

BHCC NEWSLETTER JUNE, 2021

# Boothbay Harbor Country Club

*Where Luxury  
Meets Nature*



BOOTHBAY HARBOR  
COUNTRY CLUB

50 Sugar Maple Lane,  
P.O. Box 757  
Boothbay, ME 04537

Phone: 207-633-3673

Pro Shop: Ext. 1

Dining Reservations: Ext. 2

Wellness Center: Ext. 3

[boothbayharborcc.com](http://boothbayharborcc.com)



## *Welcome Back Members!*

Welcome back for the 2021 season!

This is a special season as we celebrate the 100th anniversary of the golf course which opened in 1921 as a 9-hole course.

*We've come a long way since then!*

In this issue, you'll find information on upcoming golf events, complimentary fitness classes, tennis and pickleball clinics, junior programs, and member events.



*Welcome back for the 2021 season!*

*We're looking forward to celebrating our centennial year with you, our beloved members. We'd like to extend a warm welcome to our new members. We truly believe that it is our membership and the friendships formed here that make our club so special! Cheers to making more wonderful memories together!*

*All our best, Paul & Giselaine*





*Please welcome our new members!*

**GOLF**

Sean & Elizabeth Carrol – Boothbay Harbor, ME  
James Crane & Susan Kirby – West Boothbay Harbor, ME  
Richard & Jean Rush – Bonita Springs, FL  
Blake & Jacquelyn Browne – Southport, ME  
Jonathan Gillies – Scarborough, ME  
Stein Eriksen – Edgecomb, ME  
Nelson Gosline – West Gardiner, ME  
Steve & Dawn Kelley – Westbrook, ME  
Jeffrey & Trish Heinicka – Pinellas Park, FL  
Joel & Laura Kaplan – Katonah, NY  
Gary Kock – Kennebunkport, ME  
Benjamin McCormack – Bowdoinham, ME  
Mark & Ann Sullivan – Trevett, ME  
David Rose – Richmond, VA  
Jeffrey Yeaton – Wiscasset, ME  
Scott Anderson & Kelly Baetz – Bath, ME  
William & Elizabeth Furber – Southport, ME  
Michael & MJ Thomas – East Boothbay, ME  
Mike & Stephanie Verrill – South Berwick, ME  
Laurent Poole & Jennifer Chase – Paradise Valley, AZ  
John Wilson – Casa Grande, AZ  
William Zeitz & Victoria Corcoran – Newcastle, ME  
Ben Devine – Falmouth, ME  
John Devine – Cumberland Foreside, ME  
Theodora Landgren – Bremen, ME  
Shelley Reynolds – West Palm Beach, FL  
Paul Kirsch – Boothbay Harbor, ME

**SPORTS & SOCIAL**

James Thompson & Lydia Coleman – Boothbay Harbor, ME  
Paul & Karen Jones – Boothbay Harbor, ME  
Erin & Thea Haley – New Canaan, CT  
Chip & Jennifer Baker – Concord, NH  
Joseph & Christina Cahoon – Cape Elizabeth, ME  
Melanie Orr & Suzanne Evan – Chapel Hill, NC  
Hillary St. Jean – East Boothbay, ME  
Robert Dodge – East Boothbay, ME  
Jim & Ann Marie Mahoney – Wilmington, MA  
Heather Leck – Nashville, TN  
Mark & Suzanne Nemec – Fairfield, CT  
George & Lauren Messner – West Hartford, CT  
Willard & Susan Doyle – Villanova, PA  
Stephen & Sheryl Zapcic – East Boothbay, ME  
Richard & Mary Ann Evoy – Medford, MA  
Rosa Scarcelli & Thomas Rhoads – Walpole, ME



## 2021 Golf Staff Update

Year after year, Boothbay Harbor CC enjoys a quality golf professional staff and this year will be no different. You will see many familiar faces in the golf operation again this season. Todd Lytle has moved on to a new position at Naples Grande Golf Club in Naples, FL. He had spent the last 5 summers at BHCC and did a fantastic job taking care of all of your day-to-day needs. Payson Sowles was with us for 2 seasons working outside and has gone back to school to get his MBA. We appreciate all of their efforts here and wish them the best as they continue their journeys.

