

PRESIDENT'S POST



Over the past several years, The Board has made improvements in many areas of The Club. Membership has increased, the course is in great condition, The Clubhouse was refurbished, a pickleball court was constructed, the pool mechanical equipment was replaced and a highly skilled general manager was hired just to name a few significant improvements. Equally important is that our financial condition has improved. The Board authorized all of these enhancements in consideration of the long-term interest of The Club and its Members.

In the past month, two of our Golf Professionals in The Golf Shop either resigned or quit their position at The Club. The full Board of Directors and several individual Board Members worked diligently, prudently, and with empathy to respond to these two resignations. The Board's communication with our Membership has also been thoughtfully prudent.

We wish both our former employees well in their future endeavors.

The Board met recently to discuss and develop a plan. After discussing many options, The Board unanimously decided to move forward with carefully devised short-term and long-term solutions for The Golf Shop operations. Short-term solutions include hiring a temporary Master PGA Professional who will hire and train additional staff. That part of the plan is currently underway. The Golf Committee and Zach Palm will provide additional support in the interim. For the long-term, we will begin our search for a permanent Director of Golf as well as other personnel in the very near future.

There may be a few operational glitches along the way as we implement the plan. We will try to minimize these as much as possible and ask for your patience.

Laurie Rhed, our controller and the person who performs many other roles at The Club, was recently ill. She is gradually recovering and returning to her responsibilities at The Club as her health allows. We are behind responding to calls and questions in the accounting area. Please bear with us as she and we catch up.

Tom Young President

A MINUTE WITH MATT



Wow, what a busy time at Pottawattomie!

With the great weather finally here, we have hit the ground running with golf, food and beverage, pool, pickleball, The Red Barn, and so many great Social events! From the exciting Kentucky Derby to the magical Mother's Day Brunch, a festive Wine Tasting event and a jovial family night with live music and a summer fun buffet, The Clubhouse has been busy.

With several events behind us, there are even more ahead! Always check out the Social section of Smoke Signals to read about the many upcoming events and the see the most updated Social Calendar. Another huge source of timely information are the weekly Constant Contacts that typically go out at the beginning of each week.

In the near future, Pottawattomie will be launching our dramatically improved website. It looks incredible and will be a great source of valuable information, for both our Members and prospective members wanting to know more.

Please note that on June 10th a wedding will be taking place at The Club in the afternoon. The abbreviated ceremony will take place on the 10th tee and the reception will be on the patios and in the dining and ball room. The Clubhouse will be closed and there will be no food and beverage service offered on this day. There will be accommodations set up in several outside areas to serve our Members. More information to follow, but we thank you very much for your understanding and patience.

There are two outside golf outings in June which will affect the golf course. The first one is on June 14th with a 9:30 shotgun and the second one being on June 19th with a 12pm shotgun. On June 14th, the course will be available by 2pm for you play. On June 19th, the courses will probably remain closed for the full day. On this day, please feel free to contact The Golf Shop for updated golf course availability.

Pickleball is ramping up! We have asphalted two more courts for cost savings, but are currently only able to fully complete one. If we get more subsidized funding, we can probably do both courts. We want to thank everyone that has so graciously donated to the project. Those wanting to get involved with completing the third court, please contact me.

We are continuing to search for a Food & Beverage/Events Manager as well as servers. Thanks to everyone for always thinking of Pottawattomie when you are out and about. As always, please encourage anyone you think would be great here to reach out to me!

All the best,

Matt Wooldridge General Manager



As our Club moves in to the summer season with full golf and social activities in high gear, we also continue our efforts to recruit new Golf and Social Members. Please continue to invite your friends and neighbors to tour The Club and learn 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. 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:

