

OCEAN REEF PRESS

Vol. 12, No. 15

A Unique Way of Life

February 7, 2025

And the Winners are ...

By Sarah A. Cart

Everywhere you go, Ocean Reef Community Foundation's (ORCF) 18th annual **All Charities Weekend** (ACW, Jan. 31 – Feb. 2) has been receiving rave reviews, from the full house at the gorgeous Silent Auction preview Friday evening and Saturday's bustling midday Burgers, Beer & Bidding, to the stunning Black & White Gala and Live Auction Saturday evening and the Sunday afterglow as people stopped in to pick up their winnings.

Brad Young, who chaired this season's ACW with his wife, **Lori**, opened his welcoming comments at the Live Auction Saturday night by thanking Lori first and foremost as he noted that she has "lived All Charities 2025 for the past year." He went on to explain, however, that after all is said and done, **ACW's true winners are the causes** everyone's dollars support.

"The item or event you win is a *thank you* for your contribution.... [Because] of your generosity ... the heartbeat of Ocean Reef beats not only **INSIDE** our bubble, but ... is felt in our surrounding communities."

In addition to supporting and strengthening the non-profit entities that define The Reef's "Unique Way of Life" (the Medical Center, Cultural Center, Academy, Art League, ORCAT, Conservation Association, and the Chapel and Fellowship Center), ORCF awards dozens of grants outside the gates each year. A decade ago, ORCF (which

Continued On | 8

All Charities Weekend 2025



Mike Berman, ORCF Vice Chairman, with Meg and Pat Shields, 2025 Silent Auction Co-Chairs and 2026 All Charities Weekend Co-Chairs.



Mike Jones, Wine Chair Kelly Jones, and Diane Jones.



Town Hall was filled with energy and bidding at the Live Auction.



Lexus Raffle Winner Bill Legg.



Lori and Brad Young, 2025 All Charities Weekend Co-Chairs.

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See page 5 for details.

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OR "See"



Sunset at Snapper Point, by Dan Attridge.

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

OCEAN REEF PRESS

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Advertising Wednesday the week before publication date at 5 p.m.
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GENERAL INFORMATION

E-mail Updates
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INFORMATION

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NEWS & HAPPENINGS

Census Café

On **Friday, February 14** from 7 to 11 a.m. at Town Hall there will be computer stations available for you to take your time filling out the 2025 Membership Census. There will also be complimentary coffee and some delicious pastries for you to enjoy. If you need any assistance, Associates will be available to help with any questions you may have about the Census.

In addition, for your participation you will receive two entries for weekly prizes such as gift cards, dinner certificates and even grand prizes like weekend passes to the Food and Wine Festival or Holiday Cabana rentals.

Flavors of France Cooking Class

On **Monday, February 10** from 9:30 a.m. - 12:30 p.m., you can enjoy a class with Chef Philippe Reynaud at the Carysfort Kitchen. See dining and cooking in a whole new way as this class will cover the fresh, seasonal and colorful food of regional French cooking.

This class is \$130 per person and you can register by calling Dining Reservations at 305-367-5931.

Hands-on Italian Class

Learn and cook with Chef Betania Salles on **Wednesday, February 19** from 11 a.m. - 2 p.m. at the Carysfort Kitchen. You'll get to learn the art of making fresh pasta dough, tomato sauce, gnocchi, and much more while also taking home a dinner for two.

This class is \$280 per person and you can register by calling Dining Reservations at 305-367-5931.

Gotta Question?

I was wondering if the complimentary coffee served in Town Hall, the Inn Lobby and Member Fitness Center is the same coffee and if it's brewed the same way?

As a matter of fact, all of the complimentary coffee and even coffee served at restaurants around the Club is La Colombe coffee and brewed the exact same way, fresh every morning. Back in 2020, Ocean Reef Leadership along with the Food and Beverage Team decided that La Colombe would be the coffee to go with for the Club as its consistency and rich flavor makes it an all-around favorite.

Any day you'd like, you can enjoy a complimentary cup of coffee at the Front Desk, the Dockmaster's Office, the Clubhouse, Town Hall, the Inn



Lobby, the Tennis & Games Center and the Member Fitness Center. On Saturdays and Sundays from 7 to 10 a.m. you may also go to The Point to enjoy complimentary coffee and danishes.

An upcoming event where you will also be able to enjoy a cup of complimentary coffee and some delicious pastries will be at the **Census Café** on **Friday, February 14** from 7 to 11 a.m. in Town Hall.

For details on the Census Café, see above and page 5.

EDITOR'S NOTE:

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

Frequently Asked Questions: Rock the Block Party

The neighborhood "Rock the Block" parties were initially introduced in 2022 as a way to celebrate Ocean Reef Club's 75/30 Anniversary and are returning again for the third year. If you haven't gotten started yet you can reach out to your Advisory Council representative. If you aren't sure who this is you can look at the listing on pages 16-17 of the 2025 ORCA Directory or the January 24, 2025 edition of the Ocean Reef Press.

In order for your neighborhood to come together and rock your block like it's the 1993 Member buyout, we have answers to the most frequently asked questions about this year's "Rock the Block" parties.

What is the date that the Club is hosting the "Rock the Block" parties? Can we do a different day?
The Club's official date for the block parties is **Tuesday, April**



Rocking the Block on Card Sound Road.

22, the day before the End of Season Thank You Beach Party on **Wednesday, April 23**. However, each neighborhood has the option to select the date that works best for their residents (even if it is not April 22).

How long does the "Rock the Block" party have to be?

The timeframe is entirely up to each neighborhood to accommodate its residents.

What does the Club provide us with? Do we have to pay for anything?

The Club will provide all neighborhoods with tables, chairs, and linen at no cost.

Most neighborhoods choose to host their block party

potluck-style to provide the food and beverages. However, if desired, the Club can also provide catered food and beverages at a cost.

The Club offers three options:

- **Option 1:** The Club will provide tables and chairs at no cost. Your neighborhood will be responsible for all food and beverage.
- **Option 2:** The Club will provide tables and chairs at no cost. Your neighborhood may order food and/or beverages to be delivered by Catering (service not included).
- **Option 3:** The Club will provide tables and chairs at no cost. Your neighborhood may order catered food and/or beverages with bartenders

and/or banquet servers included.

What do we do if our neighborhood does not have an Advisory Council representative?

For neighborhoods that do not have a Member representative on the Advisory Council, any Member (or group of Members) from the community can volunteer to head the planning effort.

Who do we contact for help with planning our "Rock the Block" party?

If you are ready to start planning your block party, you can contact the Member Events team at 305-367-5874 or memberevents@oceanreef.com.

GAME ON! JOIN US FOR THE SUPER BOWL

The Super Bowl is this **Sunday, February 9** and your favorite Reef restaurants are offering specials to help you get in the game.

Reef Eats

Hosting a Super Bowl party at home or even looking for some of your favorite game-day food items but don't want to go out? Reef Eats has you covered. With classic offerings like a Wing Sampler, Slider Pack or even a Pizza Pack, there's something for everyone. Pre-order today by calling 305-367-5898. Open Sunday for breakfast 7 a.m. to 12 p.m. and dinner 5 to 10 p.m.

Burgee Bar

In addition to the already delicious Pot Pie, specials at the Burgee Bar will include the Mini Philly Cheesesteak Rolls Shaved Ribeye, Kansas City BBQ Flatbread and Brown Butter Blondie Sundae. The full menu and specials are also available for take-out! Open for dinner from 5 to 10 p.m. and cocktails from 5 p.m. to midnight.



POP UP! ANGEL'S ENVY TASTING WITH MASTER DISTILLER OWEN MARTIN

**Wednesday, February 12
4-6:30 p.m. at the Spirits Bar**

Meet Owen Martin, Master Distiller for Angel's Envy Bourbon, and taste Angel's Envy Triple Wood and Ocean Reef Clubs Angel's Envy Batch #4 and #5. Purchase bottles and have them signed by the Master Distiller.
Complimentary



Master Distiller Owen Martin.

BE A PART OF THE TRADITION

Raise your hand for one of your CLUB COMMITTEES

Committee service is one of our great traditions at Ocean Reef Club and perhaps one of the most important. We are member-owned and member-driven which allows us to create, enjoy and evolve our Unique Way of Life.

ADVISORY COUNCIL

Represents the various neighborhoods of Ocean Reef and brings issues, policies, concerns, accomplishments and recommendations to the table, as voiced to them by their peers. They also are brought up-to-date on the Club's and ORCA's affairs. Selection is based on area of residence.
Meetings per season: 2



AIRPORT

Reports on the use of the ORC Airport, programs to enhance the member experience and the condition of the related equipment and facilities.
Meetings per season: 3

AUDIT

Audit Committee should be an informed, vigilant and effective overseer of the financial reporting process and the Club's internal controls.
Meetings per season: 2

CARD & GAMES

Consults and advises on matters concerning Club operations involving bridge, mah jongg, canasta, and other game activities.
Meetings per season: 3

CROQUET

Advises the Board on matters concerning croquet activity at Ocean Reef Club.
Meetings per season: 3

FINANCE

Assists management in preparing a five-year operating pro-forma and is responsible for maintaining capital budgeting process, establishing monitoring/control and reporting criteria to the Board.
Meetings per season: 5

HOUSE & GROUNDS

Advises the Board on matters of style and taste concerning decorations, landscaping and alterations, and new project designs.
Meetings per season: 2



MARINE ADVISORY

Advises Board on matters concerning marine activities, operational rules for Members and guests and environmental issues at Ocean Reef Club and surrounding areas.
Meetings per season: 2

MARKETING

Defines the marketing and communications "vision" for Ocean Reef Club and reviews and insures its application across all marketing objectives, strategies and creative platforms targeted towards prospective members.
Meetings per season: 3



MEMBERSHIP

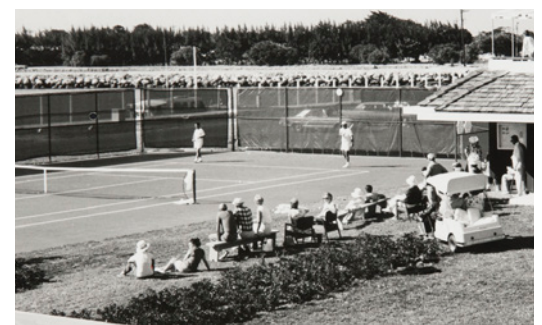
Reviews and recommends action to the Board with respect to Club membership and member conduct.
Meetings per season: 5

PICKLEBALL COMMITTEE

Advises on matters of rules, programming and events related to Pickleball activity at Ocean Reef Club.
Meetings per season: 3

SOCIAL COMMITTEE

Advises and consults with Ocean Reef Member Events on existing and potential new events where no other committee is in place.
Meetings per season: 5



TENNIS

Advises on matters of rules for Members and guests related to the operations of the Tennis Center.
Meetings per season: 3



OCEAN REEF CLUB®
A UNIQUE WAY OF LIFE

KEY LARGO, FLORIDA

Please contact Luann Lowen at 305-367-5817 or lloven@oceanreef.com for a questionnaire.

Questionnaires must be submitted by March 15.

Memberabilia

WHY I HATE RESPONDING TO SURVEYS

... and why I am making the Ocean Reef Membership Census an exception



by Joan Birsh

Yep! In spite of my genuine dislike for filling out forms, I am now convinced that the Ocean Reef Membership Census, which will be in your email mailbox on **February 12** (or a day or two after) is worth my time and trouble. Note: This is the second time I recently had to shed my strong convictions. The first was when I was beguiled by Daisy Mae, a cavapoochon, to abandon my lifelong position as "a non-dog person."

Do your duty....

For many of you, who enjoy puzzles and don't freeze (like

I do) when asked a direct question, checking all those boxes on the survey on what you like or don't like about Ocean Reef might be fun. For the rest of us, I now believe filling out that survey is an important obligation.

I have participated in enough discussions over a glass of wine at the Reef Lounge, or canasta at the Card & Games Room, or a hamburger lunch at the Raw Bar, etc. to know that many of you have specific complaints or high praise for the "goings on" at Ocean Reef. "But no one is listening!"

Well, what inspired my reaction to the Membership Census was that it might be one way we can be heard by the Board of Directors and the Management team that run the Club.

Board Chairman **Charlie Johnston** confirmed that opinion at the last Town Hall meeting when he said – "The Club's Census is probably the single most important strategic tool that the Board uses on an ongoing basis, setting the tone for what we need to do as a Club."

What to expect....

I won't lie to you, the questionnaire is long and a little complicated. But don't look at it as if you are taking

the SAT's and the wrong answers might mean missing a shot at the college of your choice. You can skip questions or save your progress and take a break (although you can't change your answer, once you have entered it on your favored electronic device). And if you aren't sure of a date or number requested, just give an approximation or leave it blank.

Should you, for example, check "expensive" or "outdated" in a multiple-choice question on an overall opinion of the Club, be assured that the Club will never see your answer. All individual responses are anonymous.

How does it work

If you have an image of a lot of weary Ocean Reef employees counting and analyzing the Census surveys, not to worry. Although the Club Board and OR executives are involved in creating the questions, the responses are collected by an independent and highly qualified research firm that organizes the data and presents it to the Club for review. The aggregate of the anonymous responses gives the big picture of how the Ocean Reef Members perceive their Club and what direction they would like it to take in the future.

Signs of things to come

What will the ORC Census tell us about the present and the future of the Ocean Reef Club?

We will know the answer to that question, once all the information has been scanned and analyzed by the outside Census company. Then it will be turned over to the Board and the Club's President Alex Tonarelli, who will read it and discuss it, as if it were they were working for As on their report card.

The three previous Census surveys (2010-2015-2020) proved to be a tremendous help in the decision-making of the volunteer Board of Directors and the experienced professional staff who run the Club.

In 2010 the focus on health brought us the Fitness Center; in 2015 the concern about parking resulted in the parking garage for associates; the importance of golf, as reflected in the Census, helped solidify the decision to build a new clubhouse in 2020.


Last Word

In 2010, when the first Census appeared, I discovered my husband Arthur diligently filling it out. I asked him why he was bothering. His reply: "Because, my dear girl, it is our money they are spending and I want to do what I can to help them spend it wisely."

2025

CENSUS


Cafe



Join us and take the Census!

FRIDAYS:
FEBRUARY 14 & FEBRUARY 21
7-10AM • TOWN HALL

Receive two entries to the weekly prize drawing!



SHAPE YOUR CLUB

OCEANREEF.COM/CENSUS

- Complimentary specialty coffee & pastries •
- Seated computer stations available or bring your own device •
- Associates on-hand for assistance •

ORCA NEWS

It's Back! Catwalk Fur a Cause

The wait is over—Catwalk is back! Join us for an afternoon of style, socializing, and support for a great cause at the Catwalk Fashion Show and Luncheon on **Monday, February 17**. But that's not all—this year, you can get a head start on shopping!

For the first time, the Neiman Marcus pop-up boutique and Catwalk raffle tables will open a day early on **Sunday, February 16**. Whether you're looking for the perfect outfit, dazzling accessories, or a special treat for yourself, this exclusive early access will give you the chance to shop before the excitement of the main event.



Neiman Marcus Pop-up Boutique
Where: Town Hall
When: Sunday, February 16 | 2 – 6 p.m. and Monday, February 17 | 10 a.m. – 4 p.m.
Tickets and sponsorship

opportunities are available now! To reserve a table or purchase individual tickets, go to bit.ly/Catwalk2025 and complete the RSVP form. The Catwalk committee wishes to thank the generous sponsors who have made the event possible.

Printed invitations and RSVP forms are available at the Grayvik Animal Center. For more details, email catwalk@orcareef.com or call 305-367-6309 and leave a message.

Funds raised during Catwalk benefit ORCAT, Inc., the community's nonprofit Trap-Neuter-Release (TNR) program. ORCAT ensures that feral (working) cats receive proper care and find loving homes.

We can't wait to celebrate with you while supporting the Grayvik Animal Center, home of ORCAT.

20TH ANNUAL CATWALK FASHION SHOW & LUNCHEON

Catwalk Fur a Cause
Monday, February 17
Ocean Reef Town Hall
at noon

To reserve a table or purchase individual tickets, go to bit.ly/Catwalk2025

Editor's note: In last week's edition, ORCA's article "Monroe County Property Appraiser Engages ORCA Members in Presentation" misstated that the Property Appraiser would review property *taxes* that have increased by more than 10 percent. It should have stated that the Appraiser will look at property *assessed values*.

Fairway Lakes Unit 48B



Ocean Reef Club Vacation Rentals

Angelfish Cay Unit 18A



405 Carysfort Road



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.

- 10% discount on all club food, beverage and retail outlets
- Front desk services open 24/7 for convenient check-in
- 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.



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KEY LARGO, FLORIDA

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To add your home to our vacation rental portfolio, please contact VacationRentals@oceanreef.com.

ORCA NEWS

Protecting Your Pet: Navigating Canine Respiratory Infections

By Dr. Lora Cummings, Grayvik Animal Center

Although respiratory illness can occur anytime of the year in our pets, this is the season when canine respiratory infections tend to rise. These illnesses can spread quickly, especially in environments where dogs come into close contact, such as dog parks, boarding facilities, and grooming centers.

To help protect your furry companion:

1. Avoid high-risk areas where

dogs congregate, particularly if your pet is elderly, very young, or has underlying health conditions.

2. Ensure your pet's vaccinations are current. While vaccines do not prevent all respiratory infections, they can reduce the severity and spread of certain illnesses.
3. Monitor your dog for coughing, nasal discharge, lethargy, or difficulty breathing. If your canine companion shows any of these signs, please keep them quarantined from other dogs and consult your veterinarian.

Protecting your companion and preventing the spread of infection starts by staying informed and vigilant.

Consult your veterinarian if you have any questions about keeping your pet healthy during this time of increased risk.

False Alarm Sparks Concern During Radiological Drill in Monroe County

On Tuesday, January 28, Monroe County Emergency Management conducted a routine radiological drill to assess response capabilities for potential incidents. However, an inadvertent mass message falsely declared an emergency at the Turkey Point Nuclear Plant, causing significant alarm among Ocean Reef residents due to the community's proximity to the facility.

Monroe County swiftly corrected the error with a secondary message clarifying that the initial alert was a false alarm. While the quick response helped alleviate concerns, the incident has prompted questions about communication protocols and measures to prevent similar occurrences.

As a critical element of emergency response, ORCA's

Public Safety Department has a specialized plan in place. Its Communications Center (Dispatch Room) features a dedicated direct line to Turkey Point Nuclear Plant for use during emergencies. In addition, the ORCA Member Directory (see pages 28-29) provides instructions for sheltering or evacuation when necessary.

To discuss these measures and address Member concerns, ORCA will host a Member Presentation to discuss its response plan in the event of a radiological emergency at Turkey Point. The forum will be held on **Wednesday, February 12** at 1 p.m. in the Ocean Reef Cultural Center, and will cover preparedness, address concerns, and offer a better understanding of the community's safety protocols. More details will follow soon.

ORCA and Monroe County remain committed to ensuring the safety and well-being of the community and will continue to work collaboratively to review and strengthen emergency protocols moving forward.

