

SMOKE SIGNALS

Pottawattomie Country Club

August, 2023



PRESIDENT'S POST



Some of us wanted warmer weather. Well, it's here. Despite the high temps and all that goes in to managing it, Pottawattomie has you covered. Our gorgeous course is in great condition, the refreshing pool is open and thriving, the active pickleball court is calling your name and the much-appreciated sun shades are open on the patio. Come out and enjoy the amenities of The Club!

The annual meeting is scheduled for Saturday, September 9th in Pottawattomie's Ballroom. Please mark your calendar and attend if possible. All Members are welcomed and encouraged to attend. One agenda item will be the election of the Board of Directors. Dr. Jim Hartson, Bob Mathes and Don Fehrs' three-year terms will expire at the conclusion of this season. I have appointed Tom Hayes (chair), Dr. Bob LeMay and Jim Fox as the nominating committee to propose three voting members (Individual, senior, designated voting member of the family membership) for election to The Board. If you are a voting member and are interested in serving on The Board, please contact them to express your interest. I will communicate more details on the election process, nominees and the agenda for the annual meeting in the very near future.

Speaking of Dr. Jim Hartson, Bob Mathes and Don Fehrs, I would like to thank them on behalf of myself and all Pott Members for their service on The Board. Clearly, The Club has improved through their efforts and commitment to Pottawattomie.

See you at The Club,

Tom Young
President

A MINUTE WITH MATT



I trust you are all enjoying Pottawattomie this summer. There are so many opportunities here at The Club! From the refreshing pool, the active pickleball court, the stunning golf course, continuous dining options and the numerous event activities, there truly is something for every interest!

To update you on a few things going on at your club...

Staffing

As we move into August and the weather heats up, Pottawattomie is a great place to hang out. Unfortunately, school will begin for our younger staff. With a third of our staff leaving us at some point during the month, you will begin to see several new faces. Please make them feel welcome and spread the Pott spirit.

Pickleball Project

I'm sure everyone has seen the continued progress with the pickleball project. We are working hard at getting the second court completed and adding the third one is close behind. We are about \$7,500 shy to full completion of all three courts. Many of our Members have been so generous with commitments and donations. Your kindness is appreciated by all, both on and off the court! Any and all Club improvements are really great for Pottawattomie and our Members. We are very close to completing the project. Anyone interested in helping with a donation to get this project completed would be greatly appreciated. We are so, so close. Contact Ricky Turim (rturim@aol.com) or me if you want to be a part of the excitement.

Upcoming Closure

One of our fellow Pottawattomie Members will be getting married right here at Pottawattomie on August 12th and The Clubhouse and patios will be closed for the entire day. The Red Barn will be serving food throughout the day but that will be the only dining option on this day. The locker rooms will be accessible throughout the day.

Club Website

Our new website is very close to completion. The newly improved website will not only keep the Membership thoroughly informed; it will be a valuable asset to those inquiring about potential membership. Look for a Constant Contact providing you with the official launch date.

A big thank you to Mark Steinbauer for all his efforts to save the golf season under extremely challenging circumstances. The Pottawattomie Board has engaged GSI Executive Search to do a national search for a replacement Head PGA Golf Professional and an Assistant Golf Professional. We will keep you posted on their and our progress with this task.

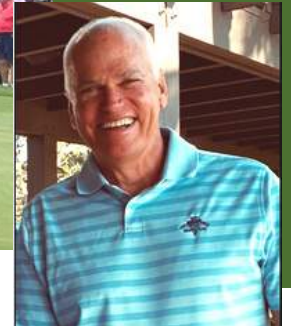
The Club continues to seek and attract employees in all departments as we navigate through the remaining summer season and in to the fall time frame.

As always, thanks for your continued support and patronage. We have such a unique combination of kind people at Pottawattomie. You should all be so proud of creating this inviting and very comfortable environment.

Warmly,

Matt Wooldridge, General Manager

MARKETING & MEMBERSHIP



Pottawattomie continues to grow each month with new Members joining in on the fun; participating in all the many activities and amenities that are available to us. Along with our marketing efforts, our current Members do an excellent job of promoting The Club to friends and family. Thanks everyone!

