

FRENCHMAN'S
CREEK 
BEACH & COUNTRY CLUB

SEPTEMBER 2017
NEWSLETTER



EXCLUSIVE LUXURY COMMUNITY WITH SERVICE BEYOND IMAGINATION

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Visit us at
<http://www.frenchmancreek.com>
 to see all the new site features!

**Frenchman's Creek Beach
 and Country Club**
 13495 Tournament Drive
 Palm Beach Gardens, Florida 33410
 Phone: (561) 622-8300

Frenchman's Creek Beach Club
 400 Celestial Way
 Juno Beach, Florida 33408
 Phone: (561) 624-3400



SEPTEMBER WORD SEARCH

- | | |
|--------------|------------|
| ARCHITECTURE | SPA |
| LABOR DAY | WELCOME |
| POOLSIDE | FARM |
| SOCIAL | LOCAL |
| VOLUNTEER | SEPTEMBER |
| EXPERIENCE | TASTING |
| LECTURE | YOM KIPPUR |
| SCHOOL | WINE |



Kathy O'Brien - Community Relations

WELCOME HOME

Return for the Season

Please contact the POA Office once you have finalized and scheduled your return home to Frenchman's Creek. We will assist you in coordinating POA services before your arrival.

Please advise us of your arrival date with the change of address form included in this mailing. The information will be forwarded to landscaping, Hotwire cable home alarm, and Security.

We are looking forward to welcoming you home for another exciting season. To notify us of your arrival home you may also send us an email at info@frenchmanskreek.com, call the POA Office at (561) 627-1467 or call Bernadette Ceant in Accounting at (561) 273-2622.





GUEST RULES

Guest Rules - Immediate Family

Immediate Family guest residing in the member's dwelling:

If the Member is in residence - the immediate family guest may use the facilities an unlimited number of times when accompanied by the member and thirty (30) days per year when not accompanied by the member.

Immediate Family guest not-residing in the member's dwelling:

If the Member is in residence - the immediate family guest may use the facilities an unlimited number of times when accompanied by the member and thirty (30) days per year when not accompanied by the member.

Immediate family guests may not use the recreational facilities when the member is not in residence.

Guest Rules - House Guests

A House guest (other than an immediate family guest) must always be accompanied by a member, and may only use the recreational facilities a maximum of fifteen (15) days per year.

Guest Rules - Outside Guests

An Outside guest must always be accompanied by a member, and may only use the recreational facilities a maximum of fifteen (15) days per year.

**All guests must be registered by the member at the POA Office.*

**Guests may not bring guests to use the recreational facilities.*

Thank you,
POA Administration



Linda George - Administration

UPCOMING MEETINGS DISCUSSION WITH THE PRESIDENT & BOARD MEETINGS

OCTOBER—2017

- WEDNESDAY, OCTOBER 18—4:30 P.M.—DISCUSSION WITH THE PRESIDENT (LIVING ROOM)
- THURSDAY, OCTOBER 19—12:00 P.M.—MONTHLY BOARD MEETING (BOARD ROOM)
- TUESDAY, OCTOBER 24—10:00 A.M.—SPECIAL BOARD MEETING TO REVIEW THE STRATEGIC PLAN (BOARD ROOM)

NOVEMBER—2017

- WEDNESDAY, NOVEMBER 15—4:30 P.M.—DISCUSSION WITH THE PRESIDENT (LIVING ROOM)
- THURSDAY, NOVEMBER 16—12:00 P.M.—MONTHLY BOARD MEETING (BOARD ROOM)

DECEMBER—2017

- WEDNESDAY, DECEMBER 13—4:30 P.M.—DISCUSSION WITH THE PRESIDENT (LIVING ROOM)
- THURSDAY, DECEMBER 14—12:00 P.M.—MONTHLY BOARD MEETING (BOARD ROOM)

JANUARY—2018

- WEDNESDAY, JANUARY 17—4:30 P.M.—DISCUSSION WITH THE PRESIDENT (LIVING ROOM)
- THURSDAY, JANUARY 18—12:00 P.M.—MONTHLY BOARD MEETING (BOARD ROOM)