Ocean Reef Club | Sotheby's INTERNATIONAL REALTY



A unique way of living

DS-16 | Floating Dock | 75'+ T-Head | \$5,250,000 | 2762

Jay Rourke | 786.493.8105 | Megan Lyons | 786.201.5265

CS-1 | Seawall Dock | 65' Dockage | \$4,500,000 | 2745

Mary Lee | 917.603.3252

DS-11 | Floating Dock | 90' Dockage | \$3,395,000 | 2438

Eric Woodward | 305.394.4461

DS-19 | Floating Dock | 80' Dockage | \$3,550,000 | 2789

Helena Morton | 305.522.2196

AS-13 | CONTINGENT | 48' Dock | \$1,250,000 | 2720

AS-16 | Gatehouse Dock | 48' Dock | \$1,595,000 | 2718

Cassy Everhart | 305.522.2332 | Morgan Smith | 305.321.1143

HS-11 | Floating Dock | up to 80' Dock | \$3,875,000 | 2785

AS-23 | Gatehouse Dock | 60' Dock | \$1,650,000 | 2727

Russell Post | 305.451.8199 | Molly Taylor | 508.524.4633



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Ocean Reef Business Center | Fishing Village

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

And the Winners are . . .

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celebrated its 30th anniversary in 2024) funded 31 projects and programs focused on youth, education, community, and health and family services for our neighbors in Key Largo, Homestead, and Florida City; by 2024, that number had nearly tripled, to 91; tremendous gratitude is due to the members of ORCF's Grants Committee and the committee's chair, **Janie Sims**, for the tireless research and devotion necessary to facilitate that funding.

In the beginning: Throughout the weekend, the Carysfort Ballroom dazzled thanks to Silent Auction chairs **Meg and Pat Shields** and their committee who succeeded brilliantly in expanding the occasion with new items and experiences.

And the lobby was a hive of activity as well with more

Members than ever taking advantage of opportunities to talk with representatives of **All Charities' Preferred Partners** (Baer's Furniture, Baptist Health, Barton and Gray Mariners Club, Haute Explore, Lampert Jewellers, Lexus of Kendall/ Lexus of West Kendall, Marsh McClennan, Mary & John Lee's Fine Wine Society, NetJets, Northern Trust, Ocean Reef Club Sotheby's, Seaborne Cruise Line, Somerset Charters, and new this season, Ethan Dupree's Burgundy House). As **Michael Berman** in his capacity as Vice Chairman of ORCF and Chairman of the Medical Center Foundation pointed out, those partners help underwrite and produce ACW; their steadfast support, through their cash and auction item donations, ensure that ORCF can distribute to non-profits *100 percent of the donations Club Members make to the Silent and Live Auctions.*

Auctioneer David Goodman was once again in fine form as he inspired Gala attendees to raise their paddles high and

often throughout the evening. The Raise the Paddle finale, a testament to the **limitless generosity** of our community, raised over a million dollars - all of which is earmarked to make an impact beyond the gates.

The crowd eagerly joined in the excitement of the "Heads or Tails" challenge, and in the end **Tom Davidson Jr.** emerged victorious, taking home a brand-new Apple Watch as his prize. And as the evening reached its grand finale, cheers erupted as **Bill Legg** was announced as the lucky winner of the stunning 2025 Lexus RX 350.

One of the weekend's most heartfelt moments was hearing the many cherished memories shared about Sam Friedman as Members eagerly signed up for his Inaugural Cajun Birthday Celebration. Known for his generosity and legendary parties, Sam's spirit will live on thanks to his wife **Edwina** and the **Friedman family.**

Lost and found: Richard Weinstein, ORCF's president and COO, observed that over

the years, there have been multiple stories of items lost at ACW (everything from a sentimental ring to a stone from an heirloom piece) that have brought people together as they've searched, and FOUND (laughing and rejoicing), the missing keepsake. But too, he notes, there's a larger picture: when life's challenges have threatened a loss of dignity and balance for those living in our neighboring communities, the monies raised via ACW have made it possible for ORCF to help them find their way to a gentler future.

Looking forward: Having chaired this season's Silent Auction, Meg and Pat Shields now step up to chair ACW 2026 as **Patty** and **Tom Davidson** settle in to chair the 2026 Silent Auction and then chair ACW 2027.

Details about the total raised will be available in a few weeks, but there is no doubt the funds raised will fuel miracles.

Thank you, Ocean Reef.

Ocean Reef Art League

Members New Works Show Opening Reception & Awards Ceremony

Tuesday, February 11th • 5-7PM



Dive into a world of artistic brilliance at the Ocean Reef Art League Show! Submit your artwork on February 6th from 10 a.m. to 4 p.m. and February 7th from 9 a.m. to 12 p.m.

Cast your vote on February 10th from 9 a.m. to 4 p.m. and join us for the reception and awards ceremony on Tuesday, February 11th. All mediums welcome!

Please call The Art League 305-367-2359 or email artleago@bellsouth.net for more information.



ALL CHARITIES

The Heart of Ocean Reef

*January 31 - February 2,
2025*

2025 ALL CHARITIES WEEKEND, THEMED "LIMITLESS," SHOWCASED THE UNPARALLELED GENEROSITY OF OUR ORC MEMBERS. KICKING OFF WITH FRIDAY'S SILENT AUCTION AND WINE & BOURBON TASTING, THE FESTIVITIES CULMINATED WITH SATURDAY NIGHT'S GALA AND LIVE AUCTION, TRANSFORMING LIMITLESS POTENTIAL INTO IMPACTFUL REALITIES FOR OUR LOCAL NON-PROFITS, HERE AT THE REEF AND IN OUR SURROUNDING COMMUNITIES.



Bill Wonfor and Kathy White.



Patty and Tom Davidson, Jr., 2026 Silent Auction Co-chairs and 2027 All Charities Co-chairs.



Cheryl Weiss and Carol Roaman.



Ray and Mary Ann Larkin, Kathy and John Weiland, and Paul Bishop.



Auctioneer David Goodman.



Terry and Ned Ferrarone.



Janet and Scott McFarlane.



Alexis and Alex Rogers.



Pete and Jackie Cerar.



Annual game of Heads or Tails.

Tailored to your lifestyle



30 Halfway Road

Golf Homesite | \$8,250,000 | 2766
Jay Rourke | 786.493.8105
Megan Lyons | 786.201.5265



19 Halfway Road

Golf Homesite | \$7,295,000 | 2711
Russell Post | 305.451.8199
Molly Taylor | 508.524.4633



NEWLY LISTED

185 South Harbor Drive

6 BD, 5F/2H BA | \$7,200,000 | 280
Jay Rourke | 786.493.8105
Megan Lyons | 786.201.5265



29 Baker Road

4 BD, 4.5 BA | \$6,995,000 | 2332
Eric Woodward | 305.394.4461



NEWLY LISTED

36 Thatch Palm Way

4 BD, 5.5 BA | \$5,895,000 | 2808
Jay Rourke | 786.493.8105
Megan Lyons | 786.201.5265



39 Thatch Palm Way

5 BD, 5.5 BA | \$5,500,000 | 2661
Cassy Everhart | 305.522.2332
Morgan Smith | 305.321.1143



36 Bay Ridge Road

3 BD, 3 BA | \$5,450,000 | 2772
Mary Lee | 917.603.3252



NEWLY PRICED

3 Spray Road

3 BD, 2 BA | \$5,300,000 | 2782
Helena Morton | 305.522.2196



41 South Bridge Lane

3 BD, 2 BA | \$4,750,000 | 2775
Patti Furneaux | 305.321.3156



23 Tamarind Lane

3 BD, 3 BA | \$4,695,000 | 2640
James Morrison | 305.393.3407



6 South Harbor Drive

3 BD, 2.5 BA | \$4,500,000 | 2672
Amy Fernandez | 305.979.9646



7 Perky Road

Homesite | \$3,995,000 | 2800
Russell Post | 305.451.8199
Molly Taylor | 508.524.4633



Pumpkin Key Private Island

26-ACRES | BAY FRONT
PRIVATE ISLAND
\$75,000,000 | 2670

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2 BD, 2 BA | \$3,795,000 | 2732
Cassy Everhart | 305.522.2332
Morgan Smith | 305.321.1143



Fisherman's Cove 28B

2 BD, 2 BA | \$3,575,000 | 2709
Jay Rourke | 786.493.8105
Megan Lyons | 786.201.5265



NEWLY LISTED

Pumpkin Cay 18A

2 BD, 3 BA | \$3,250,000 | 2806
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Morgan Smith | 305.321.1143



NEWLY PRICED

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2 BD, 2 BA | \$3,150,000 | 2682
Daisy Gonzalez | 305.904.6223



Pumpkin Cay 32B

2 BD, 3 BA | \$3,050,000 | 2799
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2 BD, 2 BA | \$2,995,000 | 2810
Bill Dickinson | 305.304.8311



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Angelfish Cay 21A

2 BD, 2 BA | \$2,950,000 | 2641
Mary Brady | 201.303.2052



Angelfish Cay 14B

1 BD, 1 BA | \$2,800,000 | 2534
Rick Romeo | 304.667.7896



Fairway Lakes 41B

2 BD, 2 BA | \$2,650,000 | 2807
Eric Woodward | 305.394.4461



Residence Club 119

1 BD, 2 BA | \$2,600,000 | 2792
Helena Morton | 305.522.2196



Residence Club 105

1 BD, 2 BA | \$2,475,000 | 2793
James Morrison | 305.393.3407



Angelfish Cay 76B

1 BD, 1 BA | \$2,375,000 | 2797
Karyn Thiele | 305.394.4185



NEWLY PRICED

Angelfish Cay 38B

1 BD, 1 BA | \$1,750,000 | 2738
Parris Everhart | 305.522.2738



CONTINGENT

Angelfish Cay 72B

1 BD, 1 BA | \$1,690,000 | 2636
Mary Brady | 201.303.2052
Contingent by:
Jay Rourke | 786.493.8105
Megan Lyons | 786.201.5265



20 Questions: Reef Edition

Round Four



by Felicia M. Koretsky

Hey Reefers, it's Round Four of 20-Questions, our monthly in-season game filled with fun and interesting questions, word problems, and True or False stumbers. Grab a pen and see just how many of the following 20 questions you can answer correctly:

1. What age group boasts the highest number of Equity Members? (A)50 to 59 (B)60 to 69 (C)70 to 79 (D)80 to 89.
2. What are the names of the two pools at Buccaneer? (No, not adult and kids).
3. Which two departments tie in first place for having the highest number of associates who've been with the Club for 30-plus years?
4. This is the most frequently ordered menu item from Reef Eats?
5. A friend wants you to meet them at the Raw Bar for lunch. You are on foot walking at a 15-minute mile pace. What time should you leave to get there by Noon if you're currently at The Inn?
6. The Tennis and Games Center boasts how many pickleball and how many tennis courts?
7. The Recreation Team distributed this many blue-and-white towels on a single busy day during the holidays.
8. These are the most popular and least popular produce items sold at the Farmer's Market.
9. How many non-food and

10. beverage outlets are there in the Fishing Village? (A)7 (B)18 (C)25
11. If you want to play billiards at The Reef, where would you go?
12. You are walking into Wynn's-what side of the entrance door do you go to grab a clean cart?
13. You're craving a burger at 1 p.m. on a Sunday, how many outlets at The Reef could you order one from?
14. What is the most common non-food non-beverage item bought at Wynn's?
15. True or False. Mic O'Keeffe was once a dolphin trainer at ORC and Sonny Vasquez's former job responsibilities included overseeing elephants.
16. True or False. Bob Ecuyer was the Club's first director of tennis.
17. What was the original name for the Buryee Bar?
18. How much did Miami architect Chris Fergis charge to design the Ocean Reef Art League building in 1984?
19. What was the name of the boat whose aboard owner Members won the first-ever Reef Cup Sailfish Tournament?
20. True or False. There are 45 Equity Members aged 90 or older.
21. What state's former governor spent his honeymoon in Ocean Reef?

Answers

1. B
2. Tomato/Okra
3. if laid end to end - longer than our 5k runs!
4. 18. Nancy and Bill Rathel's Buckalot
5. 19. False. There are 73 Equity Members aged 90 or older.
6. 20. Alabama. Former governor George Wallace honeymooned at ORC.
7. 3,500 (Equals 3.3 miles long)
8. Nine of each
9. 11:45 am
10. Orange chicken
11. Housekeeping
12. Golf Course Maintenance and (Kids)
13. Tarpon (Adult) and Snapper
14. False. It was Mic who oversaw the elephants at a resort in Thailand and Sonny who trained dolphins at ORC.
15. Dr. Juan Weiss.
16. Mike's Buryee Bar (for Chicago restaurateur Mike Zayokin who helped open it in 1983).
17. He did not charge for his design services.
18. Nancy and Bill Rathel's Buckalot
19. False. There are 73 Equity Members aged 90 or older.
20. Alabama. Former governor George Wallace honeymooned at ORC.
21. Four: Beach Grill, Palm Court, The Grill Room, and The Raw Bar

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Daisy Elwick, Au.D.



Natalie Crespi, M.A., CCC-A



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CALLING ALL MEMBERS!

Different from the satisfaction survey, the Membership Census takes place every five years and goes well beyond your daily Membership experience. Expect your Census to arrive via e-mail next week. It will take about 30-40 minutes to complete, so be sure to register at the end for weekly prize drawings. Don't miss your chance to be heard!

Short Takes



by Winston Baxter

Yikes. I am falling in love with a human. Well, actually that's not too unusual, I guess I'm just a romantic. Of course, I love my Mom and Dad and the rest of my Pack. And the **Castellanos** Pack with Cat and Moose, and the **List** Pack with my sweetie Lizzie. It's wonderful to be surrounded by family. I also love Lora Cummings, our gentle Grayvik Animal Center veterinarian, but everyone loves Dr. Lora. And Kaela, my sweet Grayvik groomer, even though she blasts me with the hair dryer until my ears stand straight up and my lips wobble all over like Mick Jagger.



The special "Katie drawings."

Now someone else stands out for her kindness. The new object of my affection is Kateleen, the ray of sunshine who brightens every morning at the Gift Shop. Part of our (Dad and me) daily Golf Cart Patrol is a stop at the Gift Shop to get our newspapers. Kateleen makes me feel like her smile is just for me. She always has our newspapers and "Times Digest" ready in an Ocean Reef bag. She randomly adds little "Katie drawings" of palm trees, sailboats, dog cartoons and paw prints with secret messages only I can decipher. She is always cheerful and nice to everyone, but I blush when she tells me I am her favorite dog. Yikes. What a great way to start the day.



Kateleen from the Gift Shop always making me blush and my mornings better.

Grill Room Special Menu

In other breaking news, last week Mom and Dad tried the newly added Friday special at the Grill Room – Chef Romane's smoked BBQ. The BEST part was they brought home some leftovers for me. Dad ate all of his baked beans, slaw, and cornbread, but got some extra ribs for a "doggy bag." What a delightful concept. Meaty, juicy, tender and delicious, the ribs fall off the bone with a mere nudge – no messy paws. I am happy to award my seal of approval. Other daily specials

include: Shepherd's pie Monday, Asian Tuesdays, Wednesday Fajita Night, and Thursday Thanksgiving Dinner. All very popular. Then there is Executive Sushi Chef Eric Andreu at the Islander...

Sea Urchin. Really?

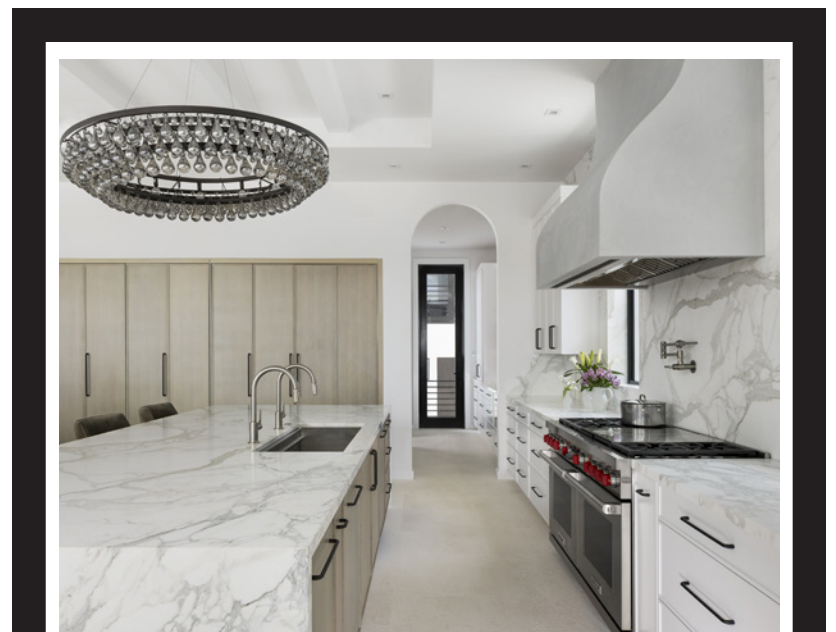
My Dad came home from New Year's Eve mumbling about "Uni." This was Greek to me (actually Japanese). After listening to the conversation, I finally formed a vague understanding of the curious excitement. Chef Eric is trying to broaden my Dad's horizons about sushi. (This cannot be an easy assignment!), so Mom and Dad went to the special New Year's Eve Dinner at the



Worth its weight in gold. A package of Hokkaido Uni flown in fresh from Japan.

Islander. It was a fabulous, sold-out seven-course celebration. One course my Dad raved about was Eric's terrine of foie gras and uni. This was when he learned that uni is sea urchin, those ugly black spiny orbs that you try to avoid when snorkeling. Uni has long been considered a gourmet indulgence in Japan. Its texture

is smooth and buttery, with a light, sweet, somewhat briny flavor. Eric brilliantly layered it with foie gras for his terrine, and offers uni at the Sushi Bar in several versions of sashimi. He flies Hokkaido uni fresh from Japan, a unique Sushi Bar treat. I am too short for the stools or I would be there tonight.



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Proposed for Membership

Through Feb. 13, 2025

The following individuals are being considered for Ocean Reef Club membership. Direct communication concerning these nominations to Vice President of Membership, Islande Dillon, at 305-367-5921 or idillon@oceanreef.com.

Equity Membership

Meghan & James McManus are Social Members applying for Equity Membership. Mr. & Mrs. McManus are purchasing 311 Carysfort Road from Peter Boylan and the equity from the resale list. Mr. & Mrs. McManus are residents of Jupiter, Florida. They belong to Trump National Jupiter. Their sponsors are Richard Chanin, Jill and Chris Gallagher, Louis Wolfson, and Joan Conley on behalf of the Board of Directors.

MEMBER NEWS



Kelsey Kershner, niece of Tim and Jen Dagit, grew up coming to ORC with her family. Through her older brother, Bruer Kershner, she would meet her now husband, Dan Carr, seven years ago at a Super Bowl game. It all came full circle when Dan proposed on the docks at the Fishing Village on a Christmas morning and they recently got married on January 11 in the Bahamas. Congratulations!

