

# JUNE 2016



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

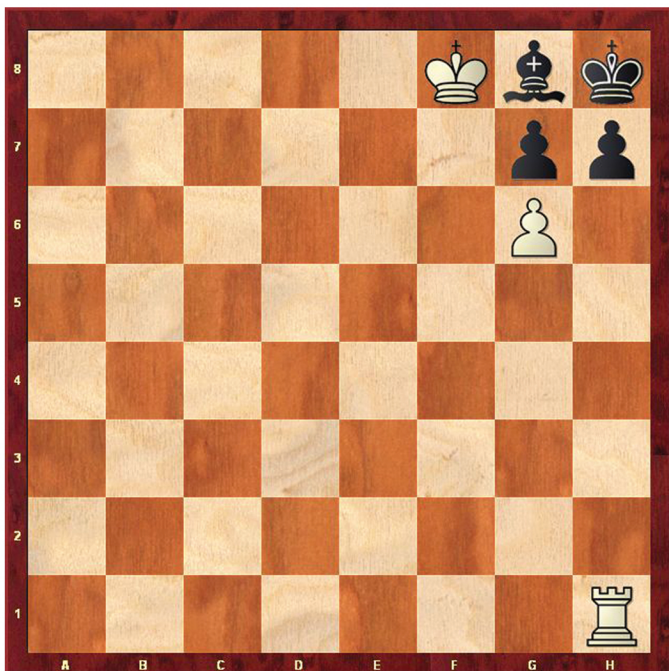
**Frenchman's Creek Beach Club**

400 Celestial Way

Juno Beach, Florida 33408

Phone: (561) 624-3400

## June's Chess Puzzle



This interesting composition puzzle was created by Paul Morphy at the age of 12.

White is to move! You have to mate black in two moves!

Hint: How can you take advantage of the black king limited moving space?

**Answer from May's puzzle:**

Queen to H8 is a move reminding us that no even sacrificing the queen is the win is calculated. It can be followed by rook takes rook on F8 forcing black queen to interfere, bishop to E5 will mate black.





## Kathy O'Brien - Community Relations

### House Watch Program

The House Watch program is a great service provided year round. When you are going to be away for a specific period of time, the House Watch program is designed to meet all of your needs. The POA office will schedule a personalized visit to your home to go over all of your summer requirements. Please contact the POA Office at (561) 627-1467 to sign up for the House Watch program before you leave.



### Hurricane Shutters

Hurricane season begins June 1<sup>st</sup> and ends November 30<sup>th</sup>. Hurricane shutters can be installed beginning June 1<sup>st</sup>. A completed application must be submitted to the Architectural Review Board prior to your new shutter installation. Please refer to the hurricane shutter policy in the ARB Manual. For assistance, please contact the POA Office at (561) 627-1467. HURRICANE HOTLINE: (561) 273-2703.



### Guest Registration

Please register your guest in any of the outlets, such as Fitness & Spa Center, or at the POA office. Online guest registration is also available at [www.frenchmancreek.com](http://www.frenchmancreek.com). Guest passes will be issued indicating the individual guest name, member affiliation and time period for which the pass is valid. Please remind your guest, if unaccompanied, to present their passes upon arrival.







# CLUB COMMUNITY

## Linda George - Administration

### 2016 - 2017 Board Meetings (12:00 p.m.)

All Board Meetings are open for all Frenchman's Creek residents.

Thursday, June 30, 2016

Thursday, September 15, 2016 (TENTATIVE)

Thursday, October 20, 2016

Thursday, November 17, 2016

Thursday, December 15, 2016

Thursday, January 19, 2017

Thursday, February 16, 2017

Thursday, March 23, 2017



### Meet the Candidates Forum

Saturday, February 11, 2017 at 2:30 p.m.  
in the Main Dining Room



### Annual Meeting

Saturday, March 18, 2017 at 2:30 p.m.  
in the Main Dining Room







## Heat Stress

### Heat Stroke

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature. It also can cause death or permanent disability if emergency treatment is not provided.

### Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

### Signs and Symptoms

Warning signs vary but may include the following

- ♦ Extremely high body temperature
- ♦ Red, hot, dry skin (no sweating)
- ♦ Rapid, strong pulse
- ♦ throbbing headache
- ♦ Dizziness
- ♦ Nausea
- ♦ Heavy sweating
- ♦ Paleness
- ♦ Muscle cramps
- ♦ Tiredness and weakness
- ♦ Dizziness and headache
- ♦ Nausea or vomiting
- ♦ Fast and weak pulse



### What You Can Do to Protect Yourself

You can follow these prevention tips to protect yourself from heat-related stress;

- ♦ Drink cool, nonalcoholic beverage. Avoid extremely cold liquids because they can cause cramps
- ♦ Take a cool shower, bath, or sponge bath
- ♦ Seek an air-conditioned environment
- ♦ Wear lightweight clothing
- ♦ Do not engage in strenuous activities

### What You Can Do for Someone with Heat Stress

If you see any signs of severe heat stress, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the affected person. Do the following;

- ♦ Get the person to a shady area
- ♦ Cool the person rapidly, using whatever methods you can
- ♦ Get medical assistance as soon as possible



# CHARITY

## Women for Cancer Research

### W.F.C.R. Tribute Cards

Beautiful Frenchman's Creek Woman for Cancer Research tribute cards are available for purchase over the summer months.

They are in denominations of \$5, \$10, \$50, or \$100, and may be obtained by contacting our tribute chairs or the Frenchman's Creek food and beverage office.

Tribute Cards are available in the following denomination:

\$5.00 cards	5 for \$25
\$10.00 cards	5 for \$50.00
\$50.00 cards	2 for \$100.00
\$100.00 cards	1 for \$100.00

To purchase FCWCR tribute cards,  
please call one of our tribute chairs:

Anita Fishbein	561-626-2832
Judy Rubin	561-624-0428
Anne Stanfield	561-624-5573

Please make checks payable to Scripps Research Institute



### Calling All Cars

We are planning an antique and exotic auto show, to support Women for Cancer Research, on Sunday, Jan 22, 2017.

If you have a car you would like to exhibit for this worthy charity event, please contact Judi Cosentino, [jcosentino100@gmail.com](mailto:jcosentino100@gmail.com).





# FITNESS & SPA



## Tiffany DeSouza - Fitness & Spa

### Fitness Summer Programs

Have fun at the Fitness Center with instructional classes. All summer program classes are complimentary. For an appointment, please contact the Fitness Center & Spa at (561) 622-3691.

#### Assisted Stretching

Wednesday, June 1<sup>st</sup> from 11:00 a.m. - 12:00 p.m.

Individual Session 15 min

Decrease your risk of injuries by helping your joints move through their full range of motion.



#### MELT Hand & Foot Treatment for Pain Relief

Wednesday, June 8<sup>th</sup> from 10:00 a.m. - 11:00 a.m.

Group Session

Learn the simple self care method that helps to erase pain with specialized balls and specific movement to improve your everyday living.



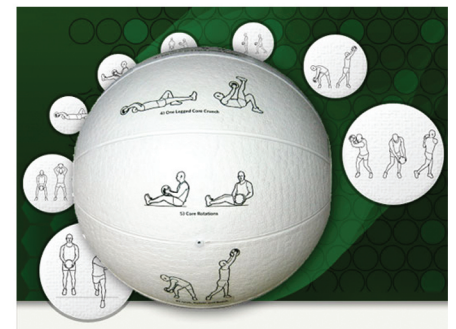
#### Golf Fitness Clinic

Tuesday, June 14<sup>th</sup> from 9:00 a.m. - 10:00 a.m.

Group Session

Improve your golf game with exercises and movements that will strengthen specific muscles to improve your golf swing.