A very warm welcome is extended to our new Golf and Social Members:

We extend a warm welcome to the following new Golf Members:

- Declan & Diana Stapleton
- Mont & Karen Wickham Jr
- Michael & Kristen Byrne

And a warm welcome to our new Social Members:

- Genevieve & Jeffery Koehler
- Seymore & Penny Turner
- Gregory & Diane Scott

Wonderful months are ahead to meet our newest Members and enjoy the many friendships you have developed here at Pottawattomie!

Happy August,

David Baldwin and the entire Membership and Marketing Committee



GOLF



Not to depress anyone, but the golf season is now half over, closing officially, per the CDGA, in October. Take advantage of the remaining sunny days and good weather and enjoy your golf course!

July was another busy month with Member and guest rounds exceeding those of last year. The golf course has become quite busy, especially on weekends and holidays, resulting in slower play several times over the last month. To alleviate this problem (and maintain our "no tee time" policy), please remember to play "ready golf" and keep in mind that the expected pace of play is four hours and 20 minutes maximum for an 18-hole round. Most should be able to play in four hours or less. Due to course congestion on weekends, a change to our SCHEDULE OF PLAY, approved by the Board of Directors at its July meeting, was to restrict Social Member access on weekends (Friday thru Sunday) to play after 2pm with no more than three guests. Any Social Member requesting an earlier weekend tee time or larger groups must obtain approval ahead of time from The Golf Shop or General Manager Matt Wooldridge.

We would also like to remind all Members that the golf course is reserved for play by WGA members and other women golfers on Tuesday mornings until 11:30am. One nine, alternating weekly, is also closed on Tuesday afternoons from 2pm until the completion of the Twilight League Play (through the end of August). Any exceptions must be approved by the Golf Committee or general manager.

Keys have been removed from the parked golf carts in front of The Golf Shop to insure that players check in at The Golf Shop before playing. Once you check in at the desk with your name, playing partners and guests, you will be issued a cart key (all are identical). We hope that this will minimize lost cart and guest fee revenue.

On a lighter note, there were several Member tournaments held in July. The annual CALCUTTA was held the weekend of July 7th and 8th. While participation this year was down (9 foursomes vs 10 last year) enthusiasm was definitely up. A spirited team auction was conducted by our auctioneer, Tim Dunigan (thanks Tim!!). Thanks also to Peggy Flisak, Pat Shikany and Ed Shikany for their invaluable help with the financial end of things. The three best ball modified Stableford format was very competitive and a great time was had by all of the participants. Congratulations to the eventual winning team of Marc Davis, Mike Guzy, Pete Dlon and Ray Coyne. If you missed out on this year's event, be sure to get this one in your calendar as soon as the Golf Calendar comes out and partake in the fun!

continued...

Our MEMBER-MEMBER tournament was held on Saturday, July 22nd. Thirty-one two-man teams were divided into eight flights. Each team played three four-ball (better ball) matches within their flight, 10 points per match. Congratulations to all of the eight flight winners who then participated in a handicapped shoot out from the 18th fairway to the 18th green. While several teams were able to put their balls on or near the 18th green in one shot, only one team was able to hole out in two! Chris Psiaki put his shot on the far-right side of the green. Partner, Don Schneider, one of the acknowledged best putters at The Club, holed a 35-40 foot downhill breaking putt to win the overall title! Congratulations Don and Chris!

Don't forget about August scheduled golf events: CLUB CHAMPIONSHIP and QUOTA GAME. Registration for the CLUB CHAMPIONSHIP, the weekend of August 5th and 6th, closes on August 4th. Sign up on The Golf Shop bulletin board or call them directly.

The Twilight League Session II winners were determined to be Fred Dailey and Burt Hochberg from Group A with 26 points. The Group B winners were me and my partner Pete Shikany with 28.5 points. Both teams are now qualified for the Twilight League Playoffs. September offers several great tournaments as well so make sure you click on the link below with the calendar and make your plans accordingly.

Reminders for all golfers (thanks to those already respecting the various requests/restrictions from our grounds' crew. Our course is in tremendous shape thanks to your efforts!):

- Replace or sand your divots
- Repair pitch marks on the greens, yours and one other
- Rake bunkers and leave rakes outside of same
- Play "READY GOLF", expected pace of play is 2hrs 10 minutes per nine holes, 4hrs 20 minutes for 18 holes
- Check in at The Golf Shop before teeing off to receive a cart key
- Tee off from #1 tee unless otherwise approved by The Golf Shop
- Post your acceptable score for handicap purposes on completion of your round.

