar, wine cooler, fireplace, high ceilings, custom closets & baths. Screen enclosed pool w/beach entrances, large jacuzzi, and waterfalls. Under cover patio & pkg plus air-conditioned storage.  
**Bob Ecuyer**



**CONTRACTED CLOSING 3/22/23**

**16 CALOOSA CLS#2430**

**2 Bedrooms / 2 Baths \$3,295,000**  
Golf course & lake views. Close to Member Fitness, Academy & Grayvik Animal Care to fulfill all your family's needs. This home has plenty of room to grow. Oversized lot offers expansion, or new home over 5,000sf. Plenty of yard to play in. Giant pool area offers 2nd story deck overlooking breathtaking expansive views.  
**Bob Ecuyer**



**REDUCED**

**18 HALFWAY ROAD CLS #2702**

**4 Bedrooms / 3.5 Baths \$6,350,000**  
What began as a quaint 2/2 underwent transformation to an all-new level. In addition to the lush landscaping features include a welcoming pergola, separate pavilion, spacious lanai, atrium, & screen enclosed pool, 2 garages. GRAND Golf Course Views!  
**Bob Ecuyer**

## ADDITIONAL OPPORTUNITIES

**535 CORAL LN. CLS #2287**  
Pre-Construction 5 Bds / 5.5 Baths  
\$4,950,000.  
**Olga Grant**



**640 CORAL LN. CLS #2346**  
Lot 70,131 SF (1.6 Acres) \$1,699,000.  
**Olga Grant**

**16 HARBOR ISLAND DR. CLS #2423**  
Lot \$6,495,000. Pre-Construction  
7,000sf home 7 BDS/7BA w/80' Dock  
Completed price \$14,950,000.  
**Bob Ecuyer**



**FS-25 MAIN MARINA DOCK CLS #2330**  
70' Dock all Club Amenities \$2,355,000.  
**Dan Guerrieri**

**FS-29 MAIN MARINA DOCK CLS #2406**  
70' Dock w/All Club Amenities REDUCED \$1,995,000.  
**Bob Ecuyer**

**Bob Ecuyer 14 GATEHOUSE DOCK CLS #2395**  
48' Dock + parking & electric \$1,250,000.  
**CONTRACTED 1/24/23.**

**24 CARDINAL LANE CLS #2449**  
Lot 25,852 \$9,250,000 103'Waterfront 72'Dock  
**Co-Listing Bob Ecuyer & Dan Guerrieri**



## Our Team IS Going STRONG SELLING! CONTRACTED IN HOUSE

**315 SOUTH HARBOR DRIVE (2286) • \$4,500,000 CLOSING 3/16/2023**  
**47 CINNAMON BARK (2246) • 5/6.5 • \$3,895,000 CLOSING 12/31/2022 Congratulations to Olga & Andy!**  
**3-4 ANCHOR DRIVE (2351) • \$4,000,000 CLOSING 1/12/23**  
**1 WEST SNAPPER POINT (2371) • \$29,000.00 CLOSING 1/18/23**  
**46 SOUTH BRIDGE (2295) • \$4,500,000 CLOSING 01/31/2024**

**Represented by: Broker Owner Bob & Denise Ecuyer;**

**Broker Associates John Carpenter, Nancy Eaves, Olga Grant, Dan Guerrieri**

**Sales Associates: Vanessa Koppel, Wendy Brainard, Michael Carrier, Samuel Dahmer, Julie Dey, Nelson Gordy, Andy Hofmann, Linda Jaikins, John Kinney, Cari Nivar, Alan Stotsky, Alan Thomson, Juan Ventura, Burgess Warren, Robert Blackburn, Laura Zini**



# Here's What's New in 2023



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

## Electro Muscle Stimulation (EMS):

EMS is a highly effective and safe method to improve physical performance. A recent Mayo Clinic study found it was more effective than traditional strength training in building muscle tone and weight management. High-performing athletes that use and have given credit to EMS sessions for improved performance include Usain Bolt ("fastest man in the world"), Karim Benzema (Real Madrid and 2022 Ballon de Ore), Cristiano Ronaldo, Mike Tyson, Roger Federer, and Bundesliga Champions Bayer Munich FC. Other celebrities include Tom Holland (Spiderman), Heidi Klum, Madonna, Cristy Teigen, Jessica Alba, and Elsa Holsk. The workout lasts around 20 minutes, with 5 to 10 minutes to set up. Some contraindications include implanted pacemakers, defibrillators, neuro-stimulators, and pain pumps due to potential electrical interference. After seeing positive results on the first study, Mayo Clinic is currently conducting more studies along with EMS-leading company Miha Bodytec to continue learning how the system can improve muscle activation, movement performance, and overall well-being. To book an EMS session, please contact the Member Fitness Center at 305-367-5820.