FEBRUARY—2018

- SATURDAY, FEBRUARY 10—2:30 P.M.—MEET THE CANDIDATES FORUM (MDR)
- WEDNESDAY, FEBRUARY 14—4:30 P.M.—DISCUSSION WITH THE PRESIDENT (LIVING ROOM)
- THURSDAY, FEBRUARY 15—12:00 P.M.—MONTHLY BOARD MEETING (BOARD ROOM)

MARCH—2018

- SATURDAY, MARCH 17—2:30 P.M.—ANNUAL MEETING (MDR)
- WEDNESDAY, MARCH 21—4:30 P.M.—DISCUSSION WITH THE PRESIDENT (LIVING ROOM)
- THURSDAY, MARCH 22—12:00 P.M.—MONTHLY BOARD MEETING (BOARD ROOM)

Garbage and Recycling Schedule

Please have your garbage and recycling curbside by 6:00 a.m. on the scheduled collection day.

Tuesdays: Solid Waste and Yard Waste

Fridays: Solid Waste and Recycling

In your **YELLOW** bin, please place the following items:

- *Newspapers
- *Magazines
- *Unwanted Mail
- *School/Office Papers
- *Phone Books
- *Paper Bags

ALL Cardboard Boxes - NEW (includes beverage cartons, tissue boxes, dry foodboxes, corrugated cardboard. Boxes must be flattened and cut to 3' x 3' maximum.)

In your **BLUE** bin, please place the following items:

- *Plastic Containers #1-#17
- *Steel Cans
- *Aluminum Cans, Foil and Pie Plates
- *Drink Boxes
- *Milk and Juice Cartons

To prevent animals from getting into the trash, place garbage bags in trash cans, please do not leave plastic garbage bags curbside.



GUEST REGISTRATION

Please register your guest at the POA Office or by going online at **www.frenchmancreek.com**. On the homepage, click on the *POA* link and choose *Guest Passes* on the right and fill out the online form.

Please remind your guest to present their passes upon arrival and when visiting all venues.

Please contact the **POA Office** at **(561) 627-1467**, for assistance with guest passes.

VOLUNTEER MATCH PROGRAM

Highlights
of this
Season

Mark
Your
Calendar

Find
Your
Match

VOLUNTEER SHOWCASE—SAVE THE DATE: Thursday, November 15th – Volunteer Showcase: 10 a.m. to 3:30 p.m. in the Main Dining Room. Over thirty agencies will be there to explain the volunteer positions needed.

DRESS FOR SUCCESS: Thursday, November 15th (concurrent with the Volunteer Showcase) in the Living Room – “Dress for Success” will be accepting donations of women’s accessories, such as shoes, handbags, and jewelry – but only items suitable for working women. More guidelines will follow. Frenchman’s Creek residents will be needed to help organize the collection and sorting of items.

LITERACY COALITION OF PALM BEACH COUNTY: Volunteers are needed to tutor first and second grade children during school hours as well as after-school tutoring. If you are interested in working with children and improving reading skills, please leave your name with the POA Office. (If we have your name, it is easy to contact residents we know are interested in working with young children.) There is some training required. AND, The “Adult Essay Read” will be back again in March. Susan and Bob Shaw got that off the ground last March and it was a rewarding experience for the over thirty residents who participated. Please join us again next **March 2018**.



**American
Red Cross**

KIDS VOLUNTEER FOR THE AMERICAN RED CROSS: Thursday, December 28th is the third year for this annual event where children -- including high school students earning service-credits – help put together “comfort kits” to distribute to needy families who have been displaced from their homes.

PALM BEACH GARDENS HIGH SCHOOL – STUDENT COACHING PROGRAM. Watch for notice from Stuart Halpert about when this starts. Every Frenchman’s Creek resident who has worked with this program finds it very rewarding. The head of the program will be at the Volunteer Showcase.

IF YOU ARE INTERESTED IN FINDING A VOLUNTEER MATCH AT FRENCHMAN’S CREEK, PLEASE CALL OR LEAVE YOUR NAME WITH THE POA OFFICE, AND THE CO-CHAIRS OF THE VOLUNTEER MATCH PROGRAM WILL BE IN TOUCH WITH YOU.