Finally, thanks to Mark Steinbauer, PGA, Michelle Murray, Matt Wooldridge and The Golf Shop/bag room staff for their help and efforts over the stressful past month. Even though there were a few hiccups, we could not have gotten through the month without your arduous efforts. You should all be proud of your numerous achievements and please know that your labors were and are appreciated!

Enjoy the remaining months of your summer and stay hydrated when it's hot! As always, HIT 'EM STRAIGHT!

Mike Flisak, MD and the entire Pottawattomie Golf Committee



Member-Member Winners
Don Schneider and Chris Psiaki



WGA



July was a busy month of events, stroke and match play competitions as well as casual play with Joiners and Nine and Dine. There are so many opportunities to play golf. There just aren't enough days in the summer to do everything we want!

One suggested event was to play 9 holes with 4 golf clubs. Wouldn't that be fun?

The Long Beach/Pott exchange was great fun. This year LB hosted but Pott brought home the trophy, thanks to winners: Gross-Molly Mershon and Net-Pam Fiebig. Closest to the Pins were Monique Rub and Tiffany Mitchell. It was a wonderful day playing our "neighbors". We look forward to LB coming to Pott next year.

Galcutta brought out a big crowd and a great day for friendly wagering. The winning 1st Place team was Judee Martin, Lisa Ruble-Murphy and Pat Shikany. The 2nd Place teams (tied) consisted of Barb Bancroft, Terrie McDermott, Johanne Dunigan and Lisabeth Hayes. The tying 2nd Place was comprised of Pam Fiebig, Linda Pompeii and Monique Rub.

Stroke play (aka Medal Play) is on schedule. Buddy Matches need to be scheduled now. You don't have to play them in order as long as all FOUR matches are done by the end of the season. You should have at least two of them done by now. As a reminder, you can use Open Play to play the matches on a Tuesday.

Very exciting to report that the WGA has welcomed approximately 15 new members in the past 2-3 years. We all enjoy meeting and playing with new golfers and friends! A special welcome to our newest WGA member, Rose Marie McBride. We are excited to share the exciting WGA times with you!

If you are still wondering about Handicap, Handicap Index, how the CDGA app works, Red and Green Tees, rules and Course Management, there are many WGA members that can answer your questions. Also, the Pottawattomie Pro, Mark Steinbauer, is available to help.

Guest Day is August 8th. Be sure to register your guest's Handicap Index on the sign-up sheet. The deadline for entering is August 3rd. Indicate Green tee box if your guest is not playing Red. Great things are being planned for this much anticipated event including a pre-game cocktail party on Monday, August 7th at June Klaus's home (5:30 pm). Please plan on bringing a sharable appetizer or dessert.

continued...

For the remainder of the season, all sign-up sheets will continue to be posted in the locker room. ONE WEEK prior to each event, the sign-up sheet will be moved to The Golf Shop. The deadline for weekly signups is Sunday at noon.

See you on the Golf Course,

Mary Clare Loftus,
WGA President

2023 WGA Board

President: Mary Clare Loftus, 708-642-5126 marclarsun@gmail.com

Vice President: Barby Wendt, 708-899-7957 barbywendt@icloud.com

Treasurer: Pam Fiebig, 773-208-7736, fiebigdow@gmail.com

Secretary: Eileen Willenborg, 312-961-1375, emwillenborg@gmail.com



Winners from the Long Beach/Pottawattomie Match-Up
Molly Mershon, Pam Fiebig, Tiffany Mitchell and Monique Rub



Galcutta Winners Judee Martin, Lisa Ruble-Murphy
and Pat Shikany



Galcutta 2nd Place Winners Pam Fiebig,
Linda Pompeii and Monique Rub.



Galcutta 2nd Place Winners Barb Bancroft, Terrie McDermott,
Johanne Dunigan and Lisabeth Hayes.



There may be something in the air....

