Vol. 11, No. 10 A Unique Way of Life January 5, 2024

Ringing in 2024 is an ORC Family Affair







The Wilson Family



Ellie, Hayden and Augie Feine, Charlie and Elle Barron, and Cruz Issa

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Restorations begin on Sunrise Cay Bridge, **page 5**.

The Garden Group's House Tour tradition returns this March, page 17.

Rod & Gun Club tournament champions are crowned, page 29.

Eat your broccoli, and your carbs! **Page 41.**



The Loomis Family



The Vetter Family

A Look at Carysfort Kitchen in 2024

The kitchen is warming up and the oven preheating as the Carysfort Kitchen team of Chef Betania Salles and Cameron Kihnel prepare for the first of 14 cooking classes on the 2024 Carysfort Kitchen schedule.

While Members have enjoyed classes in Carysfort Kitchen since it opened in early 2016, the cooking school program at

Ocean Reef has been around for much longer. In 1988, the first guest chef, Jacques Pepin, was brought in to teach classes in the kitchen of the former Carysfort Restaurant until the first official Cooking School was built in the Marina Inn in 1990. After more than a decade, a new space was needed to meet the growing popularity of the program's offerings and the result was the state-of-the-art Carysfort Kitchen (read more about the history on page 24 of the Dec. 22 edition).

Now, with the first class of 2024 approaching on Monday, January 8, we wanted to give you a preview of all the guest chefs that will be dawning Carysfort Kitchen this season. Registration is open and available for all classes, so pick your favorite(s) and call Dining Reservations at 305-367-5931 while you still can.

CHEF VIRGINIA WILLIS Monday, January 8

Join famed cookbook author Virginia Willis for the first Cooking School class of the new year. A Member favorite, Willis is returning to Carysfort Kitchen to showcase her skills that began in her grandmother's kitchen and were honed in France. Willis' Southern cooking has evolved over the years into "good and good for you" where she promotes that you can eat foods that are delicious,

Continued On | 10

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OR "See"



Bill Sport captures the first sunset of 2024, and it's a beauty.

What have you discovered on your walk, biking or on a daily golf cart ride that you never noticed before?

Email orp@oceanreef.com and share your discoveries.

OCEAN REEF PRESS CELEBRATING ORP YEARS!

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DEADLINES

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

OCEAN REEF PRESS EDITORIAL ADVISORY BOARD

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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.

INFORMATION

- Published each Friday Nov Apr.
- Summer issues: May 10, May 31, June 28, July 26, Aug. 23, Sept. 27, Oct. 18
- 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.

NEWS & HAPPENINGS

Visit this weekly corner for notices and last-minute updates about Club and community events.

Card Sound Road Construction Jan 8-10

There will be intermittent lane closures with flaggers to direct and assist motorists around the work zone on Tuesday, Jan. 8 through Jan. 10, starting at 9 a.m.

Bridge Seminar with Jerry Helmes

Join us for a one day Bridge Seminar with Jerry Helmes on Monday, January 15th starting at 8:30 a.m. To register, please contact Gregg Van Dyke at gvandyke@oceanreef.com or 305-367-6609, or sign up in the Card & Games Room.

Tri-Delt Gathering

The next gathering of Ocean Reef Tri-Delts will be held on Thursday, January 11 at 5:30p.m. at CH Lounge. If you want to be added to the email list for future gatherings, or let us know you will attend, email Jane Battles, janebattles@yahoo.com.

Gotta Question?

Now that it's 2024, I guess it's time to take down my Christmas decorations! Do you know if Solid Waste at Ocean Reef can collect and dispose of Christmas trees after the holiday season?

Yes! The Solid Waste department does indeed handle the collection of Christmas trees post-holiday season. Simply give them a call at 305-367-5992.

You may not know that Solid Waste also offers a pickup service for various items from Members' homes, ranging from batteries, paint, and electronic e-waste, among other items. Furniture can also be picked up, but it must be placed outside for collection.

Additionally, the department accommodates



special requests, such as garage clean-ups, where they can remove a substantial amount of garbage as specified by the Member.

The operational hours are from 8 a.m. to 4 p.m., Monday through Friday. For special pickups, Tuesdays and Thursdays are the usual days.

For scheduling pickups or inquiries, individuals can contact Solid Waste at 305-367-5992.

EDITOR'S NOTE:

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

Ocean Reef Club Purchases The Plaza Building

The Club has purchased The Plaza Building, the commercial property located at the fourway intersection of Ocean Reef Drive and Anchor Drive. The Plaza Building is composed of three buildings, approximately 29,292 square feet of office and retail offices, across two acres. "Although we were not actively seeking to purchase the Plaza Building, the Club has had the right of first refusal dating back to 1981, which was originally put in place both to protect Club interests and to allow for future Club needs if necessary," said Charlie Johnston, Chairman of the Board. He added, "This right of refusal was activated when a third party

made an offer to purchase the building."

With an attractive price, and after much due diligence, the purchase proved to be not only a strategic opportunity but also a sound investment for the Club. "We believe it is important to have the ability to control this location in order to protect and preserve the best interests of the Membership and avoid potentially incompatible third-party development in the Club's main amenity area," said Johnston.

Prominently situated at the main intersection for the community, the Plaza is home of many shops and services frequently used by Members, including UPS, Bank of America and more. "There are no immediate plans for The Plaza Building, other than to continue to ensure that the building best serves the interests and needs of Club Members", said Alex Tonarelli, Club President.

MEMBERSHIP CORNER

Night at the Museum NEW MEMBER RECEPTIONS

Ocean Reef Cultural Center Museum

5:30 - 6:30 p.m.

Please join the membership team and fellow members for cocktails and a tour of the museum.

Friday, January 19, 2024 Friday, February 16, 2024 Friday, March 22, 2024 Friday, April 5, 2024

Club attire is requested: collared shirts and dress trousers, equally appropriate attire for ladies. Complimentary. For details contact the Membership Office at membership@oceanreef.com or 305-367-5921.



Ocean Reef Club Vacation Rentals





The only program managed by your club.

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.

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- Housekeeping Services provided during your stay
- 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

These benefits only apply to vacation rentals booked through Ocean Reef Club Vacation Rentals.



New Year's Eve on The Reef























Photos by Carol Ellis.

ORCA NEWS

Sunrise Cay Bridge Restoration Project Begins

The highly anticipated restoration of the Sunrise Cay Bridge kicked off this week, marking a crucial step in safeguarding the structure's integrity and ensuring its long-term durability.

During phase 1 of the repair process, a series of temporary adjustments have been strategically implemented to prioritize the safety and wellbeing of residents and commuters alike.



The pedestrian barrier on the bridge has been temporarily removed and the roadway is being resurfaced, necessitating a shift in traffic patterns. Carts will be directed to utilize the roadway as an alternate route throughout the entire duration of the repair process. Furthermore, as a precautionary measure,

Python Sightings

Recent reports of Burmese python sightings have raised concerns about the threat these invasive species pose to the local ecosystem including birds and other wildlife. Last year, ORCA Public Safety responded to 21 calls involving snakes with 16 confirmed as pythons. On seven occasions, the pythons were successfully captured. So far this year, one snake has been captured at Anglers Club.

To eradicate the python population, ORCA Public Safety's Community Patrol Officers underwent specialized training on capturing pythons safely and the subsequent containment. Public Safety has also purchased snake bags and snake-latched containers to secure the pythons until collected by FWC officers. Soon, ORCA Fire Fighters will also attend the training to maximize the ability to effectively capture the snakes.

Patrol officers have incorporated python detection during their routine patrol. The enhanced vigilance recently paid off as an officer was able to capture a python that was approaching a feral cat. However, the most effective way to combat the python issue is if we all get involved and raise the level of community awareness and vigilance. Members are asked to keep an eye out for these invasive species and immediately call Public Safety, at 305-367-2222, if a snake is observed.

In the meantime, Public Safety continues to collaborate with experienced python handlers, including Park Manager Jeremy Dixon, from the Crocodile Lake National Wildlife Refuge, and his team. This partnership enhances the community's ability to effectively detect and capture the pythons. In addition, ORCA is communicating with wildlife expert, Ron Magill from Zoo Miami, for a lecture on pythons and other invasive species. The lecture will be open to homeowners and will shed light on the broader implications of the python invasions to South Florida. The event is scheduled for January 17th, at 5 p.m., and will be held at the Cultural Center. For more details, please see the upcoming editions of ORCA News.

pedestrian and bicycle access on the bridge will be temporarily prohibited.

Recognizing the bridge's routine use by residents for various activities such as strolling or running to the Ocean Reef mainland, dedicated efforts are underway to establish a designated and convenient area near both ends of the bridge. The parking areas will be clearly marked for convenience and will allow residents to safely park their carts during this period of temporary adjustments.

By mid-January, motorists are advised to be prepared for temporary modifications, including one-way, single-lane traffic, and occasional brief closures. During this period, state-of-the-art traffic control devices equipped with traffic lights will be present. The use of these devices along with the periodic deployment of flagmen will ensure an efficient

and safe commute for all. These adjustments have been carefully planned to streamline the construction process and minimize disruptions to the community.

Late evening commuters should be prepared for intermittent complete closures of the bridge as large concrete beams are moved and installed in place, typically after 10 p.m. The closures will be well-coordinated with ORCA Public Safety to ensure access for emergency vehicles. The closures will be conducted in short intervals to minimize the inconvenience to homeowners.

The entire project is anticipated to span approximately 18 months. The Ocean Reef Community Association (ORCA) extends its gratitude for your understanding, patience, and cooperation as we embark on these essential repairs to ensure the continued reliability of the Sunrise Cay Bridge.

The Plaza Building at Ocean Reef 31 Ocean Reef Drive, Key Largo, FL 33037



OFFICE SUITES FOR LEASE

PRIVATE WINDOWED OFFICES AVAILABLE

SUITE NO.	SIZE	AVAILABILITY	
A-203	402 Sq. Ft.	Immediate	
B-209	795 Sg. Ft.	Immediate	

FOR PRICING AND LEASE INFORMATION

Please Contact Gemma Matthews gmatthews@oceanreef.com • 305 367-6586

FOR OFFICE SHOWING

Please Visit or Contact Property Manager, Karina Dominguez Tel: (786) 910-8572 Email:

karina.dominguez@marquishoa.com

Something even better is what's next.



Ocean Reef Club

Sotheby's

INTERNATIONAL REALTY

Contact us to discover what's next. oceanreefclubsir.com | 305.367.2027 Fishing Village | Ocean Reef Business Center

J. Bradford Millsap, Licensed Real Estate Broker. Each office is independently owned and operated.



36 Bay Ridge Rd. | Central Location 3 BD, 3 BA | \$5,850,000 | 2601

Mary Lee 917.603.3252 | marylee@oceanreefclubsir.com



36 West Snapper Point Drive | Water Front 6 BD, 6F/4H BA | \$35,000,000 | 2521

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



44 Cardinal Lane I New Construction 5 BD, 5.5 BA | \$13,900,000 | 2615

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



175 South Harbor Drive | Lake Front 4 BD, 5.5 BA | \$7,995,000 | 2599

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



38 Sunset Cay Road | Water Front 3 BD, 4F/2H BA | \$29,975,000 | 2608

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



26 Channel Cay Road | Canal Front 4 BD, 3.5 BA | \$13,500,000 | 2533

Rick Romeo | 304.667.7896 | rickromeo@oceanreefclubsir.com



29 Baker Road | Water Front

4 BD, 5 BA | Nearly Complete \$6,995,000 | 2332

Eric Woodward | 305.394.4461 | eric@oceanreefclubsir.com



426 South Harbor Dr | Lake Front 3 BD, 3.5 BA | \$5,790,000 | 2619

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



12 Ocean Reef Drive 3 BD, 2 BA | \$5.649,000 | 2478

Helena Morton 305.522.2196 | helena@oceanreefclubsir.com



5 Ocean Reef Drive 3 BD, 3 BA | \$5,490,000 | 2609

Helena Morton 305.522.2196 | helena@oceanreefclubsir.com



1 Osprey Lane | Ocean Front 4BD, 5.5BA | \$25,900,000 | 2256

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



3 Ocean Reef Drive | New Construction 7 BD. 7F/3H BA | \$12.850.000 | 2580

Helena Morton | 305.522.2196 | helena@oceanreefclubsir.com



16 Sunrise Cay Drive | Ocean Front 5 BD, 6.5BA | \$19,875,000 | 2540

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



15 Harbor Island Drive | Canal Front 5 BD, 5.5 BA | \$11,800,000 | 2594

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



42 Island Drive | Canal Front 4 BD, 4.5 BA | \$18,750,000 | 2499

Barbara Sibley | 305.394.0061 | barbara@oceanreefclubsir.com



11 Grayvik Drive | Canal Front 3 BD, 3 BA | \$11,450,000 | 2552

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



24 Tamarind Lane | Lake Front 5 BD, 6.5 BA | \$6,900,000 | 2495

Jay Rourke 786.493.8105 | jay@oceanreefclubsir.com

Megan Lyons



32 Bay Ridge Rd | Central Location 3 BD, 3 BA | \$5,125,000 | 2498

Marcy Aultman 305.522.0582 | marcy@oceanreefclubsir.com



302 Carysfort Road 5 BD, 4 BA | \$5,995,000 | 2593

Mary Lee 917.603.3252 | marylee@oceanreefclubsir.com



Artist's Concept



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

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



8 Halfway Road | Golf Course 3 BD, 2BA | \$5,995,000 | 2595

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



437 South Harbor Dr. | Golf and Lake 4 BD, 4 BA | \$5,900,000 | 2607

Barbara Sibley 305.394.0061 | barbara@oceanreefclubsir.com



31 Angelfish Cay Dr. | Ocean Front Vacant Homesite | \$14,975,000 | 2487

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



24 Cardinal Lane | Water Front 25,828 Sq. Ft. Lot | \$8,500,000 | 2570

Mary Lee 917.603.3252 | marylee@oceanreefclubsir.com

CULTURAL CENTER

AT OCEAN REEF

TOP OF THE WORLD:

A CARPENTERS TRIBUTE FEATURING DEBBIE TAYLOR



Thursday, January 11 – 8:00PM

\$150 Donor • \$175 Non-Donor

Pre-performance dinner \$63++, reservations required.

