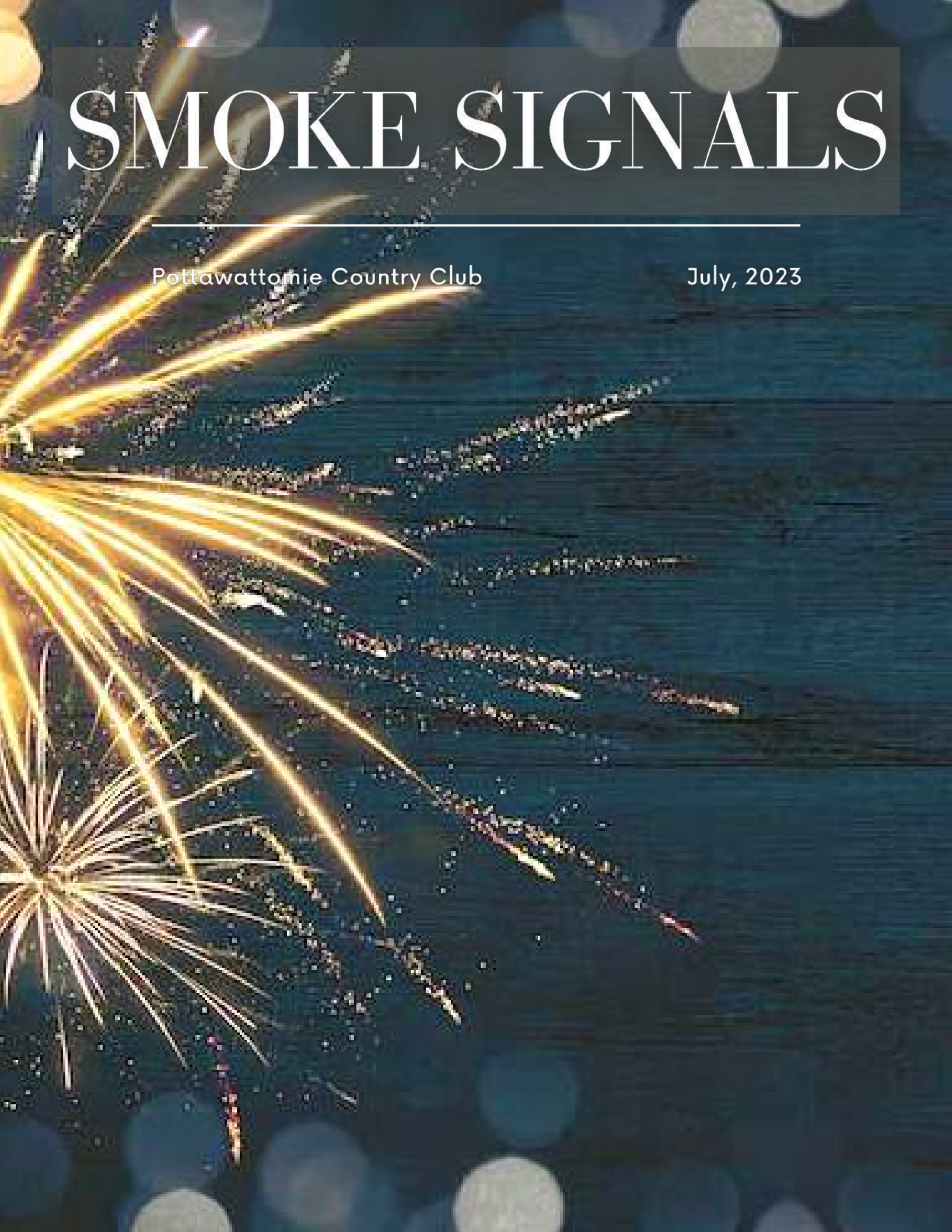


SMOKE SIGNALS

Pottawattomie Country Club

July, 2023



PRESIDENT'S POST



Kudos to Dr. Mike Flisak and the Golf Committee, Course Superintendent Matt Wagner, our Golf Pro Mark Steinbauer, Matt Wooldridge, Michelle, and our entire staff for a delightful Member Guest tournament last weekend. Some of us (including yours truly) did not realize all the work that is involved with running a tournament with 54 teams of golfers. The organization, scheduling and food preparation takes a lot of work. Well done and profound thanks!