Congratulations to Pottawattomie Board Member Don Fehrs, who made a hole-in-one on July 6th, 2023 right here at Pottawattomie Country Club on Hole #15, playing 170 yards. Don used a 5 iron for the perfect shot. **Congrats Don!**



Congratulations to Pottawattomie Member Rob Harte, who made a hole-in-one during the Member Member on July 22, 2023, playing with his son Andrew (#hero) on Hole #13, playing 127 yards. Rob used a gap wedge for the perfect shot. **Congrats Rob!**



GOUNDS



Summertime is the time we get to enjoy the fruits of our hard-working Grounds Crew. Our beautiful course has never looked better! Now if only my golf game could reflect the course condition. Unfortunately, I cannot blame my poor shots on anything except lack of talent. But this article is not about me but is meant to showcase the hard work of our Grounds Crew, headed by Matt Wagner and his assistant Nate Brown, who have brought our esteemed Bendelow golf course to its best condition in many, many years.

Of course, we are not done. Coming soon is our new practice Short Game Area which will begin soon after Labor Day. This exciting addition to our already fantastic course is going to be tremendous. The Short Game Area will include an elevated small green and bunker with both a fairway cut and rough-cut grass approaches for chipping.

This year has seen some challenges with equipment breakdowns and availability of replacements due to industry wide shortages. Many have noticed we do not have our intermediate cut adjacent to the fairways this year. Although it is happening very slowly, we are attempting to recover fairway a little at a time by cutting an additional six inches from each side. Eventually the correct grass strain will dominate those areas. Your patience is appreciated.

Our new fountains are flowing beautifully and we now have backups for most pumps. These backup pumps will be instrumental in the event of future unforeseeable problems and should ensure that we won't have burnouts as have occurred in the past (with fingers crossed). Despite that unbelievable amount of rain we received last weekend, the drainage did as much as it could and we only lost one day of golf until it caught up. We are fortunate that our Pott Grounds Crew is always anticipating and tweaking the many essentials that make up our important foundation.

On behalf of the entire Grounds Committee, I wish everyone a great experience golfing at Pottawattomie!

Bob Mathes

TURF TALK

I am sure by this point many of you have noticed several new signs in the fairways around the golf course. I want to first remind everyone that these signs, as with all other signage around the golf course and driving range, are NOT suggestions. These signs are a very simple set of directions that are to be followed at all times. If you need an exception to these rules for any legitimate reason, please consult either The Golf Shop or Board Member Mike Flisak to obtain special exemption.

What is the intent of these signs? The cart signs in the fairways are there to tell you how far your carts are allowed to advance towards the green. Most of the signs are very close to where the approach starts. Carts should never travel beyond these signs or the approach. Never. Anywhere. Not in the rough, not around the bunkers, not behind the greens.

Example: As you play Hole 1, you hit drive down the fairway. Your next shot lands pin high but left of the green in the rough. The cart signs in that fairway point to the right, towards the Hole 2 Tee. In respect of the signage and the golf course, you drive your cart off the fairway, park on or near the cart path that is on the way to 2 Tee, take your wedge and putter with you and walk over to your ball. That's how it works on every hole. You DO NOT drive your cart up the left rough to where your ball is and then back around again. That is the exact behavior these signs are intended to prevent. Your cart should remain on the cart path at all times on all Par 3's.

Simply put, there should be no cart traffic around the greens ever. Respecting this rule will result in significantly better green-side conditions, which will thus be more fair and more enjoyable to play. I promise this will not slow down play. Play ready golf. Play the appropriate tees. Park your carts in appropriate places. Thanks!

Enjoy Our Beautiful Course,

Matt Wagoner, Grounds Superintendent





SOCIAL

Despite the threat of inclement weather, our Independence Day Celebration on July 2nd drew a record crowd to Pottawattomie. Food, live music, and a spectacular fireworks display were enjoyed by more families and children than several long tenured Members could recall!

Trivia Game Night on July 12th had the defending champs (“Pott Winners”) get off to a slow start but they stormed back in the last two rounds to claim 1st Place. The very large number of participants made the night very fun (and quite competitive!).

On July 15th, our Summer Celebration 9-Hole Scramble had it all. Despite being challenged by a little drizzle, patriotic flamingos who did not want to get ringed, a shark that bounced away all chips, and trivia that challenged all players...two flight winners claimed the top prizes. The 1st Place prize in the Margarita Flight went to the team of Mary Ward, John Hosty, Mary Toomey and Dave & Beth Bozeman. In the Pina Colada Flight, the 1st Place team included Jay and Laurie Johnston, June Klaus and Joe & Carol Bernier.