\* Please call in advance to sign up for the clinics at the Fitness Center & Spa at (561) 622-3691.





# FITNESS & SPA CONTINUED

## Summer Spa Specials

### Product Special

Receive 15% off any Spa retail item the same day you receive any Spa service.

### Facial Special

Signature Facial 80 min

### Nail Special

Footlogix Pedicure

### Massage Special

Organic Massage for 50 min or 80 min

### Package Special Spa Delight

50 min Signature Facial  
& Signature Manicure & Pedicure

Valid from June 1<sup>st</sup> to September 30<sup>th</sup>

Call the Fitness Center and Spa at (561) 622-3691 to schedule your appointment today!

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







# GOLF

## Rober Bruno - Golf Director

The Frenchman's Creek Golf Professional Staff would like to personally thank the entire membership for their support and participation in the 2015 -2016 golf program. To our seasonal Frenchman's Creek members we wish you all the best for the summer and look forward to your return in the fall. To our full time Frenchman's Creek members we have set forth a wonderful Summer Reciprocal Program and Summer Golf Events for you to enjoy.

### Guest Play & Tee Times

Effective May 15, 2016 members may have guests play at any time. Tee times are still recommended by the Professional Staff. Please contact the Golf Pro Shop and/or starter for any questions in regard to guest play and tee times. A summer Golf & Lunch Guest Package is available to the membership.

### Practice Facility

The practice facility is available every day for our members and their guests for warm-up prior to your round of golf, for a golf lesson with one of our instructional staff member's and for working on your game and refining your swing. Please Note: Children under the age of sixteen must be accompanied by an adult and are required to utilize the North End ( Back End ) of the practice facility located by the sales center. All children should be dressed in golf attire at all times when you are using any part of the practice facility including the putting green.

### Dress Code & Golf Course Etiquette

As a friendly reminder, members and their guests are required to adhere to the standards set at Frenchman's Creek Beach & Country Club. Please follow the proper dress code policy on the golf courses as well as all of the practice facilities. Men are required to wear a collared shirt at all times. No denim, workout attire, tank tops or short shorts are acceptable attire for these areas. All members and guests should follow the proper golf course rules of etiquette. We ask that you adhere to the 90 degree rule while driving your cart, please fill in all your divots with sand, rake all bunkers, fix all ball marks on the green and maintain a four hour pace of play. Cell phones are prohibited on the course as well as the practice facilities. Please respect your fellow members and enjoy your golf.

### 2016 Golf Reciprocity Program

May 15, 2016 through September 30, 2016  
Monday through Friday After 9:30 a.m.  
Saturday & Sunday upon availability of the host facility  
For more information about the reciprocity clubs,  
please contact the Golf Pro Shop at (561) 622-1620.



# GOLF CONTINUED

## Summer Golf Events & Rule of the Month

### Summer Golf Events

Here are some of the events that are scheduled for this summer. We would like everyone to sign up as soon as possible, so please check for any schedule conflicts. Only your participation in these events will make it as successful as possible. If you have questions about any of the events, please do not hesitate to speak with the Golf Pro Shop.

Friday, June 17 <sup>th</sup>	<b>Member/Staff Event</b> 4:00 p.m. Shotgun - 9 Holes 6:00 p.m. Cocktails & Dinner	Make Your Own Fivesome 1 Staff and 4 Members
Friday, July 1 <sup>st</sup>	<b>The Firecracker Nine, Wine and Dine</b> 4:30 p.m. Shotgun - 9 Holes 6:30 p.m. Cocktails & Dinner	
Saturday, July 2 <sup>nd</sup>	<b>Independence Day Short Game Skills Challenge</b> 9:00 a.m. – South #9 Green Format: Skills Challenge	
Sunday, July 3 <sup>rd</sup>	<b>The Stars &amp; Stripes Event</b> 8:30 a.m. Shotgun – 18 Holes Format: Step Aside Scramble	9:00 a.m. Shotgun – 9 Holes Make Your Own Foursome

### Golf Rule of the Month - Teeing Ground

The Teeing Ground extends from Tee Marker to Tee Marker to TWO club-lengths behind the markers and across forming a boxed shaped area. The Ball must be teed up within this area; however a player may stand outside the teeing ground to play a ball within it.