### 2021 Inside Staff

I am starting my 9th season as the Director of Golf & Membership. Andrew Rueve is back for his 5th season as the 1<sup>st</sup> Assistant Golf Professional after his 2nd winter at TPC Treviso Bay in Naples. Greg Martin will be back for his 4<sup>th</sup> season at BHCC and in the golf shop for his 2<sup>nd</sup> season as an Assistant Golf Professional. Nick Hocker has been promoted from outside service to an Assistant Golf Professional. This will be Nick's 3<sup>rd</sup> season at BHCC and first in the golf shop. Greg and Nick worked together at The Bear's Club in Jupiter, FL this past winter. Ally Penman will be back in the golf shop this summer keeping all of us in order.

### 2021 Outside Staff

We have another terrific crew to help with your day on the outside. They are a bunch of really fun guys who enjoy giving you a hand and they can really play. If you see them on a day off, invite them to play and enjoy the show.

Thomas Cornell (6<sup>th</sup> Season) / Jimmy Middleton (5<sup>th</sup> Season) / Peter Vreeke (4<sup>th</sup> Season)  
Spencer Collins (3<sup>rd</sup> Season) / Caleb Yianakopolis (3<sup>rd</sup> Season) / Grant Auber (2<sup>nd</sup> Season)  
TJ Folsom (2<sup>nd</sup> Season) / Don Stimble (1<sup>st</sup> Season) / Griffin Andrews (1<sup>st</sup> Season)

I am very fortunate to have the chance to work with all of these individuals and we all are very proud to be a part of this special club. We look forward to helping all of you enjoy your time on the golf course this summer!!

Chad Penman  
Director of Golf & Membership



## **2021 BHCC Golf Event Schedule**

### **Mixed Events**

Windjammer Classic – June 24  
Flag Tournament – July 4  
100<sup>th</sup> Anniversary Tournament and Party – July 31  
Kenniston Cup – August 7  
Club Championships – August 14-15  
One Happy Harbor – September 6  
Mr. & Mrs. Championship – September 11  
Mixed Scrambles – Friday's @ 5pm

### **Ladies' Events**

Ladies' 2-Day Member/Guest – July 27-28  
Ladies' Member/Member – August 10-11  
Ladies' 18-Hole League – Wednesday's @ 8:30am  
Ladies' 9-Hole League – Tuesday's @ 9:30am

### **Men's Events**

Men's Member/Member – July 17-18  
Cuckolds Cup Men's Member/Guest – August 19-21 (Invite will be sent in late May)  
Senior Club Championship – August 27-28  
Men's League – Tuesday's @ 5pm

Feel free to sign-up on the app or by calling the golf shop starting on April 15.

We are looking forward to another great golf season at BHCC!!



# Wellness Center Class/Clinic Schedule May 14-June 26, 2021

**All fitness classes, tennis clinics and  
pickleball clinics will be  
complimentary.**





# Wellness Center Schedule for May 14-June 26

## GROUP FITNESS CLASSES

### Weekly Schedule

#### MONDAY

7:30 – Yoga for All w/ Jen  
8:00 – Aqua Aerobics w/ Mary  
9:00 – Gentle Yoga w/ Jen  
10:30 – Essentrics w/ Elissa

#### TUESDAY

7:30 – TRX w/ Deanna  
9:00 – Gentle Yoga w/ Jen  
10:30 – Yoga for All w/ Jen

#### WEDNESDAY

7:30 – TRX w/ Deanna  
8:00 – Aqua Aerobics w/ Mary  
9:00 – Golf Stretch w/ Brady  
10:30 – Qigong w/ Judy

#### THURSDAY

7:30 – TRX w/ Deanna  
9:00 – Boot Camp w/ Killian  
10:30 – Essentrics w/ Elissa

#### FRIDAY

7:30 – Yoga w/ Stephanie  
8:00 – Aqua Aerobics w/ Mary  
9:00 – Boot Camp w/ Killian  
10:30 – Qigong w/ Judy

#### SATURDAY

9:00 – Boot Camp w/ Killian  
10:30 – Essentrics w/ Elissa

#### SUNDAY

7:30 - Yoga w/ Stephanie  
9:00 – Boot Camp w/ Killian

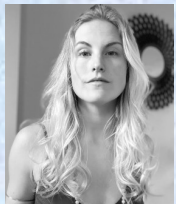
All Classes are complimentary  
with your membership



Please sign-up for these classes/clinics on Foretees or call the Wellness Center (207-633-3673 ext 3) Also, please stay up-to-date with schedule changes as we adjust to the needs of the membership. Space will be limited.



# Wellness Fitness Class Staff



Stephanie Wichenbach

Steph's mindfulness journey began in 2016 when she immersed herself in exploring the healing powers of yoga, reiki, and nutrition. In 2017, Steph completed the 'Foundations for the Mindful Teacher' 200-hour program at Kodawari Studios in Tampa, FL. Simultaneously, she received level III attunement to become an Usui Reiki Master Healer.