## Normatec Compression

**Therapy:** Members can now enjoy full-body compression therapy at no cost. The Normatec compression system uses dynamic air compression to assist with recovery and improve performance. Normatec's patented precision pulse technology helps to increase circulation, revive muscles, and reduce swelling. The system is widely used by

professional and collegiate athletes as well as everyday people throughout the globe. To try it, simply ask the Member Fitness front desk to get set up.

**Pilates Reformers:** we added two allegro reformers and one Cadillac from Balance Body to our Pilates studio. Pilates at the Member Fitness Center continues to grow thanks to instructors such as Masha Volt, Carlos Diaz, Alejandro Felix, and Genie Matherne, who are well-versed in classic and modern techniques.

## Arriving Soon:

**Clmbr:** this state-of-the-art indoor climbing machine offers a low-impact, full-body workout that combines strength and cardio. Vertical climbing is a highly effective way to improve cardiovascular conditioning. The Clmbr offers on-demand vertical workouts similar in concept to Peloton.

**Octane Ellipticals and X-Rides:** our Octane ellipticals and X-rides, some of the most popular among Members, will be replaced by the latest versions.

## The Only Resolution You Ever Need

A resolution is defined as a firm decision to do or not do something. From a wellness perspective, the only firm decision you need is to condition and strengthen your body and mind to maximize the enjoyment of every experience and sensation. Legendary track and field athlete and coach Brutus Hamilton once said, "It is one of the strange ironies of this strange life that those who work the hardest, who subject themselves to the strictest discipline, who give up certain pleasurable things in order to achieve a goal, are the happiest."

When we make overcoming physical discomfort a habit, we get closer to achieving our physical, mental, and emotional potential. Every workout presents us with opportunities to do just that. This 2023, resolve to shape your body and mind to be stronger and more resilient.

**Intro to Yoga Workshop with Moorey-Margaret Myers**  
**Friday, January 6, 12 p.m.**  
Medical Fitness Therapist

and E-RYT 500 Yoga Instructor Moorey-Margaret Myers will lead a yoga basics class, perfect for beginners. This 45-minute class will introduce you to yoga etiquette and basic asana (postures) in a safe and supportive environment! No experience required.

## LifeBreath with Beth Bielat

**Monday, January 9, 4 p.m.**  
**Monday, January 23, 4 p.m.**

LifeBreath is a high-level self-help technique that improves people's lives in many ways. Physically, we learn to breathe in more oxygen, bringing more life force into the cells of the body. Mentally, deep breathing helps to calm the mind and create peace and positivity. Emotionally, LifeBreath helps with stress relief. There's also a spiritual component, helping us feel more connected, intuitive, and loving.

The great holistic physician, Dr. Andrew Weil, declares, "The simplest and most important technique for protecting your health is breathing. I have seen breath control alone achieve remarkable results: lowering blood pressure, ending heart arrhythmias, improving long-standing patterns of poor digestion, increasing blood circulation throughout the body, decreasing anxiety, allowing people to get off addictive anti-anxiety drugs, and improving sleep and energy cycles."

Beth is the founder of the LifeBreath technique. She studied breathwork, meditation, Reiki, Martial Arts, pressure points, and tapping for several decades before creating LifeBreath Institute in the early 1990s. Join Beth in her 90-min. class to learn about breathwork and LifeBreath.