#### Playing from Outside Teeing Ground!

**Match Play:** If a player, when starting a hole, plays a ball from outside the Teeing Ground, there is no penalty, but the opponent may immediately require the player to cancel the stroke and play a ball from within the Teeing Ground.

**Stroke Play:** If a player, when starting a hole, plays a ball from outside the Teeing Ground, he or she incurs a penalty of two strokes and must then play a ball from within the Teeing Ground.



# GOLF CONTINUED

## Golf Cart Maintenance Programs

### Program 1

(should be done at least twice a year)

- Water batteries check and rotate.
- Check and fill air pressure in tires.
- Check wiring.
- Check brakes and adjust as necessary.
- Check accessories and advise on any repairs that may be needed.
- Inspect for loose connections on batteries and terminals.
- Address any corrosion on battery tops.
- Grease all fittings.
- Inspect motor for loose connections.
- Report to the member any future or present problems in need of further repair.



### Program 2

Summer battery maintenance program is performed once a month in two parts which include:

- Check the water in the batteries, plug in cart and charge.
- Unplug the charger from the wall and receptacle.

### Program 3

We also have a summer (June through September) refurbishing program for your golf cart which includes painting, curtains, pin striping, lettering and seat covers.

If you have any questions about any of these programs, please do not hesitate to contact your cart-tech Kevin Walker at (561) 273-2667.

## Additional Notice of Golf Cart Maintenance

It has been reported that birds and squirrels are attracted to food being left inside golf carts. They may cause damage to your seat coverings or vinyl. To protect your cart from animal damage, please remove all food items before leaving your cart unoccupied.





# TENNIS-PICKLEBALL-BOCCE

## Tikky Srieud - Tennis Director

### Tennis Schedule

**Summer Tennis Shop Opening Hours**  
Every Tuesday to Sunday, 7:30 a.m. to 1:30 p.m.

**Summer Tennis Clinic**  
Every Tuesday, 9:00 a.m.

**Private Tennis Lessons for Adults and Children**  
Lessons are available upon request, please schedule your lesson with the Tennis Pro Shop at (561) 622-1623.

**Tennis Courts Maintenance**  
Please note that the Tennis courts #4, #5, #8, #9, and #10 will be converted to Hydro Grid Courts. Those courts will be available for play in the middle of June.



### Pickleball

Pickleball courts are always available everyday from 8:00 a.m. to 5:00 p.m. Come and play! Sign up at the Tennis Pro Shop. Pickleball Club is at 9:30 a.m. every Tuesday and Thursday.



### Bocce Ball Game

Come and enjoy the game any time from 8:00 a.m. to 5:00 p.m. Bocce Ball is a calming, competitive way to spend a few hours outdoors in the pleasant company of friends.



\* If you would like to enjoy a pickleball game or a bocce ball game, please contact the Tennis Pro Shop at (561) 622-1623 in advance.





# DINING & SOCIAL

## Ashish Sethi - Food & Beverage

### June Dining Schedule

#### 19<sup>th</sup> Hole

Breakfast	Monday - Sunday	7:00 a.m. - 11:00 a.m.
Lunch	Monday - Sunday	11:30 a.m. - 2:30 p.m.
Brunch	Sunday	11:30 a.m. - 2:30 p.m.
Dinner		
June 1 <sup>st</sup> - June 5 <sup>th</sup> & June 20 <sup>th</sup> - June 30 <sup>th</sup>	Sunday - Wednesday	5:30 p.m. - 8:30 p.m.
June 6 <sup>th</sup> - June 19 <sup>th</sup>	Monday - Sunday	5:30 p.m. - 8:30 p.m.