**Deanna Smith** TRX is a suspension based exercise system and is known as Total Body Resistance Exercise. The system focuses on developing agility, speed, endurance and body resistance via a mechanism of suspension exercises. TRX workout mainly focuses on building the strength of core muscles while increasing body stamina.



Deanna Smith



Mary Baudo

Mary Baudo will be joining our Wellness staff again this summer teaching Balls, Bands, and Balance on Monday, Wednesday and Fridays at 8:00-9:00am and then transitioning to the pool for water exercise when it opens. She comes to us with over 30 years of Fitness and Aquatic experience and is a certified personal trainer, exercise instructor, and lifestyle coach. She specializes in working with the Aging population concentrating on Balance, Strength and Flexibility. Mary's classes are fun and no experience is necessary.

**Jen Dowdy** Jen is a certified instructor in Power Vinyasa Flow Yoga. All abilities are welcome to join Jen and discover how to cultivate strength while moving your breath with your body. Yoga stretches your entire body and cleanses your internal organs with various poses working from the inside out. In both her Power Yoga and Gentle Yoga classes, Jen can customize the yoga workout to fit your needs and move freely into your day!



Jen Dowdy



Elissa Rioux

Our new instructor, **Elissa Rioux** spends her summers in Edgecomb, Maine and winters in Punta Gorda, Florida. She is very excited to bring Essentrics to the Boothbay Harbor Country Club. She has practiced Essentrics for 15 years while doing many other forms of exercise, finding it a perfect pairing. She has achieved full certification and has been teaching men and women of all ages and levels. Check out her classes and find out what Essentrics is all about!

**Judy Milinowski**, is Holistic Practitioner in Boothbay Harbor. She is a Certified Behavioral Kinesiologist and Reiki Master and is the former Executive Director of both Wainwright House the oldest holistic/spiritual center in the US and the Center of Holistic Medicine, New York United Hospital. She has been practicing and teaching Self - Healing techniques for over 30 years. Judy lives in East Boothbay with her artist husband Roger Milinowski and they are members of the Boothbay Harbor Country Club.



Judy Milinowski



## Tennis & Pickleball News

As many of you racquets players know, Gerard Matze, our Head Racquets Professional over the past 3 years has taken a new full-time position in Bonita Springs, FL. He did an amazing job building the program from the beginning and we wish him and Mary all the best as they continue their journey.

Kristopher Riede has been hired as our new Head Racquets Professional. He brings a wealth of knowledge and enthusiasm to our club. We are very excited to have him here and we know you will enjoy his company as well.



- Head of Racquet Sports, Kris Riede

Kristopher Riede has competed and taught tennis on both sides of the world. He is a certified tennis professional (PTR) with competitive experience at the professional, collegiate, and junior levels. He was born in Cincinnati, Ohio and grew up playing basketball, soccer, baseball and tennis. Kris has functioned as a High-Performance Coach in Perth, Australia and Head Resort Professional in Bali, Indonesia & the British West Indies. He has learned a great deal with his experience working at the Ponte Vedra Inn & Club with former ATP Pro Mike Leach and legend Amy Bradley at the Wilmington Island Club. Kris' easy-going nature and understanding of the game makes him an ideal instructor for both the beginner and the advanced player working to elevate their game. He strives to be a leader for the betterment of the sport at every level. Kris cannot wait to share his knowledge, passion and create a positive experience for the sport of tennis.



## Tennis & Pickleball Clinic Schedule

### MONDAY

8:00 – Open Tennis Clinic  
10:00 – Men's Tennis Clinic  
3:00 – Pickleball Game On

### WEDNESDAY

10:00 – Pickleball Fresh Start  
11:00 – Tennis Fresh Start  
2:00 – Afternoon Open Tennis Drill  
3:00 – Pickleball Game On

### FRIDAY

9:00 – Ladies' Tennis Clinic  
10:00 – Men's Tennis Clinic  
11:30 – Pickleball Fresh Start  
2:00 – Pickleball Drill

### TUESDAY

9:00 – Pickleball Drill  
10:00 – Tennis Doubles Strategy  
11:00 – Tennis Triples