## Common Sense Self-Defense Classes with Beth Bielat

**Wednesday, January 11, 4 p.m.**  
**Wednesday, January 25, 4 p.m.**

Ocean Reef is one of the safest places in the country, but always being prepared should an attack come your way, only makes sense. Beth Bielat has been training and teaching Martial Arts for over 50 years. She is a 7th-degree black belt in Isshinryu, a 6th-degree black belt in Kyokushinkyu, and

co-founder of an advanced Martial Art system called Hanzatsu Ryu. She and her husband, John, were inducted into the World Karate Hall of Fame and started a school together in 1980. They continue to train and share with students and other Martial Artists. Her "Common Sense Self Defense" class will help you prepare mentally, emotionally, and physically for real-life situations of violence. Members are welcome to attend one or both hour-long classes. Young children should not attend the class. Beth teaches privately and in small groups for both children and adults.

## Training for Endurance Events, Is It For You? Complimentary Lecture by Vanessa Soulay, Ironman & Training Peaks Certified Coach

**Tuesday, January 10, 3 p.m.**

Many people may think of endurance exercise as something extreme like an Ironman, or a full marathon, but endurance exercise includes walking briskly, running or jogging, dancing, biking, climbing stairs at work or at home, swimming or jumping rope! Also known as aerobic exercise, endurance activity keeps your heart, lungs and circulatory system healthy and improves your overall fitness. As an endurance coach, recommending people to start out with 10-15 minutes at a time and gradually build up is my go-to starting point; age is never a factor. When you're ready to do more, you can build on your routine by adding new physical activities; increasing the distance, time, or difficulty of your favorite activity; or doing your activities more often.

What if you are already an athletic person looking for a bigger challenge like a triathlon or a marathon? This is where a professional coach comes in handy! Coaching is about showing people the correct way to train and gain progress consistently without becoming frustrated, avoiding injuries, keeping a healthy diet and not over training.

To learn more about our special events, classes, programs, personal training, Pilates, yoga, and other services, please contact us at 305-367-5820.



## GOLF SCOREBOARD

**Hangover Open****Dolphin Course • Sunday, Jan. 1**

**1st Place Gross:** Billy Peel, Brendan Peel, Mathew Peel, George Vincent

**2nd Place Gross:** Andy Woodman, Josh Woodman, Alex Wells, Henry Wells

**3rd Place Gross:** Scott Heffner, Joey Rivera, Joe Holl, Michael Acheson

**Longest Drive Gross:** Jackie Urbinati (#6), Ryan Ruhlman (#14)

**Closest to the Hole Gross:** Scott Heffner (#5), Kari Teglia (#16)

**1st Place Net:** Dean Teglia, Karin Teglia, Eli Teglia, Kari Teglia

**2nd Place Net:** Brian Cox, Steve Torcise, Thomas Edwards, Greg Thompson

**3rd Place Net:** Dave Wallace, Francis Mahfood, Ashton Mahfood, Sandra Fish

**Hammock Course • Sunday, Jan. 1**

**1st Place Gross:** Newell Kraik, Andrew Kraik, Daniel Kraik, Bryce Neil

**2nd Place Gross:** Chuck Tennent, Tom Miles, Nate Miles, Ann Miles

**3rd Place Gross:** Cameron St. Clair, Carson St. Clair, Alex Webber, Andrew Webber

**Longest Drive Gross:** Bo Andrews (#5), Ann Miles (#11)

**Closest to the Hole Gross:** Connor Burke (#6), Margaret Shouplin (#17)

**1st Place Net:** Ricky Fortis, Kristian Fortis, Hope Fortis, Andy Timmerman

**2nd Place Net:** Connor Burke,

Joey Muckler, Matt Ernst, Griffin Ernst

**3rd Place Net:** Doug Fash, Paul Mack, Scott McCleneghen, Fred Maclean

**9 Hole LGA Weekly Event****Thursday, Dec. 29****1st Place:** Deborah Geller**2nd Place:** Stacey Lahey**3rd Place:** Esther Vazquez**Closest to the Hole:**

Emma Woodman (#6)

**Longest Drive Hole:**

Sarah Leonard (#5)