The month of July ended with a Nonna’s Italian Night Buffet, followed by the very entertaining Comedy Night. A good time was had by all!

Make sure you mark your calendar for Wednesday, August 16th and join fellow Members for another Trivia Game Night and challenge the reigning champs. Create your own team or just show up. There is always a table you can join. Either way, you’ll have a good time.

End of August means back to school and the start of football season! Pull out your colors from high school, college or your favorite pro team and plan on playing in the Social Football Scramble taking place on August 26th. Both Social and Golf Members are encouraged to play in this festive social golf outing. Call The Golf Shop now to reserve your spot (219-219-872-0624). This one will hit its cap of 36 golfers so sign up now! Whether you play or not, plan on hitting the Pottawattomie patio later that day for Summer Nights on the Patio from 5-7pm featuring music from Pott’s favorite father/daughter duo of Jon and Jess!

See you at The Club,

Tim Dunigan and entire Social Committee





2023 REMAINING POTTAWATTOMIE SOCIAL EVENTS

AUGUST

August 16 Trivia Game Night, 6pm

August 23 Wine Club Tasting event, theme tbd

August 26 Football 9-Hole Scramble (casual social golf) 3pm shotgun

August 26 Summer Nights on the Patio, 5-7pm featuring Jon and Jess

SEPTEMBER

September 6 Book Club, 4:30pm

September 13 Trivia Game Night, 6pm

September 20 Wine Club Tasting event, theme tbd

OCTOBER

October 4 Fall Wine Club Gourmet Dinner

October 14 Pink Out! 9-Hole Scramble (casual social golf), 2pm shotgun

October 14 Summer Nights on the Patio, 4-6pm featuring Jon and Jess

October 25 Season Finale Wine Club Tasting event, theme tbd

clubs within the club

- For **PICKLEBALL** log on to TeamReach (pccpickleball) to connect with players! Contact Member Rick Turim for details (rturim@aol.com). Please refer to the pickleball guidelines found in both Smoke Signals and posted at the courts.
- For **POTTAWATTOMIE'S CYCLING CLUB**...contact Member Paul Zirpolo for details (paulzirpolo@gmail.com)
- For **POTTAWATTOMIE FISH WHISPERERS**-check in with The Golf Shop before casting! Contact Member Joe Cole for additional details (joseph.cole@comcast.net). Please refer to the Fish Whisperers guidelines found in Smoke Signals.
- **YOGA IN THE WATER AEROBICS** with yogi Cinda - official start date is June 1st, 9am. Contact Cinda with questions (consultcinda@comcast.net). \$15/class
- **MAHJONG-FRIDAYS**, 11:00am in The Clubhouse. Contact Member Beth Bozeman with questions (beth.bozeman@comcast.net)

continued...

- **CANASTA-FRIDAYS**, 11am in The Clubhouse. Contact Member Ruthie Friedell with questions (rfriedell@rcn.com)
- **POOL SIDE YOGA** with yogi Cinda-official start day is June 3rd, 9am. Contact Cinda with questions (consultcinda@comcast.net). \$15/class
- For **POTTAWATTOMIE BOOK CLUB**, contact Member Karen Marvinac with questions and to get further details (karen@marvinac.com)
- For **POTTAWATTOMIE WINE CLUB**, contact Member Joe Cole with questions and to get further details (joseph.cole@comcast.net). Please refer to the Wine Club guidelines found in Smoke Signals

-**Social Golf outings**: open to both Golf and Social Members (with applicable golf fees for Social Members). Themes and tee off times will be conveyed using Constant Contact.

-**Wine Club**: which entails several wine tastings throughout the active season and two Gourmet Wine Dinners. The Wine Club events are open to all Pott Members with actual Wine Club Members receiving a discounted price and priority seating to the events. Wine storage lockers are available to lease on a yearly basis for \$150 (make rental arrangements with Laurie). You must be a Wine Club Member to rent a seasonal locker.

-**Game Nights**: typically begin at 6pm and offer either an abbreviated menu or a buffet (tbd). There is a \$5pp buy in for payouts.

-**Summer Nights on the Patio**: simple music along with drink specials on the deck, weather permitting. PATIO RESERVATIONS NOT ACCEPTED FOR THESE MUSICAL EVENTS.