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The Votes are in...



by Sean Carroll,
Director of Beverage

Of the many wonderful events that take place during All Charities weekend one of the Member's favorite is voting on what new wines will be featured property wide on all wine lists. As in year's past there were 10 white wines and 10 red wines to choose from. It was a wonderful turnout last Friday, keeping up with Ocean Reef traditions. So here are your 2025 All Charities Wines:

2022 Whitehall Lane Sauvignon Blanc, Napa Valley, California

In 1993, the Leonardini Family purchased the Whitehall Lane Winery estate. They updated

the winemaking and barrel aging program and introduced a scientific approach in the vineyards. The winery now owns eight prime vineyard properties totaling more than 200 acres that are the cornerstone on which the wines are made. They include two vineyards in the St. Helena Appellation, three vineyards (including the winery) in the Rutherford Appellation, one vineyard in the Oak Knoll District of Napa Valley, one in Sonoma Valley and more recently a vineyard in the Petaluma Gap Appellation. All vineyards are farmed utilizing sustainable green practices to produce the finest grapes and all wine is made at the winery in St. Helena. The 2022 Sauvignon Blanc offers a great deal of complexity. On the nose, it evokes white peaches, golden delicious apples, sultanas, lemon zest and a hint of lemongrass. Though crisp up front, the mid-palate offers a medium-

bodied texture. Its flavors include Gravenstein apples, Bartlett pears, yellow nectarines, baked apple crisp, brioche and a touch of marzipan. The finish has beautiful length with fresh acidity and subtle toasty notes.

2020 Smith & Hook Cabernet Sauvignon, Paso Robles, California

From its namesake vineyards, planted on former horse and cattle ranches near the rugged Pacific shoreline, Smith & Hook has been crafting robust wines for over 45 years. They work with small, like-minded growers in warmer areas along California's craggy coastline – in Arroyo Seco, Paso Robles, San Antonio Valley, Hames Valley and San Benito – to deliver a signature style of robust, richly layered wines. Fruit for this wine is sourced from Truesdale vineyard in Paso Robles. The well-drained arbutus and sandy loam soils combined with the vineyard's deep inland location at 1,560 ft elevation and south-facing slope create the ideal terroir for intensely flavored

wines with depth of flavor, excellent structure and naturally balanced acidity. A deep purple-ruby in the glass, this wine is fragrant and beautifully defined on the nose with aromas of macerated dark cherries, rich cassis, and candied violets which are further complexed with plum, dried herbs and cedar forest floor accents. The palate is vibrant, bursting with black and blue fruits, plum flavors, along with notes of warm fig and dark chocolate shavings. This wine is creamy textured, with seamlessly integrated fine tannins and brisk minerality that brings together all the layers in a long succulent finish.

These wines will be making their debut in all outlets in the next couple of weeks as we get new wine lists printed throughout property. As always, they will be in Port O' Call Wine and Spirits as well.

"Every bottle tells a story, a tale of terroir and craftsmanship."

Cheers!



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Mention Ocean Reef® and 20% of your purchase will be donated in your name to **Ocean Reef All Charities.**



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Arts & Crafts • Food • Bar • Live Music
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12PM • Color Analysis Presentation
1PM • Outdoor Fashion Show

– AT R.F. ORCHIDS –
12PM • Cut Flower Demo
2PM • Orchid Demo

Details: 305-367-6516



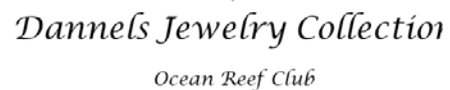
A Note from Ocean Reef Chamber President – Brad Copeland

Thank you to everyone who helped make this year's All Charities weekend a success. It's always inspiring to see this community come together to support such an important cause. After nearly 40 years at Ocean Reef, I've seen time and again how generosity is at the heart of this place. From my parents' involvement as Patron Members to my own roles as President of the Ocean Reef Chamber and owner of Going-Aire, I've watched this community step up in ways that make a difference. Through my work with The Florida Keys Children's Shelter, The Academy at Ocean Reef, and New Hope CORPS, I've also seen firsthand the impact this kind of giving has on those who need it most.

This event wouldn't be what it is without the businesses that go above and beyond to give back. Reef Landscaping donated a full year of pest and disease control, and RF Orchids and many other generous businesses contributed items that helped make the silent auction a success. Marine Max Ocean Reef took care of boat owners with a dual-engine 100-hour service, while J.McLaughlin offered a private shopping experience. Pilates in Paradise donated an Introductory Package, and Ooh La La gifted a Day of Bliss. Dannels Jewelry, as always, provided beautiful pieces for auction.

We had so many Chamber Members donate, it's impossible to mention them all, but I want to give special thanks to BIA Insurance, Innovative Technology Solutions, APoint Construction, Turk Builders, Fantastic Endeavors, Ocean Reef Sotheby's, Swenson & Ecuyer, First Horizon, Protech E2 and The Cetta Group, among many others. Your continued generosity helps make this event such a success each year. A special thanks to the staff who put in the long hours to make everything run smoothly. Once again, I appreciate each and every one of you who played a part in making All Charities possible.

This community is what makes Ocean Reef so special.



APOINT CONSTRUCTION



Lighthouses Described, Part II

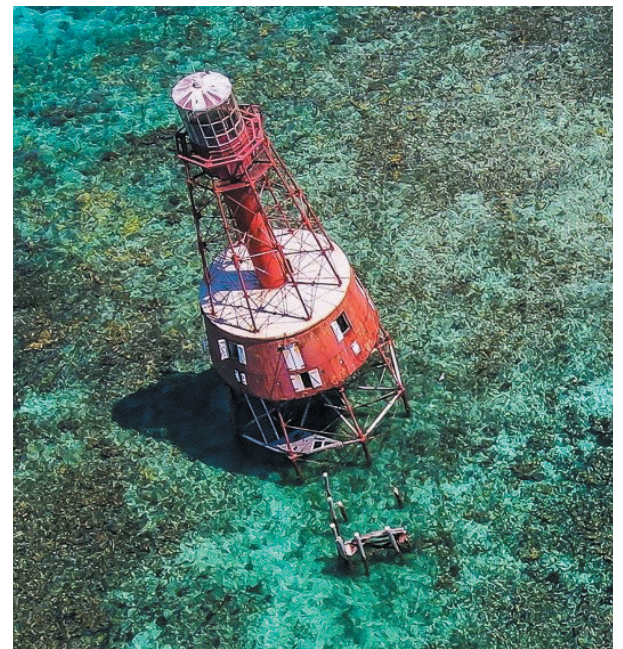
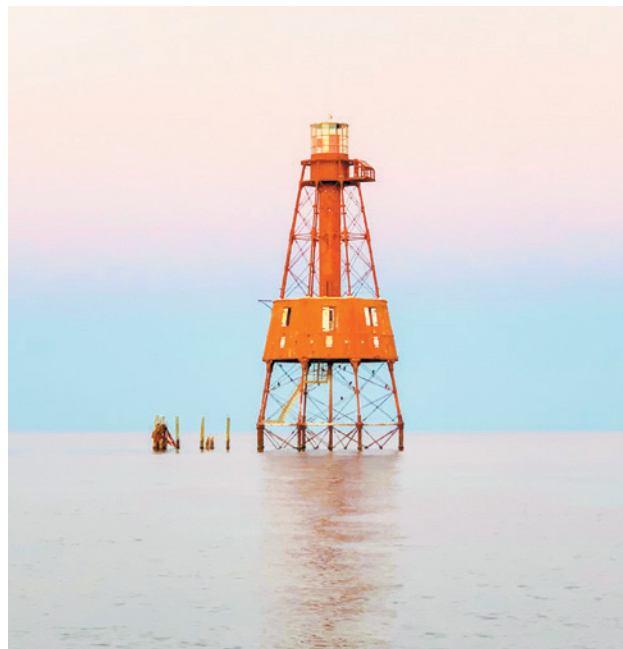


by Jim Leenhouts

From baby to youngster, I spent many hours happily listening in a warm crib or, later, my bed, to the two deep bass notes of the mighty foghorn associated with the lighthouse at the very tip of Michigan's little finger 13 miles away from me. The Grand Traverse Bay Lighthouse marked, in addition to the land itself, the start of a very dangerous area of wreck-strewn islands, shoals and reefs and lighthouses through which a large percentage of US freight passes as iron ore to steel mills near Chicago and heavy vessel traffic to and from Europe and Canada that is sent nautically into midwestern United states.

When rain, mist or fog would obliterate the light to less than 1000 yards, an iron ore carrier or most freighters needed to execute an emergency, almost impossible, 90 degree turn when depths decreased to avoid a grounding on the limestone rocky shoals that only a foghorn could have warned. This increased lighthouse utility identification via sound, but groundings still continued only partially abated.

At bicycle age, I could visit the lighthouse and pretend I was a favorite of the keeper who led me through his well-equipped family home on the first floor that had a wood stove galley, bedrooms and a cranked-to-call telephone as the only contact with the public world. The foghorn building had low-frequency marine radio communications with ships and a Coast Guard station in Green Bay, Wisconsin for weather forecasts. Best of all, we would climb the circular stairs that



Two beautifully distinct views of the same beloved Carysfort Reef Lighthouse, taken by Debbie Schem and Len Critcher, respectively.

I would count on the inside of the tower attached to his house up to the light tower top. The view was magnificent and stirring especially when a 1000 foot ore carrier would safely pass about a mile away.

The light and empty Coast Guard rescue station nearby are still in repair with furnishings including beds. The State of Michigan has made it a State Park including the foghorn building that is now the park museum where I still visit at least twice a summer with my guests. Thus, by creating a park, my lighthouse was saved from being sold. A local charity in my nearby village runs daily tourist tours to the park and into the lighthouse.

Those who wish to delve easier and further should google "Florida Keys lighthouses map" and then, open the "Florida map" and on that map, "visit". You should now have each of the lighthouses in Florida and can open each for history and photos. Click on "Carysfort" for the excellent, violent history and photos of our own lighthouse, visiting possibility, history and sale prices. Most Florida lighthouses are along Interstate 95 and 75 nearby shores including US 1 in the Keys.

Watch out, you may get my fever for our past is prolog

We can love and decorate our

homes with these romantic, photographic, towering giants of the past that are being preserved by clubs, charities, history buffs, entrepreneurs and governments with such magnificent views themselves of where the land meets the sea and saved millions of lives. The

satellites and chart plotters used by our vessels today can place us, as able captains, to safely guide our vessels accurately to less than 100 feet from almost any chart-noted hazard, whether there is a beautiful, historical, lighthouse there or not.



For those planning a fun day out, a quick meal, or simply stocking up on groceries, Wynn's at Ocean Reef has you covered. Specializing in imported goods like caviar and Italian delicacies, we cater to boaters, beachgoers, and foodies alike. Don't miss our grab-and-go options, organic, gluten-free, & gourmet selections and elevate every moment with Wynn's at Ocean Reef—your ultimate destination!

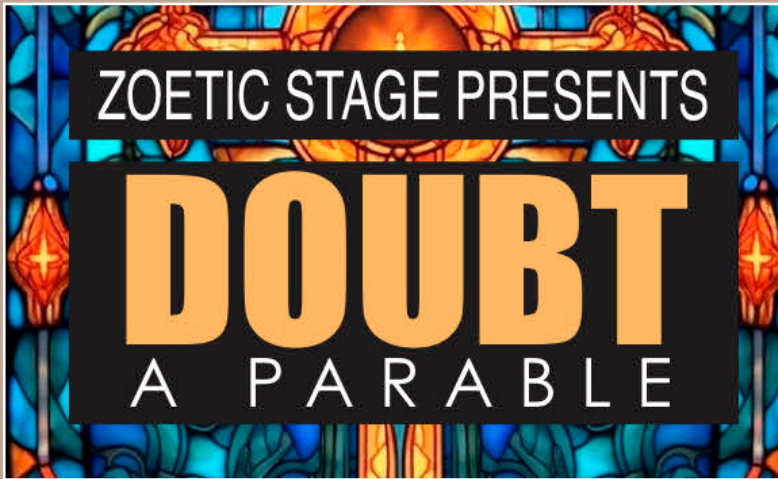
WYNN'S AT OCEAN REEF
26 Dockside Ln, Key Largo, FL 33037

HAPPENINGS AT THE CULTURAL CENTER



WHEN: Sunday, February 9
TIME: 5:00PM Pre-Game
 6:30PM Kick-Off
PRICE: Complimentary admission.
Game-day food & drinks available for purchase.

Join us in the theater and Compass Room to watch the Kansas City Chiefs take on the Philadelphia Eagles in Super Bowl LIX, kicking off at 6:30 PM at Caesars Superdome! Enjoy the game on the biggest screen at Ocean Reef, with game-day food and drinks available for purchase.

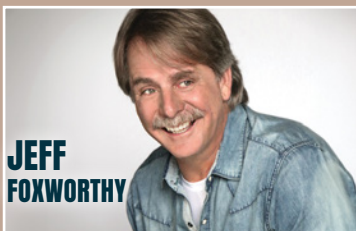


Zoetic Stage presents John Patrick Shanley's Pulitzer Prize and Tony Award-winning *Doubt: A Parable*, a gripping drama about a Bronx Catholic school principal who suspects a charismatic priest of misconduct, forcing her to confront the blurred lines between truth and perception in a story that keeps audiences guessing until its famous final line.

WHEN: Tuesday, February 11
TIME: 8:00PM
PRICE: \$200 Donor
 \$225 Non-Donor

REQUEST TICKETS

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



SOLD-OUT!
WHEN: Saturday, February 8
TIME: 8:00PM
PRICE: \$250 Donor
 \$275 Non-Donor

AT THE CULTURAL CENTER

Super Bowl LIX on the Big Screen at the Cultural Center

Sunday, February 9



Get ready for an unforgettable Super Bowl experience at our complimentary party on **Sunday, February 9!** The evening promises a perfect blend of football, fun, and fantastic company as we showcase the excitement of the Super Bowl on the big screen. The pre-game festivities commence at 5 p.m., building up to the highly anticipated kick-off at 6:30 p.m.

The game will be broadcast on the big screen in the theater and also in the Compass Room. And of course, no Super Bowl

party is complete without the perfect game-day snacks and drinks. Indulge your taste buds with a selection of delicious game food available for purchase – from favorites like chicken fingers and hot dogs to gourmet sliders and more.

Don't miss out on the action – mark your calendars for February 9 and join us as the Kansas City Chiefs take on the Philadelphia Eagles.

Reservations are not required. Food and drinks will be available for purchase.

Speaker Series: In-Person & On Stage

Richard Reeves:
 Solving the Crisis of Our Boys and Men



Thursday, February 13 at 5 p.m. at the Cultural Center

There is a growing concern over the struggles facing boys and men over the past several decades. In his book "Of Boys and Men: Why the Modern Male is Struggling, Why It Matters and What to Do About It," Reeves describes how males have fallen behind in education, lost ground in the labor market, and seen their traditional role in the family diminish. Public health officials point to disproportionately male "deaths of despair" from suicide or overdose. Parents see their sons struggling and worry what it

means for their future.

In a compelling live presentation, Richard Reeves offers a personal and research-driven diagnosis of this modern male crisis, advocating for both gender equality and support for vulnerable men. Drawing on his personal experience as the father of three sons and years of research, Reeves presents bold solutions to address the challenges boys and men face today. Join us for this complimentary lecture at the Cultural Center on **Thursday, February 13** at 5 p.m.

AT THE CULTURAL CENTER



Jeni Hacker and Ryan Didato star in *Doubt: A Parable* – one night only at the Cultural Center

Last call for tickets....

The play “Doubt: A Parable,” which won both a Pulitzer and a Tony award, will be performed at the Cultural Center on February 11

by Joan Birsh

I saw “Doubt” in 2005, when it first opened on Broadway and became that year’s Tony Awards choice for “best play”. I saw it again last year, when it had a highly praised Broadway revival. And now I am really excited about seeing it a third time on February 11 at the Ocean Reef Cultural Center, where I know the brilliant Zoetic Stage Company will do it justice.

During my 30-year stint as editor of “Playbill,” I was required (not such a tough requirement) to see almost everything that opened on Broadway. “Doubt” bowled me over. It is right up there on my personal list of “best plays.” I am so afraid that many OR Members might miss this fascinating theatrical experience that I can’t help proselytizing. If you don’t have a ticket, please buy one.

About – Doubt: A Parable:

Here’s a rough summary: The play is set in the fictional Catholic school in the Bronx, during the fall of 1964. The school’s principal, Sister Aloysius

is a rigidly conservative nun, who becomes convinced that a charismatic priest, Father Flynn, is developing an inappropriate relationship with a young male student. The upshot is a power struggle as Sister Aloysius tries to uncover the truth while grappling with the possibility that her doubts might be unfounded.

About – Zoetic Stage:

Zoetic Stage (whose home base is a small theatre, located in Miami’s Adrienne Arsht Center) is, in a way, Ocean Reef’s very own theatrical company. “Doubt: A Parable” is the eighth show that Zoetic has specially produced for a single night at Ocean Reef.

One night only is an awesome commitment. The sets and costumes, the lighting and sound must be designed or redesigned for the Cultural Center stage.

Fortunately for us, the two founders of Zoetic Stage, Stuart Meltzer and Michael McKeever, are up to the task. For the 15 years of the existence of Zoetic Stage, they have, not only selected and cast all of the frequently award-winning Zoetic Stage productions, they have also often served as director (Stuart); actor, designer and sometimes writer (Michael).

This Tuesday Zoetic Stage will again provide Ocean Reef Members with the opportunity to see professional theater at our own Cultural Center.

Tickets are available for \$200 for Donors and \$225 for Non-Donors. To secure your seat for this unforgettable drama, simply email: tickets@oceanreef.com.