**MGA Weekly Event****Monday, Jan. 2****1st Place Gross:** Kristian Fortis, Charlie Simms, John McConville,

Chuck Tennent

**2nd Place Gross:** Henry Wells, Jay Guarch,

Geoff Noyes, John Kazmer

**1st Place Net:** Scott Heffner, William Breaux, David Johnson, John Spina**2nd Place Net:** Henry Wells, Jay Guarch, Geoff Noyes, John Kazmer**3rd Place Net:** Miroslav Fajt, Rudy Schupp, Greg Thompson, Richard Greco**Closest to the Hole:** Phil Heilpern (#9), Leonard Wood (#11)**LGA Weekly Event****Tuesday, Jan. 3****1st Place:** Kathy Weiland**2nd Place:** Mary Ellen Smith**3rd Place:** Hillary Smith**Closest to the Hole:** Angie

Berman (#2), Sally Newman (#12)

## Signups Are Open!

## World's Leading Golf Instructors Come to Ocean Reef



"Swing Tip" by Derek Swoboda, Director of Instruction

**Sessions with Mike Adams, Kelan McDonagh & Derek Swoboda**

Mike Adams, ORC Director of Instruction Derek Swoboda, and special guest Kelan McDonagh, Director of Instruction at Metedeconk National in New Jersey, will visit Ocean Reef to conduct two separate sessions this season. Take advantage of this opportunity to improve your game and learn tips from the professionals!

Sign up for a morning OR

afternoon session (four hours each):

**Session 1 - January 14 & 15**

•Morning attendance: 8 a.m. to noon

•Afternoon attendance: 1 to 5 p.m.

**Session 2 - March 2 & 3**

•Morning attendance: 8 a.m. to noon

•Afternoon attendance: 1 to 5 p.m.

Price is \$750 per session and includes lunch!

**Putting Instruction With Bruce Rearick**

Bruce Rearick is the world's leading putting guru and a former Ocean Reef Associate! These lessons will be one-on-one reserved times on the following dates to improve your putting.

•February 15 & 16

•March 22 & 23

Sign up for both of these opportunities by calling the Golf Shop at 305-367-5912, signing up on Foretees, or emailing Derek Swoboda at [dswoboda@oceanreef.com](mailto:dswoboda@oceanreef.com).

**80 Viking 2018****80 Pearl 2020****80 Hatteras 2015****72 Pearl 2023****61 Viking 2004****47 Freeman 2023**

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# 6th Annual Pickleball Pro-Am – January 7 & 8



"Center Court"  
by Justin  
Romero,  
Director of  
Racquet  
Sports

This weekend will boast some of the greatest talents in the game of Pickleball. You do not want to miss any of the action. The registration for the Pro-Am on Saturday is full, but you are welcome to come watch and cheer on your fellow Members as they compete side by side with some of the world's best. On Sunday, you do not want to miss the Pros battle it out in a winner-take-all prize money format. This kicks off at 8:30 a.m. and will go no later than 11



Jay Devilliers



Anna Leigh Waters



Jr. Round Robin & Pizza Party participants (l to r) Ford Mashek, Elle Mashek, Jack Villamizar, Christopher Montoya, Nico Loaiza, Izzy Jefferson, Payton Bridge, Kameron Holman, Cole Johnson, Nora Johnson, Chatham Bridge, Bailey Burke, Reese Jefferson, Tyler Jefferson

a.m. The matches will consist of one Men's Doubles match, one Ladies' Doubles match, and two Mixed Doubles matches. In the event of a tie, two players will play singles for all the marbles.

## Meet the Pros:

Jay Devilliers  
Anna Leigh Waters  
JW Johnson  
Catherine Parenteau  
James Ignatowich  
Anna Bright

Justin Romero  
Jorja Johnson

See you at the Pickleball courts this weekend!

## DUKE Women's Tennis Team

DUKE Women's Tennis Team is coming to Ocean Reef Club **January 6 to 9**. All are welcome to come watch them practice. Signup is required for the Member-DUKE round robin and Gameio clinic.