Please familiarize yourself....

It is our hope that they will never be needed, but Pottawattomie has three separate defibrillators strategically placed around The Club.

One is in the pool house, immediately to the right as you enter the main door. A second one is in the clubhouse foyer, right beside the men's room. The third one is in the lower-level hallway, right outside of The Golf Shop

There are simplified yet detailed instructions easily accessible inside of the container that holds the defibrillator.



2023 Pott Pool Guidelines

Pool hours of operation are 11am-5pm, Monday through Sunday.

- Adult Only Swim is offered daily at 10am (lifeguards not present, do not swim alone).
- Pool Attendants will be on duty, but everyone swims at their own risk.
- A one-time seasonal waiver must be signed prior to initially entering pool for the season.
- Ear Buds/headphones are required for individual music.
- All children under the age of 14 years old must be accompanied by an adult.
- Social and Golf Membership entitles you to freely use Pottawattomie's pool. This membership is extended to your immediate family members as well. Additional guests that accompany you, or use the pool in your name, will be charged \$6/day which will be charged to your house account.
- Outside food and beverages are NOT ALLOWED. Absolutely NO COOLERS are allowed in the pool area.



PCC WINE CLUB

Our July Wine Club Tasting served up five different wines accompanied with a bountiful selection of hors d'oeuvres. The event was hosted by our own Tim Young, the CFO of NexTerra Wine Company, the largest US private label wine bottler outside of California. We sampled bubbly Sangria perfect for the summer, a delicious Pinot Gris, an unoaked Chardonnay, a super Tuscan blend and a deluxe Pinot Noir. Tim gave an informative overview of his industry and discussed wine transportation, quality checks, delivery points, freight cost differentials and other economics throughout the evening.

We will hold our next Wine Club Tasting on Wednesday, August 23rd. This wine tasting will focus on Spain and Portugal and will be hosted by Randy Jonas, another of our knowledgeable Pottawattomie Members. He will be talking about the Camino de Santiago pilgrimage, a walking journey he personally experienced from France over the Pyrenees's and across Northern Spain to the historic town of Santiago de Compostela. Along the one-thousand-year-old path, he walked through several wine producing regions including the famous Rioja with Tempranillo vineyards. He will briefly talk about his journey and the historic significance of the Camino. Randy will share maps, photos and books about the trails that attract over half a million travelers every year. He promises to keep it short but sweet so we have plenty of time to enjoy the regional wines selected for the event!

Be sure to sign up by Monday, August 21st to reserve your spot for Randy Jonas's presentation and tastings by calling Laurie Rhed (219-872-8624). The Wine Club meets at 5:30pm and goes to around 7pm. Wine Club members will be charged \$40 per person and non-club members or guests are \$50 each which includes the wine, appetizers, great stories and wonderful cohorts. Potential dinner reservations following the event must be made separately.

Finally, get your wine locker requests in soon. Wine lockers can only be rented by Wine Club members to store their favorite wines not offered at PCC. Wine lockers and cost may be shared with another Pott Member and locker holders avoid Pottawattomie's \$15 corkage fee. The annual lease begin on May 1st and cost \$150. For the remainder of the 2023 season the cost has been prorated to \$100, or just \$50 per Wine Club member for a shared locker. Wine locker rentals and details are handled by John Hosty at Jrhchgo@aol.com. Please direct your questions to John regarding additional details of the rental.

To Health and Happiness,
Joseph Cole

FOR THE HEALTH OF IT



It must be true! I read it on Instagram! FACT or FICTION?

Radiation from the TSA checkpoints, mammograms, and dental office X-rays increase the risk of cancer. FICTION