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Marina Village 13B

3 BD, 3 BA | \$12,995,000 | 2777

Jay Rourke | 786.493.8105
Megan Lyons | 786.201.5265



Residence Club Penthouse 8

3 BD, 3.5 BA | \$7,475,000 | 2784

Russell Post | 305.451.8199
Molly Taylor | 508.524.4633



The Sanctuary Azalea 202

4 BD, 4.5 BA | \$7,000,000 | 2742

Mary Lee | 917.603.3252



The Sanctuary Orchid Penthouse 1

4 BD, 4.5 BA | \$6,875,000 | 2735

Russell Post | 305.451.8199
Molly Taylor | 508.524.4633



NEWLY LISTED

Pumpkin Cay 57A

4 BD, 3 BA | \$6,700,000 | 2816

Barbara Sibley | 305.394.0061



Harbour House 4

3 BD, 4 BA | \$6,495,000 | 2684

Russell Post | 305.451.8199
Molly Taylor | 508.524.4633



The Sanctuary Gardenia 201

3 BD, 3.5 BA | \$6,350,000 | 2744

Russell Post | 305.451.8199
Molly Taylor | 508.524.4633



Harbour House 19

3 BD, 3.5 BA | \$6,295,000 | 2758

Barbara Sibley | 305.394.0061

RECENT ACTIVITY

PENDING Dock ES-21
PENDING Pumpkin Cay 52B
PENDING Harbour Green 11
PENDING Angelfish Cay 63A
PENDING Cay Harbor 8E

Listed at \$2,550,000 by Cassy Everhart | Morgan Smith | Pended by Mary Lee | 2422
Listed at \$6,595,000 by Eric Woodward | Pended by Russell Post | Molly Taylor | 2668
Listed at \$6,500,000 by Patti Furneaux | 2749
Listed at \$3,850,000 by Cassy Everhart and Morgan Smith | Pended by Helena Morton | 2786
Listed at \$2,995,000 by Jay Rourke | Megan Lyons | Pended by Russell Post | Molly Taylor | 2783



NEWLY PRICED

Marina Village 2B

3 BD, 3 BA | \$5,995,000 | 2763
Parris Everhart | 305.522.2738



The Sanctuary Orchid 101

3 BD, 3.5 BA | \$5,895,000 | 2761
Russell Post | 305.451.8199
Molly Taylor | 508.524.4633



Pumpkin Cay 21B

4 BD, 4 BA | \$5,599,000 | 2740
Russell Post | 305.451.8199
Molly Taylor | 508.524.4633



FC Landings 2B

3 BD, 3 BA | \$5,495,000 | 2747
Eric Woodward | 305.394.4461



Pumpkin Cay 43A

3 BD, 3 BA | \$5,450,000 | 2524
Russell Post | 305.451.8199
Molly Taylor | 508.524.4633



NEWLY LISTED

Residence Club 207

2 BD, 2.5 BA | \$5,300,000 | 2814
Mary Lee | 917.603.3252



NEWLY LISTED

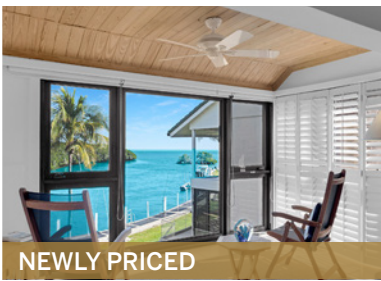
Harbour Green 45

4 BD, 3 BA | \$5,250,000 | 2815
Cassy Everhart | 305.522.2332
Morgan Smith | 305.321.1143



Pumpkin Cay 7A

3 BD, 3 BA | \$4,900,000 | 2746
Mary Lee | 917.603.3252



NEWLY PRICED

Pumpkin Cay 47B

4 BD, 3 BA | \$4,895,000 | 2628
Cassy Everhart | 305.522.2332
Morgan Smith | 305.321.1143



Harbour House 29

3 BD, 4 BA | \$4,800,000 | 2801
Barbara Sibley | 305.394.0061



Residence Club PH 5

2 BD, 2.5 BA | \$4,750,000 | 2765
Mary Brady | 201.303.2052



UNDER CONSTRUCTION

Angelfish Cay 8A

3 BD, 3.5 BA | \$4,600,000 | 2721
Cassy Everhart | 305.522.2332
Morgan Smith | 305.321.1143



Residence Club Penthouse 21

2 BD, 2.5 BA | \$4,195,000 | 2767
Jay Rourke | 786.493.8105
Megan Lyons | 786.201.5265



Fisherman's Cove Landings 9A

2 BD, 2 BA | \$3,995,000 | 2621
Jay Rourke | 786.493.8105
Megan Lyons | 786.201.5265



Fisherman's Cove 26B

2 BD, 2 BA | \$3,925,000 | 2674
Cassy Everhart | 305.522.2332
Morgan Smith | 305.321.1143



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Welcome Visiting Priests

Fr. Michael Sliney

Fr. Michael Sliney, LC has spent 26 years of priestly ministry serving youth and families. He started the Leadership Training Program in the greater DC area in 1997, with the focus on forming men and women of both character and a deep Faith. He was the regional coordinator for over 20 youth programs, culminating in a vibrant group of young professionals. His pastoral experience included outreach to the homeless, supporting the needs of the local Boys and Girls Clubs and annual national mission trips, as well as international mission trips to help impoverished rural communities. He also coordinated several ecumenical youth groups, trying to bridge the religious gap, with the common goal of living virtue and giving back to the underprivileged. He also served as the Chaplain for Notre Dame



Fr. Michael Sliney, LC

Academy in Middleburg, Va. His last 14 years of ministry have been as the Chaplain for the Lumen Institute. He transitioned from Lumen Chaplain in Manhattan, NY to Washington, DC on June 1, 2019. He also began as guest host of "Vigilant Heart" on Radio Maria on the third Monday of each month from 7-8 p.m. ET. On the side, he is an avid marathon runner and enjoys playing golf.

Fr. Daniel Pajerski

Fr. Daniel Pajerski, LC is the current President of Our Lady



Fr. Daniel Pajerski, LC

of Bethesda Retreat Center and is a native of Raleigh, NC. Fr. Daniel felt the call to become a priest early in high school but only decided to pursue the path while in college. After graduating from NC State University with a degree in Chemical Engineering, in June of 1994 he entered the Legionaries of Christ seminary in Cheshire, CT. His formation took him to Connecticut, New York, Rome, São Paulo, Brazil,

Dallas, and then back to Rome where he was ordained a priest on November 25, 2004.

In the summer of 2005, he was assigned to work at Everest Collegiate High School and Academy in Clarkston, MI. God blessed him with over 13 years of service there striving to help students and families to get to know Jesus Christ and their Catholic faith better.

In his free time, Fr. Daniel keeps in shape mainly through running and is a 13-time marathoner, including five Boston marathons.

Catholic Mass with Fr. Michael Sliney & Fr. Daniel Pajerski

Thursday, February 13
7:30 a.m. • Chapel Sanctuary
Friday, February 14
7:30 a.m. • Chapel Sanctuary
Saturday, February 15
4 p.m. • Chapel Sanctuary

CHAPEL & FELLOWSHIP NEWS

FEBRUARY 7 - 13
305-367-2049 • orcchapel.org

FRIDAY FEBRUARY 07

AA Meeting,
Chapel Boardroom, 8 a.m.
Shabbat Service with Micah Greenstein,
Chapel Sanctuary, 6 p.m.

SATURDAY, FEBRUARY 8

Torah Study - Part 1,
Chapel Fellowship Hall, 8:30 a.m.
Catholic Mass with Most Rev. Thomas Wenski Archbishop of Miami,
Chapel Sanctuary, 4 p.m.
Museum of the Bible Event,
Chapel Sanctuary, 5:30 p.m.

SUNDAY, FEBRUARY 9

Traditional Worship with Rev. Alistair Begg,
Chapel Sanctuary, 9 a.m.
Kids Matter (4yrs-11yrs),
Chapel Children's Room, 9 a.m.
Builders of Eternity: Life Lessons from the Book of Nehemiah,
Chapel Sanctuary, 10:30 a.m.
Kids Matter (11yrs & up),
Chapel Children's Room, 10:30 a.m.
Catholic Mass,
Chapel Sanctuary, 12 p.m.

MONDAY, FEBRUARY 10

AI-Anon Meeting,
Chapel Fellowship Hall, 9 a.m.
Catholic Women's Bible Study,
Chapel Fellowship Hall, 3 p.m.
Rosary Prayer Group,
Chapel Sanctuary, 4:30 p.m.

TUESDAY, FEBRUARY 11

AA Meeting,
Chapel Board Room, 7:30 p.m.
Catholic Men's Fellowship,
Chapel Fellowship Hall, 8 a.m.
Potluck Gathering,
Chapel Fellowship Hall, 6 p.m.

WEDNESDAY, FEBRUARY 12

Intercessory Prayer,
Chapel Board Room, 8 a.m.
Episcopal-Anglican Service with Robert Deshaies,
Chapel Sanctuary, 9 a.m.
Chapel Women Connect Bible Study,
Chapel Fellowship Hall, 10:30 a.m. and 4 p.m.

THURSDAY, FEBRUARY 13

Daily Mass with Fr. Michael Sliney & Fr. Daniel Pajerski,
Chapel Sanctuary, 7:30 a.m.
Ocean Reef Men's Fellowship,
Chapel Fellowship Hall, 8 a.m.




OCEAN REEF CHAPEL & FELLOWSHIP CENTER
FEBRUARY 8, 2025 5:30-6:30 P.M.

Join us for an exclusive presentation from Carlos Campo, PhD, and Aaron Ross, PhD, about the Museum of the Bible at the Chapel.

- Presenting the mosaic floor of the earliest Christian church ever found.
- Virtual tour of the attractions and exhibits
- Donated artifacts from the museum



Carlos Campo,
PhD **CEO**



Aaron Ross, PhD
Chief of Staff

Sponsored By:






32 Ocean Reef Drive, Key Largo, FL, 33037

Celebrating the Henleys

Sentimental speeches, songs and prayer filled Town Hall on Wednesday afternoon for a "gladly solemn" send-off for Ocean Reef's Chaplain Bob Henley, and his wife Jane.

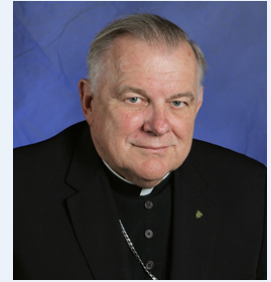


EPISCOPAL-ANGLICAN SERVICE

With Robert Deshaies from Plantation, Florida

Worship with us on **Wednesday, February 12** at 9 a.m. in the Chapel Sanctuary. All are welcome! Communion weekly.

WELCOME VISITING ARCHBISHOP THOMAS WENSKI



CATHOLIC MASS:
Saturday, February 8
4 p.m. • Chapel Sanctuary

The Most Rev. Thomas Wenski, Archbishop of Miami and Metropolitan of the Province of Florida, will lead the Catholic Mass in the Chapel Sanctuary. Please join us in welcoming him to our community.

SHABBAT SERVICES



FRIDAY, FEBRUARY 7

SANCTUARY – 6:00 PM

Led by Rabbi Micah Greenstein & Cantor Happy Hoffman

Special Events

JOIN RABBI MICAH GREENSTEIN FOR A 2 PART STUDY SESSION

PART 1 - THE RIGHTEOUS GENTILES OF THE BIBLE
Saturday, February. 8 - 9 am

PART 2 - THE RIGHTEOUS GENTILES OF THE HOLOCAUST
Saturday, March 15 - 9 am

Coffee and Danish will be served

ALL ARE WELCOME

All events at the Ocean Reef Chapel



Join us in welcoming this week's visiting minister

Alistair Begg

Traditional Worship
February 9 at 9am



32 Ocean Reef Drive
orcchapel.org

The one for every possibility



26 Angelfish Cay Drive

3 BD, 4.5 BA | \$32,000,000 | 2736

Cassy Everhart | 305.522.2332
Morgan Smith | 305.321.1143



48 Card Sound Road

Bayfront Homesite | \$31,500,000 | 2748

Karyn Thiele | 305.394.4185
Kelsey Thiele | 305.393.3484



6 Sunrise Cay Drive

Ocean Front | \$29,500,000 | 2743

Russell Post | 305.451.8199
Molly Taylor | 508.524.4633



35 Cardinal Lane

4 BD, 4.5 BA | \$28,000,000 | 2675

Amy Fernandez | 305.979.9646



1 Osprey Lane

4 BD, 5.5 BA | \$25,900,000 | 2256

Russell Post | 305.451.8199
Molly Taylor | 508.524.4633



12 Sunrise Cay Drive

5 BD, 5 BA | \$23,000,000 | 2659

Bill Dickinson | 305.304.8311



21 Card Sound Road

4 BD, 4.5 BA | \$22,500,000 | 2677

Mary Lee | 917.603.3252



42 Spadefish Lane

5 BD, 5F/2H BA | \$17,995,000 | 2729

Eric Woodward | 305.394.4461



21 South Bridge Lane

4 BD, 4F/2H BA | \$17,925,000 | 2787

Russell Post | 305.451.8199
Molly Taylor | 508.524.4633

RECENT ACTIVITY

PENDING
PENDING

311 Carysfort Road
1 Spray Road

Listed at \$6,850,000 by Cassy Everhart | Morgan Smith | Pended by Mary Lee | 2794
Listed at \$6,800,000 | Pended and Listed by Helena Morton | 2781



204 Andros Road

4 BD, 4.5 BA | \$13,585,000 | 2680

Russell Post | 305.451.8199
Molly Taylor | 508.524.4633



32 Channel Cay Road

3 BD, 3 BA | \$12,950,000 | 2654

Mary Lee | 917.603.3252



NEWLY PRICED

9 Sunset Cay Road

4 BD, 4 BA | \$12,950,000 | 2759

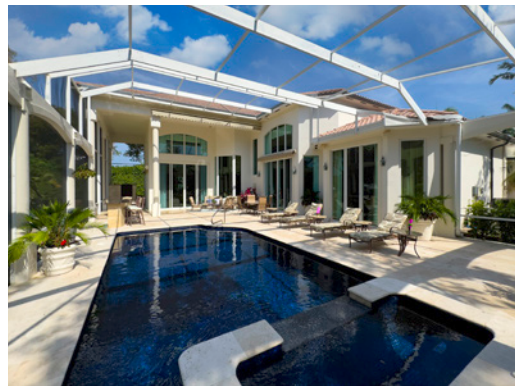
Mary Lee | 917.603.3252



44 Cardinal Lane

5 BD, 5.5 BA | \$11,995,000 | 2615

Jay Rourke | 786.493.8105
Megan Lyons | 786.201.5265



15 Harbor Island Drive

5 BD, 5.5 BA | \$11,800,000 | 2594

Russell Post | 305.451.8199
Molly Taylor | 508.524.4633



22 Harbor Island Drive

4 BD, 5.5 BA | \$11,750,000 | 2760

Russell Post | 305.451.8199
Molly Taylor | 508.524.4633



101 Anchor Drive

4 BD, 4.5 BA | \$11,550,000 | 2734

Mary Lee | 917.603.3252



5 Diana Road

4 BD, 4.5 BA | \$10,450,000 | 2780

Cassy Everhart | 305.522.2332
Morgan Smith | 305.321.1143
Rick Romeo | 304.667.7896



11 Cinnamon Bark Lane

4 BD, 5 BA | \$8,850,000 | 2757

Karyn Thiele | 305.394.4185

February is Heart Month

February is recognized as National Heart Month, a good reminder for assessing what you do, or should do, to maintain heart health. Most are common sense, but there are other dietary considerations that are easy to ignore- like ultra-processed foods.

What is considered an ultra-processed food and what exactly is the cause and effect on the human body? Various studies show consuming a diet high in ultra-processed foods (UPF) can result in direct links to a greater risk of heart disease-related deaths, type 2 diabetes, obesity, wheezing, anxiety, depression, sleep problems and *cognitive decline in middle-aged and older adults. UPFs are formulations of processed food substances (oils, fats, sugars, starch, and protein isolates) that contain little or no



whole foods and typically include flavorings, colorings, emulsifiers, preservatives and other cosmetic additives. Some prime examples are sweet and savory snacks, confectionery, breakfast cereals, ice cream, sugar-sweetened beverages, processed meats and ready-to-eat frozen meals.

The common-sense reminders:

- Chronic stress can negatively impact heart health. Techniques such as mindfulness, meditation, yoga and deep breathing

exercises can help manage stress levels and promote relaxation.

- Routine health screenings and check-ups are vital for detecting and managing risk factors for heart disease. Regular monitoring of blood pressure, cholesterol levels and blood sugar can help identify potential issues early on.
- Regular exercise, a diet rich in vegetables, whole grains, healthy fats, lean proteins and low sodium. Avoid ultra-

processed foods as much as possible.

Tip

The American Heart Association's website www.heart.org has heart healthy recipes under the tab "Healthy Living/heart check certified recipes."

Visit us on the web at www.mcor.org.

**Jama Neurology journal*

MARK YOUR CALENDARS

for the February 18

Medical Lecture Series,

"Strong Foundations: Understanding, Preventing and Treating Osteoporosis"
Johns Hopkins Medicine
Baltimore, Maryland

Gifts For a Life Time

"Calming Day In the Glades"
53" x 77" framed Oil on Canvas
by **Quisbel Lezcano Blanco**

Largest Selection of Burgees on The Reef

41 Fishing Village Monday-Saturday 10am-6pm & Sunday 12pm-5pm 305-367-8001 - www.reefgalleryatocanreef.com

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 (305) 595-1530

Natalie Crespi

Feb 10, 12, 17, 19, 26

Daisy Elwick

Feb 11, 13, 18, 20, 25, 27

Cardiology

Julio Barcena

Feb 7, March 21, April 4

Howard Bush

Feb 13, March 13, April 17

Chiropractic

Howard Furshman (305) 668-9545

Feb 14, 28, March 14, 28

Jesse Suess

Feb 19, March 5, 19, April 2, 16

Colorectal Surgery

Dan Ruiz

March 17, April 21

Dermatology

Mariam Borges (305) 740-6181

Opt 1

Feb 12, March 12

Alysa Herman (305) 444-4979

Feb 20, March 6, 20

Varee Poochareon (305) 740-6181

Opt 1

Feb 12, 26, March 5, 12

Debra Price (305) 670-1111

Feb 7, March 7, 21

Jill Waibel (305) 279-6060

March 18, April 15

Endocrinology

Heberto Valdes

Tele-Med (786) 595-9930 Opt 1

ENT

Pablo Arango

March 3, April 7

Gastroenterology

Sandra Rodriguez

Feb 20, March 10

Gynecology

Jason James

Feb 13, March 13, April 10

Jila Senemar

Feb 11, March 11

Holistic Medicine (305) 451-1819

David Coppola

Feb 11, 13, 18, 20

I.V. Therapy (305) 907-7550

Scott Williams

Feb 10, 17, 24

Nephrology

Anthony Farias

Feb 10, March 10, April 14

Neurology

Victor Faradji

March 6, April 10

Neuro-Spine

Raul Vasquez-Castellanos

Feb 25, March 18

Ophthalmology

William Culbertson (786) 530-2289

March 4, April 1

Mark Dunbar (786) 530-2289

Feb 25, March 25, April 22

Richard Parrish (786) 530-2289

March 5, April 2

Zach Segal

Feb 18, March 18

Optometry

Susanna Tamkins

Feb 21, March 21, May 16

Orthopedic Hand Surgery

Roberto Miki

Feb 21, March 7, April 18

Orthopedic Sports Medicine

Michael Swartzon

Feb 21, March 14

Orthopedic Surgery

Derek Papp

Feb 13, 27, March 6, 27, April 10

James Voglino

Feb 7, March 14, April 4

Joseph Fernandez

March 21

Pediatrics

Rosa Fernandez

Tele-Med 954-385-6277 Opt 1

Plastic Surgery

Anne Taylor (614) 569-2649

Feb 15, March 8, 22, April 5, 19

Ramiro Perez

March 3, April 7

Podiatry

Brigette Smith

Feb 12, 26, March 12

Polly Reeves

Feb 13, March 13, April 10, May 8

Sophia Masri

Feb 14, 28, March 21, April 25

Psychiatric Nurse Practitioner

Sarah Couper

Feb 17, March 17, April 21

Pulmonary & Sleep Disorders

Raul Valor

Feb 14, March 7, April 11

Spine Care & Pain Management

Ronald Tolchin

Feb 18, March 4, 18

Urology

Lunan Ji

March 5, April 2



43rd Annual "Fun-Raiser"

OCEAN REEF MEDICAL CENTER FOUNDATION



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JOIN OUR 2ND ANNUAL 5K "FUN-RUN"

Saturday, March 8th at 8:00 a.m.