## SCHEDULE OF EVENTS

JANUARY 6 • 1:30 - 3:30 P.M.  
• TEAM PRACTICE  
JANUARY 6 • 3:30 - 5 P.M. •  
MEMBERS' ROUND ROBIN  
JANUARY 7 • 3:30 - 5 P.M. •  
TEAM PRACTICE  
JANUARY 7 • 5 - 7 P.M. •  
EXHIBITION, COCKTAILS,  
MEET & GREET  
JANUARY 8 • 1:30 - 3:30 P.M.  
• TEAM PRACTICE  
JANUARY 8 • 3:30 - 5 P.M. •  
MEMBERS' GAMEIO  
JANUARY 9 • 3:30 - 5 P.M. •  
TEAM PRACTICE

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# "Should I Stay or Should I Go"



"Pickleball Tip"  
by Kevin Girard,  
Pickleball Professional

One of the tougher challenges we face in pickleball is getting to the kitchen line as a serving team. "Should I Stay or Should I go" by The Clash is a constant song you will hear being sung by many pickleball players as you walk by the courts. One thing I find helpful when determining if a team should advance on the kitchen line is to turn your opponent into a spotlight. Please note that these "spotlight rules" are based on where your opponent will be making contact with the ball when you are attempting a 3rd shot drop.

•**Red Light:** Your opponents make contact above their waist (STAY BACK) Do not leave the baseline...don't even take one step forward. Good players will keep their volleys deep so moving into a high-floating ball puts you and your partner in jeopardy.

•**Yellow Light:** Your opponents make contact around or below their waist (PROCEED WITH CAUTION) Some players can attack this shot, and others cannot. If they prove they can handle/attack this shot, you and your partner should stay back. If they seem to struggle with it, that's your cue to move to the kitchen line.

•**Green Light:** when your opponent makes contact at their knees or below (GET TO THE KITCHEN) Your opponent's paddle faces will now be open meaning the next shot they hit will either be popped up or a dink...either way this is your time to be aggressive and get to that kitchen line!

## TENNIS RESULTS

### MEN'S "B" NIGHT LEAGUE

1st Place: Andy Hofmann and Bob Zoba

2nd Place: Bill Sport and Tyler Massey



Bill Sport, Tyler Massey, Bob Zoba and Andy Hofmann

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# Pickleball

## Player of the Week

### RACHEL KELLEY



#### When did you start playing pickleball and why?

I started playing pickleball two years ago. Though I am finally dedicating the

time this year to get better and taking lessons once a week with Frankie.

#### How many years have you been a member at ORC?

We have been coming to Ocean Reef for seven years as social members. Steve and I became equity members two years ago and are now splitting our time between here and Cape Cod.

#### What is your favorite pickleball memory?

Having our kids come down to ORC and playing pickleball as a family. It gets pretty heated!

#### What keeps you playing pickleball?

I love that I am getting exercise and a lot of laughs at the same time. I also love the social aspect of the game! We have met some great families while playing.

#### What is your favorite activity at ORC besides pickleball?

The ladies 9 holers golf league is also a lot of fun. Great people and learning to play golf.

#### What are you most looking forward to this season?

Not paying taxes in Massachusetts... kidding but not kidding. And of course getting more involved in this amazing community!

#### What is your favorite shot?

The few that go over the net!

#### Who is your favorite pickleball player?

Gardner Bridge, ORC Member. He is way more patient to play with than my husband!

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# Let's Play Golf Croquet!

by William Hinkebein, Ocean Reef Club Croquet Chair

Golf Croquet is the game that has swept the croquet world the last 20 or so years, with a surge in participation similar to Pickleball. Similar to the backyard game many of us played growing up with families and friends on weekends or holidays, Golf Croquet is a cross between putting a golf ball and shooting pool. It is strategic, skillful, fun and social. There are approximately 500 croquet clubs in the US with 200+ being in Florida. Many of our Golf Croquet players are just now returning to Ocean Reef for the season. It's nice to see so many people coming out to play on the beautiful lawn.

## Lessons & Clinics by Coach Paul Fecteau

Coach Paul, a multiple club champion at Hillsboro Club and a USCA Certified Referee, will teach both how to play and basic rules in each session. The January 7 schedule with Paul is full with private lessons from 9-1, followed by a Rules Clinic for all from 1:15-2 p.m., which everyone can come out and listen to. Among various things he will teach are fouls and how to move forward from such infractions. Also, we will learn more about the dreaded "double tap".

Information for the Saturday, January 14 lessons and clinics will be set following the January 7

session. At that time, signups will be available through the Tennis & Games Center at 305-367-6583.

## Lessons by ORC Staff

Coach Justin Romero and Coach Jim Morton are also available for private lessons for individuals or small groups. Contact the Tennis & Games Center to make arrangements.