Do you remember our golf-club donation drive two seasons ago? Over 1000 used clubs were donated by our members and sorted into complete golf sets by Todd Kitchen and our caddies and donated to the PGA Reach program for youth and veterans. We are happy to see the growth of that program and share this announcement from: **PALM BEACH GARDENS, Fla. (July 31, 2017)** -- PGA REACH, the 501 (c)(3) charitable foundation of the PGA of America, and the Nicklaus Companies announced today a historic partnership to support PGA REACH in its mission of impacting lives by enabling access to PGA Members, PGA Sections, and the game of golf. The partnership includes financial support from the Nicklaus Companies, as well as a personal commitment from its founder, Jack Nicklaus, to make an impact on all three areas of focus for PGA REACH: Youth, Military, and Diversity & Inclusion.

Hope you are having a great summer!
Marie and Saul Kravec and Nancy and Peter Berkley,
Co-chairs of the Volunteer Match Program



Pamela Rudd - Business Development

Frenchman's Creek Experience

We appreciate, encourage and support all of our members' effort to promote Frenchman's Creek to potential future residents. Please take the opportunity this season to engage your guests in a 3-day, 2-night membership experience. They will be free to explore the lifestyle that makes Frenchman's Creek Unique, and avail themselves of all the amenities. Explore the beach club; play golf or tennis; rejuvenate at the spa; or invigorate at the fitness center. Enjoy your favorite cocktails and superb dining with your friends:

The Frenchman's Creek Experience is a three day two night stay anytime during the year except the December holidays:

- The program has a one-time stay restriction and excludes family members.
- There is a nominal charge of \$199 for 4 (2 members and 2 guests), inclusive of enjoyment of all amenities as well as food and beverage.
- Guests reside with the inviting member during the weekend.
- Pre-registration is required.

Plan your 2017-2018 season now and invite your friends to experience Frenchman's Creek. Please contact Pamela Rudd for additional information or to setup the Frenchman's Creek Experience for you and your guests.

If you have friends or family visiting the area who are not participating in the Frenchman's Creek Experience you may invite them to call upon me for a club tour, luncheon or a cocktail. It would be my pleasure to showcase the community.

Phone: (561) 784-6505

E-mail: prudd@frenchmancreek.com

UPCOMING EXCURSION

LANTERN FESTIVAL



Saturday, October 21st
3:30 P.M. - 8:30 P.M.
*Morikami Museum and
Japanese Gardens*





Ashish Sethi - Food and Beverage Director

September Dining Schedule

Weekly Specials

September 2 – *Farm to Table*

September 11 – *Small Plate Specials*

September 18 – *Local Fish Specials*

September 21 – *Holiday Specials*

19th Hole

All Day Dining:

Monday to Sunday

Breakfast

7:00 a.m. - 11:00 a.m.

Lunch

11:30 a.m. - 2:30 p.m.

Dinner

5:30 p.m. - 9:00 p.m.

Poolside Café

Lunch

Monday to Sunday

11:00 a.m. - 4:00 p.m.

Sports Bar

Monday to Sunday

4:00 p.m. - open late



Take Out Service

Dinner is available
everyday.

Place your order by
4:00 p.m. and we will
deliver dinner to your
home between 5:00
p.m. and 6:00 p.m.

Please contact the
**Food and Beverage
Office** for assistance
with your order at
(561) 273-2647.

Special Dining Nights

Main Clubhouse

Local Fish and Farm to Table Specials

Saturday, September 2nd
5:30 p.m.



Rosh Hashanah Dinner

Wednesday, September 20th
5:30 p.m.

Yom Kippur / Break the Fast

Saturday, September 30th
5:30 p.m.

LABOR DAY DINING

Monday, September 4th

BBQ

5:30 p.m.



Craft Beer Tasting

6:00 p.m. to 7:30 p.m.