Top of the World is the world's premiere tribute to The Carpenters! Fronted by singer Debbie Taylor, her Karen Carpenter vocal resemblance is absolutely astonishing. She is backed by a seven-piece band consisting of top-notch, professional industry musicians who have had amazing careers in their own right. Sit back and enjoy as Debbie and her band take you on a nostalgic journey through the Carpenters' greatest hits while sharing some of the backstories behind the music.



Saturday, January 20 - 8:00PM

\$175 Donor • \$200 Non-Donor

Pre-performance dinner \$63++, reservations required.

Human Nature is one of Australia's greatest musical success stories and exports. The pop vocal group, featuring brothers, Andrew and Michael Tierney, together with high school best mate, Toby Allen, has sold more than 2.5 million albums, earned 27 platinum record awards, charted 18 top 40 hits and 5 top 10 hits worldwide.

With impeccable, soulful harmonies, slick dance moves, and pop star looks, Human Nature reflects the classic groups and brings to life the iconic songs of Motown.



REQUEST TICKETS:

Scan the QR code to order your tickets and/or visit our website at ORCulturalCenter.org for complete details.

Your tickets are not confirmed until you receive a confirmation email from the

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

Speaker Series: In-Person & On-Stage

Harvard Law Professor Noah Feldman Gives Insight on the Middle East Wars

Noah Feldman, a renowned scholar at Harvard Law School, recognized for his profound knowledge of Jewish and Islamic law and philosophy, will deliver a compelling talk on the conflicts in the Middle East. Feldman's talk promises to be a thought-provoking exploration



Noah Feldman, Jan. 12 speaker

of the multifaceted challenges facing the region. His insights into the historical, cultural, and legal aspects will provide members with an opportunity to gain valuable perspectives on the ongoing conflicts. Join us **Friday, January 12** at 5 p.m. for this complimentary lecture at the Cultural Center.

Dining With the Presidents: In-Person & On-Stage

Brad Meltzer Unveils the Untold Tale of the Covert Nazi Conspiracy to Assassinate the Big Three

Renowned author Brad Meltzer delves into the pages of his best-selling book, "The Nazi Conspiracy," unraveling the little-known true account of a sinister Nazi scheme during the height of World War II. This clandestine plot aimed to eliminate three of the era's most influential leaders: President Franklin D. Roosevelt, Joseph Stalin, and Winston Churchill. Their target: The Triple Assassination That Nearly Altered the Course of History. The lecture is complimentary and will be held in the Cultural Center theater,



Brad Meltzer, Jan. 18 speaker

Thursday, January 18 at 5 p.m. Following the lecture, an optional dinner featuring a Q&A with Brad Meltzer will take place. In line with the theme, Chef Philippe has prepared a specialty three-course menu that includes dishes from England, Russia and the United States. Reservations for dinner are required, please email tickets@oceanreef.com.

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

CULTURAL CENTER

Richmond Forum: Virtual Series on the Big Screen

Pulitzer Prize Winner Isabel Wilkerson on America's Great Migration

Isabel Wilkerson's compelling talk on "The Epic Story of America's Great Migration" provides a profound exploration of one of the most significant and transformative chapters in American history. Drawing from her acclaimed book "The Warmth of

Other Suns," Wilkerson masterfully unravels the intricate tapestry of the Great Migration, a mass movement of African Americans from the rural Southern United States to urban centers in the North and West during the 20th century. Wilkerson's talk not only educates audiences about a pivotal moment in American history but also prompts reflection on the enduring legacy of the Great Migration and its implications for our understanding of race, identity, and the pursuit of a better life. This complimentary lecture will be streamed virtually on Wednesday, January 10 at 5 p.m. at the Cultural Center.

MEMBER NEWS



The Paulus Family celebrated the wedding of Hunter and Jacqueline Paulus in Philadelphia back on June 17th. The bride and groom were thrilled that so many Ocean Reef Club friends traveled from all over to be there to celebrate their special day.





MONDAY, JAN. 15, 2024, 5 PM

Please welcome **Sarah Fangman, Superintendent of the Florida Keys National Marine Sanctuary** to the Ocean Reef Cultural Center, 200 Anchor Drive, Key Largo.

Join us for fellowship, cocktails, and an educational review of the unprecedented 2023 marine heat event, subsequent coral bleaching, and how our pristine yet fragile ecosystem is showing resiliency and hope. Together, we will support and preserve the place we call home!

Brought to you by the Marine Preservation Society of the Florida Keys. Learn more about us at marinepreservationsociety.org



Bascom Palmer Now at Ocean Reef®

For 22 years, the Bascom Palmer Eye Institute has been ranked the #1 eye hospital in the United States by *U.S. News & World Report*. We are honored to be #1, but it's our patients who really come out on top.

Specialists in general eye care, glaucoma, and corneal conditions are now available for complete examinations and imaging at The Medical Center at Ocean Reef.

For appointments: call 800-329-7000 or visit bascompalmer.org



A Look at Carysfort Kitchen in 2024

Continued from | 1

indulgent and decadent, while still being healthy and strong. Her latest cookbook is "Fresh Start: Cooking with Virginia."

CHEF CHRISTIAN CHIRINO Monday, January 15

Christian Chirino was born and raised in Chile and brings a passion for international cooking. Executive Chef of TUR Kitchen in Coral Gables, he's inspired by the rich gastronomic cultures of the Mediterranean and is dedicated to evoking the flavors of that region. Chirino bases his creative approach on honoring the Mediterranean's traditions without eschewing modernity and embracing smart, sustainable sourcing.

CHEF ROLY CRUZ-TAURA Monday, January 22

Chef Roly has created fabulous cuisine at some of the most iconic restaurants and hotels in South Florida for over 30 years, including Coral Gables' historic Biltmore Hotel and Little Palm Island in the Florida Keys. In 2015, Chef Roly's passion and dedication to the finest ingredients led him to a new venture representing Prime Line Distributors, an importer of selected specialty foods, throughout the Florida Keys and the Caribbean.

CHEF SUZANNE BARR Wednesday, January 31

Suzanne Barr will share her flair for fresh comfort food and her passion for local community, food security, and advocacy. Her food philosophy is simple: to create nutritious, flavorful, and comforting foods made with local, accessible ingredients. This class was rescheduled from Dec. 22.

CHEF PHILIPPE REYNAUD Monday, February 5

Chef Philippe Reynaud, ORC Senior Director of Culinary, has been leading Ocean Reef's elite culinary team for over 20 years. He oversees all menu development, visiting celebrity chefs' dinners, cooking classes, and mentors over 168 culinary associates, interns and chefs. Join Reynaud as he explores the fresh, seasonal and colorful styles of regional French cooking.

CHEF BETANIA SALLES Monday, February 12

Carysfort Kitchen Chef de Cuisine Betania Salles will lead this class filled with vivid flavors, seasonal ingredients, and unexpected combinations. Salles' artful cuisine is inspired by her international background and finessed with contemporary American touches and seasonal ingredients.

CHEF SCOTT DREWNO Monday, February 19

After spending many years with the Wolfgang Puck Fine Dining Group, where he perfected his craft of Asian cuisine, Chef Scott Drewno started his own restaurant group called The Fried Rice Collective. His restaurants – Anju, CHIKO, and I Egg You – have grown overwhelmingly popular and have been featured in several national and local publications, such as Food and Wine, Travel and Leisure, Forbes, and the Wall Street Journal.

CHEF SARAH GRUENEBERG Monday, February 26

Chef Grueneberg is the Chef/ Partner of Monteverde Restaurant & Pastificio in Chicago's West Loop, which she opened in November 2015. Formerly, she was the Executive Chef of Chicago's award-winning Spiaggia. Her career has taken Grueneberg throughout Italy, Asia, Europe and the US. These travels have inspired her culinary approach of "following the food" and truly understanding "the dish" by knowing the people and the culture that created it.

CHEF JESSIE SHEEHAN Friday, March 1

A celebrated cookbook author, recipe developer and baker, Chef Jessie prides herself on creating recipes for simple, mind-bogglingly delicious and unfussy



Guest Chef Virginia Willis with Carysfort Chef de Cuisine Betania Salles.

desserts and baked goods, made with easy-to-find ingredients that are assembled quickly.

CHEF ROLANDO BERAMENDI Monday, March 4

Chef Rolando Beramendi, founder of Italian fine food importer Manicaretti, will share his wisdom with Members on what it means to make and eat an authentic Italian meal in his Carysfort Kitchen class. His philosophy is simple: start with the very best pantry items, buy what is fresh and in season, and make dishes the way they are meant to be – simple and delicious.

CHEF JENNIFER BRULE Monday, March 11

Chef Jennifer Brule has been developing recipes, writing about food for national publications and consulting with restaurants for 25 years. Until August 2023, she was chef/owner of the much-loved Davidson Ice House in Davidson, North Carolina. Chef Brule cooks weekly on NBC Charlotte, makes quarterly appearances on CNN's Weekend Express and appeared in Food Network's Ultimate Thanksgiving Challenge series. She's also the author of "Learn to Cook 25 Southern Classics 3 Ways" and "The New Vegetarian South".

CHEFS PAULA & CARISSA DASILVA Monday, March 18

Returning to the Carysfort
Kitchen, Chef Paula DaSilva is
now the Director of Culinary and
Beverage at The Ritz-Carlton, Fort
Lauderdale. She first came into
the South Florida dining scene in
2000 and has become one of the
area's foremost talents in the realm
of soulful, farm-fresh cuisine. Paula
will be accompanied by expert

pastry chef Carissa DaSilva, who was most recently appointed the Pastry Chef position at the Harbor Beach Marriott Resort and Spa in Fort Lauderdale.

CHEF AARON BROOKS Monday, March 25

Since 2011, Australian Chef Aaron Brooks has brought incredible energy from Down Under to the menu at EDGE Steak & Bar at Miami's Four Seasons Hotel. He brings his same energy to grilling on the "barbie." Brooks' nine-year journey through Four Seasons kitchens has orbited around cultures and cuisines, from Pan-Asian to New England. Miami's rich Latin influence now adds brighter flavors to his dishes, updating traditional steakhouse offerings with farm-to-table ingredients treated with utmost care.

CHEF KELSEY BARNARD CLARK Monday, April 1

Chef Kelsey Barnard Clark was a born and raised Gulf Southerner from Dothan, Alabama. After graduating from the Culinary Institute of America, she worked in several Michelin-star restaurants in New York City. Today, she runs her catering company and restaurant, KBC, in her hometown. Join Kelsey in the Carysfort Kitchen to learn her secrets to southern cuisine.

CHEF GRACE YOUNG Friday, April 5

Grace Young is an awardwinning cookbook author, culinary historian, and filmmaker. Named the "Poet Laureate of the Wok" by the food historian Betty Fussell, Grace has devoted her career to celebrating healthy wok cookery. She is a six-time IACP award-winner, including the 2021 Lifetime Achievement Award and the Culinary Classics Award for her cookbook "The Breath of a Wok." Join Chef Grace Young in the Carysfort Kitchen to learn and observe as she shares her passion of authentic, oriental cooking.

Visit oceanreef.com/Taste to access this season's Taste brochure for more details.

Happy, Happy New Year to All!

By Cynthia Weglarz, ForgetMeNots Co-Chair

And special greetings to all caregivers and carereceivers!

In keeping with New Year's resolution making, we all must have decided to get more exercise in 2024. Regular exercise is the most important habit for healthy living. And the Ocean Reef ForgetMeNots are so fortunate to have Luis Bracamonte, ORC Director of Fitness, as their guest speaker on January 9th in the Medical Center Meeting Room, at 12 p.m. He will discuss strategies that can help keep seniors stay mobile and fit so they can enjoy their senior years to the fullest extent possible. He will also discuss programs that are available at the Fitness Center



Luis Bracamonte

that can help to achieve this goal.

Please join us for this motivating program and lunch as well.

An RSVP is greatly appreciated by calling **Cynthia Weglarz** at 708-476-6350. By attending you will receive opportunities for networking with caregivers and carereceivers and learn more about programs, like the lively Senior Café, which will meet on **January 16th**, at 10:30 a.m. in the Chapel Fellowship Hall.

CHAPEL & FELLOWSHIP CENTER



The first Catholic Congregation-sponsored concert event at The Chapel had over 300 in attendance for a marvelous performance with the soprano Maria Aleida that tours with Andrea Bocelli.