## Upcoming Play & Events

•**3-Wicket Tournament, Friday, 1/13, 1pm to finished:** Just show up and play. Teams drawn on-site to play fast-paced 3-wicket games. This is a fun tournament with single or double elimination depending on how many arrive to play. No sign up necessary.

•**Open Play, Tuesdays, Fridays, Saturdays & Sundays, 2-5pm:** Feel free to just show up and play. Sometimes there's just a few players, other times it's a full lawn. Games are in order of the "next four persons in line". This is self-regulated so be sure to follow the rule of whom is next to play by coordinating with all who are waiting. This is a great way to learn from your fellow club members.

•**Beginners Clinic with Justin Romero, Mondays, 2:30-3:30pm:** Justin will teach the basics and do a walk-through of fun games. For beginners only.

•**Women, Wine & Wickets, Mondays 1/9, 1/23, 2/6, 2/20, 3/6, 3/20 & 4/3, 3:30-5pm:** Ladies just show up and play... and enjoy a glass or two of vino on ORC. No sign up necessary.

•**Crocodile Cup League Play, Thursday 1/12, 2pm, is the first day of 7 Croc Cup play days. Thursdays 1/12, 1/19, 1/26, 2/9, 2/16, 2/23 and the grand final and awards are Sunday 2/26:** Players are matched up with a doubles partner for each individual game and drawn randomly.

Points are accrued each game each week leading to the final score result on Sunday, 2/26. Players must participate in at least one of sessions 1-3 (dates 1/12, 1/19, 1/26) to be able to play in sessions 4-7 (dates 2/9, 2/16, 2/23 and 2/26). A player does not have to play every week to participate in the Croc Cup.

•**The Judy Ladies' Singles Tournament, Friday, January 27, 9am to finished:** This is an annual ladies' singles tournament. Sign up by end of day Wednesday, January 25 by calling 305-367-6583.

•**ORC vs KLAC Golf Croquet Challenge, March 17 & 18, 8:30am to finished:** One of the

biggest events on the schedule in 2023 is the annual KLAC vs ORC Golf Croquet Challenge, hosted this year by Key Largo Anglers Club. This team match is an invitational, thus, the best way to get invited to play on Team ORC is to place first or perhaps second in one of the many events on the ORC lawn. Only 12 persons can play on Team ORC for this event.

## Golf Croquet Tip

The following is a simple four-step method to help a player determine what their next shot should be.

Consider these four steps to select your shot.

1. "Make the wicket"—make the wicket if you feel you can.
2. "Hit or block the danger ball"—the danger ball is the opponent's ball that is up next after you...if it is in scoring position and you are not, you should smash their ball away so they cannot score.
3. "Help my partner"—how can you help your partner ball so they are in an improved position?
4. "Eliminate any threats".



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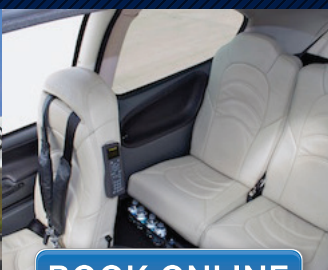
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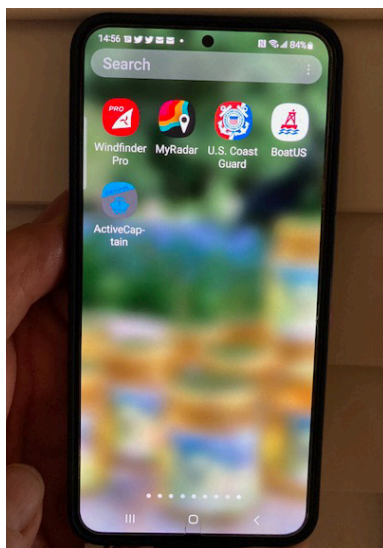
# Helpful Apps for Safety & Fun



by Robert Broton, Flotilla Commander, U.S. Coast Guard Auxiliary-Ocean Reef

On the fun side, safe boating apps on your phone will enhance both your enjoyment and your safety. There are several tools that we recommend, but feel free to suggest others.

Weather is a big factor in all situations. I prefer Windfinder Pro as my first go-to tool. The current and future conditions of a variety of locations can be set up to view the wind speed, direction, wave height and other data at most any location. These are displayed by the hour and a few days forward. Know



before you go.