BEVERAGE TASTINGS

SEPTEMBER IS HERE! TRY THESE TASTINGS

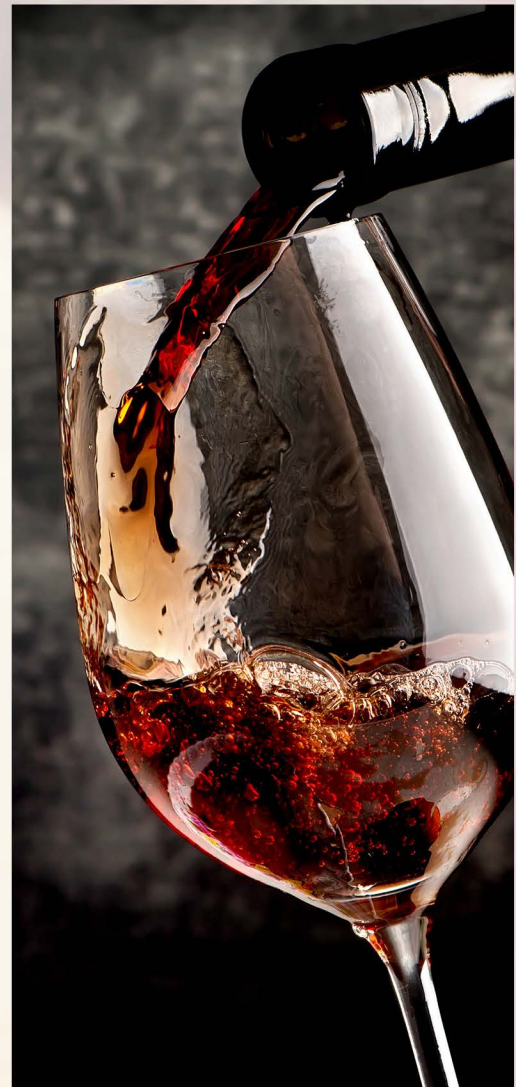
CHECK OUT THIS MONTH'S BEVERAGE TASTING
SCHEDULE WITH STEPHEN FISHER

Monday, September 4th
6:00 p.m.

Main Dining Room
Craft Beer Tasting

Friday, September 15th
6:00 p.m.

Sports Bar
Wine Tasting



For more information, please call
the **Food and Beverage** office:
(561) 273-2647

CREEK CLUB

Labor Day Weekend LAKE FRENCHMAN'S

Saturday, September 2nd to Monday, September 4th
10:00 a.m. to 4:00 p.m.



Zorb Ball



*Light refreshments
will be available.*

Paddleboat



Kayak



Waterslide

Special Events

Cigar Club

Friday, September 15th
Friday, September 22nd
Friday, September 29th
3:30 p.m.

Grille Room Patio



Tuesday, September 19th
5:00 p.m.

Main Dining Room

Stuart Bailin Lecture

Join Beethoven enthusiast and historian, Dr. Stuart Bailin, on this informative and entertaining lecture on Ludwig van Beethoven's symphonies. Those attending can learn about Beethoven's first symphonies, his 'Heroic' period and the differences between his odd- and even-numbered symphonies.

92Y

Monday, September 25th
5:30 p.m. | 7:30 p.m.

Main Dining Room

“Can our political system be fixed?”

Bernie Swain, author of *What Made Me Who I Am* continues his series of interviews on leadership and the turning points of our leaders at 92Y, this time with MSNBC's Chris Matthews. Join us as they talk about personality, politics, history and what it will take to fix our political system.

Summer Film Festival

Monday, September 11th

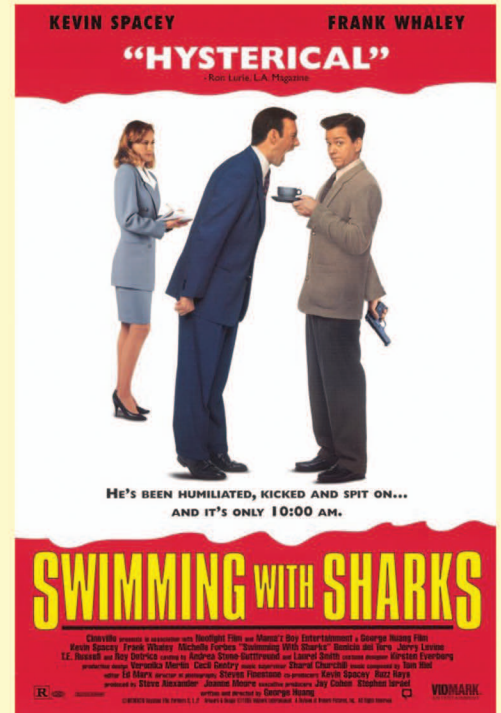
5:30 p.m. | 7:30 p.m.