Mark Rosenberg & Rachel Mikva

William Stewart & Tara Stanton

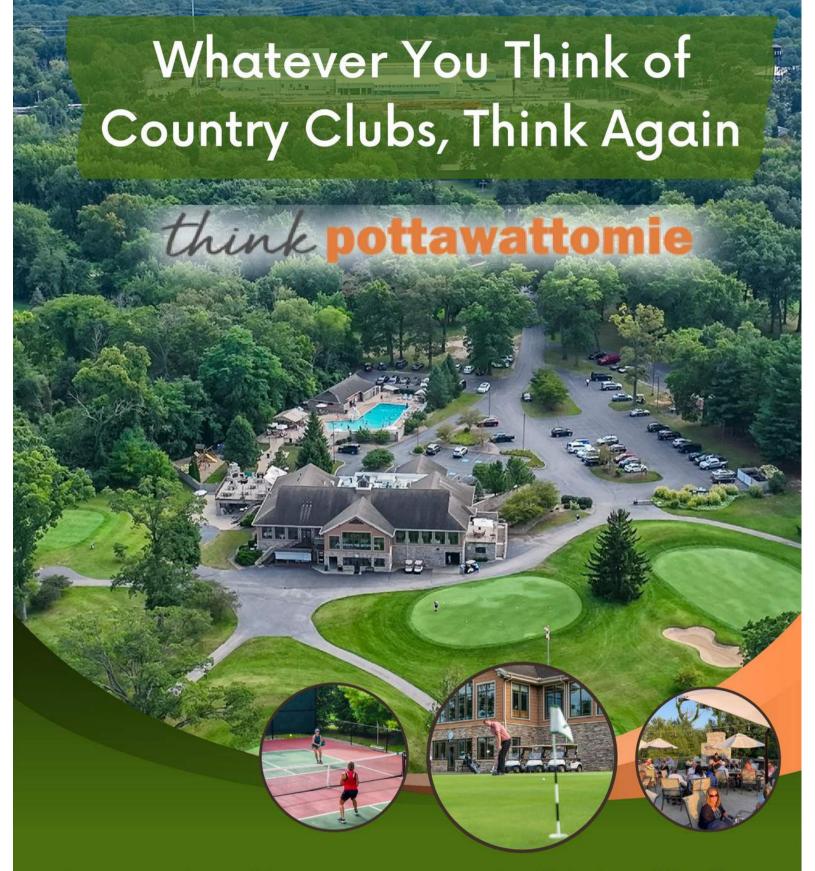
And a warm welcome to our new Social Members:

• Patrick & Elizabeth Milartsik

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

Thank you for all you do to promote Pottawattomie,

David Baldwin and the entire Membership and Marketing Committee



Pottawattomie Country Club creates a welcoming atmosphere filled with incredible golf, recreational activities, a beautiful pool, pickleball, dining, social events and a true sense of community. We offer a unique membership lifestyle for you and your family. Call us and schedule a personal tour!

BOOK A TOUR TODAY!



The 2023 golf season is officially in full swing and summer is upon us. Our golf course has never looked better! The greens have firmed up and are playing fast and true. Weekly WGA, Twilight and Joiner's games are scheduled. Additional Men's tournaments and the Member Guest Invitational are rapidly approaching. By popular demand, the field for Member Guest has been expanded from 48 to 54 teams. The additional spots filled in less than a week! If you are still interested, let The Golf Shop know and you will be placed on a waiting list. The concluding awards ceremony and dinner party with music on the patio is on Saturday, June 24, and is open to all Golf and Social Members. Look for details regarding this fun event in upcoming Constant Contacts.

Accurate handicaps allow golfers of all skill levels to enjoy our game together. Rick Turim and the Handicap Committee have developed guidelines for recording and posting scores. <u>Click here</u> to review these guidelines and incorporate them into your play. Address any questions to our Golf Pros. Please remember to post acceptable scores on The Golf Shop's computer or on the CDGA application the same day your round is completed.

Some reminders for all that will make Pottawattomie more enjoyable for all:

- Check in at The Golf Shop prior to playing
- Tee off from #1 unless authorized by The Golf Shop
- Two players per cart when applicable
- Play ready golf; expected pace of play is 2 hours 10 minutes per 9 holes played.
- If there is more than one open whole in front of you, consider allowing a faster group to play through
- Rake all bunkers after playing a sand shot. Leave rakes outside the bunker
- Replace your divots or fill them with sand as appropriate
- Keep all motorized carts/vehicles at least 30 feet from the greens or on the adjacent cart paths
- Repair ball/pitch marks on the greens, yours and others as you see them
- Restricted play on every Tuesday morning for WGA play, 8-11am

Enjoy the warmer summer weather and our beautiful Pottawattomie golf course. Hope to see you out on the course soon.

As always, hit 'em straight!

Mike Flisak and the entire Pottawattomie Golf Committee



The Opening Meeting, breakfast and scramble welcomed back many WGA members to town. Our GM Matt Woodridge and Justin Stevens, the new Golf Pro, welcomed the group.