### THURSDAY

9:00 – Tennis Shot of the Week  
10:00 – Pickleball Dink & Smash

### SATURDAY

9:00 – Open Tennis Clinic  
10:30 – Pickleball Game On

**All Clinics are  
Complimentary –  
Sign up on Foretees**



# Massage

**Joie Keller is back for her second season as the Massage Therapist here at BHCC and we would like to welcome Lena Mendez as the Massage Therapist at Oceanside. Both of these talented ladies serve the membership of The Port Royal Club in Naples, FL for the winters and we are excited to have them join the team here in Boothbay.**



**Joie Keller**



**Lena Mendez**

**You may book your appointment by calling the Wellness Center @ 207-633-3673 ext 3 or Oceanside @ 207-633-4455. Couples massage is also available at either venue.**



# Personal Training

Sam is back for his 4th season as the head personal trainer at BHCC. He is a Wellness, Movement & Sports Performance Expert. He received his Master's Degree in Exercise Science from Florida International University, a B.S. from Keene State College and holds or has held strength and conditioning certifications with nationally accredited certifying bodies including NCSA, NASM, Ace, FMS and ACSM.

He enjoys working with a wide range of clients and athletes spanning ages 10 to 85 and fulfilling a variety of goals and objectives. He conducts 'Train the Trainer' courses for personal trainers across the US. Sam has also contributed to publications for Harvard Medical School, The Sports Medicine Encyclopedia, PTontheNet.com and prominent peer reviewed publications such as The Journal of Pediatrics.

Currently, he is working with Stanford's Lucia Packard Children's Hospital researching the affect of on-line training of pediatric heart transplant recipients. When Sam is training and educating he's an avid surfer, paddle boarder, rugby player and youth coach. You can learn more by visiting [samberryfitness.com](http://samberryfitness.com)



**Sam Berry**



**Killian Miller**

Killian is our new personal trainer for the 2021 season. He focuses on general strength training and athlete performance training. He has recently received his B.S. in Community Health, with a Physical Fitness and Coaching concentration, from University of Maine at Farmington. This is also where he competed in collegiate level rugby. He has worked and studied under Sam throughout the winter and will now be helping clients to work on strength training, injury free. He has a passion for sports and fitness and looks forward to helping clients achieve their various specific goals this summer.

You may book your time with either of the trainers on the Foretees app or by calling the Wellness Center @ 207-633-3673 ext 3.





## Brady Fergola, DC



*Titleist*  
PERFORMANCE  
INSTITUTE  
CERTIFIED

### NEW FOR 2021...

**\* Dr. Brady Fergola completed his Level 1 Titleist Performance Institute (TPI) certification to help better work with golfers on their movements and function that are pertinent to the game of golf!**

**\* TPI looks at golfers through the lens of biomechanics and mobility.**

**\* It breaks down the golf swing into its key components of movement.**

**\* Proper and functional movements are crucial to the golf swing and failure to perform them correctly can add strokes to your game.**

**\* Schedule a time at the wellness center for your TPI movement screen/analysis and start working on a better you!**

Along with TPI movement screening and correctives, Dr. Brady will continue to offer other manual therapy services including spinal adjustments, soft tissue therapies, and corrective and functional exercises to help people live and maintain a functional active lifestyle to their best ability!

Availability @ Wellness Center:

**Wed & Thurs Mornings:**

7:30 – 11:30

Other days/times by  
appointment!

Set up times through The Wellness Center or Contact Brady directly at:

Phone: (207) 357-4541

E-Mail: [Drbrady@boothbaychiro.com](mailto:Drbrady@boothbaychiro.com)



# 2021 Junior Opportunities at BHCC



Dear Parents & Grandparents,

We are excited to open registration to the 2021 Junior Programs at BHCC!! We had a fantastic season last year in spite of Covid-19 with Junior Activities and are looking to continue that success into the 2021 season. We will be going back to the original 6-hour camp. Swimming instruction will be back this year with tennis, pickleball, golf and fun games. Our Puffins, Junior Sports and Senior Sports programs will meet from 9am to 3pm from Monday-Thursday. Lunch will be provided each day during the program along with water throughout the day. The fees for all three programs will be \$325 per child for each week. Multiple children in the same family, in the same week will have a 10% discount per child. Each child must be family of a member or be sponsored by a member to participate. Enclosed you will find a registration form for Junior Activities. Please provide the desired email address on the forms that you would prefer us to send communications regarding activity announcements and possible schedule changes throughout the summer. Electronic forms may also be found at [www.boothbayharborcc.com](http://www.boothbayharborcc.com) under junior programs.

The program will be conducted for 7 weeks from June 28th through the week of August 12<sup>th</sup>. When completing the form, please check the anticipated weeks of your child's attendance. We will have a maximum of 10 children in each group per week. You will not be pre-billed, but this will help us organize the appropriate number of professionals and counselors each week.