AQUILA 47 MOLOKAI FIRST LOOK TOUR

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The all-new Aquila 47 Molokai Power
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HS-11 | Floating Dock 70' Dockage | \$4,200,000 | 2620 MaryLee | 917.603.3252 | marylee@oceanreefclubsir.com

ES-21 | Floating Dock 70' x 21'8" Floating Dock | \$3,050,000 | 2422

AS-27/28 | Gatehouse Dock 72' Dockage | \$2,250,000 | 2596 Cassy Everhart | 305.522.2332 | cassy@oceanreefclubsir.com Morgan Smith | 305.321.1143 | morgan@oceanreefclubsir.com

DS-11 | Floating Dock 90' Dockage | \$3,395,000 | 2438 Eric Woodward | 305.394.4461 | eric@oceanreefclubsir.com

DS-7 | Prime Location 90' Floating Dock | \$3,299,000 | 2571 Marlina Lerma | 305.801.2699 | marlina@oceanreefclubsir.com

AS-11 | Gatehouse Dock 55' Dockage | \$1,550,000 | 2613 Karyn Thiele | 305.394.4185 | karyn@oceanreefclubsir.com

FS-15 | **NEW LISTING**

65' Dockage | \$2,125,000 | 2629

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



Ocean Reef Club

Sotheby's

INTERNATIONAL REALTY

Contact us to discover what's next. oceanreefclubsir.com | 305.367.2027 Fishing Village | Ocean Reef Business Center

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Marina Village 7B | Marina View 3 BD, 3 BA | \$8,250,000 | 2592

Rob Desmond | 561.307.3065 | rob@oceanreefclubsir.com



Pumpkin Cay 47B | Canal Front 4BD, 3BA | \$6,250,000 | 2628

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



Angelfish Cay 63A | Canal Front 2 BD, 2 BA | \$4,195,000 | 2627

Daisy Gonzalez | 305.904.6223 | daisy@oceanreefclubsir.com



Residence Club C-PH21 | Penthouse 2 BD, 2.5 BA | \$3,250,000 | 2586

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



PC Garden Home 74 | Canal Front 3 BD, 3.5 BA | \$7,995,000 | 2502

Helena Morton | 305.522.2196 | helena@oceanreefclubsir.com



Harbour Green 45 | Canal Front 3 BD, 3 BA | \$6,850,000 | 2635

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Cay Harbor 8C | Canal Front 2+ BD, 2 BA | \$3,995,000 | 2624

Parris Everhart | 305.522.2738 | parris@oceanreefclubsir.com



Pumpkin Cay 12B | Canal Front 2 BD, 3 BA | \$3,200,000 | 2561

Mary Brady | 201.303.2052 | marybrady@oceanreefclubsir.com



Harbour Green 11 | Canal Front 4 BD, 3 BA | \$7,995,000 | 2506

Patti Furneaux 305.321.3156 | patti@oceanreefclubsir.com



20 South Island Dr. | Anglers Club 3 BD, 3 BA | \$7,600,000 | 2556

Helena Morton 305.522.2196 | helena@oceanreefclubsir.com



Marina Village 2B | Canal Front 3BD, 3BA | \$7,490,000 | 2578

Karyn Thiele 305.394.4185 | karyn@oceanreefclubsir.com



Pumpkin Cay 43A | Canal Front 3 BD, 3 BA | \$6,475,000 | 2524

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Angelfish Cay 54A | Canal Front 3 BD, 3 BA | \$4,995,000 | 2588

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



Pumpkin Cay 7B | Canal Front 3 BD, 3 BA | \$4,950,000 | 2513

Karyn Thiele
305.394.4185 | karyn@oceanreefclubsir.com
Susan Bryan
305.522.7700 | susan@oceanreefclubsir.com



Residence Club B-212 | Golf Course 2 BD, 2.5 BA | \$4,450,000 | 2602

Daisy Gonzalez
305.904.6223 | daisy@oceanreefclubsir.com



FC Landings 9A | 31' Dockage 2 BD, 2 BA | \$4,395,000 | 2621

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



Angelfish Cay 29B | 36' Dock 2 BD, 2 BA | \$3,650,000 | 2622

Marcy Aultman 305.522.0582 | marcy@oceanreefclubsir.com



Angelfish Cay 25A | Canal Front 2 BD, 2 BA | \$3,500,000 | 2547

Helena Morton 305.522.2196 | helena@oceanreefclubsir.com



Residence Club A-107 2 BD, 2.5 BA | \$3,500,000 | 2553

Mary Brady 201.303.2052 | marybrady@oceanreefclubsir.com



Pumpkin Cay 14B | Canal Front 2 BD, 3 BA | \$3,295,000 | 2604

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



Angelfish Cay 14B | Canal Front 1BD, 1BA | \$2,800,000 | 2534

Rick Romeo 304.667.7896 | rickromeo@oceanreefclubsir.com



Angelfish Cay 38B | Canal Front 1BD, 1BA | \$2,350,000 | 2579

Parris Everhart 305.522.2738 | parris@oceanreefclubsir.com



Angelfish Cay 13B | Canal Front 1BD, 1BA | \$2,350,000 | 2600

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Angelfish Cay 38A | Canal Front 1BD, 1BA | \$2,100,000 | 2598

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CHAPEL & FELLOWSHIP NEWS

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

FRIDAY, JAN. 5

AA Meeting

7:30 a.m., Chapel Board Room Call 305-390-4983 for additional AA Meetings

Shabbat Service

6 p.m., Chapel Cornerstone Sanctuary with Cantor Becky Mann

SATURDAY, JAN. 6

Sacrament of Reconciliation

3:15 p.m., Chapel Living Room

Catholic Mass

4 p.m., Chapel Sanctuary, Fr. Hilley

SUNDAY, JAN. 7

Traditional Worship Service

9 a.m., Chapel Sanctuary, Chaplain Larry Moody

Kids Matter (4yrs-8yrs)

9 a.m., Children's Room

Kids Matter (9yrs & up)

10:30 a.m., Children's Room

Catholic Mass

12 p.m., Chapel Sanctuary, Fr. Hilley

MONDAY, JAN. 8

Al-Anon Meeting

9 a.m., Chapel Fellowship Hall

Rosary Prayer Group

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. 9

Potluck Gathering

6 p.m., Chapel Fellowship Hall

WEDNESDAY, JAN. 10

Intercessory Prayer

8 a.m., Chapel Board Room

Episcopal Service

9 a.m., Chapel Sanctuary, Bryan Hobbs

THURSDAY, JAN. 11

Ocean Reef Men's Fellowship

8 a.m., Chapel Fellowship Hall

Celebration of Life

Candace Sutfin



The Ocean Reef Community is invited to celebrate the life of Candace Sutfin on Friday, January 12 at 2 p.m. at the Ocean Reef Chapel.

In lieu of flowers, donations may be made to the Keys Children's Foundation or the Baptist Health Foundation.



Wood Mode

John Rudolph

Gail Zimmerman, NCIDQ 9277 Lois Palguta, AlA, FL Licensed Architect 305-741-7377 - Plaza Building 31 Ocean Reef Dr, Suite 201, Key Largo, FL 33037





NEWS FROM THE MEDICAL CENTER

WORSHIP ON WEDNESDAY EPISCOPAL SERVICE

All are invited for this community service each Wednesday at 9 a.m. in the Chapel Sanctuary. This Wednesday, January 10, Reverend Brian Hobbs will return to lead us.

Medical Lecture Series Presents

"Atrial Fibrillation: Implications & Therapeutic Options Where Are We Going?"

Please join us on **Tuesday**, **January 9th** at the Cultural
Center Theatre at 5 p.m., for a presentation by Walid Saliba,
M.D. of Cleveland Clinic,
Cleveland, Ohio. Dr. Saliba is the Director of the Electrophysiology
Lab, Associate Section Head of the Pacing and Electrophysiology
Section, Co-Director of the
Ventricular Arrhythmia Center,
Medical Director of the Center for Atrial Fibrillation and a Staff
Cardiologist in the Section
of Cardiac Electrophysiology



Dr. Walid Saliba

and Pacing in the Robert and Suzanne Tomsich Department of Cardiovascular Medicine at Cleveland Clinic.

Dr. Saliba is board-certified in cardiac electrophysiology, cardiovascular disease and internal medicine. He is trained in all aspects of clinical cardiac electrophysiology and pacing, including catheter ablation of complex arrhythmias, implantation of cardiac pacemakers and defibrillators, placement of left atrial occlusion devices and extraction of

implanted pacemaker- and ICD leads using laser technology.

He has been an invited lecturer at many national meetings and symposia and has authored and co-authored articles in leading scientific journals such as Circulation, Journal of the American College of Cardiology, the American Journal of Cardiology, Cardiovascular Electrophysiology Review and the Journal of Cardiovascular Electrophysiology.

Dr. Saliba states, 'The best reward is when the patient comes back to see you in the clinic, feeling great and they say: 'I have a new life.'"

Cleveland Clinic is nationally recognized as the world's best cardiovascular care.

Up next: January 16th Medical Lecture Series presents "The Diagnosis and Treatment of Tremors" with Justin Sporrer, M.D.

Visit us on the web at <u>www.</u> mcor.org.

Ocean Reef Art League Welcomes



South African Ceramic and Textile Art Show

Tuesday, January 9 - Saturday, January 27 Opening Reception Tuesday, January 9 from 5-7PM



FEATURED ARTISTS:

LoveArt Ceramics

Southern Africa has a long history of conservation and of its various peoples living mostly in harmony with nature and with the extraordinary diversity of its fauna and flora. It is an unforgettable experience for those who have been in the wild and have had a unique experience of Africa. Through their talent, Love Art decided to transmit such beauty and magic into clay and intricate paintings. Love Art Ceramics was founded in July 2022 by the Nene family with the idea of supporting their multi-generational artistic family.

Senzo Duma

With a distinctive South African style of perceiving nature's colors and shapes, Senzo Duma differentiates himself by exacting realism in fauna and flora combined with the imaginative use of color palettes, and in some cases embellishing his work with metallic colors.

Wiseman Ceramics

Wiseman Ndlovu, a self-taught South African artist and pastor, masterfully wields "happy colors" in his vibrant paintings, echoing the seasons of his homeland. His works, gracing museums worldwide, reflect a deep passion for culture. Wiseman's dual role as an artist and preacher creates an impactful, universal message of spirituality and connection.

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 Natalie Crespi Jan. 10, 17

Daisy Elwick Jan. 8, 9, 15

Cannabis & Pain Medicine Michelle Weiner Jan. 12

Cardiology Julio Barcena Jan. 19, Feb 9

Howard Bush Jan. 11, Feb. 15, March 14

Colorectal Surgery Dan Ruiz Jan. 15, Feb. 19

Dermatology Alexandra Price

Jan. 5

Alysa Herman (305) 444-4979 Jan. 18, Feb. 1, 15, March 7, 21 **Debra Price** (305) 670-1111 Jan. 5, 19, Feb. 2

Jill Waibel (305) 279-6060 Jan. 15, Feb. 12

Stephanie Nicolau (305) 740-6181 Jan. 10, 24

Dr. Varee Poochareon (305) 740-6181

Jan. 10, 17, 24, 31

Endocrinology Heberto Valdes Jan. 5, Feb. 2, March 1

Gastroenterology Sandra Rodriguez

Jan. 9, Feb. 13 **Gynecology Jason James**Jan. 11, Feb. 8

Jila Senemar Jan. 24, Feb. 13, March 12 Holistic Medicine David Coppola (305) 451-1819 Jan. 9, 11, 16, 18

I.V. Therapy Keila Paulino & Scott Williams (305) 907-7550 Jan. 8, 15, 22, 29

Nephrology Farias Jan. 17, Feb. 5

Neurology Victor Faradji Jan. 4, Feb. 1

Neuro Spine Nancy Epstein Jan. 17, Feb. 14, March 20

Raul Vasquez Castellanos Jan. 16

Ophthalmology Bascom Palmer 786-530-2289Jan. 25, Feb. 6, 7, 27, 29

Zach Segal Jan.16, Feb. 20

Optometry Lauren Nicholas Jan. 5, Feb. 2, March 1, April 5, May 3

Susanna Tamkins Jan. 19, Feb. 16, March 15

Orthopedic Sport Medicine Michael Swartzon Jan. 5, Feb. 2

Orthopedic Surgery Joseph Fernandez Jan. 19, Feb. 16 Derek Papp Jan. 11, 25

James Voglino Jan. 5 Feb. 9

Orthopedic Hand Surgery Roberto Miki Jan. 12, Feb. 23, March 22

Pediatrics
Rosa Fernandez
Tele-Med 954-385-6277
(Option 1) Jan. 12

Plastic Surgery Ramiro Perez Jan. 8, Feb. 5, March 4

Podiatry
Brigette Smith
Jan. 10, 24, Feb. 14, 28
Polly Reeves
Feb. 15
Sophia Masri

Psychology Joseph Mora Jan. 15, Feb. 19, March 11

Jan. 19, Feb 23, March 22.

Pulmonary & Sleep Disorders Raul Valor Jan. 12, Feb. 16

Spine Care & Pain Management Ronald Tolchin Jan. 9, 23, Feb. 6, 20

Urology Dani Papir 786-530-2289 Tele-Health Lunan Ji Feb. 7, April 3

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Gorgeous Homes & **Gardens Await** Garden Group **House Tour Patrons**



bv Annie Miles

A new year and a new season at Ocean Reef bring the return of an Ocean Reef tradition, the Garden Group's biennial House and Garden Tour set for Friday, March **22**, **2024**. Five charming residences and a home garden will delight patrons this season, according to Tour Chairperson Loretta Mackay. "We hope this year's tour will be something special for all residents," explained Mackay, "and that repeat patrons and newcomers alike

Group at Ocean Reef's House and Garden Tour benefit the ORC and other area nonprofits who work to preserve the Keys' unique and beautiful ecosystems and landscape. Among the many groups who have been past recipients of

donations include The Everglades Foundation, The Coral Reef Foundation, Island Dolphin Care and Sensory Garden, and Montgomery Botanical Gardens.