Special Recognition was given to Pat Hoodwin for her recent 90th Birthday. Pat is a dedicated WGA member and loyal Club member since 1964. Accolades and flowers were bestowed.

WGA booklets were distributed. These include membership, calendar, events and bylaws to provide a wonderful reference. Thanks to Linda Pompeii for producing this work of love. For those absent, pick up your booklet in the locker room.

Welcome to the new WGA Golf members: Susan Flood, Sharon Harte, Jean Lydon, Tiffany Mitchell, Julie Sherlock and Lisa Suffield.

Welcome to Social members: Mary Ann Kennedy and Mary Clohessy.

Judy Young will head up the 9 Hole group and be the liaison to the Board and Deanne Turim is the Handicap representative. Bring your questions and concerns to Deanne.

What is a Handicap? Why is it important? Look for an upcoming description of this and much more on the bulletin board in the locker room.

There are several new things this season. The maximum handicap for women at the club is now 54. It was 40. This is specific to Pott CC. There are new Forward Green tees in place. Though the handicap cut-off is 40, players can choose to play Green tees except in 18 hole competitive events, such as Stroke Play. The player must play the same tee box throughout the season.

Buddy Match play is making a return. It will be underway as soon as we complete the roster and establish matches.

Watch for an email regarding information on TeamReach, which is a complimentary app that we will be using to set up Joiners matches on Thursday at 8:30am and Sunday at 11:00am. It should improve the ability to know who and how many are planning to play.

Weather has been in our favor for the start of the Season. The big events for June are Solheim Cup and Flag Day.

So we are launched on a busy season. There are many opportunities to play and mix with others. See you on the Course.

Mary Clare Loftus, WGA President

2023 WGA SCHEDULE



Here at Pottawattomie Country Club, we have the nicest practice facilities in the region. That being said, it doesn't just happen. To maintain this accolade, it takes not only ongoing efforts from my ground's crew, it also requires conscientious attention from the people that use it.

With that in mind, the use of The Driving Range this season has been a little lax. The first week when the grass tee opened, there was a noticeable improvement in the divot patterns. Many of you read and respected the sign. I greatly appreciate that and I thank

you. Keep it up.

Many of you apparently haven't read the sign. Please do. It is very simple to follow and doing so will improve conditions for everyone.

One thing that must be abundantly clear. There are exactly two spots to hit balls from on The Driving Range. Only one of them will be in use at any time. The first is immediately adjacent to wherever the pyramids and bag stands are. Pyramids and bag stands will be set up for your use every day that the grass tee is open. The other spot is on the mats. When the pyramids are set up on the mats, the grass tee is closed. Full stop. No exception. There are six signs notifying you when the grass tee is closed. Please understand that this is not a suggestion. In front of the bag stands, behind the bag stands, some random spot at the back of the tee...All are off limits. There are no exceptions. By adhering to these restrictions, as a group, we will all continue to enjoy this magnificent addition to our already incredible course.

Thanks for your efforts,
Matt Wagner, Course Superintendent







The Kentucky Derby Gala got the Social season out of the gate with a fast start. The capacity crowd, most of whom were perfectly and appropriately dressed for the festivities, filled up the patio and lounge. Everyone enjoyed the Derby themed small plate options, and variety of specialty drinks and most even managed to take a commemorative shot of Kentucky bourbon dedicated to our good friend and much-missed Ted Klaus.

Congratulations to Pat and Terry McDermott, as well as Bob and Sara Hawkinson, who were gifted Derby horse Mage in the blind draw of the two brackets. Mage crossed the finish line in style and these four couldn't have been happier! Thank you to everyone that purchased a horse and/or donated to the Triple Crown Club. All proceeds after the payouts will be seen and heard at the July 2nd Family BBQ and Fireworks Party!

Other winners from the party included Darin Melnyk and Michelle Tucker with a photo finish for best outfit and David Stein took home the prize for best hat, which he expertly modeled on a makeshift runway.

Our first major event of the season kicked off with an awesome Country and Western hoedown hosting by Club Members Lisa and Greg Suffield and Beth, Emily and Dave Bozeman. The day started with a 9 Hole Scramble, complete with lasso throwing, horseshoe tossing and cowboy trivia. Congrats to the flight winners, Mike and Peggy Flisak playing with Tom and Judy Young. The second set of flight winners were Andrew and Iris Aronson playing with Paul Zirpolo, Willa Lang and Braden Sparling.