Starts and finishes at the Medical Center Building

Giveaway with \$50 Entry fee

Registration Times:

Friday, March 7th 12 noon to 4:00 p.m. at the Pool Desk

or on Race Day 7:30 a.m. at the Medical Center

All proceeds benefitting the Medical Center

Visit us at www.mcor.org



1 Residence Lane B-207



2 BED / 2 BATH / 1 HALF BATH – \$5,300,000

Welcome to the best of the best at the Residence Club! This gorgeous two bedroom condo was completely renovated in 2023 to make it a spectacular turn key property from the original builder grade finishes. The expansive facelift includes a new custom kitchen with all new cabinetry, leather honed countertops, & custom range hood. Wolf cooktop and range, Miele convection oven & microwave and Bosch dishwasher. The laundry room includes floor to ceiling custom cabinetry, pantry, wine refrigerator, refrigerator drawers and plenty of storage! The bathrooms are all marble and stunning tile and fixtures. Additionally, enjoy prime parking in the lower level garage just steps away from the elevator. This unit includes spacious parking spaces for a car and golf cart plus a climate controlled storage space. The Residence Club is Ocean Reef's newest luxury condominium community. It is expressly designed for carefree living and is engineered for your safety and security. MLS #2814



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



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917.603.3252 marylee@oceanreefclubsir.com



21 Card Sound Road

4 BED / 4 1/2 BATHS MLS #2677 **\$22,500,000**



9 Sunset Cay Road

NEWLY PRICED!

4 BED / 4 BATH MLS #2759 **\$12,950,000**



32 Channel Cay Road

3 BED / 3 BATH MLS #2654 **\$12,950,000**



101 Anchor Drive

4 BED / 4 1/2 BATH MLS #2734 **\$11,500,000**



3036 Sanctuary Terrace

4 BED / 4 1/2 BATH MLS #2742 **\$7,000,000**



36 Bay Ridge Road

3 BED / 3 BATH MLS #2770 **\$5,450,000**



7 Pumpkin Cay Rd A

NEWLY PRICED!

3 BED / 3 BATH MLS #2746 **\$4,900,000**



201 Ocean Reef Dr. CS-1

65' W/ OCEAN VIEWS MLS #2745 **\$4,500,000**



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marylee@oceanreefclubsir.com
www.MaryLeeOceanReef.com

Ocean Reef Club | **Sotheby's**
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Visit MaryLeeOceanReef.com

Cooking School with Chef Jeffrey Parenty



Members joined Chef Jeffrey Parenty in the Carysfort Kitchen for his cooking class "Local Comfort."



Christine Patton and Kathie Markel.

Coming Up in Carysfort Kitchen:

Flavors of France with Chef Philippe Reynaud
Monday, February 10

Tantalizing Treats with Chef Jessie Sheehan
Friday, February 21

oceanreef.com/Taste
305-367-5931



Sharon and David Wester.



Chef Jeffrey Parenty, Helen and Mark Burish and Gail Freed.

Ocean Reef Silver Café: A Celebration of Membership, Connection & Fun!

By Cynthia Weglarz, Silver Café Committee

The Silver Café is where friendship, laughter and a sense of belonging come to life just like the spirit of Ocean Reef

itself. As a vibrant part of this creative and caring community, our members enjoy a host of wonderful benefits, and we are about to experience them firsthand at our next gathering.

We're kicking off this special meeting with a warm welcome from Islande Dillon, Vice President of Membership, who will be sharing exciting news about the upcoming Census.

Don't forget to bring your tablet or cell phone, as Islande will guide us in accessing it to make participation a breeze.

This is an important step for the future of our Club and we are grateful to the Membership Department for both their support and for generously sponsoring our delicious lunch.

Let the Games Begin

After the Membership presentation, get ready for a lively round of Bingo complete with fabulous prizes. Thanks to the Recreation Department, we will have plenty of fun and friendly competition, so bring your game face and enjoy the camaraderie.

RSVP Today

To ensure we have enough lunch and prizes, please RSVP by calling 708-476-6350.



Islande Dillon, Vice President of Membership.

Stay Active & Energized

Keep the momentum going by joining the complimentary Silver Fit Plus session every Thursday at 3 p.m. in the Member Fitness Center (first floor). It is a fantastic way to keep moving, stay strong, and share a few laughs along the way.

Charter a private yacht to travel to destinations worldwide and enjoy an incredible experience.



WORTH AVENUE YACHTS




CONTACT BRIE

BRIE TARBERT
Charter Specialist
(954) 299-5099
Brie@WorthAvenueYachts.com

MARK YOUR CALENDAR!

Silver Café Gathering
Thursday, February 20

11:30 a.m.
Chapel Fellowship Room

The Special Name of an Orchid Hybrid

By Robert Fuchs, R.F. Orchids

One of the greatest pleasures afforded to orchid growers is the privilege of naming their orchid hybrids for people they know. It's a special way to recognize those wonderful people in their lives. On August 21, 2024, R. F. Orchids had the pleasure of doing this when they registered the Vanda **Benjamin Willner**. Naming an orchid after Ben was an easy thing to do. As a long-time Member of Ocean Reef and a dear friend to R. F. Orchids, Ben is that gentleman who easily shares a smile and who lives and loves life to the fullest.

The flowers on this orchid reflect the man they were named after. They are large,

full-formed flowers of rich apricot to sunset shades with cinnamon markings. They're truly amazing and they last

a long time too! Given the beauty that it is, it recently received an Award of Merit from the American Orchid

Society. AOS awards are not easy to come by, so you can be sure, this is something spectacular.



Ben Willner holding his namesake orchid.



A close-up of the actual awarded orchid.



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Sun. 11am - 5pm

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



RESIDENCE CLUB B-208

\$5,195,000 | ANDY HOFMANN | 2696
2 BD / 2.5 BA • CONCIERGE + AMENITIES



121 MARINA UNIT #105

\$15,750,000 | WENDY BRAINARD | 2805
4 BD / 4.5 BA • WATERFRONT • CONCIERGE



PUMPKIN CAY 69B

NEW LISTING

\$9,600,000 | BOB ECUYER | 2813
3 BD / 3.5 BA • OCEANFRONT • 39' DOCK



PUMPKIN CAY 19A

\$3,695,000 | DAN GUERRIERI | 2798
2 BD / 2 BA • BONUS ROOM • CANAL VIEWS • 33' DOCK



20 CARD SOUND ROAD

\$6,850,000 | WENDY BRAINARD | 2778
3 BD / 2.5 BA • GOLF COURSE HOME



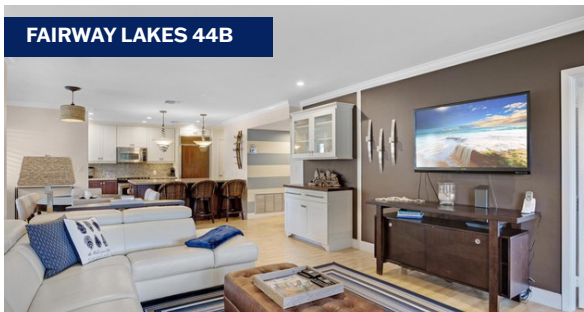
39 CINNAMON BARK LANE

\$7,985,000 | ANDY HOFMANN | 2688
6 BD / 6.5 BA • GOLF COURSE VIEWS



305 SOUTH HARBOR DRIVE

\$4,250,000 | WENDY BRAINARD | 2790
3 BD / 2 BA • LARGE BONUS ROOM



FAIRWAY LAKES 44B

\$2,695,000 | DAN GUERRIERI | 2697
2 BD / 2 BA • GOLF COURSE VIEWS



ANGELFISH CAY 74B

\$1,985,000 | OLGA GRANT | 2756
1 BD / 1 BA • BONUS ROOM • 36' DOCK



ANGELFISH CAY 68A

\$2,195,000 | NANCY EAVES | 2724
2 BD / 1 BA • CANAL VIEWS • 36' DOCK



ANGELFISH CAY 73B

\$1,835,000 | OLGA GRANT | 2750
1 BD / 1 BA • EXTENDED LIVING ROOM • 36' DOCK



ANGELFISH CAY 54A

\$4,095,000 | DAN GUERRIERI | 2695
3 BD / 3 BA • WIDE CANAL VIEWS • 36' DOCK



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DOCKS

MAIN MARINA

DS-29 • 80'+ | \$3,350,000
ANDY HOFMANN • 2741

ES-04 • 80' | \$2,475,000
OLGA GRANT • 2710

ES-05 • 80' | \$1,950,000
OLGA GRANT • 2662
SOLD

FS-08 • 70' | \$2,050,000
OLGA GRANT • 2723

FS-25 • 70' | \$2,049,500
ANDY HOFMANN • 2725

FS-31 • 70' | \$1,950,000
BOB ECUYER • 2769

HS-19 • 80'+ | \$3,250,000
JAY GUARCH • 2669
CONTRACTED

GATEHOUSE

AS-15 • 60' | \$1,950,000
LINDA JAIKINS • 2712

VACANT LOTS

15 OSPREY LANE | \$7,100,000
PLANS AVAILABLE! 31,000 SQUARE FOOT
CANAL LOT ON SUNRISE CAY PERMIT FOR
PROTECTED 50' T-SHAPED DOCK
APPROVED AND TRANSFERABLE
BOB ECUYER • 2464

20 CINNAMON BARK LN | \$4,500,000
20,000 SQUARE FOOT LOT
LOCATED ALONG PICTURESQUE
HAMMOCK GOLF COURSE
OLGA GRANT & BOB ECUYER • 2773



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GARDEN GROUP

Visiting the Fairchild Tropical Botanic Garden



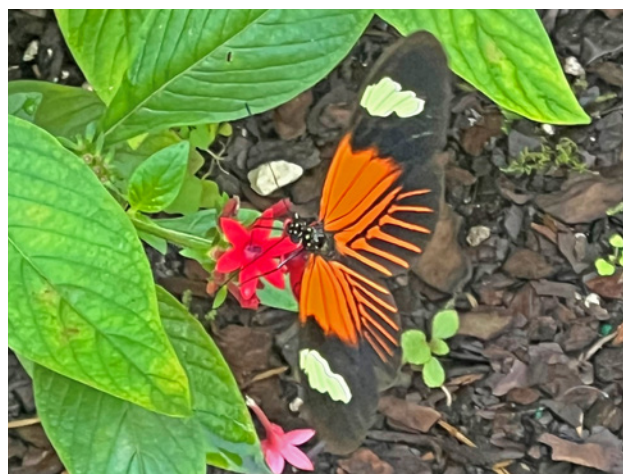
by Annie Miles



Enthusiastic ORC Garden Group members and guests filled a small bus for their day trip to Fairchild Garden.

A spectacular array of colorful plants, flowers and butterflies delighted the members and guests of the Garden Group at Ocean Reef Monday on a field trip to Fairchild Tropical Botanic Garden in Miami. Just an hour from ORC, a beautiful oasis awaits to dazzle visitors with its collection of over 30,000 plants representing more than 4,100 species. The garden gets its name from plant explorer Dr. David Fairchild, an educator and renowned scientist who was known for traveling the world in search of useful plants. He brought back hundreds of plants including mango, alfalfa, nectarines, dates, cotton, and flowering cherry trees.

A guided, 45-minute tram tour, led by a knowledgeable docent, provided members



A Heliconius butterfly.



Malachite butterfly of the genus Siproeta.

with a relaxing, informative tour. Docent Suni shared many interesting horticultural facts including that Spanish moss is a miniature bromeliad. A highlight is the Wings of the Tropics exhibit, in the Clinton Family Conservatory, where visitors can see hundreds of magnificent butterflies year-round including a variety of the exotic genus Heliconius.

Members also wandered on their own through the rain forest, palm glade, and conservatory exhibits. Several Chihuly sculptures are displayed throughout the garden as well as 4000 orchids to color the landscape. The lovely Glasshouse Café serves breakfast and lunch and offers views of the butterfly conservatory.

All aspects of Fairchild enchanted the Garden Group and Vice-President **Penny Dinsmore** who encourages Ocean Reefers to plan a visit.

"It is a destination worth visiting many times, explained Dinsmore, "so that you can enjoy this fascinating botanical oasis in the different seasons."

A reminder to all Ocean Reef Members that the Garden Group is hosting their free, bi-annual presentation for the community on **Monday, March 10, 2025** at 11 a.m. at the Cultural Center. Margot

Shaw, Founder and Editor-in-Chief of *Flower* magazine and author of *Living Floral*, will be the featured speaker. This is the Garden's Group's thank you to ORC for their continued support of its House & Garden Tour. Watch for a detailed article on Margot Shaw in an upcoming issue of the Ocean Reef Press.



The ORC logo on Lora Blaha's visor attracted this lovely Peleides blue morpho, an iridescent tropical butterfly found in Mexico, Central and South America.



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10th Anniversary of Plein Art Paint Out



“Art League” by Deborah Goodwin Geller

When I first started on the Board at the Art League to be honest I had never heard of a Plein Air event and had to be educated

on it. “En plein air” is a French phrase that means “in the open air.” It’s a style of painting where artists create works outdoors, directly observing their subject and incorporating natural light and color.

Last week, 19 artists came to Ocean Reef to experience and capture our unique locations. We started with a new event late Wednesday at Greenberg Park. I stopped by to capture some of the artists at work and was mesmerized by their final products during our Friday night Wet Paint Opening! I typically show up early to any show or opening but was pleasantly

surprised by how full the room was already when I arrived. **Linda Salisbury**, a very talented artist herself who offers the Dog Portrait for All Charities Auction, walked with me through the different displays and explained why she loved particular styles and helped me understand why I loved the ones I did.

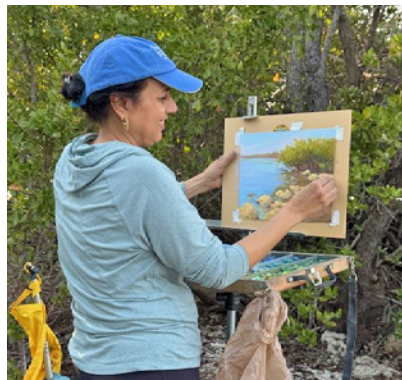
As I walked through the room little red dots kept popping up under the paintings showing they were already sold within 20 minutes of the show. Of course! Who wouldn’t want a beautiful painting of our favorite locations here at The Reef.

We couldn’t make this kind

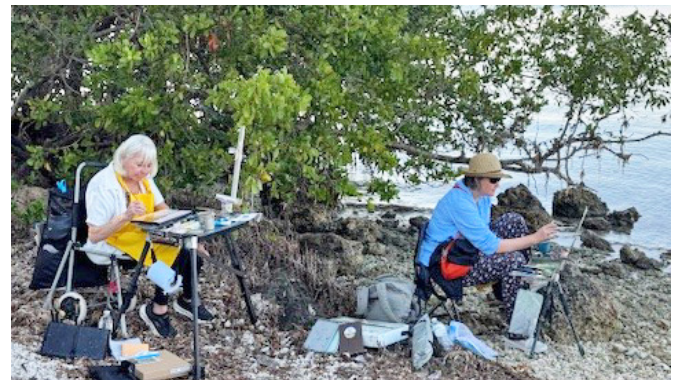
of event happen without the wonderful sponsorship of Russ Post who has been doing this since we started 10 years ago. Although a couple of the artists are actually Members who live here, I especially want to shout out our wonderful hosts who took artists from far away into their homes for three days. **Donald and Patricia Armstrong, Guida Fernandes, Corinne and Hadwen Fuller, Wilson and Claudia Langworthy, Belinda Nields, Gail Noyes, Shirley Shumway, Fay Witz and Philip and Martha Russel** who had three artists stay with them.



Philip and Martha Russel with the three artists they hosted.



Artists taking in from the beautiful scenery at The Reef.



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Photography as Public Art



by Mary Bloom

In the early years of photography there were considerable discussions as to whether or not photography was art. But, much like paint, paper, clay and marble aren't art but rather the medium chosen by the artist to express his or her intentions, photography is the artist's tool. Today photography is considered to be one of the visual arts.

In the last article, we looked around Buccaneer Island and at the sculptures there. Heading away from the Inn and toward the Hibiscus, Frangipani and Poinciana meeting rooms we see something unique for public

art ... photographs out of doors. There are a total of seven stunning photographs of coral reefs on both sides of the building and in the adjoining grotto-like walkway. Walk into the meeting rooms and you'll find five more.

All 12 of them are by the prolific and renowned underwater photographer, Stephen Frink. He arrived to Key Largo in 1978 to open a small studio dedicated to underwater photo services, primarily renting cameras and processing E-6 slide film. He soon found himself on assignments to photograph and write articles for the consumer dive publications of the day. He currently is the publisher of "Alert Diver" Magazine, an upscale quarterly magazine for the members of the Divers Alert Network and owns WaterHouse Photo Tours dedicated to advanced underwater photo instruction and photo tours.

Wondering how his incredible photos hold up outside in our South Florida environment? The images are printed on aluminum using a dye sublimation process that infuses the image directly into the metal resulting in high-definition details and colors that pop. In an interview with Florida Keys News, he said, "I've always wanted my underwater photography to inspire an appreciation of the coral reef. We protect what we love. I hope my images might educate and inspire." They do.

Walk across the street to Carysfort Hall where you'll find another eight of Frink's incredible photographs that give those of us who don't scuba or snorkel the



Photo by underwater photographer Stephen Frink.

opportunity to see the beauty of the reefs up close and personal.

You'll also find four photographs by Alan S. Maltz at Carysfort Hall. His nature, destination and landscape photography has led to his designation as the Official Wildlife Photographer of Florida by the Wildlife Foundation of Florida and as Visit Florida's Official Fine Art Photographer of Florida. Florida has been the

heart of his artistic career for nearly four decades. His gallery, the Alan S. Maltz Gallery, in Old Town Key West just celebrated its 26th anniversary in January.

The photographs of these two master photographers not only evoke emotion but also raise awareness about important community issues such as environmental stewardship. Take the time to see them and be inspired.



Photo by Florida's Official Wildlife Photographer Alan S. Maltz.