Pam Ferger, Garden Group President, notes that "the House Tour generates the monies we use to support local non-profits as well as special gifts here on

Tickets for the event go on sale in February and will be available from any Garden Group member as well as at select locations around Ocean Reef. The ticket price is tax deductible in full. Always a popular event, the Garden Group anticipates the usual exceptional support of the Ocean Reef Community. Despite postponements due to Covid restrictions, previously purchased tickets cannot be honored as the monies from those tickets have already been donated. Patrons were given an opportunity to receive a

The Reef including sculptures

and restoration projects."



A Queen butterfly rests delicately on a milkweed plant in the lovely residential garden that is a part of this year's

associate members who also attend meetings and help with the group's projects. Current members include Ferger, Mackay, Donna Archibald, Kathy Bahl, Pat Baxter, Lora Blaha, Bonnie Covington, Penny Dinsmore, Terry Ferrarone, Barbara Ferri, Joan Flippin, Pam Harding, Jody Hilton, Cathy Jansen, Sally Kroll, Karen Letarte, Mary Logan, Tania McCann,

kendall



Many varieties of orchids, including this stunning purple vanda, will also be on display.

Annie Miles, Linda Noble, Gail Noves, Carole Page, Gretchen Riley, Linda Roaseau, Suzanne Savia, Didi Streit, Karen Waite, Barbara Wolf and Deborah Wright.

Chairman Mackay urges Ocean Reefers to mark their calendars for Friday, March 22, and look for more details about the tour in future issues of the Ocean Reef Press and on posters around The Reef.

















MARY LEE 917.603.3252 marylee@oceanreefclubsir.com www.MaryLeeOceanReef.com



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Club Operators Connect With Members



by Felicia M. Koretsky

The job of an Ocean Reef Club Operator is part detective, part meteorologist, part Googler, part TV guide, part event planner, and part friend.

Just about every Sunday, someone calls for the score of the football game. Finding out the weather on The Reef is a popular question. The status of Card Sound Road is another source of concern. Sometimes people call just to hear a friendly voice.

Working in a tucked-away office at The Inn, the three full-time associates, James Auguste, Lichesha Neal, and Elizabeth Diaz, answer hundreds of questions a day, working varying shifts from 6:30 a.m. to 10 p.m. Overnight operators Ernesto Bolanos and Harry Altidor take the reins from 10 p.m. to 6:30 a.m. The Front Desk team handles breaks and overflow.

For Lichesha, it really is a pleasure to connect.

"This is a hospitality job. I really love helping the Members," she says of the position she's had for a year. There's a handful of Members who call so frequently, Lichesha feels like she knows them. "I just wish I could meet some of them in person."

With volume ranging from 4,000 calls a week in the off-season to 7,000 in high season, inquiries coming into the PBX (Private Branch Exchange) telephone system weekly, operators have to stay on their toes with all the goings-on at the Club.

Supplied with daily updates from management teams, Member and department



Club Operators Elizabeth Diaz, Lichesha Neal, and James Auguste with their supervisor, Madeline Whytsell (pictured center).

directories, daily activity lists, an Xfinity channel lineup (people ask for station numbers and program times), the three keep track of dozens of pieces of changing information.

About 80 percent of the calls are in-house transfers and the rest are general questions, says Madeline Whytsell, Front Office Manager, in charge of PBX, the mailroom, and the Front Office at The Inn. Despite many published directories, some Members prefer to just call one number.

"I think it's because they're comfortable with us," said James, who's had at least three members seek him out in person to match the familiar voice with the face. "It's convenient to call."

The most requested in-house transfers are to reservations, the Golf Shop, the concierge team and The Islander.

Operators have to be careful where they're transferring

Members as extension numbers can be similar (Membership is 5921 and the Golf Shop is 5912). They have to listen carefully as places like Reef Eats and Reef Treats sound the same.

Even when people get confused on where they're calling or use the wrong terminology, Club operators usually figure it out. Callers might ask for the Front Gate when they mean the Front Desk, and reservations or billing without specifying lodging or dining, Member or guest. Sometimes callers are really looking for a different Ocean Reef or use descriptions, unaware of department names, such as asking for "the people who pick up my trash" for Solid Waste.

It's also obvious when someone hasn't been to The Reef (or who has difficulty with change) in a while when they ask to be transferred to Tiffany's or Gardner's even though it's been Wynn's Market for the past 10 years or to The Galley which became the Burgee Bar/Gianni in 2014.

Members who forget why they call simply hang up. Butt dials are not unusual. Luckily, operators, eager to help, often call back (they can see who is calling) to make sure the caller gets the information they need.

Mornings, with people wanting to plan out their days, just after dinner, and the day that holiday dining reservations open are typically the busiest times for PBX. But when an unexpected tropical storm hit in November,

the impact was also felt on the phones with more than 1,000 calls coming in for updates on conditions at The Reef. Operators seamlessly transitioned to new emergency backup iPhones, recently implemented to take over during power and internet outages.

Operators also have to know important landmarks because it's not unusual to get calls from people who are lost.

"Do you see a church in front of you?" Lichesha asks the caller. Nine out of 10 times, they're in the Business Center when they are trying to find The Inn, she says.

Aside from handling multiple or numerous calls coming in at once, things can get a little scary when someone is calling for medical help and doesn't dial 911 directly. Team members have to quickly transfer them to 911 or to The Medical Center.

While the operators are very skilled, they are not super human.

"I get calls asking what the temperature will be like next week," said James, a seasoned club operator with 23 years on the Club phones. "We have most of the answers, but not to everything."

Other times, answering Member questions are as simple as getting up from their seats.

"I get calls asking if Buccaneer Island is busy," says Elizabeth. "So I get up, walk over to the window and look outside."

Lichesha admits after taking hundreds of calls during the day, she's heard enough ringing. "I don't always answer the phone once I get home," she says.

Same thing for Elizabeth. Once she leaves work, she wants to disconnect.

But sometimes leaving work behind isn't all that easy.

She says that more than once she's answered her home phone saying, "Thank you for calling the Ocean Reef Club, this is Elizabeth."

ASK THE HOF!

Andy Hofmann Sales Associate

Šales Associate Cell/Text: 813-951-0025 Andy.HofmannORC@gmail.com

11B Landings • 3 Bed/ 3 Bath • \$6,685,000

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19 South Road • 4 Bed/ 4.5 Bath • \$16,750,000

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Ranch style home, w/floor to ceiling windows, water views, & exceptional privacy. Large pool/patio creates fantastic indoor/outdoor living. Formal dining room, large workflow kitchen, & den complete this open floor plan. All en-suite bedrooms w/walk-in closets. Lg. garage, Updated 81' concrete seawall/ dock. MLS #2582

103 Anchor Drive • 3 Bed/ 3.5 Bath • \$12,950,000

FLOATING DOCK!



Immerse yourself in luxury with this meticulously renovated 3-bedroom, 3.5-bath home. Set on an expansive 22,000-square-foot homesite at the heart of the Club, this residence boasts 3,000 square feet under air, sprawling entertainment spaces, and a 40-foot floating dock for waterfront leisure. MLS #2567



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This advertisement represents sales in Ocean Reef as recorded by Dan Guerrieri, Licensed Real Estate Broker.

Farmer's Market Favorites



by Susan Bohan

The Farmers Market had a rare treat this Monday from Jerry's Here Farm Fresh: Tamales! As soon as word spread, the tent was surrounded with Members choosing from Pork, Cheese, Chicken and Beans. Being a complete neophyte, I had to discover what the fuss was about.

The first group of buyers were from the New York/New Jersey area as am I and thought it would be fun to try something different. As they were explaining that they understood tamales were a Christmas Eve tradition

in many homes, another couple from Texas expanded the story that because they are so labor intensive to make, it commonly takes an entire extended family to put them together. In fact, as I discovered online, many families have a "Tamalada party" where they form an assembly line and put all the ingredients and cooking details together. The entire process can take over 5 hours to make a few dozen!

As of the writing of this article, I have not yet tried the chicken tamales I purchased but have learned a few things: You do not eat the corn husk but rather discard or use as its own plate; they freeze well; and should never be overheated. There are dozens of tips online too.

Let's hope Jerry and Natalia can create these again so anyone who missed Monday can sample these local treats for themselves. It is a fun part of the Farmer's Market. You never know what you can learn about food from different regions as well as those who live in them!



Don't forget to check out Jerry's Here for their fresh produce too!



New Season at The Art League



by Deborah Goodwin Geller

We are starting our new season of weekly classes that will feature some perennial favorites as well as some very special opportunities! There is nothing like Ocean Reef for great one-of-a-kind experiences.

Case in point, the weekly Stained Glass and Mosaics with Federico Scipioni. The Wednesday classes began January 3rd and go until February 7th and then another session February 14 to March 20th. By the way, don't be 'fooled' by the gorgeous torso image posted here, you won't be working on such a big project but it's worth going to check it out on display now!

A little about this class instructor. Federico Scipioni was taught as a young boy and motivated by his ancestors who were also artists in the art of fine glasswork. He realized his passion for glass and Italian designs by being surrounded by multiple familial generations of European traditions, influenced by history and art. His company Stained Glass Of Miami is a thirdgeneration business established in Italy.

Starting next week is our Quilt As You Go Log Cabin class. With the fun, fast quilt-as-yougo technique, you actually quilt your log cabin blocks as you piece them. This class teaches you how to construct a log cabin quilt and explores several quilt-as-you-go methods close up. The second session for quilting is a beginners class for both new and experienced quilters.

The Watercolor with Monica Bankowski: Let Go & Let Flow

also starts next week with 2 sessions. Students will learn the basics of materials, value and 'seeing' your subject. Of course students can choose their own subjects too. Nantucket Baskets is an Ocean Reef favorite 3-day workshop starting January 8th.

Be sure to pick up a copy of our catalogue at the Art League. I know you'll be amazed at all the choices. Not only do we have ongoing weekly classes but also one-day, and multiple-day workshops.

Coming Soon! Art Deco Walk & Tasting Tour

I find these off-Reef excursions to be so interesting and convenient. Getting picked up in a luxury bus at the Art League and taken to the event and driven home makes it so comfortable. This particular tour is from 9 a.m. to 3:45 and full of stops in the Miami Design District. You will be accompanied by a knowledgeable Miami Art and Culinary Tour Guide.



Join Federico Scipioni on Wednesdays for classes on Stained Glass & Mosaics.



Wellness Weekend at The Residence Club

Friday Jan 19th and Saturday Jan 20th!

Rejuvenate your mind, body, and spirit in the lap of luxury. Whether you're seeking fitness inspiration, relaxation, or simply a weekend of indulgence, our Wellness Weekend has it all. Book your spot now and embark on a journey to wellness like never before!

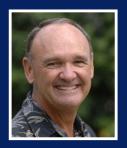
Limited spaces available. Details/booking can be found on our website.



305-942-0808 pilatesinparadise.net

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CHEERS TO NEW BEGINNINGS & AN EXCITING 2024!



Thank you for making the last year a success. We are excited to announce that our firm has gained a new owner & partner with Dan Guerrieri at the helm. Bob & Denise will remain actively involved & are committed to serving this community and providing personalized real estate service to you, your family

and friends. Dan's expertise, background, and relationships, are a welcome change and have resulted in the addition of several respected agents and homeowners to our team.

We hope that you will continue to support Swenson & Ecuyer Realty and wish each of you a wonderful New Year filled with happiness, success, and good health.



Here's to a prosperous 2024!



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7 Bedrooms / 8.5 Baths / \$10,987,000A 3/4 acre lot on Card Sound Road, one of the most desirable streets. Designed for a large/extended family. Elevator and wheelchair accessible. **Juan Ventura**



3 Bedrooms / 3 Baths / \$6,999,000 Lakefront Smart Home. Most rooms w/lake views & coastal decor add to the charm. Chef's kitchen. Expansive outdoor space. 4,800sf under Air. This is the home you deserve! Bob Ecuyer



2 Bedrooms / **2** Baths / \$3,950,000 Includes 31' Private floating dock, impact glass and so much more. Must See to appreciate. **Linda Jaikins**



2 Bedrooms / 2 Baths / \$6,250,000 Pvt. street w/townhomes on one side. M/BR w/ water views, 2 car, 2 cart large garage & workshop. Bay Views from almost every room + 50' Dock. **Nelson Gordy**

535 CORAL LN. cls #2287 \$5,900,000 Pre-Construction 5 BDS/5.5 BA **Olga Grant**



2 Bedrooms / 2 Baths /\$3,995,000
Open floor plan overlooks the pool and canal. 36' Dock. Condo complex features an infinity pool w/two entertainment areas.

Jay Guarch/Olga Grant



3 Bedrooms / 3 Baths / \$5,989,000
Top floor, corner unit offering a bonus bunk room for kids & oversized screened-in porch perfect for enjoying water views of Fisherman's Cove. Assigned 31' floating dockage.