No cowboys or cowgirls were left hungry with the Chuckwagon Buffet offered just prior to the instructive and lively line dancing event on the dance floor. A great time was had by all!

We finished May with our first Summer Night's on the Patio featuring music by For Pete's Sake. Although we moved it inside as it turned out to be a cooler night, the band brought out some serious toe tapping, singing, swaying and smiles.

I hope everyone is feeling warmer now that we are in June. Things kick off on June 7th with our first Trivia Night. There is a New Member Social on the 8th for Members that have joined in the last two years and the Gourmet Wine Dinner on the 14th (read about that in this issue of Smoke Signals). June 17th is the night that you should plan on squeezing into that old poodle skirt or grease back your hair as we go way back to the Nifty 50s and Swinging 60s with a dance party featuring Sweet Reminder. Look for Constant Contacts to hear more about that.

I'm exhausted and it is only June! Enjoy every minute of the summer season at Pottawattomie.

See you at The Club,

Tim Dunigan, and the entire Social Committee

2023 Social Calendar

















This season's first PCC Wine Club event was held May 24th with an appreciative group experiencing a blind tasting of several beautiful wines, both domestic and international. We were treated to a brief discussion of the basic characteristics of wine, with emphasis on the differences of wine acidity and tannins. We weren't just drinking; we were being educated too! Those in attendance were then treated to a delightful hors d'oeuvre spread while sipping on both red and white wines from Spain, Argentina and California. The delightful evening concluded with a final glass of champagne from a vineyard in California.

Our next Wine Club event is the greatly anticipated Spring Gourmet Wine Dinner to be held on Wednesday, June 14th. The evening will begin at 5:30pm and feature multiple wines selected to perfectly complement the multiple courses served throughout the night. Please contact Laurie Rhed (219-872-8624) by Monday, June 12th to reserve your spot. Details regarding the Spring Gourmet Wine Dinner will be provided prior to the event. You do not have to be a member of the Wine Club to attend, although we would love to have you. The cost of this dinner, and all Wine Club events, is reduced for Wine Club members. If you would like to know more about the Wine Club, or reserving a wine locker at Pottawattomie, please feel free to reach out to me.

To health and happiness,

Joseph Cole joseph.cole@comcast.net

2023 PCC Wine Club Guidelines



I keep hearing about pickleball...why has it become the most popular sport?

- pickleball gives you a good aerobic and cardio workout without as much stress and strain on joints and muscles as several other sports
- It may help you lose weight
- Pickleball is easier to learn than tennis, is slower paced and there's less ground to cover
- Pickleball is purported to be safer than tennis for people with heart issues
- Pickleball is a low impact way to get moving and is good for older people
- Pickleball helps with hand-eye coordination and proprioceptive functions and doubles as a social activity (good for the brain!)
- Playing PB can help with stress, happiness, depression, personal well being and improve people's mental health
- Pickleball is a social sport and a great way to meet people and make new friends
- Most importantly it's fun!

We have a very nice Pickleball court on our premises. All interested in learning or playing Pickleball are encouraged to download the complimentary TeamReach app with code pccpb. Beginners are welcome to join in on the open play and fun. TeamReach is the appused to reserve the court and connect with others wanting a game.

Intermediate clinics and open play will be every Wednesday and Thursday starting June 1st 9:30-11:30am and beginners are absolutely welcome.

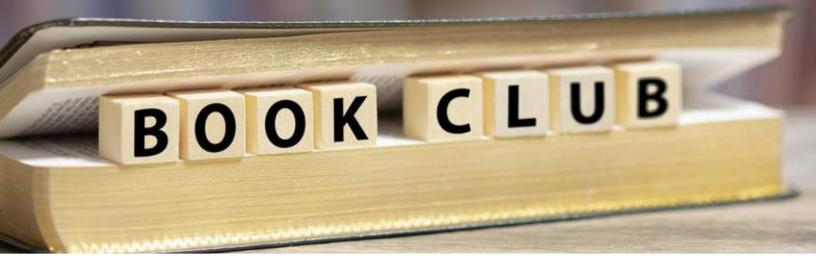
Beginning in mid-June on Friday mornings, there will be Challenge Court or Round Robin tournaments. There will be an advanced early morning division followed by the intermediate group. Information will be posted on the PB bulletin board.