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WEEKLY HIGHLIGHTS

07 FRIDAY

Tai Chi Class

7:30am • Member Fitness Center

Cardio Pickleball Clinic

8-9am • Tennis & Games Center

Golf Croquet Doubles Club Championships

8:30am • Croquet Lawn

Zoe's Empire Trunk Show

9am-3pm • The Spa

XXIO Demo Day

10am-2pm • Driving Range

105 Tennis Tournament

11am • Tennis & Games Center

Beautiful You Yoga & Silver Fit Class

11am • Member Fitness Center

Croquet Mixer Open Play

2-5pm • Croquet Lawn

Men's Tennis Pro-Am

3-4:30pm • Tennis & Games Center

Cocktails

5-8pm • The Point (Members Only)

Live DJ at Burgee Bar

9pm-1am • Burgee Bar

08 SATURDAY

Danish & Coffee

7-10am • The Point (Members Only)

ORC Run Club

7am • Member Fitness Center

Men's Golf Club Championship

8-9:30am TT • Hammock Course

Ladies & Men's Pickleball Doubles Club Championships

8:30am • Tennis & Games Center

Mid-Season Canasta Tournament

10:30am • Card & Games Room

Quickstart Tennis Clinic

2pm • Tennis & Games Center

Catholic Mass

4pm • Chapel Sanctuary

Cocktails

5-8pm • The Point (Members Only)

Museum of the Bible Event

5:30pm • Chapel Sanctuary

Lighted Standup Paddleboard Tour

6pm • Meet at Pool Desk

Live DJ at Burgee Bar

9pm-1am • Burgee Bar

09 SUNDAY

Danish & Coffee

7-10am • The Point (Members Only)

Men's Golf Club Championship

8-9:30am TT • Dolphin Course

Ladies & Men's Pickleball Doubles Club Championships

8:30am • Tennis & Games Center

Traditional Worship Service

9am • Chapel Sanctuary

Mah Jongg, Canasta, Bridge & Backgammon Open Play

9am-5pm • Card & Games Room

Beginners Sailing Clinic

9:30am • Meet at the Pool Desk

Aqua Cardio Class

11am • Member Fitness Pool

Catholic Mass

12pm • Chapel Sanctuary

Superbowl LIX: Kansas City Chiefs vs Philadelphia Eagles5pm Pre-Game • 6pm Kick-off
Cultural Center & Compass Room**Cocktails**

5-8pm • The Point (Members Only)

10 MONDAY

Sweat Fitness Class

8am • Member Fitness Center

Pickleball Clinic with Jay Devilliers & Cardio Pickleball

8am • Tennis & Games Center

Isabella Adams Spa Trunk Show

9am-5pm • The Spa

Cardio Tennis Clinic & Ladies Doubles Round Robin

9am • Tennis & Games Center

Cooking Class: Flavors of France

9:30am • Carysfort Cooking School

Farmer's Market Open

11am-4pm • Field at Four Corners

Reformer Pilates & LifeBreath

3pm • Member Fitness Center

What Everyone Needs to Know for a Healthy Heart

4pm • Member Fitness Center

Coast Guard Auxiliary Meeting

5pm • Cultural Center Board Room

Men's Night Tennis League

5:30pm • Tennis and Games Center

11 TUESDAY

Master Swim Club

7am • Member Fitness Pool

Golf 360 Class

7am • Member Fitness Center

18-Hole Heart Tournament

8:30am SG • Hammock Course

Isabella Adams Spa Trunk Show

9am-5pm • The Spa

Rod & Gun Club Sporting Clays

10am-3pm • Card Sound Range

9 Hole Heart Tournament

10:30am SG • Dolphin Course

Potluck Gathering

6pm • Chapel Fellowship Hall

Vine to Table Dinner: A Night in Paris

6:30pm • Carysfort Cooking School

12 WEDNESDAY

Master Swim

8am • Member Fitness Pool

Ladies' Pickleball League

8am • Tennis & Games Center

Episcopal-Anglican Service

9am • Chapel Sanctuary

Club Fitness Championship: Endless Rope Pull

9am-12pm • Member Fitness Center

Caryna Nina Spa Trunk Show

9am-5pm • The Spa

EMS Demo

3pm • Member Fitness Center

Angel's Envy Tasting with Master Distiller Owen Martin

4-6:30pm • Spirits Bar

13 THURSDAY

9 Hole LGA Beat the Pro

8am SG • Dolphin Course

Caryna Nina Spa Trunk Show

9am-5pm • The Spa

Ping Demo Day

10am-3pm • Driving Range

Farmer's Market Open

11am-4pm • Field at Four Corners

LTA & MTA Mixed Doubles Round Robin

11am-5pm • Tennis & Games Center

Coast Guard Auxiliary Skywarn: Storm & Marine Spotter Training

2-3:30pm • Key Largo Building

Silver Fit Plus

3pm • Member Fitness Center

Coast Guard Auxiliary Skywarn: Hurricanes & Keys Meteorology

4-5pm • Key Largo Building

Raw Bar Lobster Bake

5-9pm • Raw Bar

Specialty Dinner: Bourbon Indulgence

6:30pm • Carysfort Cooking School

Karaoke at Burgee Bar

9pm-12am • Burgee Bar

ON SCREEN
& STAGE**General Admission \$12, Donors \$10
Children (under 12) \$6
Movie Hotline: 305-367-6306****"Wicked" (PG)****Friday, February 7
• 4:30 & 7:30pm****Wednesday, February 12
• 4:30 & 7:30pm****Thursday, February 13
• 7:30pm****Runtime:** 2hr. 40 min**Director:** Jon M. Chu**Stars:** Cynthia Erivo, Ariana Grande, Jeff Goldblum**Premise:** Elphaba, a misunderstood young woman because of her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads.**"A Complete Unknown" (R)****Friday, February 14
• 4:30 & 7:30pm****Sunday, February 16
• 4:30 & 7:30pm****Wednesday, February 19
• 7:30pm****Runtime:** 2 hr. 21 min.**Director:** James Mangold**Stars:** Timothee Chalamet, Edward Norton, Elle Fanning**Premise:** In 1961, an unknown 19-year-old Bob Dylan arrives in New York City with his guitar and forges relationships with musical icons on his meteoric rise, culminating in a groundbreaking performance that reverberates around the world.**Live Performance:****"Zoetic Stage Presents: Doubt: A Parable"**

Tuesday, February 11 • 8pm

Tickets: Donor \$200 – Non Donor \$250

The fireworks begin as the exacting principal of a Bronx Catholic school suspects improper relations between a charismatic priest and a student.

Speaker Series- Richard Reeves:**"Solving the Crisis of our Boys & Men"**

Thursday, February 13 • 5pm

Richard Reeves offers a personal and research-driven diagnosis of the modern male crisis, advocating for both gender equality and support for vulnerable men.

**Cultural Center Museum
Daily 9am-4pm
Open During Movies****Library Hours
Mon. & Thurs. • 10am-12pm**

SPOT ON SHOPPING

Joan the Shopper

The Dress Code.... Fun, Fashionable, Unique

THE DRESS CODE Please don't confuse *The Dress Code* (a fashionable women's clothing store on Buccaneer Lane) with Ocean Reef Dress Code, which prohibits members and guests from wearing items, like thong bathing suits and distressed jeans. ("The" in *The Dress Code* is the word that differentiates the two similar names.) Fully compliant with Ocean Reef's Dress Code is *The Dress Code's* stunning red *Marina Jumpsuit* (\$195). It is modeled by **Karen Di Maura**. In the photograph Karen, a talented jewelry maker, who specializes in large, intricate necklaces, is shown wearing one of her own creations. *The Dress Code* carries several of Karen's brilliant one-of-kind necklaces For me writing about the Ocean Reef stores in my weekly JOAN THE SHOPPER column presents an occupational hazard. I too frequently find something I simply "must have." Never mind that every closet in my house is filled with clothes that I've collected over the last fifty years. The minute I stepped inside *The Dress Code*, I knew I had entered a danger zone. Last spring I found an irresistible Italian multi-colored sequined jacket.... This time around it was a beautiful silk blouse with long sleeves and a lush design, that I couldn't resist. (*Vilagallo* \$189).... I did manage to curb my enthusiasm for the heavy-weight double thick white cardigan sweater with a huge red lobster on the back (\$238). I also passed "temporarily" on



the crocheted cardigan in a multitude of colors (\$189) and the tiered ruffle maxi dress (\$189) Everything sold at *The Dress Code* reflects the vision of owner/operator and Ocean Reef member, **Suzanne Gleason**.... In Suzi's 28 years in the business (she owns a store in Islamorada and one in Nantucket), she has developed a strict retail philosophy. "I buy things from all over the world. I look for items that nobody else is selling. I don't buy anything that you can find in a department store. And I bring new merchandise into the store on a weekly and sometimes daily basis. I have fun making people happy."

Last Word: That works for me!

by Joan Birsh

OCEAN REEF STORE HOURS

MONDAY, FEBRUARY 10 - SUNDAY, FEBRUARY 16

Member Fitness Center

Mon. – Fri. 5:30am-7pm
Saturday & Sunday 6:30am-5pm
305-367-5820

Golf Shop

Daily 7:30am-5:30pm
305-367-5912

Ocean Reef Gift Shop

Mon. – Sat. 8am-7pm
Sun. 7am-7pm
305-367-2611, ext. 7139

Tennis Pro Shop

Daily 8am-5:30pm
305-367-6583

The Spa at Ocean Reef

Daily 8:30am-5:30pm
305-367-6506

The Spa Boutique

In the Fishing Village
Tues. – Sat. 10am-5pm

The Burgee Shop

Daily 9am-5pm
305-501-5515

Port O'Call Wine & Spirits

In the Fishing Village
Mon.-Thurs. & Sun. 11am-8pm
Fri. & Sat. 11am-9pm
305-367-5999

WINING & DINING

MONDAY, FEB. 10 – SUNDAY, FEB. 16

Palm Court

Daily 11:30am - 3:30pm

Beach Bar & Grill

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

Everton's Rum Bar

Thurs. - Sun. 2-8pm

Islander & Sushi Bar*

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

The Ocean Room

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

Gianni Ristorante*

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

Raw Bar

Lunch Daily 11am-4pm • Dinner Daily 4-9pm
Thursday Lobster Bake 5-9pm

Port O' Call Wine & Spirits

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

Spirits Bar

Wed., Thurs. & Sun. 4-9pm • Fri. & Sat. 4-10pm

Reef Treats

Breakfast Daily 7am-1pm
Mon. - Thurs. & Sun. 7am-9pm • Fri. & Sat. 7am-10pm

Fitness Café

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

Reef Eats

Breakfast Mon. - Sat. 7-11am • Sun. 7am-12pm
Dinner Mon.-Thurs. & Sun. 5-10pm • Fri. & Sat 4-11pm

The Point (Members Only)

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

Burgee Bar

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

Reef Lounge

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 Only Night Wednesday

CH Lounge (Members Only)

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

Toski's

Daily 9am - 4pm

Grill Room (Members Only)

Brunch Sat. & Sun. 9am-3:30pm
Lunch Mon. - Fri. 11am-3:30pm
Bar Snacks Daily 3:30-5pm
Dinner Daily 5-9pm

Hammock Hut

Daily 9:30am - 4pm

Rum Runner

Hammock & Dolphin Courses • Daily 9am-4pm

Town Hall Waterside

Fri. & Sat. 5-10pm • Sun. 5-9pm
Closed Thursdays

Food Truck at Four Corners

Mon. & Thurs. 11am-2pm

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OUT & ABOUT



TOP LEFT: Deb and John Wright hosted a fun pre-Valentine's Day PJ party and the costumes did not disappoint! Pictured left to right is Deb Wright, Linda Adams, Lori Gianatasio and Dave Adams.

TOP RIGHT: Jane Battles with her grandchildren and great-grandchildren who were visiting from Maine. On one of the coldest days, they warmed up by a daytime bonfire set up by the Recreation Team.

BOTTOM RIGHT: A crocodile at the Water Garden - so still it could be the statue. Photo taken by John Davidson.



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Farmer's Market Favorites



by Susan Bohan

Now that the chilly weather of January seems to be over, I discovered that even a few vendors at the Farmer's Market noticed a difference in buying habits.

Natalia at Jerry's Here Farm Fresh found that sweet onions were flying off the table as well as more vegetables than fruit. It turns out many Members were planning on recreating the soups they used to make up north. **Mimi Shea** with her grandson looked on

while remarking how beautiful the fresh vegetables were.

At Le Petit Pain, it was the apple and pear tarts that were most popular. Members said they were going to warm them up and add a little cream. Again, a common "feel good" treat on a chilly evening.

The Farmer's Market is open Mondays and Thursdays from 11 a.m. to 4 p.m. at the Field at Four Corners through the remainder of the season.



Mimi Shea and her grandson at Jerry's Here Farm Fresh.



A beautiful basket of fresh veggies and guacamole at Jerry's Here.

UPCOMING SPA TRUNK SHOWS

Visit The Spa for some fashionable trunk shows.

Friday, February 7:
Zoe's Empire
9 a.m. - 3 p.m.

Monday, February 10 & Tuesday, February 11:
Isabella Adams
9 a.m. - 5 p.m.

Wednesday, February 12 – Friday, February 14:
Caryna Nina Designs
9 a.m. - 5 p.m.

For more details please call The Spa at 305-367-6506.

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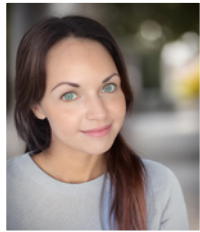
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RUSSELL POST, LICENSED REAL ESTATE BROKER

Vital Body Muscle and Joint Cream



“Spa Notes” by Jillian Barron, The Spa Director

With such an active community here at Ocean Reef, many Members experience discomfort and stiffness due to factors, such as aging, physical activity, and repetitive motions. Muscle and joint pain can significantly impact daily life, making it essential to find effective relief. One product that has garnered a lot of attention here at The Reef and in the wellness world is our Vital Body Muscle and Joint Cream, a topical solution for pain designed. Vital Body is also the line that we use in our amazing CBD Massage treatments. I absolutely love this

cream and use it regularly for shoulder and neck pain.

Key Ingredients

Vital Body Muscle and Joint Cream boasts a selection of potent ingredients known for their therapeutic properties:

- 1. Menthol:** A well-known cooling agent that alleviates pain by providing a soothing sensation.
- 2. Camphor:** Often used in traditional medicine, camphor reduces pain, inflammation, and has a warming effect that can enhance blood circulation, promoting healing.
- 3. Arnica Montana:** Renowned for its anti-inflammatory properties, arnica is frequently used to treat bruises, sprains, muscle soreness, reduce swelling, and improve mobility.
- 4. Essential Oils:** Many formulations include essential oils such as eucalyptus, lavender, and peppermint, which not only provide a pleasant aroma but also possess anti-inflammatory and analgesic properties.



Stop by The Spa to purchase the Vital Body Muscle and Joint Cream.

- 5. Natural Extracts:** Ingredients like ginger and turmeric, known for their anti-inflammatory benefits.

- 3. Non-Invasive:** For those seeking alternatives to oral medications or invasive treatments, this cream offers a non-invasive option.

Benefits of Using Vital Body Muscle & Joint Cream

- 1. Targeted Relief:** Unlike oral medications, which can affect the entire body, this cream delivers relief directly to the affected area, minimizing potential side effects.
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- 4. Natural Ingredients:** Focusing on natural components, this product minimizes synthetic additives and chemicals.

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Chef Betania's Kitchen

Steak Burrito Bowl Yields 4 Servings



by Betania Salles,
Carysfort
Kitchen Chef
de Cuisine

A nice and fast recipe for a Sunday football, you can marinate the meat in advance, get all your prep ready and just build the bowls last minute. Everyone will love it!

Ingredients:

- 20 oz skirt steak
- 1 tbsp garlic, minced
- 1/4 cup soy sauce
- 1/4 cup olive oil
- 1/4 tsp cumin
- 2 tbsp parsley, chopped
- 2 tbsp lime juice

- 2 cups white rice, cooked
- 2 cups romaine lettuce, chopped
- 2 roma tomatoes, medium diced
- 2 cups pinto beans, cooked
- 1 cup cheddar cheese, shredded
- 1/2 cup cilantro, chopped
- 1 lime, cut in 4 wedges
- Garnishes: Guacamole, sour cream, jalapeno, tortillas chips, red onion, cilantro (optional)

Directions:

- In a mixing bowl, combine garlic, soy sauce, olive oil, cumin, parsley and lime juice.
- Whisk until all ingredients are incorporated. Add the meat to the marinate rubbing all sides.
- Cover and refrigerate for at least one hour (it tastes better the longer it marinates).
- Remove steak from the marinade and pan sear over medium heat until it is



Enjoy Sunday football with a filling steak burrito bowl.

- cooked all the way through or if you prefer, grill it, it will taste even better.
- Dice the meat and reserve.
- In four bowls, evenly distribute the rice in a flat layer. On top of the rice, arrange the cooked steak,

- romaine lettuce, tomatoes, pinto beans, and shredded cheese.
- Add guacamole and sour cream and garnish with cilantro and lime wedges.

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SPORTS

INSIDE THIS ISSUE

COAST GUARD AUXILIARY

Storm Spotting & Tropical Cyclones in the Keys

National Weather Service Meteorologist, Jon Rizzo, Brings Weather Wisdom to Ocean Reef



by Matt Pilon, Flotilla Commander USCG Auxiliary Ocean Reef

Many of us are fascinated by weather events, especially the extreme storms that sometimes affect our area. The Coast Guard Auxiliary is sponsoring two rare opportunities to learn more about local Keys weather and extreme weather events.

On **Thursday, February 13**, we will host Jon Rizzo, a senior National Weather Service (NWS) meteorologist based in Key West. Jon has led the weather decision support and preparedness programs for the NWS Forecast Office in the Florida Keys since 2002. He is the primary deployment-ready meteorologist serving Monroe County during tropical storm and hurricane events. He is also an engaging speaker.



Jon Rizzo, senior National Weather Service meteorologist.

Jon will give two lively presentations at the Key Largo Building (across from Carysfort), the first from 2-3:30 p.m. on the SKYWARN program, and the second from 4-5 p.m. on Keys weather and hurricanes.

SKYWARN Storm and Marine Spotter Training:

The National Weather Service established the SKYWARN Storm Spotter Program in the 1970s to help obtain critical "ground truth" observations during severe thunderstorm and tornadic events. In conjunction with improved NOAA satellite and Doppler radar data, SKYWARN spotters enable the NWS to issue more timely and accurate alerts.

Relying on close to 400,000 trained volunteers nationally, SKYWARN reports to the NWS provide the critical gift of time: minutes that save lives. You can

become a forward observer to help protect your community in times of severe weather.

To further the SKYWARN program, participants will learn to keep an eye on the sky. Observe visual clues that identify severe weather, recognize false "look-alike" cloud formations, and report live-time findings. Jon will

include information on severe storms at sea, hazardous wind and sea conditions, and weather avoidance – components critical to many in our community.

Keys Weather Session:

The second presentation will address tropical cyclones in the Florida Keys, including climatology and rapid storm intensification. Understand how the Florida Keys National Weather Service provides tropical cyclone threat assessments to local, state, and federal emergency management bodies.

Jon will discuss how to access and interpret official NWS information on hurricanes and tropical storm threats to our region, and how local NWS services have evolved with the new Monroe County Emergency Operations Center.

For questions please email cgauxiliary1304@gmail.com. Both sessions are free, no sign-up required, and everyone is welcome to attend either or both. I hope to see you there!

NOTICE:

The monthly meeting of the Ocean Reef CG Auxiliary Flotilla will be held **Monday, February 10** from 5 to 6 p.m. in the Cultural Center Board Room. Anyone interested in learning more about us, are welcome to attend.

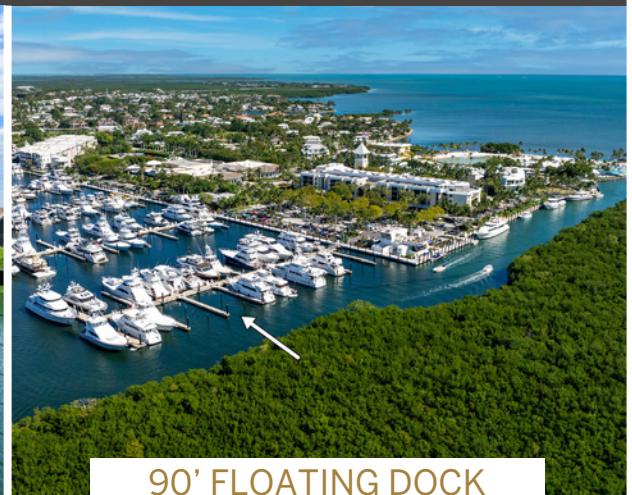


Learn more about the SKYWARN program and the Keys weather and hurricanes in presentations by Jon Rizzo on Thursday, February 13 at the Key Largo Building.