Olga Grant



3 Bedrooms / 3.5 Baths /\$12,950,000 Over 22,000sf home site in the heart of the Club. Completely renovated! Approx. 3,000sf under air & 40' floating dock. Andy Hofmann



3 Bedrooms / 3 Baths / \$6,685,000 Remodeled w/modern conveniences, high ceilings & unique water views. Plus elevator access. Andy Hofmann

15 OSPREY LN. cls #2464 • \$6,995,000 3 BDS/2 BA Priva 31,000sf canal front lot on Sunrise Cay. **Bob Ecuyer** Wendy Brainard



3 Bedrooms / 3.5 Baths / \$5,755,000 3 BR / 3.5 BA. Hammock Course home w/gourmet kitchen, new pool deck, Large parking garage & driveway & Elevator Access. **Julie Dey**



4 Bedrooms / 4.5 Baths / \$16,750,000 Ranch home, w/floor to ceiling windows & water views. Indoor/outdoor living. Large workflow kitchen & open floor plan. All en-suite w/walk-in closets. Updated 81' concrete seawall/dock. Garage for multiple cars & carts. Andy Hofmann



3 Bedrooms / 3 Baths / \$4,800,000One level living. Screened-in 300sf patio for al fresco dining & enjoying canal views. 33' Unassigned dockage. **Burgess Warren**

FS-11 70' Marina Dock cls #2614 • \$2,150,000 *Linda Jaikins*

FS-25 70' Marina Dock cls #2330 • \$2,355,000 *Dan Guerrieri*

Docks include: Water, cable, electric, internet, & 1 parking spot



16 HARBOR ISLAND DR. cls #2423 • \$6,995,000 Pre-Construction 7 BDS/7BA w/80' Dock. Completed price \$14,950,000. **Bob Ecuyer**

305 S. HARBOR DR. cls #2512 • \$5,500,000 3 BDS/2 BA Private Hammock Course home **Wendy Brainard**

We have rentals available, call today to reserve!

Represented by Broker – Owner, Dan Guerrieri Broker Associates Bob & Denise Ecuyer, John Carpenter, Nancy Eaves, Olga Grant

Sales Associates: Alan Stotsky, Alan Thomson, Andy Hofmann, Burgess Warren, Ignacio Borbolla, Jay Guarch, John Kinney, Juan Ventura, Julie Dey, Linda Jaikins, Michael Carrier, Nelson Gordy, Robert Blackburn, Samual Dahmer, Shaun Smith, Vanessa Koppel, Wendy Brainard

Protecting Your Skin From Harmful UV Rays



'Spa Notes" by Jillian Barron, The Spa Director

The New Year is a time to break bad habits and start on a good note with a more positive and healthier lifestyle. What better time is there to re-evaluate your skincare and sun protection products? Living in South Florida, the sun is a beautiful thing that many of us enjoy, however, it can also wreak havoc on your skin.

Sunscreen is one of the best ways to protect your skin, but it isn't the only thing you should do. The sun can cause wrinkles,

discoloration, poor skin texture, and other signs of aging, but it can also cause skin cancer. More people are diagnosed with skin cancer each year in the U.S. than all other cancers combined, but the good news is that skin cancer is the most preventable form of cancer, so why not do all you can to reduce the risks?

Below are some Healthy Skin Tips to help you protect your skin better in 2024 and for years to

- 1. Wear sunscreen daily, even on a rainy day! UVB Rays are the rays best known for burning or tanning the skin, and most are aware they need to protect from these. UVA Rays, however, are what we call the "aging rays". They cut through glass, so it is even important to protect your skin when sitting by a window or driving.
- 2. Know the difference between Physical/Mineral and Chemical Sunscreens. Physical Sunscreens work similarly to a shield and create a protective

physical barrier on the surface of the skin so UV rays are not absorbed. The active ingredients in these are usually Zinc and Titanium Dioxide. Many years ago, it was difficult to find one of these that was not thick, chalky, and white. Now, it is easy to find more cosmetically elegant formulations, and these work well on sensitive skin.

Chemical Sunscreens work differently in that when applied, your body absorbs the active ingredient, which in turn absorbs the UV rays, converts them to heat, and then eliminates them through the skin. Chemical sunscreens require time for absorption to work properly. which is why it is recommended to apply 30 minutes before you are exposed. Some of the active ingredients you may see in a Chemical Sunscreen could include Avobenzone, Octisalate, Octocrylene, Homosalate, Octinoxate, and Oxybenzone.

3. Wear clothing that has built-in UV or UPF protection,

and wear a UV or UPF protection hat with a wide brim to protect your scalp, face, neck, ears, and chest, where skin is thinner.

- 4. **Use a topical antioxidant** that helps reduce free radical formation and photoaging, such as the CE Ferulic from Skinceuticals.
- 5. When outside, sit under an umbrella, or **find shade**.
- 6. Choose a sunscreen that is SPF 30 or higher, and is broad spectrum, protecting from both UVA and UVB rays.
- 7. Early detection can save lives see a dermatologist for skin checks and report unusual moles or changes in your skin. If you have a history of skin cancer in your family, this is a must!
- 8. **Avoid indoor tanning**, as this is still UV radiation.
- 9. **Choose sunglasses** that offer protection from UVA and UVB rays.

To find out which sunscreen may work best for you, stop by The Spa and one of our Coordinators can assist you, or call us at 305-367-6506.





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Festival on the Green



















Super Bingo







Enchanted Forest Street Fair







Touch a Truck







Concert on the Beach











WEEKLY HIGHLIGHTS

5 FRIDAY

Tai Chi Class

7:30-8am • Member Fitness Center

"A" Flight Level Cardio Tennis 8am • Tennis & Games Center

Cardio Pickleball Clinic 8am • Tennis & Games Center

Everglades Alligator Farm Tour 8:45am • Meet at Nature Center

105 Tennis Tournament 11am • Tennis & Games Center

Quickstart Tennis Clinic

1:30pm • Tennis & Games Center Silver Fit Plus Class

2pm • Member Fitness Center

Come Sail Away (Bullseye Sailing)

2pm • Card Sound Sailing Club

Croquet Mixer Open Play 2-5pm ◆ Croquet Lawn

Stretch and Mobility Class 3pm • Member Fitness Center

Duke Tennis Team Practice 2-3:30pm • Tennis & Games Center

Duke Tennis Round Robin 3:30-5pm • Tennis & Games Center

Teens Only! Beach Bonfire 8pm • Buccaneer Island

Live DJ at The Burgee Bar 9pm • Burgee Bar

6 SATURDAY

ORC Run Club

7am • Member Fitness Center

Pickleball Pro-Am hosted by Jay Devilliers

8:30am • Tennis & Games Center

Cars & Coffee

9-11am • Business Center Parking Lot

Gentle Yoga & Cycle Class 10am • Member Fitness Center

Dancing Through the Decades
Class

10am • Member Fitness Center

Reformer Pilates Class 10am • Member Fitness Center

Gameio Tennis Clinic
10 & 11am ● Tennis & Games
Center

Guided Eco Kayak Tour 10am • Meet at Pool Desk

Duke Tennis Exhibition and Meet & Greet

5-7pm • Tennis & Games Center

Cocktails

6–8pm • The Point (Members Only)

Reef Club Kids Open 6-10pm • RCK Clubhouse

STYX: Outdoor Concert

8pm • The Cultural Center

Live DJ at The Burgee Bar 9pm • Burgee Bar

Ping Pong Tournament in the Reef

Rec Room

8pm • Reef Rec Room

7 SUNDAY

Cardio Pickleball Clinic 8 & 9am • Tennis & Games Center

Pickleball Pro-Pro hosted by Jay

Devilliers 8:30am ● Tennis & Games Center

Reformer Pilates & Vinyasa Yoga Class

9am • Member Fitness Center

Reef Club Kids Open 9am-1pm • RCK Clubhouse

Beginners Sailing Clinic 9:30am • Meet at the Pool Desk

Duke Tennis Team Practice 2-3:30pm • Tennis & Games Center

New Players Invitation to Croquet Open Play

2-5pm • Croquet Lawn

Duke Tennis Gameio Clinic 3:30-5pm • Tennis & Games Center

8 MONDAY

Tai Chi Class

7:30-8am • Member Fitness Center

Cardio Pickleball Clinic 8am • Tennis & Games Center

MGA Weekly Event 9am Shotgun • Dolphin Course

Cycle Class

9-9:30am • Member Fitness Center

Cooking School Class: Bon Appetit Y'all: Chef Virginia Willis 9:30am • Tennis & Games Center

_ _ _ _

Farmer's Market Open
11am-4pm • Field at Four Corners

Raw Foods and The Benefits Class 2pm • Member Fitness Center

Croquet Women, Wickets & wine 3:30pm • Croquet Lawn

Men's Night Tennis League 5:30-7:30pm ● Tennis & Games

5:30-7:30pm • Iennis & Games Center

Men's Poker Night 6:15pm • Card & Games Room 4983 for additional AA Meetings

9 TUESDAY

Cardio Pickleball Clinic

8am • Tennis & Games Center

LGA Member/Member 8:30am Shotgun • Dolphin Course

Cardio Tennis Clinic 9am • Tennis & Games Center

Golf Fitness Class

2pm • Member Fitness Center

Croquet Mixer Open Play

2-5pm • Croquet Lawn

Center

Intro to Pickleball Clinic 2:30-3:30pm • Tennis & Games

Men's Night Pickleball League 5:30-7:30pm ● Tennis & Games Center

Potluck Gathering 6pm • Chapel Fellowship Hall

10 WEDNESDAY

LGA Member/Member

8:30am Shotgun • Dolphin Course

Cardio Tennis Clinic 9am • Tennis & Games Center

Push-Up Challenge 9am-12pm • Member Fitness

Center

Mat Pilates Class

9:30-10am • Member Fitness Center Racquet Club Open Play

10am-12pm • Croquet Lawn

Gameio Tennis Clinic 10 & 11am • Tennis & Games Center

U-40 Croquet & Cocktails 3:30-5:30pm • Croquet Lawn

Pickleball Organized Play 4pm ● Tennis & Games Center

New Year, New Mindset - What is Wellness Class

4pm • Member Fitness Center **Gameio Tennis Clinic**4:30pm • Tennis & Games Center

Vine to Table: Coveted Gems 6:30pm • Carysfort Cooking

11 THURSDAY

ORC Swim Club

7 & 8am • Member Fitness Pool

Men's Pickleball League 8am • Tennis & Games Center

Cardio Tennis Clinic

9am • Tennis & Games Center **Golf Fitness Class**

2pm • Member Fitness Center

Croquet Mixer Open Play
2-5pm • Croquet Lawn

Gameio Tennis Clinic 4:30pm ● Tennis & Games Center

Raw Bar Lobster Bake 5-9pm • Raw Bar

Speciality Spirits Dinner: Herradura Tequila

6:30pm • Carysfort Cooking School

Burgee Bar Karaoke 9pm-12am • Burgee Bar

ON SCREEN & STAGE

General Admission \$12, Donors \$10 Children (under 12) \$6 Movie Hotline: 305-367-6306

"Killers of the Flower Moon" (R)

Friday, January 5 • 5pm Sunday, January 7 • 5pm Tuesday, January 9 • 6:30pm

Runtime: 3hr 26mins

Premise: When oil is discovered in 1920s Oklahoma under Osage Nation land, the Osage people are murdered one by one – until the FBI steps in to unravel the mystery.

"Maestro" (R)

Friday, January 12 • 7:30pm Sunday, January 14 • 4:30 & 7:30pm Wednesday, January 17 • 7:30pm

Runtime: 2hr 9mins Premise: This love story chronicles the lifelong relationship of conductor-composer Leonard Berstein and actress Felicia Montealegre Cohn Bernstein.

STYX: Outdoor Concert

Sat. Jan. 6-8:00PM \$300 Donor - \$325 Non-Donor The six men comprising Styx have committed to rocking the Paradise together with audiences far and wide by entering their second decade of averaging over 100 shows a year, and each one of them is committed to making the next show better than the

Food & Film: The Automat (2021)

Mon. Jan. 8-4:30PM Must be a Film Society Member to Attend Optional Dinner following \$63++ Reservations Required. A delightful documentary about the self-service cafeterias in Philadelphia and NYC, this film illustrates how the automat captured customers with its delicious and inexpensive food.

Richmond Forum Virtual Series: The Epic Story of America's Great Migration by Isabel Wilkerson

Wed. Jan. 10 – 5PM The mass movement of African Americans from the rural South to the urban North between 1916 and 1970 was a defining force in American history. Complimentary.

Top of the World: A Carpenters Tribute featuring Debbie Taylor

Thr., January 11 - 8:00PM
Tickets: Donor \$150 – Non Donor \$175
Pre-performance Dinner \$63++
Top Of The World is The World's Premiere
Tribute to The Carpenters! Fronted by
singer Debbie Taylor, her Karen Carpenter
vocal resemblance is absolutely astonishing.