Please come by at your leisure and try out America's fastest growing sport.

Have Fun,

Rick Turim

2023 Pott Pickleball Guidelines



The Pottawattomie Book Club met on May 10th and discussed A Man Called Ove (book) and A Man Called Otto (movie starring Tom Hanks). We had a nice conversation but we missed you!

Great news! Our PCC Book Club has launched an app in order to facilitate organization and communication, share book recommendations and ratings, and manage meeting RSVP's.

We will be using the app, Bookclubs, and our group is called "PCC Read Between the Wines".

We can set up the app together at the next meeting, or follow this link to download the Bookclubs app now and set up an account: https://bookclubs.com/clubs/5996963/join/31e9a5/ Enter your name, email and password, and you can see the future meeting schedule, books, etc.

We will also continue to include Book Club News in the Smoke Signals newsletter.

The Book Club schedule for the Summer is as follows:

Wednesday, June 21st, 4:30pm, in The Clubhouse Lounge discussing Lessons in Chemistry by Bonnie Garmus.

Wednesday, July 12th,4:30pm, in The Clubhouse Dining Room, discussing A Memoir of Marriage, Addiction, and Healing by Kathleen Buhle. As a very special bonus, Kathleen, who is the former wife of Hunter Biden, will be joining us for this discussion!

Wednesday, July 26th, 4:30pm in The Clubhouse Lounge discussing Claim of Innocence by Laura Caldwell, who once had a home in Long Beach, and wrote a number of books which often include references to this area.

Wednesday, September 6th, 4:30pm in The Clubhouse Lounge discussing Romantic Comedy by Curtis Sittenfeld.

The Pottawattomie Book Club is one more opportunity to connect with other Members at The Club and also feel accomplished by getting one more book read (aka experiencing some "Me Time"). With any questions, please reach out to Karen Marvinac (karen@marvinac.com).



Just for the HEALTH of it! "Barb, what can I take for my back pain? I played golf for the first time in 8 months today and for some reason my score was 82, and that was just on the front nine."

Believe it or not, there are many "types" of pain—inflammatory pain, neuropathic pain, and visceral pain just to name a few. You don't really think about what type of pain you're having when you have just slammed your finger in a car door (D@^!#), when you can barely walk with the pain of osteoarthritis or rheumatoid arthritis, or when you shoot an 82 on the front nine. These are examples of musculoskeletal/inflammatory types of pain that accompany injury/overuse and the production of tissue prostaglandins.

The focus of the June Smoke Signals health update is the pharmacologic management of inflammatory pain. Tissue damage triggers the formation of inflammatory fatty acids known as prostaglandins (first discovered in the, you guessed it, prostate gland). Sure, you can use ice and heat and rest and physical therapy. But today let's just say YES to drugs! Three common over the counter drugs are used to reduce the pain of inflammation—the NSAIDS (non-steroidal anti-inflammatory drugs), acetaminophen products, and aspirin—all three of which occupy shelf after shelf in drug stores throughout the U.S.

Over the counter NSAIDS include ibuprofen (Motrin and Advil), and naproxen (Aleve). Other NSAIDS are prescription only and include: celecoxib (Celebrex), diclofenac (Voltaren, Cataflam), etodolac (Lodine), ketorolac (Toradol), and more. Acetaminophen is the generic name for Tylenol. Acetaminophen is in over 600 over the counter products for every achy, breaky, sneezy, snotty inflammatory condition you might have. Acetylsalicylic acid is aspirin and is rarely recommended for pain or fever management anymore.

However, when you hear "Bayer" what comes to mind immediately? ASPIRIN, OF COURSE, silly! And, yes, Bayer Aspirin is aspirin. But Bayer Select Maximum Strength Headache is acetaminophen and caffeine. Bayer Select Pain Relief is ibuprofen. So, READ the labels. Taking TOO much acetaminophen can rapidly KILL the cells of your liver. The toxic dose is not much higher than the therapeutic dose. Acetaminophen (Tylenol) toxicity the most common drug cause of acute liver failure and most cases are inadvertent overdoses – "Gosh Barb, I didn't KNOW I was taking too much Tylenol...I was taking something called acetaminophen, not Tylenol." One more time: READ THE LABELS!

Let's get back to prostaglandins and the subsequent inflammatory response. Twisting your torso on the golf course more times than your scorecard can remember is the perfect scenario for aches and pains due to prostaglandin release.