Main Dining Room

"Swimming with the Sharks"

1994 (Comedy-Drama) 1 hr. 40 mins.

Guy (Frank Whaley) is a young film executive who's willing to do whatever it takes to make it in Hollywood. He begins working for famed producer Buddy Ackerman (Kevin Spacey), a domineering, manipulative, coldhearted boss. When Guy also finds out that his cynical girlfriend, Dawn (Michelle Forbes), has been using sex as a career move, he reaches his limit. Guy decides to exact revenge on Buddy by kidnapping him and subjecting him to cruel and unusual punishment.



Monday, September 17th

5:30 p.m. | 7:30 p.m.

Main Dining Room

"Bread and Roses"

2000 (Drama) 1 hr. 52 mins.

In Los Angeles, illegal Mexican immigrant Maya (Pilar Padilla) finds work as a janitor through her sister, Rosa (Elpidia Carrillo). However, since both work for a non-union company, conditions are grim. After putting up with abuse from her bosses, Maya is open to the pro-union rhetoric offered by organizer Sam Shapiro (Adrien Brody). Rosa, however, is far less interested in clashing with management, given the needs of her family, and a rift begins to form between the sisters.





TED Talks

Join us for a series of TED Talks, relatively short videos covering an endless range of topics, initially about Technology, Entertainment, and Design (TED), but now incorporating any number of subjects.



Wednesday, September 6th

5:15 p.m. | 7:30 p.m.

Main Dining Room

"How to turn the political conversation"

Insightful talks that can help improve political debate so that we can build toward a better society.



Wednesday, September 13th

5:15 p.m. | 7:30 p.m.

Main Dining Room

"How architecture can connect us"

A tour of thoughtful spaces built to bring people together and strengthen communities, rather than wall them off from one another.



Wednesday, September 27th

5:15 p.m. | 7:30 p.m.

Main Dining Room

"The power of social media"

Social media is an undeniable force in today's world. These talks highlight its impact -- from big history-defining moments to the silliness we've come to expect.

DINING & SOCIAL

COLLEGE GAME DAY EVERY SATURDAY AT THE SPORTS BAR



**DRAFT BEER
AND
WING SPECIALS**

GAME OF THE DAY

<p>September 2nd 3:30 p.m.</p>	 <p>VS.</p>  <p>Florida Gators @ Michigan Wolverines</p>
<p>September 9th 7:30 p.m.</p>	 <p>VS.</p>  <p>Ohio Sooners @ Ohio State Buckeyes</p>
<p>September 16th 3:30 p.m.</p>	 <p>VS.</p>  <p>Tennessee Volunteers @ Florida Gators</p>
<p>September 23rd 3:30 p.m.</p>	 <p>VS.</p>  <p>Penn State Nittany Lions @ Iowa Hawkeyes</p>

"Those who stay will be champions." - Bo Schembechler, Michigan Head Coach. 1969.

Tennis and Golf Workshop

Thursday, October 12th

It's a day of assorted fun! Hone in on your tennis and golf skills. Enhance your game with yoga stretching in between.

Choose one, two, a few, or ALL ACTIVITIES!