Sometimes the Windfinder reports can be ambiguous when stormy conditions are approaching. Broaden your spatial view using the latest radar images and forecasts in the area you select. If the rain clouds are fast approaching, be prepared for it with the associated wind shifts. I prefer My Radar as the viewing tool.

Register your vessel and

owner information with the U.S. Coast Guard App. If you see hazards, pollution, need to check navigation rules, review safety equipment or call for Emergency Assistance, this app is for you.

Need a tow? BoatUS is the tool for you.

Finally, for Garmin users, Active Captain provides system component software updates, navigation capability and an anti-theft device through OnDeck Hub. It will report movement of your vessel more than 10 yards and track its location reporting through your cell phone. Add connections to your bilge pumps, AC power, door locks, a camera for a total view and much more. Beware - some boat insurance companies deny theft coverage without this device, check your policy.

Thanks for the feedback on these articles and feel free to suggest future topics by emailing [broton@yahoo.com](mailto:broton@yahoo.com).

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# History of the East Coast 12-Meter Model Yacht



by Windsor D. Coffin, CSMYC Commodore

Since model yacht racing began at Ocean Reef 40 years ago the venerable East Coast 12 Meter Model Yacht, or EC-12s as they are commonly known, have been at the center of it. Over the years this 59-inch-long, 22-pound, model yacht with a 72-inch-tall primary mast has seen technology improve the control of the model yacht, and a major action by the class authority to stabilize the rules and specifications. Here at Ocean Reef, there was even an unsuccessful movement to replace the EC-12 with a smaller, decidedly less majestic one-meter Soling class. But EC-12 racing at Ocean Reef has persevered and is currently experiencing a bit of a renaissance. Since the Card Sound Model Yacht Club (CSMYC) did not have any racing on New Year's Day, here is a brief history of the EC-12 model yacht.

The East Coast 12 Meter was developed in the mid-1960s and is based on a 12



Erin Coffin's EC-12 rounds the leeward mark. Photo by Erin Coffin.

Meter design intended to be a potential defender for the 1964 America's Cup. This original design made it from the drawing board to aerodynamic and hydrodynamic testing using a 9/10 inch = 1-foot scale model during the America's Cup design phase before being rejected and development of this design ceased. It was from this 12 Meter class model that the idea of a large-sized, radio-controlled fiberglass sailboat fleet was born. Over the years, hull manufacturers have come and gone, but in total there have been nearly 30 different entities building hulls for hobbyists to assemble into functioning racing sailboats. During the 1980s, there were two different manufacturers of hulls at Ocean Reef alone. Apart from a few instances of builders trying to gain a competitive advantage over the years by pushing the boundaries of the dictated measurements, the specifications remained similar until 1995. But the class authority realized that

the rules were still too open for interpretation. Having realized that there were too many opportunities for variations of the original hull, the class authority developed a standard hull plug to be used by all manufacturers. By truly standardizing the hull, the class authority ensured that the dimensions of the boat remained consistent no matter who constructed the hull. This truly limited any differences in performance to the sailor and not the boat. Over the years, changes were not solely limited to the hull. While the early boats only carried a single primary 72-inch-tall mast (known now as the "A" rig), most later boats now have alternate, smaller masts and sails (the "B" rig) to manage stronger wind conditions. There is an even smaller rig called the "C" rig for winds over 20 knots, but few sailors have them. In the years that followed, the CSMYC racing fleet began to dwindle as the newer boats

showed parity with one another but a distinct advantage over the older boats. In recent years, growth has returned to the CSMYC as new enthusiastic sailors joined the club, bringing additional post-1995 boats. We have rebuilt the fleet from less than 10 of these newer boats just a few years ago to over 20 today and still growing.

The Card Sound Model Yacht Club races every Sunday (except Easter Sunday) until the end of April at "the Pond." So, swing by the Buccaneer Island lagoon if you are curious or have questions. Racing begins at 10 a.m. Our sailors are always willing to discuss our racing model yachts and, for interested sailors, there are even a few currently available for sale here at Ocean Reef. 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).