Absorption of ionizing radiation by the human body is measured in millisieverts (mSv). Let's look at procedures and other sources of radiation in millisieverts and compare them to a single adult chest X-ray which provides 0.1 mSv. A dental X-ray is 0.005 mSv and the backscatter from the airport TSA scanner is 0.0001 mSv. Ladies, our annual mammogram is only 0.4 mSv – the equivalent of 30 chest X-rays. Obviously neither of those exposures is of concern. The background radiation that we ALL receive as we go about our daily routine is 3 mSv per year. Let's look at the ionizing radiation used in medical procedures such as CT scans. Over 80 million CT scans are performed in the U.S. every year. (Only 3 million were performed in 1980). CT scans account for 24% of all radiation exposures. The millisieverts (mSv) for specific CT scans and the comparison to Chest X-rays are as follows: Abdomen & Pelvic CT scan — 15-20 mSv – the equivalent of 750 to 1000 chest X-rays. The pelvic CT scan alone is 10 mSv – the equivalent of 500 chest X-rays. A chest CT scan is 7 mSv – the equivalent of 400 chest X-rays. Yikes! you say. Ah, not so fast. CT scans have practically eliminated the need for once-common exploratory surgeries and many other invasive and potentially risky procedures. A single CT scan on occasion is NOT a problem. However, the ionizing radiation from multiple CT scans accounts for approximately 2% of all cancers in the U.S. For patients with multiple CT scans, the increased risk of cancer is 2.7% to 12% (33% received more than 5 CT scans; 5% received more than 22 CT scans; 1% more than 38 CT scans). The younger age of the exposure, the higher the risk. Multiple CT scans before the age of 15 have been associated with an increased risk of developing leukemia, brain tumors, and other cancers in the first 10 years following their first scan. However, the lifetime risk of cancer from a single CT scan was small in these kids—about one case of cancer for every 10,000 scans performed. (Pearce MS, Salotti JA, Little MP, et al. Radiation exposure from CT scans in childhood and subsequent risk of leukaemia and brain tumours: a retrospective cohort study. *Lancet* 2012; 380(9840):499–505).

Don't take this information as a scathing report on CT scans. Recognize their importance in diagnostic medicine but also understand that there are times that a non-ionizing procedure, such as an ultrasound or MRI, might be an adequate substitute. Ask your HCP. The biggest concern for multiple CT scans is in kids as their organs and tissues are still in the active growth phase when ionizing radiation can do the most damage to DNA. DNA normally repairs itself, but not always, leading to DNA mutations and possibly cancer in the future. Ultrasounds and MRIs don't damage DNA or increase cancer risk—these may be used as a substitute for CT scans in some instances—for example, kids with possible appendicitis. (Mettler FA, et al. "Effective Doses in Radiology and Diagnostic Nuclear Medicine: A Catalogue," *Radiology* (July 2008);248:254-263)

continued...

Adequate amounts of sleep can make you thinner. Mmmmm, FACT, kind of. Sleep deprivation decreases your levels of leptin, the “I’m full hormone,” and increases your levels of ghrelin, (pronounced “gree-len”), the “I’m starving hormone.” Leptin levels in blood are normally higher between midnight and early morning, helping to suppress appetite during the night. Not enough sleep? Not enough leptin. With only 4 hours sleep, leptin levels are 18% lower and ghrelin levels are 28% higher. Greater weight to height ratios, (BMIs), are associated with less than 7.7 hours of sleep at night. Get some more zzzzzz’s!

Sleep deprivation also impairs the normal release of insulin resulting in insulin resistance in muscle and fat tissue. Insulin resistance results in higher levels of circulating insulin. Higher levels of circulating insulin also trigger the release of ghrelin, the “I’m starving” message. Back to bed!

The origin of the term conscientious objector was coined when young men refused to sign up for the military service to fight in the Viet Nam war. FICTION. The origin of the term conscientious objector comes from refusing vaccines in the mid-1800s — not from refusing to sign up for the military or for moving to Canada to avoid the Viet Nam war in the 1960s. The first anti-vaccination activity was triggered by the compulsory smallpox vaccination acts in the 1850s and 1860s in England. So many people conscientiously objected to the vaccine that England became the epicenter of smallpox in the United Kingdom.

Conspiracy theories were also spread “waaay back-in-the-day.” The smallpox vaccine was made from benign cowpox lesions on the hands of milkmaids and farmers. The rumor was spread that if a person received the smallpox vaccine from the cowpox lesions they would turn into a cow. Wow, a cow.

We only use 10% of our brain! – FICTION. The brain makes up 2% of the body’s weight and uses 20% of the body’s energy! Obviously, the brain is a huge energy-guzzler, and it makes absolutely no sense for us to have evolved to use a fraction of such a costly organ. Functional MRI scans show that most of the brain is active even when we’re hanging out doing “nothing.” We have a huge potential to learn new skills and new information due to the plasticity of the brain. We continue to form new dendrites and synapses within the various networks of the brain up through our late 70s and early 80s. A notable EXCEPTION to the FICTION statement: One subset of the population only uses 10% of their brain 100% of the time – and that subset would be politicians. LOL.