## Important Junior Activities Rules

- Participation is on a weekly basis. There will be no daily or partial week registrations.
- The weekly fee includes lunch for Puffins, Junior Sports and Senior Sports. Water will also be provided throughout the day.
- The program begins at 9am. It is disruptive to the group to be tardy, so please see that your child arrives on time or bring him/her to the start of the next scheduled activity.
- Please be sure that your child wears appropriate clothing. Active wear or country club attire is preferred. Running/tennis shoes. Denim/tank tops/cutoffs are not acceptable.
- All equipment will be provided. If your child has equipment that they prefer to use, please be sure to make arrangements with the staff to store it properly.
- A word about food allergies: Please note on the sign-up sheet if your child has any food allergies. The staff will be in contact to confirm your child's needs.

## Age Breakdowns:

Puffins – Participants must be five years old by June 28, 2021

Junior Sports – Participants must be eight years old by June 28, 2021

Senior Sports – Participants must be twelve and not exceed sixteen years old by June 28, 2021



# 2021 Junior Golf Academy

*In addition to the Junior Activities program, the Junior Golf Academy will also continue as a compliment to the local sailing programs in the area.*



*Open to **ALL** junior golfers ages 6-17*

*June 21<sup>st</sup> – August 12<sup>th</sup>*

## Ages 6-11: Little Tigers

**Tuesday & Thursday**

**3:00-4:00 PM**

**\$60.00 per week**

## Ages 12-17: Rickies Rippers

**Monday & Thursday**

**4:30-6:00 PM**

**\$90.00 per week**

*- All junior golfers will be instructed on the fundamentals of golf by our PGA Professional Staff. Advanced instruction will be given to experienced juniors once they have mastered the fundamentals.*

*- Instruction will take place on the practice facilities as well as on the course*

**Sign up can be done by the Friday prior to the week you would like your junior to participate. Electronic sign-up is available at**

**[www.boothbayharborcc.com](http://www.boothbayharborcc.com)**

**Feel free to contact Chad at [chad@boothbayharborcc.com](mailto:chad@boothbayharborcc.com) if you have any questions about the junior programs at BHCC.**



# *Special Member Events Month of June*



## *Fresh Pasta Cooking Class Chef George Schimert*

*Tuesday, June 8th at 1:00pm*

*Learn mixing and kneading techniques  
and classical sauces that pair well  
with fresh pasta.*



## *Louis Latour Wine Dinner*

*Monday, June 14th at 6:00pm*

*Join us in Paul's Steak House for  
an evening of decadent dining  
and perfect pairings.*



## *Garden Tour*

*Thursday, June 17th at 10:00am*

*Enjoy a leisurely walking tour  
of our beautiful gardens! Our garden  
tour will be guided by Master  
Gardener, Karen Neill.*



## *Santa Maria Private Member Deck Party*

*Saturday, June 26th*

*Special member event aboard  
this Spanish Tall Ship  
(more details to follow)*

*(Further details on all member events will be provided in member emails and in ForeTees)*





**BREATHTAKING VIEWS,  
LUXURIOUS AMENITIES  
& WORLD-CLASS GOLF**



## GOLFSIDE VILLAS

Minutes away from downtown Boothbay Harbor, the Golfside Villas have spectacular views overlooking the 1st hole of Boothbay Harbor Country Club. *Indulge in all of the exclusive membership benefits at Boothbay Harbor Country Club, which is now fully private.*

- Discounted golf at BHCC
- Near fitness center/pool
- Private balconies
- Golf course views
- Air conditioning/Luxury linens
- King-sized beds/en-suite baths

The six-bedroom villas can also be rented as 2, 4 and 5-bedroom. Separate one-bedroom suites are also available.

**RATES** (peak is 6/25-9/14):

**One-Bedroom** (private patio and kitchenette)

Off Peak: \$1,500/wk, Peak: \$2,500/wk

**Four-Bedroom** (full kitchen, decks, game room, hot tub)

Off Peak: \$6,000/wk, Peak: \$10,000/wk

**Six-Bedroom** (full kitchen, decks, game room, hot tub)

Off Peak: \$9,000/wk, Peak: \$15,000/wk

For those who enjoy a water view, we offer harborside cottages which can be viewed on our website.

BoothbaySummerCottages.com  
Reservations: 207-633-4455 x602



**BOOTHBAY HARBOR**  
SUMMER COTTAGES