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Giant trevally.

Adventures in Indonesia

By Mike Love, Member since 2004

I spent a month fishing in Indonesia. Our group of six, which included Steve Yatomi of Adventure Travel Alliance, first met in Jakarta. From there, our first destination was West Papua, New Guinea. We flew into Nabire, and from there took a two-and-a-half-hour

van ride to Masipawa and then a 45 minute boat ride to our destination. We lived with a family of fishermen for the next week. They had an extra building with two bedrooms that had two twin beds in each. No running water. Shower (no hot water) and restroom were in a separate building about 40 yards away. In there was a large trough, with a pipe that ran water constantly into it. It had a small bucket with a handle that you poured over yourself for



Mike Love with Masipawa locals.

showering.

We fished for a variety of species over the next six days which included, giant trevally, speckled grouper, big eye tarpon, whitetip shark and of course the famed New Guinea bass, of which four were boated while we were there. The best area took us up a small river where we encountered a large colony of giant fruit bats. We took a chainsaw to cut away log jams to the area for New Guinea Bass, where we boated two.

This area was truly off the grid, as we were the first Caucasian people to visit in four years.

The chief of police fished with us one day. Being the chief, he was the only resident to carry a rifle. There was a sandy point ahead, and a nice six-foot croc met his end, as the chief took dead aim.

I stayed up that night as the two locals carefully skinned the croc. We ate the meat for the next two days and the skin was sold in town.




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Hitting the Green



“From the Gold Tees” by Ben Claus, Director of Golf

LGA Challenge Cup

The 2025 LGA Challenge Cup has concluded and the trophy has a new home (for at least one year). Congratulations to the members of team Card Sound Golf Club for defending their home turf and earning 43 points to secure the win (74 points total). I think that I can speak for everyone that the competitive nature of the event was stressful, but enjoyable. It is always great to challenge yourself, and the aura that surrounded all the matches will certainly help everyone, as we have some major stroke play competitions looming ahead. All of the Ocean Reef Club Team Members fought hard, on a course that they are not all familiar with and were able to earn 20 points (52 points total). Congratulations to members of both teams for showing outstanding sportsmanship throughout the entirety of the event.

MGA Old Buddy

The 2025 Old Buddy is complete! We could not have asked for better weather on either of the three days of play. Many flights were close and even had some tied at the completion of the five matches, leading to head-to-head matchups to break.

Standing on the third tee of the Dolphin Course, with just three teams left after a couple shootout holes, and the wind blowing directly into their faces, the pressure to hit a solid tee shot was palpable. All players managed to find the fairway, but the tension only increased as they approached the green.

Acheson/Williams positioned themselves comfortably on the green in regulation, watching as the other two teams battled through their shots. **Owens/**



2025 Mixed Couples Gross Champions David and Kerri Topping.

Steinbrugge found trouble right on their second shot, but valiantly fought back to give themselves a chance. **Jackson/Hofmann**, after finding themselves left of the green, managed to recover, needing just two putts from 15 feet to secure their spot in the final hole. Jackson lagged the first putt close, and his partner tapped in for a 6, net 5, earning them a place in the final. Acheson, meanwhile, calmly lagged his birdie putt in tight while Brad Williams tapped in for their par, securing their spot in the sudden death shootout on the fifth hole.

We moved on the iconic fifth hole, with the pin tucked in the back right of the green and the wind swirling. Michael Acheson stepped up from 165 yards and went flag hunting. His shot drifted right of the pin and perfectly banked his shot of the rocks and ending up behind the pin just in the rough. Still no easy up and down from there with how fast it is. Next to play was Andy Hofmann, who played a good shot to the front middle of the green.

David Jackson faced a 40-footer up the hill, and left his partner about 15 feet left for par. Brad Williams was next to play from behind the green and faced a tricky putt through the rough and then slick down the hill. He showed a touch of class trickling the putt just past the hole leaving 10 feet for par.

Hofmann stepped up and gave his par putt a great chance to go in, just narrowly missing on the left side. This opened the door for Acheson to make a putt to win the Old Buddy. Stepping into left to right breaking putt from below the hole, Acheson confidently rolled the putt with perfect speed into the center of the cup, securing the 2025 Old Buddy!

Mixed Couples Golf Championship

The popularity of this event has grown so much in recent years. Last season the attendance record for the event was set with 68 teams competing. This season we had 75 teams compete for the Championship trophies, setting the bar even higher for next year. Thank you to everyone for your continuous support of the Club-wide golf tournaments, and for



Joan and Mike Conley, 2025 Mixed Couples Net Champions.

your support of the Professional Staff. During the competition, teams of two played a shamble format on the Dolphin Course, recording their best Gross and Net score for each hole.

In both the Gross and Net divisions every stroke mattered coming down the stretch. The scores were extremely close throughout. Once the final scorecards were turned in the team of **David and Kerri Topping** were able to turn in the only sub-seventy round of the day with an outstanding 67 (4 under par). Congratulations to the Toppings for winning the 2025 Mixed Couples Gross Championship! For the Net division the score to beat was set during the morning wave by **Mike and Joan Conley** with a score of 60 (11 under par). Teams competing in the afternoon gave it a great run, but fell just a few strokes shy of tying the clubhouse leaders. Congratulations to team Conley for winning the 2025 Mixed Couples Net Championship!

To see full results and results for 9 Hole LGA and MGA weekly events see page 51.



MGA Old Buddy Champions Michael Acheson and Brad Williams.



LGA Chairs Susan Berry (Ocean Reef Club) and Carol Andrews (Card Sound Golf Club).

SWING TIP

Mastering Sloping Lies – Ball Above Your Feet



by Brad Pinho,
Golf Teaching
Professional
& Club Fitter

When you find the ball above your feet on a sloping lie, it presents unique challenges that can affect both your alignment and your shot. Here's how you can adjust to make sure you're hitting solid, accurate shots in these situations.

1. Choke Down on the Club

The first adjustment to make is to choke down on the grip of your club. Since the ball is positioned higher than usual, it will be closer to you in the setup. By shortening the grip, you ensure you can maintain the proper distance from the ball and make more solid contact. Choking down allows for a more comfortable, controlled swing that ensures the clubface strikes the ball cleanly.

2. Club Resting Lower – Loft is Pointed Left

With the ball above your feet, the club will naturally rest lower at setup. This can cause the

loft to be pointed more to the left (for right-handed golfers), which typically leads to a pull or a hook if you're not careful. To compensate for this, you'll need to adjust the face of the club. Simply open the clubface by rotating the grip slightly. This adjustment will counteract the leftward bias and allow you to straighten out the ball flight.

Bonus tip: The more you are using the loft on the club the more you need to open the face.

3. Adjust Ball Position – Slightly Back in Your Stance

In sloping lies, your swing arc will change slightly. Since the ball is now raised and closer to your body, it's essential to shift the ball position slightly back in your stance. By doing this, you'll ensure that the club makes contact with the ball at the right moment in your swing, before it hits the ground too early in the arc. This will give you a more solid strike and help you avoid digging into the turf too early.

Sloping lies with the ball above your feet can be tricky, but with the right adjustments, you can easily navigate these situations. Remember to choke down, open the clubface, and adjust ball position. These set up adjustments apply for any type of golf shot when the ball is positioned above your feet. Give this a try next time you are practicing at our short game area around the rough or even in the bunkers.



Before adjustments.



After adjustments.



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ROD & GUN CLUB

Fine Firearm Show at the Rod & Gun Club Sporting Clays Range

Tomorrow, Saturday, February 8



by Christine Patton, Rod & Gun Club

For all Rod and Gun Club members and their guests, Royal Sporting Arms LLC will be at the range from 11 a.m. until 3 p.m., bringing with them examples of their most

elegant shotguns. Presenting the most coveted brands: Perrazi, Rizzini, Kreighoff Webley and Scott and Browning, equal to the best bespoke English side-by-sides. These guns can be ordered with custom finishes of wooden stocks and metal barrels, engraved and personalized as only a master arms maker can. Elevate your shooting experience with their exquisite shotguns.

Come to the Range, on Card Sound Road, just minutes past Alabama Jack's — find the exact GPS location on rodandgun.org and enjoy seeing some of the world's finest guns, courtesy of the Rod and Gun Club.

If you are a Rod & Gun member and are not receiving our club emails and would like to, please send an email to Contactus@rodandgun.org.

SAVE THE DATES!

Dinner

BTT — Bonefish and Tarpon Trust
12th Annual Florida Keys Dinner and Awards
Thursday, April 10
 At the Cheeca Lodge and Spa in Islamorada, Florida

Screening

Ducks Unlimited and the Rod and Gun Club present:
Screening of the award-winning film, "Wings over Water,"
narrated by Michael Keaton

Friday, April 18

At the Ocean Reef Cultural Center at 5 p.m. Film to be followed by a wine/beer reception for all Ocean Reef Members.

FEBRUARY FUN & GAMES

- Fish of the Month is Dolphin, Swordfish and Snapper
- "Pick Any 3 Days" fishing contest is open
- Twister, 5-Stand and Skeet competition for the month of February and for the season
- Sporting Clays trip to Markham Park on Wednesday, February 26
- Questions? Membership? Email? Contactus@RodandGun.org

GOLF SCOREBOARD

2025 LGA CHALLENGE CUP

Thursday, January 30

Final Team Totals:

Card Sound Golf Club- 74
 Ocean Reef Club- 52

9 HOLE LGA WEEKLY EVENT

Thursday, January 30

Front Nine Division

1st Place: Bettina Schottland, Angeline Materna, Susie Hassett, and Helen Burish
2nd Place: Kathleen Metzman, Bebe Hofmann, Sandra Fish, and Dora Rubin

Back Nine Division

1st Place: Erin Seale, Allison Roesser, Janine Mullady, and Florie Perellis
2nd Place: Kelly Armstrong, Cary Dabney, Kelly St. Clair, and Lisa Farbolin

Closest to the Hole

Hole #6: Sharon Arquilla
Hole #17: Erin Seale

Longest Drive

Hole #3: Tania McCann
Hole #13: Anne Leake

2025 MGA OLD BUDDY

Friday, January 31

Champions: Michael Acheson and Brad Williams

2025 MIXED COUPLES GOLF CHAMPIONSHIP

Saturday, February 1

1st Place Gross: David and Kerri Topping

2nd Place Gross: Tim and Denise Prete

3rd Place Gross (tie): Juan and Tanya Benavides, Steve Woodsum and Hillary Smith, James and Karen Davidson

6th Place Gross: Rick Gabriel and Sandra Ennor
7th Place Gross (tie): Michael and Adele Acheson, Phil and Suzy Heilpern, Michael and Joan Conley

10th Place Gross: Scott and Mary Heffner

11th Place Gross: Darran and Cindy Baird

1st Place Net: Michael and Joan Conley

2nd Place Net: David and Kerri Topping

3rd Place Net: Mike and Leslie Minsch

4th Place Net (tie): James and Tania McCann, Rick Gabriel and Sandra Ennor, Tim and Denise Prete

7th Place Net (tie): Robert Zoba and Christie Curie, Juan and Tanya Benavides, Dominic and Patricia Di Napoli

10th Place Net (tie): Bruce and Susan Berry, Rudy Schupp and Diana Frazier, Brock and Yvonne Vinton, Joe and Kelly Hertzman, Steve and Jennifer Leonard, James and Karen Davidson, Phil and Suzy Heilpern, Brad Vandenberg and Amy Upjohn, Tom and Betty Schievelbein

Closest to the Hole

Hole #5 Ladies: Kerri Topping

Hole #16 Men: Steve Woodsum

Long Drive

Hole #8 Ladies: Tanya Benavides

Hole #14 Men: David Topping

MGA WEEKLY EVENT

Monday, February 3

1st Place Gross: Tim Prete, Kevin Scalia and David Jackson

2nd Place Gross: Tom Austin, Mike Miles, Buck Schottland and Earl Johnson

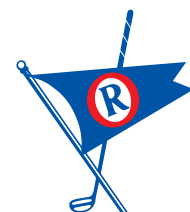
1st Place Net: Mark Hadfield, Keith Bozeman, Rob Thorne and John Kazmer

2nd Place Net: Gerald Blackie, Billy Orgel, Mike Materna and Frank Schneider

3rd Place Net: Charlie Zahringer, Greg Thompson, Buzz Hilberg and Ray Schilderink

4th Place Net: Bill Miller, Frederick Sherman and Paul Rubinstein

5th Place Net: Rick Gabriel, Briggs Forelli, Ken Owens and Tony Rodriguez





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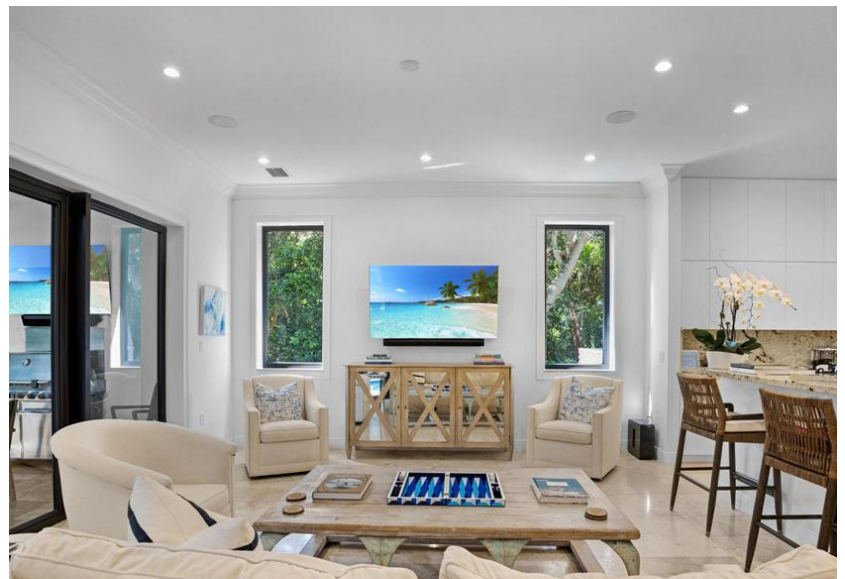
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CARD SOUND MODEL YACHT CLUB

Near Perfect Conditions on The Pond



by Windsor D. Coffin, CSMYC Commodore

While the previous Sunday gave us the largest fleet of the season so far, this past Sunday upped the game once again where eight boats took to the waters of The Pond for racing action. It is fantastic to see the steady regrowth of this long-time club within Ocean Reef. With new sailors always joining it will not be long before eight boats and more taking the race start is the norm. While the consistency of the breeze was

a treat, it made it so there was only one clear path around the course. More so than normal, if you happened to get out front after the race started you were almost assured to cross the finish line first. The tiniest mistakes were costly. After six races run it was, once again, **Joe Robillard** who won the day with three race wins. Only one point back in second place was **Al Mast** who took the other three race wins. Rounding out

the top three was yours truly, **Windsor Coffin**, in third place for day with a pair of second place finishes that kept the top two from going to tie-breakers.

The forecast for this coming Sunday looks once again to be spectacular. East to southeasterly breezes around 10 knots and tides in the middle of the tidal range.

The Card Sound Model Yacht Club races every Sunday morning (except Easter Sunday) until the end of April at The Pond. Our races now begin at 9 a.m. As always, our sailing is dependent on favorable weather conditions. We hope you will come by the Pond to watch the action! If you have an interest in sailing and would like more information about our model yachting club and our EC12 model yachts, please come by The Pond to see us or contact me, Windsor Coffin, at csmc12@gmail.com.



Lots of EC12s racing on The Pond. Photo Credit- Alzbetka Robillard.

So far this season, the sailors of the Card Sound Model Yacht Club battled challenging conditions as well as each other. Shifty and inconsistent breezes have been the norm thus far. But last Sunday, the sailors were treated to ideal conditions with consistent east-southeasterly breezes once the breeze came up. We did have to wait for a few moments for the breeze to fill in. It was questionable for a few moments.



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4 BD/3 BA | OCEAN VIEWS | \$4,895,000 | 2628



UNDER CONSTRUCTION

ANGELFISH CAY 8A

3 BD/3.5 BA | 38' DOCKAGE | \$4,600,000 | 2721



FISHERMAN'S COVE 26B

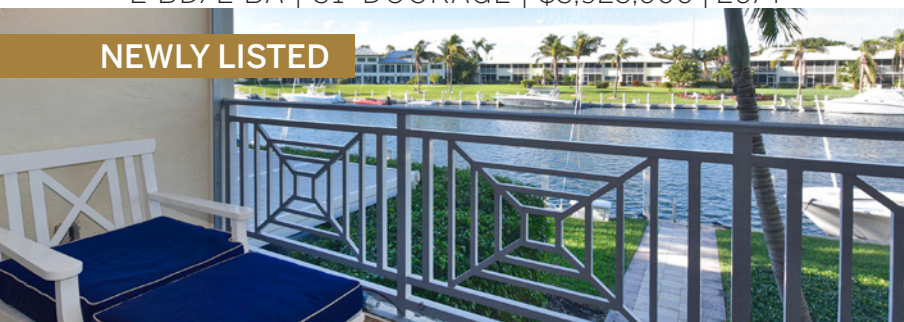
2 BD/2 BA | 31' DOCKAGE | \$3,925,000 | 2674



NEWLY PRICED

43 VILLA COURT | ANGLERS CLUB

2 BD/2 BA | BAY VIEWS | \$3,795,000 | 2732



NEWLY LISTED

PUMPKIN CAY 18A

2 BD/3 BA | 40' DOCKAGE | \$3,250,000 | 2806



GATEHOUSE DOCK A-16

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CARD SOUND SAILING CLUB

What a Crazy Season for Our Sailing Club, Not Enough Wind Last Saturday!



by Currie Wooten,
Past CSSC
Commodore

Usually it has been too much wind and this past week the original forecast was for three days of a cold front with lots of wind from the North. Then throughout the week the forecast winds kept getting lighter and lighter and the whole club was getting excited to have a Saturday race and Nooners, but then they got too light!

Last week I described our detailed week of communication and preparation and Thirsty Thursday Gathering, so you know our whole routine. We followed that routine to the tee and were all ready and set and you know what we were discussing the whole time- the wind!

So, early on Saturday morning (February 1) sailors were preparing their boats and were getting ready at Bakers Harbor and Grayvik and at the same time the Race Committee captained by **Jay Beatty** and **Chuck Cook** and the auxiliary boats were out on Card Sound north of Pumpkin Key judging the calm conditions and looking for every thread of hope so that they could hail the sailors to come out of their harbors and race! **Phil** and **Jill Jenkins**, who have joined our sailing club last week, decided to head out in their newly refurbished boat, "Aquavit," regardless of whether we had a race or not. They paddled their way out of the canal and they were finding little puffs to keep active and kept



Jill and Phil Jenkins took out their boat Aquavit on the glassy and calm sea. Photo Credit- Denise Bermant.

hoping it would pick up like the forecasts predicted. The Race Committee called in at 8:30 to see if the sailors wanted to wait another half hour to see if there was any steady breeze coming. Usually we call the race if the winds are below 5 mph, but we all were holding onto any hope, so everyone agreed to wait. At 9, there were ripples on the water but not consistent, so the next call would be at 9:15. The dock was full of chatter as sailors described their experience in no wind conditions and windy conditions in previous races all across the country. Meanwhile, our Nooners Chair, **Liz Foster**, was busy cleaning out our cart and restocking in case we were sailing that day (at least it's ready for next week). The prize glasses were inspected and readied for winners. Everything remained ready for the last of our Connors Series races. At 9:15 the winds were coming out of the west but still only 3 mph, so everyone agreed to wait until 9:45 not wanting to give up. At 9:47 the winds were still 3-3.5 mph and did not look promising, so the consensus was to finally call the race off! So the sailors reluctantly removed their sails and covered their boats as "Aquavit" limped back into her slip. **Windsor Coffin**, our Fleet Captain, lowered the flags and **Jim Lampman** dumped the ice he had brought for the cart, which then was stowed and covered and everything is ready for this Saturday.