Questions and comments and criticisms are always welcome! Text me @ 312-543-7688 or email me @ Bbancr9271@aol.com.

Barb Bancroft



PICKLEBALL

This game is really taking off, not just throughout the world, but right here at Pottawattomie! The weekly clinics are going great! New people wanting to get in on this incredibly popular sport are showing up every week. Why haven't you? They take place every Wednesday and Thursday morning, 9:30-11:30. Show up for the whole thing, or whenever it works for your schedule. It is a great place to meet others that play just like you, thus setting up future games.

The second Intermediate Pickleball Tournament, which took place in July, had a record number of players. Pott Member's Jan Paar and Mary Weber earned the bragging rights as they won the two different flights.

Did you know Pickleball is also a very social sport? It's not uncommon for players to bring snacks for others, hang out to watch, even celebrate birthdays (Happy Birthday Michelle!). Come out and join in on the fun. You'll be happy you did!

See you on the Court,
Rick Turim
rturim@aol.com



BOOK CLUB

The Pottawattomie Book Club brought a large group of readers together in July to hear directly from author Kathleen Buhle. Kathleen shared with all her journey through her 24 year marriage that eventually came to a end due to her husband's addiction, betrayal and dishonesty.

The empowering message of strength and resilience resonated with the many of those in attendance. The discussion, guided by Pottawattomie Member and Book Club enthusiast, Mary Jane Eisenhauer, was then able to ask several questions after Kathleen finished speaking. Kathleen graciously spent time both before and after the discussion signing books and visiting with those in attendance. As a first-time author, Kathleen has caught the bug since fulfilling her long standing dream of being a writer. She is currently working on her second novel and we in the Book Club look forward to it!

The Book Club met again on July 26th discussing Claim of Innocence by Laura Caldwell and a great conversation took place. Thanks for everyone that came out! The next Book Club gathering will take place on August 23rd to discuss Romantic Comedy by Curtis Sitten. We hope you ladies will consider joining us! All Pott Members are welcome to be a part of this very fun group. For more information, please reach out to founder Karen Marvinac (karen@marvinac.com).



Pottawattomie Member's Steve Brooker and Taylor Lindstrom graced the cover of the June issue of LAKEFRONT LIVING and managed to give Pottawattomie a shout out in their article!

Thanks you two and GREAT picture!





Current Board Members

Tom Young - President youngte@comcast.net

James Beien - Planning jamescbeien@gmail.com

Tim Dunigan - Social tdunigan55@gmail.com

Dr. Mike Flisak - Vice President/Golf mefmd@sbcglobal.net

David Baldwin - Membership/Mktg. davidbaldwin3501@gmail.com

Don Fehrs - Finance dhfehrr@yahoo.com

Dr. Jim Hartson - House dochartson@hotmail.com

Bob Mathes - Grounds bobelinnmathes.com

Mark Rowley - Budget mrowley@rowleyandco.com

Have a question, comment, concern? We'd like to hear from you!

Club Management Team

General Manager - Matt Wooldridge
mwooldridge@pottcc.com

Controller - Laurie Rhed
lrhed@pottcc.com

Outside Manager - Michelle Murray
michelle@pottcc.com

Course Superintendent - Matt Wagner
matt.wagner.1@gmail.com

Contact Info

Clubhouse 219-872-8624

Golf Shop 219-872-0624

Grounds 219-872-3954

Fax 219-873-9382

pccbuisnessoffice@pottcc.com

www.pottawattomie.com

Like us on Facebook

We would love any of your fun Pottawattomie pictures! Please email them to lisazirpolo@gmail.com.

REVIEW REQUEST

Please consider helping your Club. [Click here](#) and leaving a review about The Club based on your experience at Pottawattomie this recent season. Your remarks can be about golf, social events, pool enjoyment, dining, meeting new friends, gathering with old friends, entertaining guests, etc. Your words might just encourage someone to come and learn more about us. Again, thanks for all the ways you promote Pottawattomie to friends and neighbors.