Itinerary

8:00 a.m. - 10:00 a.m. TENNIS

11:00 a.m. - 12:00 p.m. GENTLE YOGA AND MEDITATION

12:15 p.m. - 1:15 p.m. HEALTHY LUNCH AT THE **POOLSIDE CAFÉ**

4:00 p.m. - 6:00 p.m. GOLF

6:00 p.m. COCKTAILS AND HORS D'OEUVRES AT THE **SPORTS BAR**

Sign up with the Food and Beverage Office (561) 273-2647

Septe

Sunday	Monday	Tuesday
<p>3</p> <p>Club Brunch</p> <p>19th Hole Dinner</p>	<p>4 Labor Day</p> <p>Poolside Café Lunch 19th Hole Lunch</p> <p>Craft Beer Tasting</p> <p>Labor Day Dinner at the Main Clubhouse</p>	<p>5</p> <p>Poolside Café Lunch 19th Hole Lunch</p> <p>Farm to Table 19th Hole Dinner</p>
<p>10</p> <p>Club Brunch</p> <p>19th Hole Dinner</p>	<p>11</p> <p>Poolside Café Lunch 19th Hole Lunch</p> <p>Summer Film Festival</p> <p>Small Plate Specials 19th Hole Dinner</p>	<p>12</p> <p>Poolside Café Lunch 19th Hole Lunch</p> <p>Small Plate Specials 19th Hole Dinner</p>
<p>17</p> <p>Club Brunch</p> <p>19th Hole Dinner</p>	<p>18</p> <p>Poolside Café Lunch 19th Hole Lunch</p> <p>Summer Film Festival</p> <p>Local Fish Specials 19th Hole Dinner</p>	<p>19</p> <p>Poolside Café Lunch 19th Hole Lunch</p> <p>Dr. Stuart Bailin Lecture</p> <p>Local Fish Specials 19th Hole Dinner</p>
<p>24</p> <p>Club Brunch</p> <p>19th Hole Dinner</p>	<p>25</p> <p>Poolside Café Lunch 19th Hole Lunch</p> <p>92Y Simulcast</p> <p>Holiday Specials 19th Hole Dinner</p>	<p>26</p> <p>Poolside Café Lunch 19th Hole Lunch</p> <p>Holiday Specials 19th Hole Dinner</p>

September 2017

Wednesday	Thursday	Friday	Saturday
		1 Poolside Café Lunch 19th Hole Lunch	2 Poolside Café Lunch 19th Hole Lunch
		Summer Sunset Dinner @ The 19th Hole	Local Fish and Farm to Table Specials 19th Hole Dinner
6 Poolside Café Lunch 19th Hole Lunch Ted Talks Farm to Table 19th Hole Dinner	7 Poolside Café Lunch 19th Hole Lunch Farm to Table 19th Hole Dinner	8 Poolside Café Lunch 19th Hole Lunch Farm to Table 19th Hole Dinner	9 Poolside Café Lunch 19th Hole Lunch Farm to Table 19th Hole Dinner
13 Poolside Café Lunch 19th Hole Lunch Ted Talks Small Plate Specials 19th Hole Dinner	14 Poolside Café Lunch 19th Hole Lunch Small Plate Specials 19th Hole Dinner	15 Poolside Café Lunch 19th Hole Lunch Cigar Club Wine Tasting Small Plate Specials 19th Hole Dinner	16 Poolside Café Lunch 19th Hole Lunch Small Plate Specials 19th Hole Dinner
20 Rosh Hashanah Poolside Café Lunch 19th Hole Lunch MDR Rosh Hashanah Dinner	21 Poolside Café Lunch 19th Hole Lunch Holiday Specials 19th Hole Dinner	22 Poolside Café Lunch 19th Hole Lunch Cigar Club Holiday Specials 19th Hole Dinner	23 Poolside Café Lunch 19th Hole Lunch Holiday Specials 19th Hole Dinner
27 Poolside Café Lunch 19th Hole Lunch Ted Talks Holiday Specials 19th Hole Dinner	28 Poolside Café Lunch 19th Hole Lunch Holiday Specials 19th Hole Dinner	29 Poolside Café Lunch 19th Hole Lunch Cigar Club Holiday Specials 19th Hole Dinner	30 Yom Kippur Poolside Café Lunch 19th Hole Lunch MDR Break the Fast Dinner

FITNESS & SPA



Tiffany DeSouza - Fitness and Spa Director

Summer Spa Specials Continues!

*Call the
Fitness Center and Spa
to schedule your
appointment today!*

(561) 622-3691

Product Special

Call for member specials
on any Spa retail item or
any same day Spa service

Facial Special

Signature Facial 80 minute

Nail Special

Organic Pedicure

Massage Special

Organic Massage
50 minute or 80 minute

Package Special

Spa Delight

50 minute Signature Facial
Signature Manicure & Pedicure

Relax and Refresh this summer!

The services listed are for
one person per special
/package and all the
services are received on
the same day.