A Quick Digression: Prostaglandins are also produced all day, every day in the stomach to stimulate mucous production. Mucous protects the stomach from the big bad wolf called ACID. Acid, if given the chance, would drill a hole in the stomach—and this is called a gastric ulcer.

Prostaglandins are also produced all day, every day in the kidney to keep renal arteries vasodilated (open and blood flowing) to the kidney. Both day-to-day functions are particularly important in individuals in their late 60s, 70s, 80s, 90s, and yep, 100s. Prostaglandins also play a role in inhibiting platelets from initiating the clotting process. Anyone reading this living in any of the abovementioned decades, take heed. Drugs that inhibit prostaglandins (i.e., the drugs we're talking about today, specifically the NSAIDS and aspirin) can reduce mucous production in the stomach and increase the risk of ulcers, inhibit platelet function, and increase the risk of superficial bleeding—bruising, nose bleeds, blood in the urine, and reduce renal blood flow and increase the risk of kidney failure. The kidney effect is especially dangerous if you are also taking drugs for high blood pressure with the last name "pril"—enalapril, perindopril, ramipril, etc. – or the last name "sartan" (valsartan, losartan, candesartan, etc.)

QUICK HITS:

- 1)The adult dose of ibuprofen for acute pain management is 400 mg to 800 mg (800 mg is for severe pain) every 6 to 8 hours. Naproxen (Aleve) is taken every 12 hours. Take the NSAIDS around the clock for 24-48 hours for the best results. Take with food to "help" protect your stomach. Or ask your HCP for a prescription NSAIDS that are "easier" on the stomach—celecoxib (Celebrex), meloxicam (Mobic), or etodolac (Lodine). (Take either Nexium/esomeprazole, Protonix/pantoprazole, Prilosec/omeprazole) if you'll be using NSAIDS for long-term use (months).
- 2)Aspirin's principal use today for adults is low dose (81 -100 mg) as a platelet inhibitor for cardiovascular protection. Timing is important: Ibuprofen can interfere with the anti-platelet effect of low-dose aspirin (81-100 mg) taken for cardiovascular protection in certain patient populations. However, ibuprofen given at least 30 minutes after taking low-dose aspirin or at least 8 hours before taking low-dose aspirin does not appear to interfere with aspirin's anti-platelet effect.
- **3)**DONT use NSAIDS in if you have any degree of heart failure! The effects on the kidneys cause retention of sodium, water, and potassium and can worsen symptoms and counteract the effects of diuretics. I repeat, do NOT pick up or use ibuprofen (Advil, Motrin) or naproxen (Aleve) from Walmart, CVS, Costco or Target!!
- 4)Acetaminophen comes in different strengths with different dosages and directions. Regular strength is 325 mg (2 pills every 4-6 hours), extra strength is 500 mg (2 pills every 6 hours), and extended length strength is 650 mg (2 pills every 8 hours). Don't take over 4,000 mg per day of any strength! If you're over 80 don't take more than 2,600 mg per day. Don't drink more than 3 alcoholic beverages a day if you're on acetaminophen—this may exacerbate liver damage. One study shows that acetaminophen is slightly better than a placebo for osteoarthritis. (da Costa B R, et al. BMJ 2021; 375:n2321). My 98-year-old mother agrees. Acetaminophen can be combined with opiates for severe pain—acetaminophen + codeine, acetaminophen + hydrocodone (Lorcet, Norco & more), acetaminophen + oxycodone (Percocet, Roxicet). Just remember the old axiom in the world of medicine: The reason patients don't have pain when they're taking acetaminophen with an opioid is because they're too constipated to think about the pain." So, opioid/acetaminophen users beware. Start a bowel program to prevent many miserable hours on the toilet.

Want more info? Please feel free to email me at bbancr9271@aol.com or sidle up to me at the PCC bar on any given evening and chat.

Thanks for reading. Barb Bancroft

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



Fish Whisperers Guidelines



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 dhfehrs@yahoo.com
Dr. Jim Hartson - House dochartson@hotmail.com
Bob Mathes - Grounds bob@linnmathes.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 Irhed@pottcc.com

Outside Manager - Michelle Murray michelle@pottcc.com

Course Superintendent - Matt Wagner matt.wagner.legmail.com

Contact Info

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

REVIEW REQUEST

Please consider helping your Club. <u>Click here</u> 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.