Each month Smoke Signals highlights the activities of the various committees and other happenings at The Club. One committee that works in the background that is seldom mentioned is the Finance Committee. This committee is chaired by our Treasurer, Mark Rowley, with Jim Beien, Don Fehrs, Bob Krull and myself as members. All members have CPA certificates, law degrees and/or finance backgrounds. We are fortunate to have a quality team monitoring our finances. Staff members include our MVP controller, Laurie Rhed and Matt Wooldridge. We meet monthly with few exceptions to review the monthly and year-to-date results. This committee reports each month to the Board. Our goal this year is to continue to improve upon The Club's financial condition and to reduce our debt. As a group committed to this goal and passionate about Pottawattomie, please know that our Members are in very good hands.

See you at The Club,

Tom Young
President

NOTE:

The Pottawattomie website is on the verge of launching! This new and very much improved site will provide our Members, as well as potential new members, with the most updated information regarding our great club!

A Constant Contact will be sent out when it is ready to go live!

A MINUTE WITH MATT



WOW! Unbelievably, June is already in the rear-view mirror!

The last six weeks have been a whirlwind of change, back-to-back extensive dining and numerous Club Golf and Social events. Your Pott staff and our new interim Master PGA Professional, Mark Steinbauer, have done a remarkable job making it all look seamless. From the pool and Red Barn attendants, Clubhouse maintenance, our bartenders and waitstaff, The Golf Shop attendants, the Outside Activity's crew and our culinary group, the teamwork by our staff has been extraordinary.

A special thank you to all the employees and Pott Members that made the Member Guest event a weekend to remember.

We have had a very positive New Member Campaign under way in April-June. Please check out David Baldwin's article in this issue of Smoke Signals to read more about how great he and his committee have performed. And, that said, welcome to our many new Members that have joined us. We are so happy to have you, and look forward to spending time with you!

Weekly dining specials will be sent out as a Constant Contact on Wednesday Mornings each week. As is always the request, please call in your reservations.

There are many exciting events in the month of July so please refer to each of the Golf Calendars (if applicable) and the Social Calendar, all of which are in every issue of Smoke Signals. From Game Nights to Golf Outings, Comedy Night to Calcutta, Pottawattomie has you covered!

We are anticipating the additional pickleball court to be completed by Mid-July. It is so great to look out my office window and see the activity and laughter taking place on our existing court! As we continue to get spontaneous donations for the foreseeable third court, we will move forward full steam ahead once we hit our goal. We are currently about \$10,000 short of having three operational courts. Thank you to all that have so graciously donated. If you are interested in being a part of this incredible accomplishment, please reach out to either Rick Turim (rturim@aol.com) or myself (mwooldridge@pottcc.com). Warmest thanks for your kindness.

Our new website is nearing its launching! As soon as it does, we will send out a Constant Contact encouraging you to check it out. Much effort went into this project and I trust you will be as pleased with it as I am. Accolades go out to the several Pott Members that have worked so diligently on improving this valuable source of information.

Enjoy the wonderful month of July and all that Pottawattomie offers you!

Matt Wooldridge
General Manager

MARKETING & MEMBERSHIP



The month of June was a great start to the summer season with full golf and social activities in high gear. One of the many highlights of the month was the New Member Reception. The evening was so well attended and afforded a delightful way to meet and welcome all our new Golf and Social Members. Kudos to the staff and fellow Board members for all the support and service they provided.