#### Pool Side Cafe

Lunch	Monday - Sunday	11:00 a.m. - 4:00 p.m.
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#### Beach Club

Lunch	Monday - Saturday	11:30 a.m. - 2:30 p.m.
Brunch	Sunday	11:30 a.m. - 2:30 p.m.
Dinner		
June 1 <sup>st</sup> - June 5 <sup>th</sup> & June 20 <sup>th</sup> - June 30 <sup>th</sup>	Thursday - Saturday	6:00 p.m. - 9:00 p.m.
June 6 <sup>th</sup> - June 19 <sup>th</sup>	Closed due to annual Maintenance	

#### 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 & Beverage Office for assistance with your order at (561) 273-2647.





# DINING & SOCIAL

## Social Evenings

### Tasting Events

#### Wine Tasting

Monday, June 6<sup>th</sup> at 5:30 p.m. at the 19<sup>th</sup> Hole

Friday, June 24<sup>th</sup> at 6:00 p.m. at the Beach Club

Friday, July 1<sup>st</sup> & Saturday, July 2<sup>nd</sup>

at 6:00 p.m. at the Beach Club

So, want to know how to taste and evaluate a glass of wine like an expert? Easy, just follow your Sommelier Stephen Fisher.

#### Beer Tasting

Sunday, July 3<sup>rd</sup>

Main Club House

Summer is "hopping" closer by the day. Let's all cheer to that with a tall, cold, refreshing glass of beer!

#### Polynesian

Monday, July 4<sup>th</sup> at the Pool Cafe

How about a glass of special Polynesian drink featuring a Luau? A special selection of Polynesian cocktails will be available for your tasting.

### The Club Table

Come and join us every evening, Sunday to Wednesday in the 19<sup>th</sup> Hole to meet new people and old friends! A bouquet of red balloons will mark the spot. Join The Club Table for a champagne toast at 5:30 p.m. every Wednesday.



# DINING & SOCIAL

## Family Activities

### Botanical Bliss Workshop

Thursday, June 9<sup>th</sup> at 3:00 p.m.

Art Studio

Join Chloe's flower workshop to make a bright and fun summer arrangement.



### Bingo

Friday, June 17<sup>th</sup>

7:15 p.m. Bingo Registration

7:30 p.m. Bingo game

Main Dining Room

Bring the family and join your friends for an evening of fun, cash and prizes. Refreshments served.

Dining in the 19<sup>th</sup> Hole will be available for your pleasure.



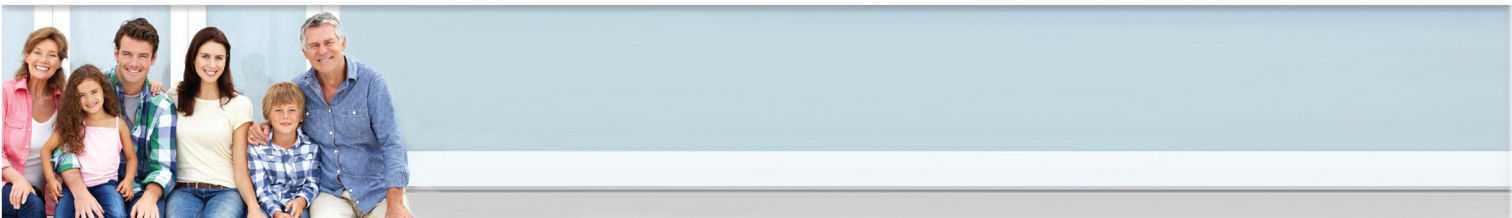
### Father's Day Celebration

Sunday, June 19<sup>th</sup>

19<sup>th</sup> Hole

Celebrate dad at breakfast with complimentary omelets and a family portrait at the 19<sup>th</sup> Hole from 7:00 a.m. to 11:00 a.m.