Cultural Center Museum
Daily 9am-4pm • Open During Movies

Library Hours

Monday & Thursday • 10am-12pm

CLUB SHOPPING

Joan the Shopper

Leggiadro.... When you enter the Fishing Village, the first store on the right is Leggiadro (pronounced by me and other non-Italians as ledge-e-odd-row).... Everything at Leggiadro seems to belong there, as if tops, sweaters, pants, dresses, tees are all part of an artistically planned fashion montage. Not surprising since nearly every garment reflects the vision of the owner/designer Ann **Ross**.... It is Ann, who creates or inspires the designs and chooses the fabrics (almost always Italian). And it is Ann, along with her son and partner Brook Ross, who oversees the manufacture of the final product in the Ross's Brooklyn warehouse.... On a recent visit to Leggiadro, I encountered Janie Sims and her daughter Suzanne Sims-Hough, who was visiting from Atlanta.... Suzanne (pictured here) was wearing a French blue round neck pullover cotton sweater (\$325) that she had recently purchased at Leggiadro. And to complete her outfit, Suzanne added a beautiful Leggiadro linen scarf in the Sunset Beach print (\$195)... Suzanne's sweater (offered in many colors) is just one of the large variety of sweaters available at this chic



boutique. Many sparkle. Some so elegantly subtle, they seem to be covered with fairy dust sprinkled from a saltshaker. Others, like a classic black sequined tee (\$525), are so grand, they are ready for a big night at the All Charities Gala (Feb. 3).... Leggiadro is possibly most famous in Ocean Reef for the large collection of tees in lush designs. I have a friend, who had to limit herself to only three a year. I'll bet she will break that vow when she sees the new Hydrangea print, inspired by flowers in Ann Ross's garden.... Last Word: Here's wishing you Happy Shopping in 2024. Good buys and few returns.

by Joan Birsh

OCEAN REEF STORE HOURS

Member Fitness Center

Shop the latest trends in workout attire. Monday – Friday 6am-7pm. Saturday & Sunday 7am-5pm. 305-367-5820.

Ocean Reef Gift Shop

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

The Burgee Shop

Find all things Burgee at the Burgee Shop in the Fishing Village. Daily 9am–5pm. 305-367-2611, ext. 5515.

Tennis Pro Shop

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

Port O'Call Wine & Spirits

In the Fishing Village. Monday – Thursday & Sunday 11am-8pm Friday & Saturday 11am-9pm 305-367-5999.

The Spa at Ocean Reef

Offering luxury skin and body care products, unique accessories and gift items. Tuesday – Saturday 8:30am-5:30pm. Sunday 9:30am-4:30pm. 305-367-6506.

Golf Shop

All your golfing needs from apparel to equipment and more. Daily 7:30am-5:30pm. 305-367-5912.

WINING & DINING

MONDAY, JANUARY 8 - SUNDAY, JANUARY 14

Palm Court

Lunch Daily 11:30am-3:30pm

Beach Bar & Grill

Beverages Daily 11am-8pm Food Mon.-Thurs. 11:30am-4pm ● Fri.-Sun 11:30am-5pm

Everton's Rum Bar

Beverages Thurs.-Sun. 3-8pm

Islander & Sushi Bar*

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

The Ocean Room

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

Gianni Ristorante*

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

Raw Bar

Lunch Daily 11am-4pm Dinner Daily 4-9pm (Lobster Bake on 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 Mon-Sat 7am-11am, Sun 7am-12pm 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.- Sun. 5-8pm

Burgee Bar

Dinner Mon.-Fri. & Sun. 5-10pm • Sat. 4:30-10pm Cocktails Mon.-Thurs. 5pm-12am Fri. 5pm-1am, Sat. 4pm-1am, Sun. 12pm-12am Lunch Sun. 12-5pm

Reef Lounge

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

CH Prime (Members Only)*

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

CH Lounge (Members Only)

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

Toski's

Snack Bar Mon.-Sun. 9am-4pm

Town Hall Waterside

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

Grill Room (Members Only)

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

Rum Runner

Open Daily 9am-4pm

Visit oceanreef.com/Dining for menus and weekly specials. For dining reservations, call 305-367-5931. *Reservations required.

OUT & ABOUT







LEFT: A "Happy 2024!" from Janet Barnhill who had a great view of the fireworks from her home on Marlin Lane.

MIDDLE & RIGHT: One of the Veliz Family's favorite Reef traditions is attending the Touch a Truck event. Rene and twins Andres and Rafael look forward to Touch a Truck every year. Veronica Veliz has taken the same photo of her three boys over the past four years and she's loved to watch them grow. Here, they're pictured at the 2020 (left) and 2023 events.

A New Address for the New Year



437 South Harbor Drive

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SPORTS

Rod & Gun Club 2023 Holiday **Tournament**

By Ken Reda, Rod & Gun Club Fishing Program Head

Nine teams signed up for our Thursday, December 28th event. At the captains meeting the evening before, all assumed that while weather was going to move in the next day, we were sure to have at least a nice morning and maybe even a little piece of decent afternoon before things broke loose. Not the case!

As morning came the front had already staked its claim atop of us. Nonetheless, five teams elected to venture out amidst the cold wind and sideways rain. Just as it was time for lines out, the rain stopped and skies cleared. At least the ride home had improved. The day produced five sailfish releases along with a few weighable meat fish.

Rewarded for their efforts....

First Place Team / 600 Points "Off Key" with Frank McKee, John Connelly III, Brian Smith, and Junior Angler Lila Hannon who caught her first sailfish! No, she didn't get tossed in the





First Place Team "Off Key" (I to r) John Connelly III, Brian Smith and Frank McKee. Pictured right is Junior Angler champion Lila Hannon, also from "Off Key."



Second Place winners "White Fence II" with Keith Berend, Jeff Mokris, and Jason Hurst. Pictured are Keith Berend (right) and first-mate



Fourth Place Team "Johnny B Good" with April Urbana, George Urbana and James Quinn. Pictured here accepting their awards are Demi and Annie Isenstadt and George and April Urbana.

water to celebrate it. She was already wet enough from the

Second Place Team / 400 Points "White Fence II" with Keith Berend, Jeff Mokris and Jason

Hurst.

Third Place Team / 160 Points "Johnny B Good" with April Urbana, George Urbana and James Quinn.



day.



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2024 THE SAILFISH CLASSIC FISHING TOURNAMENT

January 18 - 20, 2024

Reel in a weekend of offshore Action!

The annual Sailfish Classic Tournament offers a chance to catch some offshore action during one of our best-ever sailfish seasons. With two days of competitive fishing and a host of social events, including a welcome reception and celebratory awards presentation. This tournament is sure to provide a record amount of fun.

> Open to all Members. \$2750++ per team. Registration is now open.

For details & registration visit oceanreef.com/sailfishclassic or call 305-367-5874.

OUT & ABOUT



Moffett and Van Arkel children with Santa at the Tennis & Games Center.



FAIRWAY LAKES 24A \$3,150,000



ON FAIRWAY



DOCK SLIP E6 \$3,175,000





92 EAST LAKE • KLAC \$5,950,000



DOCK SLIP H3 \$2,875,000





CAY HARBOR 7A \$3,500,000





\$2,975,000

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A New Year of Fishing, Fun & Friendship



by Mary Bloom, Bonefish Bonnies

Front and center for January are two important deadlines for the Bonnies: **January 7th** the deadline for entries for the Fishin' Funatics tournament and **January 12th** for the Bonnies' 25th Anniversary Celebration.

Kayak Clean-up

The **January 8th** Kayak Clean-up kicks off 2024 for the Bonnies. It's a great opportunity for catching some rays, catching up with friends,

and catching some flotsam and jetsam in an effort to keep our shorelines clean. Members of the Bonnies and the Rod & Gun Club will be meeting at Buccaneer Island Beach at 9:15 a.m. and will be on the water from 9:30-11:30 a.m. Let Laura Zausmer know if you plan to be there and if you'd like to stay for lunch with the group at the Beach Bar. Contact Laura Zausmer at laurazausmer@gmail.com. Please put "Kayak Clean-up" in the Subject line of your email.

Bonnies' 25th Anniversary Celebration

You won't want to miss the Celebration of the Bonnies' 25th Anniversary on **Monday**, **January 22nd**! Cocktails, dinner, dancing and a walk down memory lane.

The Bonnies will be celebrating at Carysfort Ballroom. Cocktail hour begins at 5:30 p.m. followed by the program and dinner at

6:30 p.m. Cost per person is \$150.00 ++. Call your friends and plan your table now. Guests are welcome. Get as dressed up or as dressed down as you wish. Jackets will not be required for the gentlemen.

The deadline for reservations is **January 12th**. Bonnies can make their reservations via the Bonnies website at www.bonefishbonnies.com or by contacting **Laura Wilson** at bonefishbonnies1@gmail.com. Community members can also make reservations by contacting Laura Wilson.

Fishin' Funatics Tournament

The Fishin' Funatics tournament, Think Pink — Bonefish Bonnies Barbies, gets started on **January 28th** at the Captains' and Anglers' Meeting from 5-6:30 p.m. at **Jodi Zifferer's** home, 5 West Snapper Point Drive. Along with beverages, snacks and a review of the tournament rules, the Team Spirit Award

will be given at the meeting. So, Bonnies, get your teammates together and Think Pink.

The tournament Awards Ceremony on **Monday**, **January 29th** will be held at The Racquet Club from 5:30-7:30 p.m. Spouses, partners, captains, mates and all Bonnies are welcome to enjoy cocktails, and heavy hors d'oeuvres (\$100 ++/person).

The deadline for entries is January 7th. Sign up online or download forms at www. bonefishbonnies.com or pick up a copy from the drawer below the Bonnies' bulletin board in the Reef Treats lobby. Drop the completed form off at Pak Mail, Bonefish Bonnies Box 1. It's still not too late to join or renew your membership in order to participate in the tournament. Just email bonefishbonnies1@ gmail.com with your information.

Bonefish Bonnies' 25th Anniversary Fun Facts



You've probably seen this logo around The Reef on everything from fishing shirts to golf balls to aprons and tote bags. It's the registered trademark of the Bonefish Bonnies, Inc. How did it come to be? Back in the early 2000's when the Bonnies had organized themselves as a social organization and had crafted a name for themselves, Nancy Zakon, founder of the group, along with **Christine Patton** and others discussed having an image that would express the spirit of the group. Who knew when Christine approached her sister-in-law for a consult about a logo that the Bonnies would have Alina Wheeler, the author of "Designing Brand Identity," which quickly had become an industry standard, guiding them and creating their logo. It was originally registered by then-President Nancy Zakon and in 2022 the ownership of the logo was transferred to the newly incorporated Bonefish Bonnies, Inc.



Light & Variable Conditions for Practice on the Pond



by Windsor D. Coffin, CSMYC Commodore

It was a beautiful Sunday for sailing on the last day of 2023. Clear skies, cool temperatures, and a high tide falling during our morning racing. What more could you ask for? Well, when you are racing sailboats, whether they be ones you sail aboard or ones you sail with a radio controller from the shore, wind is always a helpful component of the



Testing new sails on Erin Coffin's EC12. Photo credit - Windsor Coffin.

process. Wind looked like the one ingredient that we were missing until about 15 minutes before the first race started when the wind picked up just enough to commence racing.

While the wind was present, it was indeed of the "light and variable" variety... and, wow, was it ever variable with 30-40 degree shifts experienced during the course

of the morning. As one can imagine, this made for some remarkably interesting racing. One second you think you are going to easily be able to round a mark, then the next second you are trying to figure out the series of maneuvers you need to make to round that same mark. Another scenario would be being well ahead of your nearest competitor and all of a sudden they are sailing at a much more favorable angle to the mark and go right by you on the course. It's days like these that can be fascinating, and frustrating, for a sailor.

But this was just practice and the conditions were optimal for testing and tuning. It is always better to be able to work out the bugs when the racing is simply for practice and conditions are calmer. Some of us made good use of this practice time as there were a few bugs to be worked out and equipment failures to be repaired in preparation for this coming Sunday when we will start our season series. We hope you will come out to Buccaneer Island to watch the action!

The Card Sound Model Yacht Club races every Sunday (except Easter Sunday) until the end of April at "the Pond." As always, our sailing is dependent on favorable weather. 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 vachts and, for interested sailors, there are even a few local boats currently available for sale. 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.



Have a Fantastic 2024 & 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 years, and is similar to the backyard game many of us played growing up with families and friends on weekends or holidays. It's a cross between putting a golf ball and shooting pool. It is strategic and skillful. Fun and social.

Golf Croquet has had a surge in participation similar to the Pickleball game. Some 80% of all croquet games played in the world are the game of Golf Croquet. 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 by Coach Paul Fecteau

On Saturdays, Coach Paul will teach how to play and basic rules in each session. Coach Paul is a multiple club champion at Hillsboro Club and a USCA Certified Referee. Sign up through the Tennis & Games Center at 305-367-6583.

Lessons by ORC Staff

Coach Justin Romero and staff are having Learn & Play Beginners Clinic on Mondays 2:30-3:30 p.m. and for Intermediate players Wednesdays 2:30-3:30 p.m. Contact the Tennis & Games Center to make arrangements.

Upcoming Play & Events Golf Croquet League Singles Play:

- A Flight Tuesdays 9am-12pm
- B Flight Thursdays 9am-12pm Sign up: Email jromero@ oceanreef.com or call Tennis & Game Center to sign up for singles

league play. The Leagues will play every week but you do not need to attend every week. You can choose to play in the A flight (advanced) or B (intermediate) or both.

Open Play:

• Every Tuesday, Thursday, Friday & Sunday 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 who is next to play by coordinating with all who are waiting. This is a great way to learn from your fellow club members. s

3-Wicket Tournament:

• Friday, Jan. 12, 1pm until 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. Regular "Open Play" will NOT be held on Friday, January 12 due to this 3-wicket event.

Women, Wine & Wickets:

• Mondays, 1/8, 1/22, 2/5, 2/19, 3/4, 3/18 and 4/1, 3:30-5pm

Ladies just show up and play.... and enjoy a glass or two of vino on ORC. No sign-up necessary.