Moving into July, the Board and staff will continue all our initiatives to recruit new Golf and Social Members. Remember to invite your friends and neighbors to tour The Club and learn all about our robust amenities engaging a wide range of interests and activities. Please pass along any one of our membership flyers; encourage potential members to check out our website; or leave them a copy of the Beacher, Lake Front Living Magazine; or the New Buffalo Times, all of which include one of our beautifully designed ads in each of their issues this month. Our newly designed Website will be up and running very soon and will be another source of helpful information about The Club and Membership. You can also leave a name and phone number with GM Matt Wooldridge and he will take it from there. Easy!

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

- Douglas & Luvir Fisher
- Buzz & Tina Ruttenberg
- Steven & Cissy Thunander
- Matthew O'Donnell & Jessica Mace
- Terrance & Rose Marie McBride

And a warm welcome to our new Social Members:

- Scott & Margaret Francis
- Bruce & Sue Cartwright
- Greg & Gloria Stephenson
- Elizabeth Granoff & Sid Wiener

Should you come upon any one of these new Members, please warmly welcome them to Pottawattomie CC!

Thank you for all you do to promote Pottawattomie,

David Baldwin and the entire Membership and Marketing Committee



GOLF



The golf season is well into summer and the activity level at PCC is high! The golf course, thanks to the tireless work of Course Superintendent Matt Wagner and his Grounds Crew, is in the best shape in recent memory. We hope to see many of you out on the course during the summer months. If you are a Social Member, I strongly encourage you to participate in the various Social Golf Outings that take place throughout the summer. Please refer to the Social Calendar for dates and details.

June was a very busy month. Congratulations to the SHAMBLE winning team. The annual Member Guest tournament was held June 22nd thru June 24th. We had 54 teams consisting of 108 individuals participating in three days of sharply contested competitive golf, socializing and camaraderie. A great time was had by all! Believe it or not, there were five contestants in the FRIDAY HORSE RACE named "MIKE"! Member Mike McNellis (Mike #1) and guest Mike Ostholthoff (Mike #2) battled it out through nine holes and an additional sudden death hole during Friday's HORSE RACE. Congratulations to the winner, Mike Ostholthoff (aka Mike #2)! Congrats to the nine flight winners and especially to the tournament champions, Pete Shikany and his partner Kyle Gloff for the tremendous performance of one under gross for the 3-hole playoff! Thanks to our wonderful staff (golf, bag room, culinary, grounds and servers) all of whom helped to make the event a huge success.

If you are in town during July, there is plenty of golf activity at The Club. The month of golf started off immediately on July 1st with the annual FLAG DAY and, as always, a good time was had by all participants. The annual CALCUTTA event is being held Friday and Saturday, July 7th and 8th. Format is the same as last year with details coming by both a Constant Contact email and are also available in The Golf Shop. The annual MEMBER-MEMBER 27-hole event is being held on Saturday, July 22nd. Sign up for both the CALCUTTA and MEMBER-MEMBER in person in The Golf Shop or you can call them to tell them you want to play in these very fun golf outings (219-872-0624). If you do not have a partner for the MEMBER-MEMBER, ask The Golf Shop to arrange a partner for you.

Continued...

Looking for a game on Thursdays and/or Fridays at 1pm or on non-tournament Saturdays and/or Sundays at 9am? Pottawattomie's got you covered! Join in one or all of the ever-popular JOINERS GAME held at the above dates and times. In most cases, Joiners Games offer a pick-up team game with variable formats (and lots of fun!). If you have a valid CDGA handicap, simply show up at the practice green to join in on this enjoyable competition. In addition to great golf, these games are a great way to meet other Members! You can also register on the TeamReach app. Download the complimentary TeamReach app and use our group name Pott Men's golf Joiners, pass code: pott golf. Call The Golf Shop if you have any questions.

Reminders for all golfers:

- Replace or sand your divots
- Repair pitch marks on the greens
- Rake bunkers and leave rakes outside of same
- Play "READY GOLF", expected pace of play is 2hrs 10 minutes per nine holes
- Check in at the Golf Shop before teeing off
- Post your score for handicap purposes on completion of your round

Enjoy your summer! Hope to see you on course. As always, "HIT 'EM STRAIGHT"

Mike FLisak, MD

Vice President and Golf Committee Chair.