**FRENCHMAN'S
CREEK**
BEACH & COUNTRY CLUB

Group Exercise Schedule

Frenchman's Creek Beach and Country Club , Tel: 561-622-3691

September

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Virtual	Virtual Classes available before or after scheduled live classes	Virtual Classes available before or after scheduled live classes	Virtual Classes available before or after scheduled live classes	Virtual Classes available before or after scheduled live classes	Virtual Classes available before or after scheduled live classes	Virtual Classes available before or after scheduled live classes	Virtual Classes available before or after scheduled live classes
Spin	10:00 Spin Zone - Caroline / Erica	8:00 Spin Zone - Patricia	4:00 Spin Zone - Erica	8:00 Spin Zone- Carolina	8:00 Spin Zone - Patricia	8:00 Spin Zone- Jeannie	
Group Fitness		8:00 Cardio Sculpt- Irina		8:00 Cardio Sculpt- Irina		8:00 Cardio Sculpt- Irina	
		9:00 Gentle Yoga & Stretch Ashley		9:00 Restorative Stretch- Ashley		9:00 Restorative Stretch- Marianne	
		4:00 Yin-Yang Yoga - Marianne		4:00 Yoga Flow - Marianne		4:00 Prana Yoga- Nancy	
Aqua	9:00 Aqua Fusion-Matt	8:30 Aqua Fusion- Chris	8:00 Aqua Fusion-Matt	8:30 Aqua Fusion- Chris	8:00 Aqua Fusion-Matt	8:30 Aqua Fusion- Chris	
				9:30 Aqua Spin- Chris *** (Advance Sign Up)		11:00 Aqua Spin- Chris *** (Advance Sign Up) 9/8 No Class 9/29 No Class	



GOLF

Letter from J.R. Congdon - Director of Golf

Dear Frenchman's Creek Members,

The season is almost upon us and your professional team is busy buttoning down last minute details.

Recently, we sent out an email announcing that the club had converted our golf handicap system over to the USGA GHIN system. As stated previously, we feel that by utilizing the GHIN system, you will be able to post away scores and have them transferred to Frenchman's Creek with ease. As part of the email we had requested that any of our members (Men and Ladies) affiliated with other clubs that have GHIN numbers, to please provide those numbers to us, so that we can merge your Frenchman's Creek GHIN number with any other club that you may have an affiliation with. To date, we have only received about 50 responses.

Please send your affiliated Clubs GHIN number to Chris Horn at chorn@frenchmancreek.com or contact the golf shop at 561-622-1620. If you unsure how or where to locate your GHIN number, let us know and we will contact the club professional at your affiliated club to obtain the number.

In the early part of August, we sent an email about the upcoming year's golf tournament schedule. If you did not receive the schedule, let us know and we will resend it directly to you. It can also be found on the club's website at www.frenchmancreek.com in the Golf page. We believe that we have put together an exciting tournament program, as there is something for everyone.

As always, we look forward to your return and we are here to assist you in any way.

J.R. Congdon
Director of Golf

EVENTS

Summer Sunset Golf

Friday, September 1st

4:00 p.m. Shotgun

Dinner to follow at the *19th Hole*.

Mixed Couple

Sunday, September 3rd

8:30 a.m. Shotgun

Sign-up sheet is in front of the Golf Pro Shop or call to make a reservation at **(561) 622-1620**.



Tikky Srieud - Director of Tennis

TENNIS TIPS FOR SEPTEMBER

Hitting Highs and Lows

Want to be a great volleyer in doubles? Follow these simple rules about where to place your volleys, and you'll succeed against any opponents.

High Volley

If the opposing team gives you a volley above the waist; it's time to go on offense. Either attack the opposing net player by hitting at his or her feet or angle the ball away for a winner.

Low Volley

If you have to hit a low volley, you must play defensively. Bend your knees and hit your volley deep and up the middle toward the baseline player (and keep it fairly low, so you don't give the opposing net player an easy poach). The goal is to stay in the point and get a better look at a winning volley later. If both opponents are at the net, volley low and between them. The goal here is to force them to volley up or, even better, to confuse them about who should hit the volley.

Have fun with your volleys!



TENNIS | PICKLEBALL | BOCCE

Stay healthy and active!

Whether it's tennis, pickleball, or bocce ball, there's something for everyone!



Bocce Ball every
Wednesday
at 3:00 P.M.!