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# CSSC Dingley Series Comes to a Close

## Connors Series Begins Tomorrow

By Bill Reynolds, Card Sound Sailing Club Commodore

Saturday, December 31st was a perfect day for sail racing on Card Sound. Calm water, steady breeze 7-10 kts. And seven boats on the line. Thanks to the holiday week, several sailing family offspring were visiting and took advantage of the opportunity to sail and did very well. Sailing **Gary Sayia's** boat, **Nick** and **Lauren Maida** finished 2, 2, 1 and 3 to take 1st place honors for the day. **Skip** and **Dawn Shumway** were right on their heels logging 4, 1, 3, 1 for 2nd place, and **Neil Sullivan** and



**James Maida** in at 3rd with finishes of 1, 3, 6, 6. Race one was so close, the first four boats to the finish line were all within about 4 seconds apart! There was plenty of action around the windward mark in race one with four or five boats making contact in two separate roundings and another bump (guilty) at the start line in race 4.

The day featured the last of the Dingley Series. The results of the Series were Gary Sayia 1st, and tied for 2nd on points

were **Jim Lampman** and Neil Sullivan with Lampman edging Sullivan on the tiebreaker. Close racing and close competition equal fun sailing.

**January 7th** is the first Saturday of the Connors Series and we should have more boats on the line with the return of our sailors who had the misfortune of being north when they should have been south.

The early forecast is for 75 degrees, sunny skies and wind in the 12 kt range. The only

thing that makes it better, it will be Hot Dog Day! We celebrate the first Saturday of each series with hot dogs and drinks following the races. What is more American than that? As I have said before, Sailors are a great group of people and we do have fun.

If you are interested in sailing, joining our club, or just dropping by to see what it's all about, stop by Baker Harbor around noon on Saturday. If you'd like more information, contact membership chair Gary Sayia on his secret number, 201-919-7432, or **Bill Reynolds** at 614-296-7592. There are many ways to become involved from crew opportunities, Race Committee, attendant boats and attendant boat volunteers (great way to see the action on the water), or committee volunteers.

Happy New Year and best wishes from Card Sound Sailing Club.



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## BRIDGE TIP OF THE WEEK

# Attacking notrump contracts



by Gregg Van Dyke,  
Director  
of Card &  
Games

Notrump contracts usually call for aggressive leads, which is why it's standard to lead from your longest suit. Does this situation warrant making an exception?

West East  
1S 1D  
2NT 3NT  
What's your lead as South holding ♠1072 ♥K3

♦Q10865 ♣J64?

Declarer has shown at least four diamonds, so you might allow the old advice of "never lead into declarer's suit" to overrule the "lead your longest and strongest" guideline. The problem here is that the non-diamond alternatives don't offer good potential for establishing tricks, and none are really all that safe.

A diamond lead is ambitious but not unreasonable, as all you need in partner's hand is any diamond honor. Partner rates to have an entry or two, and if he can return your lead, your good tenace over declarer's remaining cards may allow you to run the suit.

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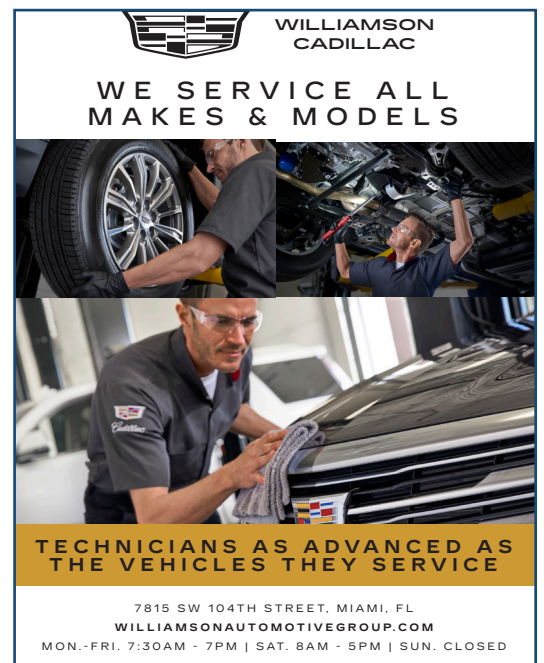
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**1 Osprey Lane | OceanFront**  
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**LISTED AND SOLD**

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