[2023 GOLF SCHEDULE](#)

RE your handicap:

Your handicap index is a portable number, which, when updated daily, represents your demonstrated golf ability. It is based on your past golf scores relative to the difficulty of the course and tees played, as well as the playing conditions during each of the rounds.

When it comes to tee it up, that number is automatically converted to a course handicap which accounts for the difficulty of the course and the tees played. Your handicap is figured out automatically by submitting your scores to the "My CDGA" app.

You can submit your score either by adjusted total score or hole by hole.

Maximum hole score for handicap purposes is described by rule 3.1 in the USGA. Basically, the maximum score is limited to a net double bogey (par plus two strokes plus any handicap strokes the player receives on that hole).

Submit all scores, including match play and league play, on the day you play!



WGA



The Solheim Cup was the first big event in June, and it was a great group fielding the Red and Blue teams. The BLUE TEAM were the victors by one point and determined by the final group. Congratulations to Juliette Birnbaum, Lisa Ruble-Murphy, Taylor Lindstrom, Mary Toomey, Barb Bancroft, Pam Fiebig, Jacqui Schiewe, Jean Ptacek, Mary Ward, Louise Starmann, Lizabeth Hayes and Lisa Suffield!

Thanks to the Solheim Cup Committee: Barb Bancroft, Taylor Lindstrom and Eve Minogue for making it a fun event.

Our annual Flag Day competition unfortunately presented the group with cold temperatures, gusty winds and poor air quality but the golfers, both the 18 and 9-Hole groups, prevailed. Winners from the 18 Hole group were Lisa Suffield taking 1st place and Monique Rub claiming 2nd. The 9 Hole winner was Lisabeth Hayes. Congratulations ladies!

Thanks to the Flag Day Committee: Barby Wendt, Johanne Dunigan and Mary Toomey for all of your efforts and making the event great despite the weather.

Reminder on Scoring: Please post every score, preferably on the day of play. This is essential to maintaining an accurate handicap. If you have any questions, contact Deanne Turim (singindee@gmail.com). Deanne can also help guide you with signing up for Open Play using the TeamReach app.

July is a very busy month for the WGA. Refer to the bulletin board in the locker room for signup sheets and event information. The deadline to enroll for all events is the prior Sunday at noon.

We will be hosted by Long Beach Country Club ladies on July 11th. Deadline to sign up for this fun event is July 6th. This is a wonderful way to meet and mix with our neighbors!

Stay Safe,

Mary Clare Loftus
WGA President



2023 WGA SCHEDULE



SOCIAL

It is not shocking that June flew by with so many activities going on at Pottawattomie! In the first week we saw both Yoga in the Water Aerobics and Poolside Yoga get started. The first Trivia Night entertained many fun Members and a few took home some cash! The New Member Social allowed several Board Members, various staff members and a few members of the Pottawattomie Social Committee to meet over 40 of our newer Members. We were also able to introduce all to our Director of Golf, Mark Steinbauer.

The Nifty 50's/Swingin' 60's party, hosted by Members Lisa & Paul Zirpolo and Rick & Deanne Turim, had everyone dancing to their favorite songs from the past, performed live by Sweet Reminders. There were many fun parts of the night but the highlight was our surprise guest appearance, performing You're The One That I Want, John Travolta...I mean Burt Hochberg. If you run into Burt over the summer, feel free to ask him recreate his performance. Congratulations to Dad/Daughter Bozeman team for taking home Best Outfit awards.

I hope many of you made it out to celebrate our country's independence at Pottawattomie. For those that did, I trust you all enjoyed the fun atmosphere complete with summer's favorite foods, live music from The Bones and the exciting fireworks!