Our January Connors Series #1-#4 is over, and we do have a



Nancy Lampman, Gary Sayia's sailing partner finally arrives at The Reef.



Sailors taking down their sails as the race is called off.

winner of the series as we did have series #2 on January 11 in which we had 4 races.

Tom Austin and **Peter Askew** were the winners from that race series so they have won the entire series, with **Jim Foster** and **Jim Lampman** second place, and **Joe** and **Betka Robillard** third place- Congratulations to our sailors!

We start our Magic Series Races #1 tomorrow, **Saturday, February 8** and we have a special event. **Tom McKenzie** will be making his famous tacos so we

don't want to miss this. We will have Taco Day regardless of what the wind gods bring us.

CSSC members make sure to register for our Midseason Luncheon at the Residence Club on **Saturday, February 15** on our website, cardsoundsailingclub.com.

Anyone can check out our website, there is lots of good information about our club and our schedule, and join us any Saturday to see what we're about.

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What Everyone Needs to Know for a Healthy Heart

(Including What to Ask of Your Doctor)


By Dr. Erika Siegel

The heart and its vessels are our body's delivery system, bringing oxygen and nutrients in and delivering waste to the proper places for disposal. This delivery system is literally your lifeline, and its efficacy translates into every single cell in your body. Heart disease doesn't start when you get diagnosed with a blockage or have a heart attack; it starts years, perhaps decades earlier. Taking care of your heart and its vessels is a long game- it means embracing a lifestyle, not just a pill or a procedure.

The undisputed fact that heart disease is (for most people) preventable is perhaps an inconvenient truth. This means that you're actually in the driver's seat with every lifestyle decision you make. The four lifestyle factors (choices) that have the biggest impact on preventing heart disease are: 1) not smoking; 2) 30 minutes of exercise daily; 3) not being obese; and 4) eating well (defined as: abundant fruits and veggies, whole grains, and low animal product consumption). Appropriate testing includes monitoring blood pressure and blood sugar as well as blood lipoproteins (especially APO B, LP PLA2) and if you don't know your APO E status, it's time to get it tested, as it has an impact on how aggressive to be to keep those cholesterol levels in check. On **Monday, February 10**, integrative physician, Dr. Erika Siegel will dive into this topic and discuss nutrition, herbs, supplements and more for preventing and

CHALLENGE CALENDAR

Endless Rope Challenge- Wednesday, February 12
SkillRow Challenge- Wednesday, February 26
Plank Challenge- Wednesday, March 26



Row Challenge Champion Mark Burish.

treating cardiovascular disease. She will also discuss appropriate testing (it's more extensive than most people receive) including appropriate labs and imaging to discuss with your doctor.

LECTURE DETAILS

What Everyone Needs to Know for a Healthy Heart (including what to ask of your doctor)

**Monday, February 10
4 p.m. • MFC Fiesta Room**

In this one-hour lecture, integrative physician Dr. Erika Siegel will dive into the important topic of cardiovascular health. Dr. Siegel will be signing and selling her popular book set, "The Nourish Me Kitchen," after the lecture.

ROW CHALLENGE RESULTS

Top 3 Men:

*Handicap is included in the results. Club records do not include handicap.
Club Record: 1:44
1. Mark Burish 1:29
2. David Rountree 1:32
3. Bob Schwartz 1:37

Top 3 Ladies:

Club Record: 2:11
1. Wendy Brainard 2:04
2. Kathleen Metzman 2:06
3. Jamie Benario 2:15

Club Fitness Championship Top 5 Standings after 4 Challenges

Men:

- Bob Schwartz 46 points
- Mark Burish 42 points
- Ray Herman 40 points
- Wally Hayward 26 points
- Brian Rich 24 points

Ladies:

- Wendy Brainard 80 points
- Kathleen Metzman 62 points
- Riley Hayward 30 points
- Jamie Benario 30 points
- Laura Schutz 16 points
- Alison Cohen 14 points
- Susanne Kramer 14 points
- Elli Delligatti 14 points

UPCOMING MFC EVENTS

Club Fitness Championship:

Endless Rope Pull

Wednesday, February 12

9 a.m. to 12 p.m.

Pull the endless rope for six loops for time. This is the fifth challenge of the Club Championship series.

EMS Demo with Carlton Huggins

Wednesday, February 12

3 p.m. • EMS Room

Learn about the benefits of EMS, which include muscle toning and strengthening. Complimentary.

Vinyasa All About Love Flow with Moorey-Margaret Myers

Wednesday, February 12

3 p.m. • EMS Room

This class focuses on cultivating self-love, compassion, and kindness through a series of fluid and mindful movements. With an emphasis on heart-opening poses, you'll create space to give and receive love more freely. Moorey-Margaret will guide you through a graceful flow that synchronizes breath with movement, allowing you to deepen your practice and find a sense of peace and balance. Whether you're a seasoned yogi or a beginner, this class welcomes all levels

Balance Better Workshop with Hannah Whistler

Thursday, February 13

3 p.m. • Fiesta Room

This balance and fall prevention workshop is designed for individuals of all fitness levels who want to enhance stability and reduce the risk of falls. Through simple exercises and techniques, participants will improve coordination, strengthen key muscle groups, and increase confidence in daily movements. Ideal for anyone looking to maintain independence and stay active safely.

Battle of the sexes - Valentine's Day with Hannah Whistler

Friday, February 14

12 p.m. • Outdoor Gym

Celebrate Valentine's Day with some fun, friendly competition in our Battle of the Sexes workout. Join us for a high-energy session where teams compete in exciting fitness challenges designed to test strength, endurance, and teamwork. Whether you're coming with a partner or solo, this event promises a workout filled with laughter, camaraderie, and heart-pumping fun.

AT THE FITNESS CENTER

Receiving a Chronic Disease Diagnosis: What to Do Next



by Moorey-Margaret Meyers, Fitness Center Trainer

Being diagnosed with a chronic disease can be overwhelming and life-changing. It's a moment that often comes with a whirlwind of emotions—fear, confusion, frustration, and even grief. While the diagnosis itself is significant, what you do next plays a critical role in managing your health and well-being. Here's a guide to help you navigate this challenging journey:

1. Take a Deep Breath and Allow Yourself to Feel

It's natural to experience a flood of emotions. Allow yourself to feel and process them. Whether it's talking to a trusted friend, crying, or even writing down your thoughts, giving yourself the space to process your feelings is crucial.

2. Seek Information

Understanding your condition can empower you to make



Join the Member Fitness Center for Sweat Classes Monday-Saturday at 8 a.m.

informed decisions. Consult reliable sources such as medical professionals and reputable websites. Avoid getting lost in potentially misleading or alarming information online.

3. Assemble Your Healthcare Team

Having a team of healthcare professionals you trust is vital. This may include your primary care physician, specialists, dietitians, mental health professionals, and more. Ensure you feel comfortable discussing your concerns and treatment options with them.

4. Develop a Management Plan

Work with your healthcare team to create a comprehensive management plan. This should include medication schedules, lifestyle changes, dietary recommendations, and any necessary therapies. Write it down and keep it accessible for reference.

5. Adopt a Healthy Lifestyle

Focus on maintaining a healthy

lifestyle. This includes eating a balanced diet, exercising regularly, getting enough sleep, regulating your nervous system and avoiding harmful habits like smoking and excessive drinking. A healthy lifestyle can significantly impact your overall well-being.

6. Prioritize Mental Health

Dealing with a chronic illness can take a toll on your mental health. Seek support from mental health professionals, support groups, or counselors. Don't hesitate to ask for help when you need it.

7. Educate Your Support System

Involve your family and friends in your journey. Educate them about your condition and how they can support you. Having a strong support system can make a significant difference in managing your illness.

8. Stay Positive and Be Patient

Managing a chronic disease is a marathon, not a sprint. Be patient with yourself and stay positive. Celebrate small victories and

progress, no matter how minor they may seem.

9. Keep Track of Your Progress

Maintain a journal or use an app to track your symptoms, medication, and any changes in your condition. This can help you and your healthcare team make necessary adjustments to your management plan.

10. Advocate for Yourself

Don't be afraid to speak up and advocate for your needs. Whether it's seeking a second opinion, asking questions about your treatment, or discussing new symptoms, your voice matters.

Receiving a chronic disease diagnosis is undoubtedly challenging, but it doesn't mean your life is over. With the right approach, support, and mindset, you can manage your condition and lead a fulfilling life. Remember, you are not alone on this journey. Reach out, seek support, and take it one day at a time.

I hope this guide provides some clarity and support. If you have any other questions or need more information, feel free to ask. The Member Fitness Center offers trainers and therapists to help you manage your chronic condition and regulate your nervous system through therapy, exercise, yoga, Pilates, meditation and sound healing.

ZUMBA DANCE PARTY



Member Fitness Center's Zumba Dance Party was a hit!



See a list of more events like this one on page 56.

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Love at First Strike



by Carol Blackburn,
Croquet
Committee
Chair

On Sunday, Open Play started with full double-banked courts and we made sure that everyone got to play!

On Monday afternoon we had the pleasure of having Jim Morton teach the afternoon class. We even had 12 new players join us for some great court experiences.

Following that event was the Women, Wickets and Wine which once again had full courts and lots of laughs. Make sure to join us for the next Women, Wickets and Wine on **Monday, February 17**, from 3:30-5 p.m.

Don't forget, coming up on **Sunday, February 16** from 5-8 p.m. is our Croquet Under the



This is sheer dedication to the sport! Never leave home without it. There is a prize waiting for the first person to text me with a guess as to whose bag this could be.

Lights. We're bring this in BYOB format and you can enjoy some lite bites. All levels are welcome!

To sign up you can call the Tennis & Games Center Pro Shop at 305-367-6583.

Croquet Tip of the Week

1. Salk it
2. Walk it
3. Aim it
4. Shoot it!

Remember you miss 100% of the shots you don't take.



Jim Morton taught the Monday afternoon class and had 12 new players join.



A memory is a keepsake, our dear friend Suzanne Grandis will be missed.



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Upcoming Club Championships to Watch and Participate In: Golf Croquet Doubles, Pickleball Doubles & Tennis Doubles



by Hannah Fleckenstein, Head Tennis Professional

Now that the weather has finally warmed up, our Tennis and Games Center enthusiasts are gearing up for a series of exciting tournaments. From croquet to pickleball to tennis, there's something for everyone to enjoy and participate in over the next week and a half.

Golf Croquet Club Championships Today

Starting **today, February 7** at 8:30 a.m., the much-anticipated Golf Croquet Club Championships is officially underway at the ORC Croquet Lawn. Players of all skill levels will compete with matches running through the afternoon. Spectators are encouraged to come out and enjoy the elegant atmosphere while cheering on their favorite athletes. Whether you're a seasoned croquet enthusiast or new to the game, today promises friendly competition and good fun.

Ladies' & Men's Pickleball Club Championships Tomorrow

If you can't make it to the croquet lawn, don't worry! **Tomorrow, February 8** the Ladies' and Men's Doubles Pickleball Club Championships will take place at the Tennis and Games Center. The festivities will kick off at 8:30 a.m. with Men's Round Robin play, followed by Ladies' Round

Robin at 11 a.m. We have a fantastic field of athletes who have been fine-tuning their skills all season long. Do not hesitate to come out to the pickleball patio for coffee and a show. Sunday morning will feature the best of the best, battling it out for the Club Championships trophy and their name etched in history on the Club Championships board at the Tennis and Games Center.

Ladies' & Men's Tennis Club Championships - Sign Up Now

Looking ahead, the Ladies' and Men's Doubles Tennis Club Championships are fast approaching. The event is set to take place on **February 15** and **16** at the Tennis and Games Center. Registration is still open, but spaces are filling quickly, so interested players should sign up soon. If you do not have a partner, do not fret, we will find you one. This tournament is a great opportunity to test your skills

in a tournament setting while enjoying some familiar and friendly competition.

Whether you're playing or spectating, these upcoming tournaments are not to be missed!

TENNIS RESULTS

MEN'S NIGHT LEAGUE

Monday, February 3

1st Place:

George Blaha

2nd Place:

Andy Hofmann

3rd Place:

Richard Weinstein

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TENNIS TIP

Prepare, then Move



“Tennis Tip” by Alex Henderson, Assistant Tennis Professional

One of the key fundamentals in tennis is preparing your racket before moving to the ball. If you run first and prepare later, you'll constantly be late, off-balance, and forced into rushed swings. Instead, as soon as you recognize where the ball is going, start your

preparation immediately. Begin with a full shoulder turn, bringing your racket back early. This isn't just about arm movement—the shoulder turn engages your core and legs, giving you better stability and power. Your non-dominant hand should help guide the racket back while your dominant hand stays relaxed. By the time you move your feet, your racket is already set, and all that's left is to swing through the ball.

Early preparation leads to cleaner, more controlled shots, allowing you to dictate play instead of scrambling to keep up. Prepare first, move second, and watch your game improve.

Tennis Player of the Week



RANDI EDMISTON

What do you enjoy the most about playing tennis at Ocean Reef?

I enjoy playing tennis at Ocean Reef because of the many offerings of programmed play each day, pros are readily available for lessons and there is play inclusion at many levels.

When did you start playing tennis?

I began playing tennis during my college days at UNC-Chapel Hill. There were always plenty of people to play with and lots of court availability.

What is your favorite racquet event at Ocean Reef?

My favorite racquet event at Ocean Reef is the Member-Guest tournament. I look forward to participating in one in the future.

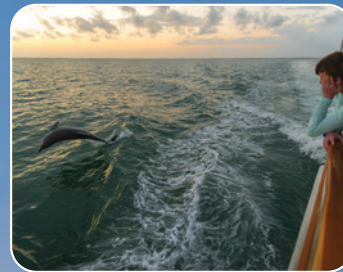


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Keeping Busy at the Card & Games Room



by Gregg Van Dyke, Bridge Director

We're keeping busy and on **Wednesday, February 12** at 10 a.m. there will be a continuation of Patty Tucker's class, Learn to Play Bridge which will be held at the Bridge Center. This is a continuation of her program plus a tune-up for those to activate their bridge skills. This event will be an hour and a half providing mentors and partners! We look forward to seeing you and, if you cannot come, please tell others about the program. Registration is not needed, you can just show up.

Dinner in the Ocean Room

Set for **Monday, March 10** for Bridge and **Monday, March 24** for Canasta.

Men's Monday Night Poker

Feel free to join in on Mondays at 6:45-9:30 p.m.

Men's Knockout Texas Hold'em Tournament

This event will be on **Monday,**



A lot of fun was had at the recent Ladies' Poker Night! Pick up the February schedule at the Card and Games Room for more upcoming events like this.

February 17 and you can call Gregg to register.

Mah Jongg Club Championship

Start preparing for the Mah Jongg Club Championship that be held Tuesday, March 5 in the Card and Games Room at 1 p.m.

Special Hands Class for Canasta Players

Claudia Langworthy will be hosting a Special Hands Class for Canasta Players on **Wednesday, February 12** from 10 a.m. to 12 p.m. in the Card & Games Room.

Canasta Pick-Up Games Tuesdays & Thursdays

Come over between 12 p.m. and 1 p.m. Just show up and we will put games together! If you need

to learn or brush up on your skills, lessons are available on Tuesdays and Thursdays at 11:30 a.m. or just stop in and watch. This is a wonderful way to meet people.

Mah Jongg Pick-Up Games

Available Tuesdays and Thursdays from 1-4 p.m.

There is a Mah Jongg teacher here now and she does both beginner and intermediate lessons. Please call Gregg at 305-367-6609 to make arrangements.

Beginners Canasta Lessons

Available on Tuesdays and Thursdays at 11:30 a.m.

Backgammon Lessons

Lessons are available on Friday Mornings starting **today,**

February 7 at 10:30 a.m. by appointment. You can call me at 305-367-6609 and let me know you are coming. There are also backgammon games that you may check out and take home to practice.

Card & Games Room

Open 7 days a week from 9 a.m.-5 p.m. for your entertainment.

You can now come and pick up your February Card and Games schedule.

ForeTees Reservation System

You can use the ForeTees Reservation System to make reservations for Card & Games. Contact Gregg at 305-367-6609 or Molly Lechelt at 305-367-2611 x7774 for instructions.

BRIDGE TIP

When the Bidding Goes:

1 Club – pass – pass – ?

By Gregg Van Dyke, Bridge Director

When a 1 club opening bid is passed to you, keep in mind your partner was not strong enough to overcall 1 club.

When a 1 club opening bid is passed to you, look at your club length. If you are short, your partner may yet have a good hand. If you have club length,

there is a good chance your partner is weak.

1. S- Q4 H- 876 D- KJ76 C- AJ95
2. S- Q98 H-A954 D-KJ87 C- 84

With (1) pass because partner is probably short in clubs and probably weak not to be able to bid at the one level. The opener probably has the 18- 19 point balanced hand and wants to get back into the bidding.

With (2) double your club shortness indicates that partner may have a good hand with clubs after all.

BRIDGE RESULTS

MONDAY, JANUARY 27

North-South

- 1st Place:** Christine Patton - Kathie Markel
2nd Place: Monica Phillips - Paula Pendergast

East-West

- 1st Place:** Loretta Zimmermann - Gordana Schneider
2nd Place: Pat Henry - Charles Simms

WEDNESDAY, JANUARY 29

North-South

- 1st Place:** Deborah Nutt - Gail Yoh
2nd Place: Monica Phillips - Paula Pendergast

East-West

- 1st Place:** Cynthia Comenos - Pam Harding
2nd Place: Philip Comenos - Sam Wardwell

FRIDAY, JANUARY 31

North-South

- 1st Place:** Deborah Nutt - Gail Yoh
2nd Place: Fred Bacher - Ed Kavanaugh

East-West

- 1st Place:** Kathie Markel - Pam Harding
2nd Place: Linda Pelts - Dottie Kemp

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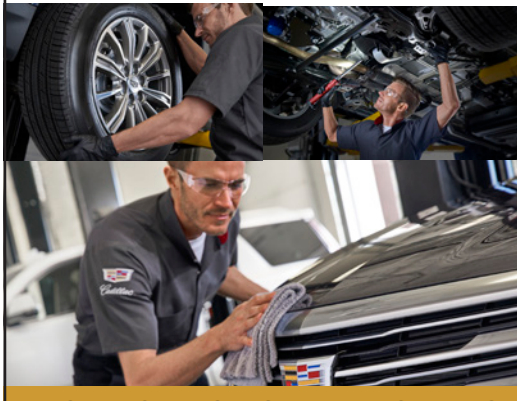
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