SUMMER PROJECTS UPDATE

Beach Club and Landscaping



SUMMER PROJECTS UPDATE

POA Office and Business Center





Mark Hall - Security Director



IMPORTANT PARAMEDIC INFO

As you are aware, we operate as a community-based secondary emergency service provider through a Memo of Understanding (MOU) with the City of Palm Beach Gardens. The procedures listed below were mandated by Palm Beach Gardens Fire-Rescue, the primary agency responding to medical emergencies within Frenchman's Creek.

Our MOU requires that all requests for a "Paramedic" received by our Security Department be immediately retransmitted to Fire-Rescue via 9-1-1. This means that when a resident, guest, visitor, vendor, or employee requests a Paramedic, Fire-Rescue (911) will be contacted, followed by the dispatch of our on-site Paramedic to the scene.

The only requests for a Paramedic that do not require a Fire Rescue (911) response are those such as routine blood pressure checks, routine bandage changes, routine glucose checks, or questions that might concern medication instructions or to check the operation of a medical device, such as an oxygen delivery system or glucometer.

All requests for a Paramedic response to "I don't feel well," "I am dizzy", "I am bleeding", "I have pain", "I feel sick or ill" and the like will elicit an immediate call to 911, followed by our on-site Paramedic response. Fire-Rescue has made it clear: The request for a Paramedic assumes there is a medical emergency, and Fire-Rescue will be dispatched. Be advised that should a caller request a Paramedic, and state "I do not want Fire-Rescue," --- Fire Rescue will be called if it meets the criteria listed above.

Upon arrival at an emergency scene, Security will begin assessment and initial care of any sick or injured person in accordance with our established protocols. Security will then provide the responding Fire-Rescue unit(s) with a situation and care report. At no time will Security seek to cancel a Fire-Rescue response.



TECHNOLOGY

Trending at Frenchman's Creek IT

Technology in general can be frustrating and IT wants to help alleviate some of your frustration. Whether you call, come by and see us in person, or create a ticket for us to visit you at home, the Creek Squad is always happy to help. We look forward to serving your technological needs!

Apple Store in the Gardens Mall

The Apple store, located in the Gardens Mall, is closed for renovations. The store is expected to reopen sometime in the Fall of 2017. The closest Apple Store is located in Wellington in the Wellington Green Mall.

Hurricane Season

Hurricane season is in full swing. Plan for storage of data and power spikes. In order to keep your data safe, in case of a hardware failure, it is good practice to have it on removable storage. You can use a thumb drive, an external hard drive, or anything else that stores data off of the computer.

In addition, best practice is to isolate your computer from the wall outlet by first plugging into a surge protector. Plugging your computer into a surge protector first and then into a wall outlet second will help prevent your computer from suffering a catastrophic hardware failure. South Florida is the lightning capital of the world so keeping your computer powered through one of these devices will help protect you from permanently losing your data.

Not receiving emails?

If you are not receiving Frenchman's Creek communications, it could be because your email provider has listed these emails as either spam or, in the case of Google email, "Promotions." Once email has been classified as either spam or promotions, these emails will no longer show in your inbox. To fix this issue, right click on the email and select "Not Junk." You can also select the checkbox next to the email, if using Google email, and then click "Not Junk."

Recorded Phone Calls

It has come to the attention of IT that some members have been receiving recorded phone calls from well-known companies, such as Microsoft, asking for return calls to fix computer problems. Please do not return these calls; they are a scam.

If you are uncertain about any call you receive regarding computer work, please reach out to the POA office or call the IT office for assistance.



If you have any general computer questions, questions about new technologies, questions about cybersecurity, or a general curiosity about anything computer related please let us know. You can submit your questions by calling the POA office, the IT office directly or by emailing them to me at dbackherms@frenchmanskreek.com.

Please welcome your 2017-2018 trainees from around the world!



Representing 19 Countries



- AUSTRIA
- BRAZIL
- BULGARIA
- CHINA
- CROATIA
- DENMARK
- GERMANY
- INDIA
- INDONESIA
- JAPAN
- KENYA
- MALAYSIA
- MEXICO
- MOROCCO
- PHILIPPINES
- POLAND
- ROMANIA
- SLOVAKIA
- SOUTH AFRICA

FRENCHMAN'S CREEK



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