Do your best to block off July 12th for our second Trivia Night, 6pm start time. The game will be hosted by last month's winning team, "The Pott Winners" and is sure to be another fun night! All Pottawattomie Members can take advantage of the Summer Celebration 9-Hole Scramble taking place on Saturday, July 15th. In addition to golf, trivia and games are set up at each of the nine holes helping you to lower your score. These casual social golf outings are a great way for our Social Members to experience our beautiful course. Reservations should be made by calling The Golf Shop (219-872-0624). Applicable fees are assessed to Social Members.

If you can't join for the golf portion on July 15th, please come later that day for Summer Nights on the Patio featuring music by Jim St. James from 5-7pm with a special limited menu available in the dining room. Although you are not able to reserve tables on the patio, if you intend to eat at The Club on July 15th, they will need to know you are coming. Please call ahead to reserve your table in the lounge (219-872-8624).

On Saturday, July 29th, Pottawattomie Country Club will be hosting Comedy Night with a great line up coming to us from Chicago. The show doesn't start until 8pm so there is plenty of time to make it a full night of fun! Pottawattomie will be offering a full buffet before the show. Look for upcoming Constant Contacts providing you with details surrounding the dinner details and the show's line-up. You will need to call in separate reservations (219- 872-8624) for both dinner and the show as no food service will be offered in ballroom (aka "nightclub").

Celebrate Summer Pottawattomie Style!
Tim Dunigan and entire Social Committee







PCC WINE CLUB

The Spring Gourmet Dinner was held on Wednesday, June 14th. The Italian dinner featured specially selected regional wines that complemented each of the courses served throughout the evening. Our wine purveyors described each wine between the five-courses while Matt graciously gave away numerous bottles to lucky lottery winners.

We will hold our next Wine Club event on Wednesday, July 19th. Get this one in your calendars now because it is going to be a good one! The evening promises to be extra special as Tim Young, a fellow PCC member, will discuss the various nuances of wine production. Tim is the CFO at Nexterra, the largest US private label wine bottler outside of California. Nexterra sources grapes from around the world, blends and bottles the wine and also provides warehousing and shipping for their customers. Nexterra produces more than 800,000 cases of wine a year. We will be sampling some of their production at this special event and enjoying hors d'oeuvres alongside.

The construction of the additional wine lockers is targeted to be completed prior to the next Wine Club event. Wine lockers can only be rented by Wine Club members to store their favorite wines not already offered at Pottawattomie. Wine lockers may be shared with another Wine Club member and by having a locker, you avoid the normal \$15 corkage fee for wines brought in. The annual lease begins on May 1 and costs \$150. For the remainder of the 2023 season the cost has been prorated to \$100, or just \$50 per member for a shared locker. Get your wine locker requests in soon. Wine locker rentals and details are now being handled by John Hosty at Jrhchgo@aol.com. Please direct your questions to John regarding rentals.

Be sure to sign up by Monday, July 17th to reserve your table for Tim Young's presentation and tastings (219-872-8624). The Wine Club meets at 5:30pm and goes to around 7pm. Dinner reservations must be made separately.

To health and happiness,
Joseph Cole

[2023 PCC Wine Club Guidelines](#)



FOR THE HEALTH OF IT



A Potpourri of Clinical Pearls

Sunscreen Tips—apply sunscreen 15 to 30 minutes prior to sun exposure to give it enough time to absorb and become fully effective. Most sunscreen protection lasts between 2 and 3 hours. Options that say “water-resistant” should be chosen if you’re going to the pool or if you’re sweating buckets. Protection only 40 to 80 minutes with pool activities and excessive sweating, so reapply more often. Also keep in mind if you’re outside between 10 a.m. to 4 p.m. when the sun is most intense, you’ll burn more quickly. And yep, you’ll need to be vigilant with reapplying sunscreen. Wear hats to protection your scalp, and don’t forget to apply sunscreen to your ears and behind your ears and your neck. SPF stands for sun protection factor. This number is the measure of how much ultraviolet B (UVB) radiation it takes to burn your skin when slathered with sunscreen vs. not slathered with sunscreen. The higher the SPF the greater the protection from sunburn and long-term skin damage. If you’re wearing a sunscreen with an SPF rating of 15, about 7% of the sun’s rays will reach your skin vs 2% for a sunscreen with an SPF of 50. Regardless of the SPF rating, you still need to reapply the sunscreen regularly as mentioned above. By the way, suntan “lotions” have SPF ratings between 4 and 10. They’re worthless for sun protection. Toss ‘em. (Paul SP. Ensuring the Safety of Sunscreens, and Their Efficacy in Preventing Skin Cancers: Challenges and Controversies for Clinicians, Formulators, and Regulators. *Front Med (Lausanne)*. 2019 Sep 4;6:195)