CROQUET RESULTS

CROQUET LEAGUE

January 2, 2024

Bill Hinkebein 7 Craig Jones 2

Alan Thomson 7 Ron Sekura 6

Alan Thomson 7 Bill Hinkebein 5

Mike Love 7 Craig Jones 4

Ron Sekura 7 Mike Love 5





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7th Annual Pickleball Pro-Am

January 6th & 7th



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

This weekend will boast some of the greatest talent 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 welcomed 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 11:00 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 DUPR 6.6 Doubles & 6.9 Singles
- Callie Smith DUPR 5.9 Doubles & 6.0 Singles
- JW Johnson DUPR 7.0 Doubles & 6.9 Singles



Jay Devilliers, Pickleball Professional, and Liz Angelone from the 2023 Pickleball Pro-Am

- Hurricane Tyra Black DUPR 5.8 Doubles & 5.7 Singles
- James Ignatowich DUPR
 6.9 Doubles & 7.0 Singles
- Anna Bright DUPR 5.9 Doubles & 6.0 Singles
- Jorja Johnson DUPR 5.7
 Doubles & 5.8 Singles
 See you at the Pickleball
 courts this weekend!

DUKE Women's Tennis Team is at Ocean Reef Now Through January 7

All are welcome to come watch them practice. Signups are required for Member/DUKE round robin and Gameio clinic.

Schedule of Events:

- January 5th from 2:00 to 3:30 p.m. Team Practice
- January 5th from 3:30 to 5 p.m. Members Round Robin
- January 6th from 4:00 to 5 p.m. Team Practice
- January 6th from 5 to 7 p.m.- Exhibition, Cocktails, and Meet & Greet
- January 7th from 1:30 to



Ocean Reef Members with the sixth-ranked Duke Women's Tennis Team from January 2023.



Kids under the lights: Junior Tennis Pizza Round Robin

3:30 p.m. - Team Practice

- January 7th from 3:30 to 5 p.m. Members Gameio
- January 8th from 1:30 to 3:30 p.m. Team Practice

Save the Dates:

- January 14th, Tennis Pro-Am
- January 26th-28th, 51st Annual Member-Guest Tennis Tournament



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TENNIS & PICKLEBALL RESULTS



105 TENNIS TOURNAMENT

First Place: The Joseph Family Second Place: The Herrmann Family Third Place: "The Cool Moms"-- Cathy Jefferson, Christina Loaiza, Ginger Pearson, Ashley Freedman, Laura Virkler

MEN'S PICKLEBALL NIGHT LEAGUE

First Place: Eric Gorson and Dan Attridge Second Place: Conrad Love, Jerry Henn, Nick Benenati, and Sam Joseph

GOLF CROQUET TIP OF THE WEEK

Determining Your Next Shot in Golf Croquet

by William Hinkebein, Ocean Reef Club Croquet Chair

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 clear their ball away so they cannot score.
- **3. "Help my partner"**—how can you help your partner's ball so they are in an improved position.
 - 4. "Eliminate any threats"

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Tennis

Player of the Week

Grace Larkin

Who got you into playing tennis and where was it?

My parents and my friend Isla at the ORC Tennis and Games

Who is your favorite tennis player?

Novak Djokovic because I like how he hard he hits the ball!

What's your favorite shot?

Forehand volley because it gives you a great chance to win the point.



What other activities do you enjoy at ORC?

Laser tag, back flipping on the Trapeze, and the Festival on the Green.

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2024 Hangover Open



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

First off, we want to wish you all a happy New Year! There's no better way to start the New Year at Ocean Reef than with the Hangover Open.

2024 kicked off early on Monday morning when the first 4 of 334 players teed it up to walk home with coveted Hangover Open Beer Mugs. The New Year started with some amazing weather, but even better golf was played. In a 1 Best Ball Shamble, our participants knew it was a must to take every advantage that they could. 92 scorecards were turned in, but only a few of those were able to take home the trophy. Please see right for the 2024 Hangover Open results.

Thank you to everyone who came out in support of our largest event of the year. We hope everyone has a great year and we look forward to seeing you soon!

LGA ABCD Six's

There is no better way to kick off 2024 than making lots of birdies and several of our participants did that on Tuesday. It was great to see all of our members out for our ABCD Six event. Your partner could come in clutch in this format, but it is always safe to play your best every hole. There were a lot of smiles as participants turned in their scorecards. Even with the tough pin locations, the group of Dedie Nutt, Dudley Mason, Betty Schievelbein, and Ellen Burke all carded rounds in the 60's! The vibes were high in this group and it shows in the results.

Next Week – Member-Member Schedule of Events

• Monday, January 8th 5:30 p.m. Cocktail Reception at Tarpon Cooking School (cocktails and light hors d'oeuvres included)

The Cocktail Reception will include a short and fun presentation covering Match Play basics and Pace of Play tips.

- Tuesday, January 9th
 8:30 Shotgun Start Matches
 1 & 2
- Wednesday, January 10th
 8:30 Shotgun Start Matches
 3&4
- Friday, January 12th
 8:30 Shotgun Start Match 5
 followed by the Shootout

Breakfast and lunch will be included each day.

Registration will remain open for the Member-Member until Saturday, January 6th. To Register, please call the Golf Shop at 305-367-5912.



Dolphin Course Net Winners Thomas Edwards, Brian Cox, Steve Torcise, and Billy Paynter



Hammock Course Gross Winners Bo Andrews, Andy Andrews, Carol Andrews, and Maggie Parker



Vincent, Bill Peel, Brendan Peel, and Mathew Peel



Hammock Course Net Winners: Rick Gabriel, Sandra Ennor, Staci Berry, and Art Berry

GOLF SCOREBOARD

2024 Hangover Open Monday, January 1st Hammock Course:

First Place Net: Art Berry, Staci Berry, Rick Gabriel, and Sandra Ennor Second Place Net: Daisy Gonzalez, Derek Gonzalez, Daniel Gonzalez, and Peter Crossgrove Third Place Net: Ricky Fortis, Hope Fortis, Andy Timmerman, and Giovanna Lucy First Place Gross: Bo Andrews, Andy Andrews, Carol Andrews, and Maggie Parker Second Place Gross: John O'Hara and Johnny Norton Third Place Gross: Erik Strid, Carter Strid, Max Strid, and Auggie Reilly

Longest Drive Hole #5: Max

Strid

Longest Drive Hole #11: Teri Kennedy Closest to the Hole #6: Andrew Freedman Closest to the Hole #17: Pam Gibson

Dolphin Course: First Place Net: Billy Paynter, Brian Cox, Steve Torcise, and Thomas Edwards Second Place Net: Michael Perry, Bill Enk, Jack Baumstark, and John Giocondo Third Place Net: Dave Adams, Dave Wallace, Francis Mahfood, and Ashton Mahfood Frist Place Gross: Billy Peel, Brendan Peel, Mathew Peel, and George Vincent Second Place Gross: Paxton St. Clair, Pack St. Clair, Cameron St. Clair, and

Carson St. Clair
Third Place Gross: Newell
Kraik, Daniel Kraik, Andrew
Kraik, and Weston Farnworth
Longest Drive #6: Maegan
Cross
Longest Drive #14: Carson St.
Clair
Closest to the Hole #5:
Edward Landow
Closest to the Hole #16: Kari
Teglia

LGA ABCD Six's Tuesday, January 2nd

First Place: Betty Schievelbein Second Place: Cynthia Comenos Third Place: Dedie Nutt Closest to the Hole #2: Christine Langley Closest to the Hole #12: Dudley Mason

SWING TIP OF THE WEEK

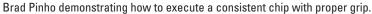
Mastering Your Short Game



by Brad Pinho, Golf Teaching Professional & Club Fitter

Mastering the short game in golf is often hindered by the lack of confidence in chipping and pitching around the greens. Virtually every golfer, regardless of their skill level, has encountered moments of doubt or what's commonly referred to as the 'yips.' While some attribute this to mental obstacles, it primarily stems from a single fundamental issue: the incorrect motion during the





swing.

Many golfers struggle because they attempt to guide and control the club predominantly with their lead/non-dominant arm during impact. This leads to excessive tension and rigidity in the arms, causing considerable upper body and head movement. When

the head moves too far behind the ball, it results in inconsistent shots—both chunked and thin. Consequently, excessive upper body movement makes the challenge of delivering consistent chips and pitches more difficult.

Discovering the correct grip—something that can

be assessed by one of Ocean Reef's Golf Professionals—is crucial. With the proper grip, golfers can confidently relax their arms during the swing. The key takeaway here is to maintain relaxed arms and allow the club head to take charge. As the arms naturally extend towards the ground, the club head should effortlessly navigate through the turf, paving the way for the integration of the upper body into the swing.

By enabling the arms to extend towards the ground, the sensation should be of the club head smoothly guiding the weight forward toward the target. This simple adjustment facilitates the transition of weight and movement, culminating in a more fluid, controlled, and precise short game.



8 Resolutions for Wellness Lovers



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

The New Year adds to the number eight, so here are eight resolutions to help you make 2024 a highlight year in your life:

- 1. Re-calibrate your diet. Eat healthier meals, including vegetables, lean proteins, and healthy fats daily. Aim to eat this way 80% of the time.
- 2. Exercise five to seven days per week. Include resistance training with aerobic and anaerobic workouts and flexibility and recovery sessions. The intensity, complexity, frequency, and duration of the workout sessions depend on your fitness level, experience, and goals. More is often better, but not always.
- **3. Move every hour.** A sedentary life is to be avoided when longevity and quality of life are essential.
- 4. Embrace purposeful discomfort. To get the view, one must climb the mountain, and the climb is a path and a teacher. Intense workouts, cold plunges, and anything outside our comfort zone are opportunities to become



Holiday Dance Party with Ana and Caitlin





Zumba with Caitlin Bennett

acquainted and accustomed to this powerful habit for growth.

5. Practice daily selfawareness through introspection and meditation. Become an expert on

Become an expert on controlling your thoughts and emotions. It begins with understanding their origins and effects and developing strategies to engage and direct them. Become a student of your mind.

- **6.** Indulge without guilt. If you are going to live in the moment, do it right. If you engage in one to five, enjoy number six.
- **7. Laugh every day.** According to Mayo Clinic, the short-term benefits of laughter include bringing

oxygen to the lungs, heart, and brain, releasing endorphins, decreasing blood pressure, and relaxing muscles. Long-term effects include strengthening the immune system, pain relief, increased personal satisfaction by improving our ability to cope with difficult situations and connect with people, and improved overall mood.

8. Surround yourself with supportive, inspiring, and positive people. Time spent nurturing relationships is time well invested. We influence and are influenced by others through words, gestures, expressions, and, most importantly, actions.

There are infinite ways to grow. Life is more interesting, satisfying, and fun when we seek to improve, expand, refine skills, and reach new limits. It is a new year, ignite your inner light and brighten it.

Events this Week:

• Raw Food and the Benefits with Kristine Ingold Monday 8th at 2 p.m.

Complimentary workshop. Enjoy delicious salad, fruit, nuts, and fresh juices from the Fitness Cafe while learning how the benefits of a plant-based diet can improve your energy level. Join fitness trainer and certified Nutrition Coach Kristine Ingold for a workshop discussing Raw food and its significant vitamins and nutrients that boost vitality to improve your immune system while enhancing overall body performance.

• Push-Up Challenge Wednesday 10th, 9 a.m. to 12 p.m.

Our third championship challenge of the season is a test of upper body, core strength, and endurance. How many push-ups can you do? Prizes for the top performers, age group handicaps, and complimentary smoothies for those who beat the challenge.

• New Year, New Mindset-What is Wellness with Hannah Whistler Wednesday 10th at 4 p.m.

This workshop is designed to provide valuable insights into the fundamental principles of fitness and mobility, allowing you to make informed choices about your well-being. Explore resistance training, flexibility, mobility, and injury prevention topics.

• Starting a New Fitness Program in 2024:

To start a new fitness program that can include personal training assisted stretching, yoga, Pilates, swim instruction, golf fitness, water exercise, and running in a one-on-one or small group setting, contact the Member Fitness Center at 305-367-5820.

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Carbs Are Not Bad! Carbs Do Not MakeYou Fat!

By Tyler Barry, ORC Fitness Specialist

The biggest misconception of all time, you guessed it, the belief carbs make you fat! Everything you read makes you feel like eating carbs is wrong. Your brain is programmed to think carbs are bad. We hear it constantly, "Need a diet that works? Try low-carb. I lost like 10 pounds in 2 weeks!" OR "I've gained so much weight – that's it! No more carbs!"

Now, before getting on the Google machine to justify this false "belief," let's break it down scientifically. First

off, carbs don't make you gain weight. Gaining weight is the direct result of eating too many calories. NOT by eating carbs. Actually, carbs are broken down into glycogen for energy, and then excess carbs are stored as glycogen in the muscle. You need glycogen for a muscle to fire and work efficiently. So, in essence, you NEED carbs!

Yes, I said it, your body needs carbohydrates to function properly.

Carbohydrates are a vital energy source for your body; they fuel your muscles and play an essential role in brain function related to mood, memory, and more. If you've ever eliminated carbs from your diet, you've probably experienced extreme fatigue, sluggishness, lack of energy, and hunger. So, if you enjoy that, go for it; otherwise, keep reading.

Now, if you've succeeded

in doing low carb in the past, you likely lost weight, or at least initially did. But it wasn't because you didn't eat carbs. By removing the foods you usually eat, you're eating less. By eating less, you consume less calories. When you consume less calories than you burn, you lose weight!