Father's Day BBQ Dinner starts at 5:30 p.m.





# DINING & SOCIAL



## Cindy Teysseidou - Beach Club

### Summer Maintenance

Due to annual maintenance, the Beach Club will be closed for lunch and dinner from Monday, June 6<sup>th</sup> to Sunday, June 19<sup>th</sup>.

Lunch will be served at the Poolside Café and the 19<sup>th</sup> Hole. Dinner will be served in the 19<sup>th</sup> Hole. Complimentary sandwiches, cabana and beach service will be available. The Beach Club schedule will resume on Monday, June 20<sup>th</sup>.



### Beach Club Shuttle Service

Hop on the Beach Club shuttle and join us at the beach. The shuttle service is available every day at the Sales Office from 10:00 a.m. to 9:00 p.m. Please contact the valet stand for additional information and to make arrangements at (561) 273-2700.



### 4<sup>th</sup> of July Beach Club Activities

#### Saturday, July 2<sup>nd</sup>

- 9:00 a.m. Beach Fishing
- 1:00 p.m. Beach Wii Game
- 2:00 p.m. Beach Volleyball

#### Sunday, July 3<sup>rd</sup>

- 9:00 a.m. Beach Fishing
- 1:00 p.m. Beach Soccer
- 2:00 p.m. Beach Sand Castle Building Contest

#### Monday, July 4<sup>th</sup>

- 9:00 a.m. Beach Fishing
- 10:00 a.m. Beach Wii Game
- 2:00 p.m. Beach Chess Tournament





# SOCIAL ACTIVITIES

## Summer Film & Lecture Series

### Summer Film Festival

Wednesday, June 1<sup>st</sup>

Amid the horrors of Auschwitz, prisoner Saul Ausländer has the grim duty of transporting corpses from the camp's gas chambers to the crematoria. But when he thinks he recognizes his son's body, Saul sets out to save the boy from incineration.

Wednesday, June 15<sup>th</sup>

Spanning nine years, this biographical drama chronicles the early days of Walt Disney's career -- before he and his brother Roy began the humble animation studio that would subsequently evolve into a global entertainment colossus.)

Wednesday, June 29<sup>th</sup>

Thirteen years after a colleague's daughter is savagely murdered, former FBI investigator Ray remains haunted by the unsolved case. But as he gets close to nabbing the killer, Ray unearths a shocking truth that casts a different light on past events.

Movies will be shown in the Main Dining Room at 7:30 p.m.

### Stuart Bailin Lecture

Music Lecture: Ludwig Van Beethoven

Tuesday, June 28<sup>th</sup> at 5:00 p.m.

Living Room

Ludwig Van Beethoven was crucial figure in the transition between the Classical and Romantic eras in Western art music, he remains one of the most famous and influential of all composers.





# SOCIAL ACTIVITIES

## Frenchman's Creek Excursions

### Taste of History

Culinary Guided Tour in Palm Beach

Saturday, June 11<sup>th</sup>

10:00 a.m. Departure Frenchman's Creek

This is a cultural culinary journey, enjoy food tastings, visit historic spots as well as art and craft shops.

\* Includes 4-5 blocks of walking.



### Loggerhead Turtle Walk

Tuesday, June 14<sup>th</sup>

8:00 p.m. Departure Frenchman's Creek

Attend an informative lecture. Under special supervision of Juno Beach Loggerhead Marinelife Center staff watch turtles lay their eggs.



### Helicopter Tour

Thursday, June 23<sup>rd</sup>

12:00 p.m. Departure Frenchman's Creek

Fly over Manalapan, Hypoluxo Island, Lake Worth Pier, Palm Beach and Downtown West Palm Beach!

Lunch at Christopher's Kitchen.





# UPCOMING

## 2016 Summer Projects - Sports Bar

### Improvements Update







# FRENCHMAN'S CREEK

BEACH & COUNTRY CLUB