Tick Talk for the Summer of 2023. The ticks are out with a vengeance this year. The latest data from the CDC is an eye opener. Ticks are highly sensitive to environmental changes and our midwest mild winter is responsible for the “uptick” in the deer tick population. These black-legged ticks transmit Lyme Disease, babesiosis, and Powassan virus in southern Michigan-Northern Indiana area as we speak. Beware of the ticks hanging on to the grasses lining the links, anxiously waiting for an unsuspecting golfer looking for their tee shot. How to avoid ticks? Hitting your ball down the middle of the fairway is the easiest way. Don’t go into the brush looking for your ball is the second easiest way. Cover up if you’re an incessant “off the fairway” player—long pants and socks. Once you head home, leave your clothes on the front porch (LOL) and immediately take a quick shower to wash off any ticks that may have crawled through the first line of defense—your clothing. If the tick is crawling up your leg, don’t panic. It takes around 36-48 hours of attachment to transmit most tickborne illnesses. Prevention? Apply a product that contains at least 0.5% permethrin to your clothing and golf gear. Some insect repellants, including products that have roughly 20% DEET or picaridin can repel ticks, but they aren’t foolproof.

Want to improve your brain health? Take A Nap! After returning home and removing your clothing, checking for ticks, and showering from that long day in the rough, stretch out on the couch for a relaxing 30-minute nap. The latest research vindicates all of “us” afternoon nappers. Researchers have documented a 15.8 cubic centimeter (cc) increase in total brain volume in people who take more frequent naps. This is the equivalent to 2.6 – 6.5 years of brain aging. ZZZZZzzzzzz. (Paz V. *Sleep Health*, 19 June 2023).

Thanks for reading! Barb Bancroft (bbancr9271@aol.com)



PICKLEBALL

Please continue to use the TeamReach app for pickleball reservations, clinics, group open play and future tournament information. TeamReach is a complimentary app that can be easily downloaded. On TeamReach, the group name is PCCPickleball and the group code is pccpb.

Pottawattomie pickleball tournaments will begin in July and run every Friday through August. The exact start date, times, and specifics will be conveyed on TeamReach.

We continue to have beginning and intermediate clinics and open play every Wednesday and Thursday from 9:30-11:30am. New players, and those just curious about this awesome sport, are welcome to attend. You can even come and just watch until you are ready to jump in. Even spectators of this sport have fun!

Remember health and safety is of the utmost importance:

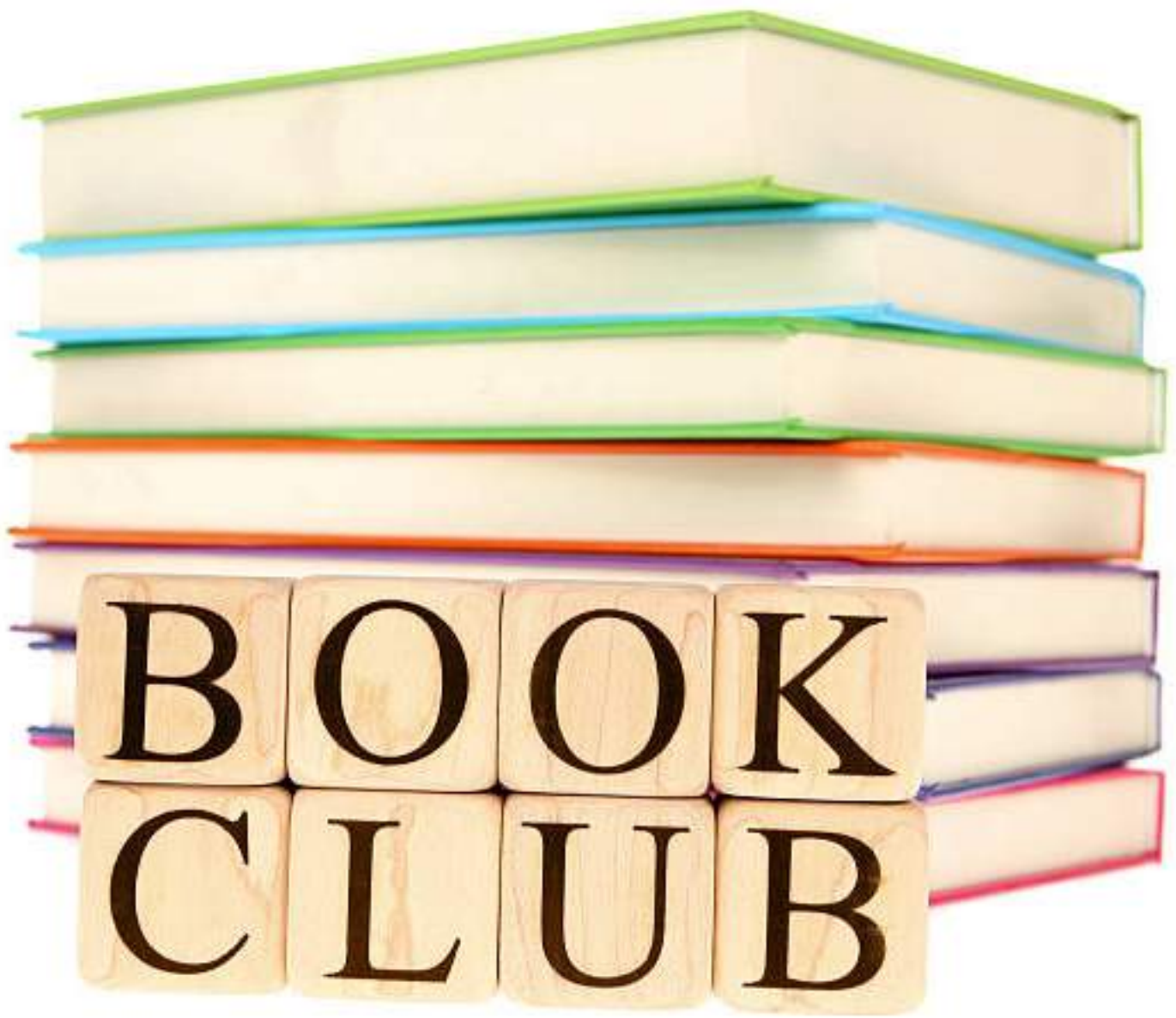
- Stretch and warm up your body before starting
- Use proper court shoes and appropriate equipment
- Be aware of your playing area and its obstacles
- Know your own body and give it enough rest
- Avoid backpedaling on the pickleball court
- Communicate with your partner to avoid confusion

Any questions or confusion, please don't hesitate to reach out to me.

See you on the court!

Rick Turim
rturim@aol.com





On Wednesday, July 12th, Pottawattomie will be welcoming writer Kathleen Buhle to The Club to share her story of resilience and self-discovery after her marriage to Hunter Biden unraveled in the wake of substance abuse and infidelity. Kathleen will be sharing her story as told so eloquently in her most recent memoir **If We Break**.

Kathleen spent Summers in this area with her family since childhood, and references these experiences in the book.

This special appearance and conversation will take place in the Pottawattomie Ballroom and begin at 4:30pm. Pott Members are welcome to bring guests for this discussion, and you must reserve a seat (RSVP to Karen@Marvinac.com or text 708-224-7736). If you anticipate staying at The Club to dine following the event, please call and make a separate reservation (219-872-8624).



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.