Commonly, carbs are the first to get cut during diets. why? Because they're easily consumed in excess, and we tend to eat the wrong kinds. This means you can eat carbs and still lose weight, get stronger, and have more total body tone and definition. A better choice of carbohydrates is those high in fiber, such as fruits, vegetables, potatoes, squash, beans, Steel Cut Oats, Quinoa Sprouted Grains, and whole intact grains. Comparatively, the "other" carbs or refined carbs might taste fantastic but have been

stripped of fiber and nutrients and thus have nothing to offer in terms of value to your body. You can still treat yourself to processed carbs but do so in moderation. Before you get stressed out and get back on the Google machine to determine if a carb is one of the better ones. Ask yourself, would it be easy to binge this food on the couch at 2 am while watching Netflix? There's your answer.

Any diet or nutrition plan aims to find something you can do forever. Such a plan should fit into your lifestyle, schedule, and goals without restricting certain foods. If you can't imagine yourself doing this one year from now, it's probably not a good fit.

If you have more questions or need a fitness trainer, reach out. It's my passion to help serve you with all your fitness endeavors.



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Fluky Winds but the Race Went On



by Currie Wooten, CSSC Commodore

Vice Commodore **Neil Sullivan** took charge of the races this past Saturday, almost on the Eve of the New Year! He arrived to The Reef last Friday and went immediately to Baker Harbor to make sure his new sails were placed on his boat and found many other sailors mulling around fixing and tinkering and checking their boats for the first race of the season as the winds looked promising!

Then early that Saturday morning, he found **Windsor Coffin**, Harbormaster, hoisting



Chuck Cook, James Maida, Gary Sayia and Windsor Coffin at the dock on Friday. Photo by Neil Sullivan.



Dawn and Skip Shumway. Photo by Ken Morse.

our flags and looking a little forlorn as the winds were dead and Card Sound was flat as a pancake with no promise of a breeze. Luckily, Race Committee Chair Jay Beatty, with **Henry Stout** on his boat, Truant, had been patiently waiting by Pumpkin Key and by 8 a.m. they announced by VHF to the sailors that the winds were now 8-10 kt from NW. So eight boats headed out of Baker Harbor and by the time of the first race at 9:30, the winds were 12 kt NW and the sailors were excited to be running the course and the many sailors were flying their spinnakers. Suddenly the winds were changing from the north by the second race, decreasing to about 7 kt, so a new course was set.

By the time the third race started, the winds were dying to 5 kt and some boats were lucky to make it to the end. Neil Sullivan and James Maida, on Cheers (801), were doing well and looking to win in that race, when suddenly on their tack, they lost the wind and the current took them away from the finish line, only to see Gary Sayia and Tom McKenzie, on their boat, Taurus (810), slowly beat them on a different tack. Our smart Race Committee called the race at that point so that all the other sailors could make their way back to Baker Harbor with the little bit of wind left.

All the sailors arrived back in their mooring positions in the harbor, and by then the festivities were in full force with beverages and snacks and stories being swapped about their adventures on the water. Our Race team, Shirley Shumway and Mary Heffner, had tabulated the data for the overall winners of the race. Chris Streit and his son, Stephen Streit, came in 1st place for the races and for the Dingley series after winning the 1st race and coming in 2nd for the next 2 races. Skip and Dawn Shumway, sail 123, came in 2nd overall after placing 2nd, 1st and 4th in the three races. Gary Sayia and Tom McKenzie came in 3rd for the day and the series after placing 4th twice and then 1st in the 3rd race. Congratulations to them and all the sailors who



Chris Streit (right) and his son Stephen - 1st place winners of races and Dingley Series. Photo by Thayer McKenzie.

dealt with the fluky wind!

As **Ken Morse**, who was crewing for **Chuck Cook**, said, "There was grey mist on the sea's face today, but a wonderful time was had by all."

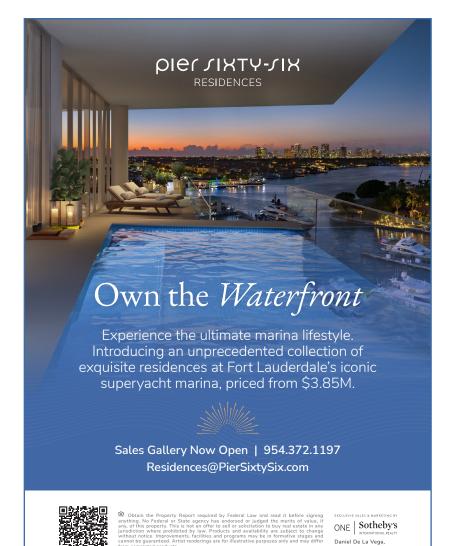
Coming Up Next

This Saturday, Jan. 6th is the beginning of the Connor Series, Race #1. Also, this Saturday will be our long-awaited Hot Dog Day, so come out and enjoy beverages and lunch at noon and bring your families. Looking ahead to the following week, Saturday, Jan. 13th, we'll have the Connor Series Race #2 and nooners, and then on Saturday, Jan. 20th, the New York Yacht Club will be joining us on our waters. So keep your fingers crossed for the next 3 weeks of good wind and weather.

Interested in Joining?

Take a look at our website at cardsoundsailingclub.com. If you are interested in joining, you can also reach out to our membership chair, Gary Sayia (201-919-7432).

Hope you had a wonderful New Year's celebration, welcome to 2024.



RECENT CATCH



Leo Lanni, just eight years old, caught this beautiful African Pompano over the holidays.

Join us for a trip to Nest Key on MarineLab's Family Day



We'll take a bird spotting boat ride and learn about marine invertebrates that live in the water surrounding Nest Key!

This free program is offered exclusively to Ocean Reef ® members, associates, and guests!

Saturday January 13, 2024 1 - 5 PM

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Card & Games Greetings and Holiday **Updates**



by Gregg Van Dyke, Director of Card & Games

Happy holidays! I hope everyone had a wonderful time celebrating. I had a fantastic holiday in Minnesota with my family, enjoying the warmth of 58 degrees above on Christmas Eve, even without the snow. While I was away, David Babcock did an excellent job keeping things running smoothly.

Exciting Speaker Announcement: Jerry Helms

I'm thrilled to announce that Jerry Helms will be joining us as a speaker on Monday, January 15th. Jerry, known for his insightful seminars nationwide, has graced Ocean Reef before, promising an engaging session.

Sunday Funday and Bridge Learning Opportunity

Starting on **December** 10th, we kicked off Sunday Funday from 2 p.m. to 4 p.m., drawing 16 enthusiastic participants. Our next gathering is scheduled for January 7th, exclusively tailored for beginners, those looking to relearn bridge, or anyone eager to catch up on their skills. Hosted by Beverly and Brian Platner, this event is a great chance to introduce friends to the joys of bridge.

Poker Nights and Canasta Gatherings

- Men's Poker: Join us on Monday nights at 6:45 p.m., with the next Poker KO scheduled for January 22nd.
- Ladies' Poker Night: Mark your calendars for Tuesday, January 30th, starting at 6:30 p.m.
- Canasta Pick Up Games: Mondays, Wednesdays, and Fridays between 12 p.m. and 1 p.m., reminiscent of our pre-COVID setup. Drop by for games or lessons on Thursdays at 12:30 p.m. to brush up your skills and meet fellow enthusiasts.

Mah Jongg and Beginner's Canasta Lessons

- Mah Jongg Pickup Games: Enjoy Tuesdays and Thursdays from 1:00 p.m. to 4 p.m. Need lessons? Call Gregg at 305-367-6609 to arrange.
- Beginner's Canasta Lessons: Starting on Thursday, January

11th, at 12:30 p.m.

Live Duplicate Bridge Games and Backgammon Lessons

- Duplicate Bridge Games: Mondays, Wednesdays, and Fridays at 1 p.m. Reach out to 305-367-6609 for guidance on participating.
- Backgammon Lessons: Fridays at 10:30 a.m. by appointment. Contact 305-367-6609 to confirm your attendance and borrow games for practice.

Card & Game Room Hours

Don't forget, our Card & Game Room is open every day from 9 a.m. to 5 p.m. for your entertainment. Stay tuned for the January schedule, available at the Card Room.

Wishing everyone a fantastic start to the new year filled with fun, games, and exciting learning opportunities!





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68' 2023 AZIMUT



62' 2016 VIKING



43' 2007 TIARA



42'2020 BUDDY DAVIS



41'2020 VALHALLA







BRIDGE TIP OF THE WEEK

Strategic Play in Developing Long Suits

By Gregg Van Dyke, Director of Card & Games

In the world of bridge, strategic decision-making can often make the difference between success and shortfall in fulfilling a contract. This week's tip centers on a common pitfall for declarers: the premature use of trump cards or ruffing losers in the dummy.

Imagine holding a contract of 5C in a hand where the opening lead is the 3D. You, as the

declarer, are faced with a hand that includes a long suit in the dummy (S) K87654) supported by entries (H) K54 and C) Q92), contrasting with a shorter suit in your own hand (S) 2, H) QT7, D) A86, C) AKT843).

The key advice in this scenario revolves around patience and strategic foresight. Rather than rushing to employ trump cards or ruffing losers prematurely, the optimal approach lies in focusing on the strength of the lengthy suit in the dummy. This tactic involves commencing play by attacking the lengthy suit, allowing the hand's dynamics to unfold naturally.

For instance, initiating play with the 2S from

your hand sets the stage for a strategic maneuver. The critical aspect here is to observe the play's progression, keeping a keen eye on developing and utilizing the strength of the long suit in the dummy.

By adhering to this advice, you enhance your prospects of success in fulfilling the contract. Bridge, after all, thrives on patience, astute observation, and tactical play. Remembering to prioritize the development of lengthy suits in situations like these can significantly impact the outcome of your game.

Happy playing, and may your bridge games be filled with successful contracts!

BRIDGE RESULTS

Friday, December 15th

- Paula Pendergast Monica Phillips
- Kay Meinhardt Joanne Wills
- 3. Mary Zwirn Mel Zwirn

Monday, December 18th

Afternoon Pairs Section A North-South

- Ed Kavanaugh Fred Bacher
- 2. Adelaide Jared Jay Beatty Section A East-West
- 1. Beverly Platner Brian Platner
- 2. Martha Kavanaugh Pat Richwagen

Wednesday, December 20th

Afternoon Pairs Section A

- Denny Morgan Judie Berry
- 2. Rosemary Jones Joanne Wills
- 3. Martha Kavanaugh Paula Pendergast

4. Jeff Schumer - Charles

Friday, December 22nd

- 1. Ann Petersen Hollis Petersen
- 2. Kay Meinhardt Joanne Wills

Wednesday, December 27th

Afternoon Pairs Section A North-South

- 1. Mary Zwirn Mel Zwirn
- 2. Rosemary Jones Joanne Wills

East- West

- 1. Cynthia Mitchell Betsy Caldwell
- 2. Pat Henry Rosalie Svete

Friday, December 29th

- 1. Joyce Fowler Ted Fowler
- 2. Rosalie Svete Pat Henry
- 3. Mary Zwirn Mel Zwirn
- 4. Beverly Platner George Aronoff





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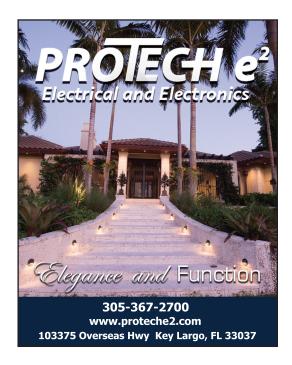
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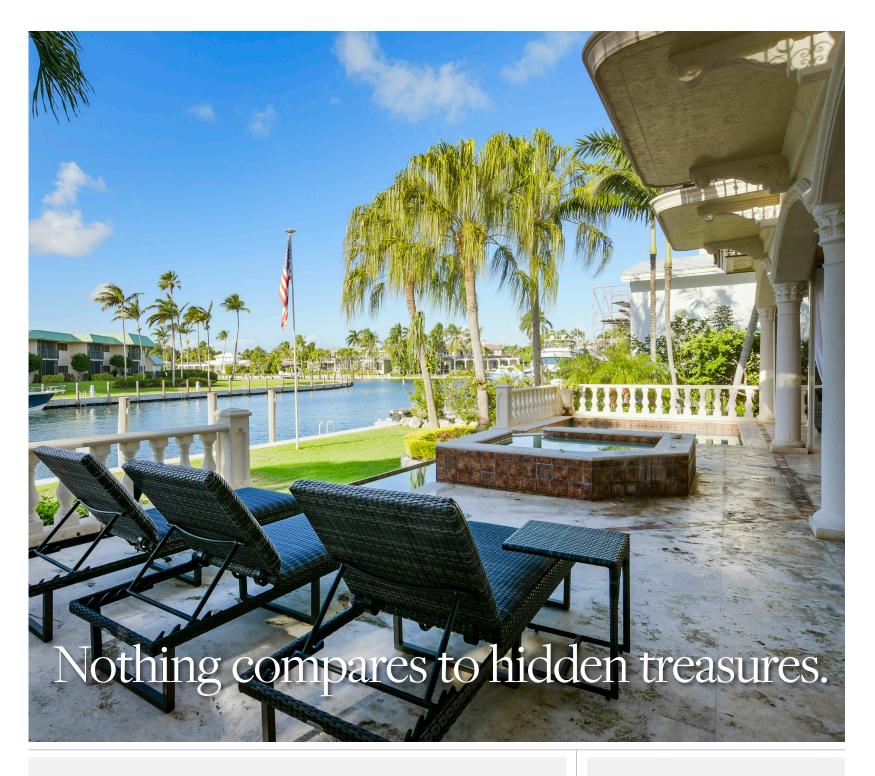
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