SMOKE SIGNALS

ALL PARTY

Pottawattomie Country Club

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May, 2023

PRESIDENT'S POST



Welcome back to what is shaping up to be an awesome season at Pottawattomie Country Club! The grounds look spectacular, the clubhouse has made multiple subtle improvements, the ample staff is excited to get back to business and the weather is starting to come around.

Profound thanks to everyone that kept The Club going all winter long, both the staff and the patronizing Members. It truly was great having everyone able to enjoy Pottawattomie throughout our winter months.

On a sad note, we mourn the recent loss of fellow Member Ted Klaus. Ted Klaus's arduous and courageous battle with pancreatic cancer ended late last month. Ted was one of the bright lights at The Club and a fixture at many Pottawattomie events, both Golf and Social. Despite his relatively short time as a Member, he and his wife June established many strong friendships. He played golf with many of us on a regular basis, often several times each week, and on weekends. His wit, positive attitude and flashy golf cart will be sorely missed around The Club. Our heartfelt condolences go out to June and Ted's family.

See you at The Club,

Tom Young President



Ted Klaus 1955-2023

A MINUTE WITH MATT



Pottawattomie County Club is on a roll! With a little cooperation from the weather, and a lot of hard work behind the scenes, your

beautiful club will absolutely be ready for the quickly approaching busy season. We have had great success with staffing up in all areas of The Club. May will be all handson deck as The Club will be wide open.

BRUNCH: We had and exceptional turnout for the Easter Brunch. We were sold out with 160 Members, friends, and family in attendance, and yes, the Easter Bunny showed up as well. Everyone enjoyed the festive environment and the wonderful buffet.

DIRECTORY: We continue to work on a hard copy Club Directory. Until then, accessing the "roster" on the website can be found under the Member Central tab. In an effort to improve upon the site's roster, we will be gathering current pictures of Members and updating pertinent information. Please email a headshot of you as well as any new phone numbers or addresses. These things can be emailed to lisazirpolo@gmail.com. If everything comes together, we will be completing this task after the 2023 season winds down.

POOL: We are hoping to have the pool open for sunbathing and yoga early in May and ready for actual swimming later in the month. A Constant Contact will be sent out providing more details as things come together. For now, please familiarize yourself with the 2023 Pool Guidelines. Please also be aware that every Pottawattomie family, as well as accompanying guests, must sign a one-time waiver prior to entering the pool area. These waivers will be at the check in area as soon as the pool is open.

GOLF FITNESS: New this year, we will be offering golf specific fitness sessions focused on flexibility and mobility with Sam Duthoy. Sam is a highly recommended local certified fitness professional. More information regarding the classes will be sent out as things get finalized. If you are interested in connecting directly with Sam to see how his services may benefit you, don't hesitate to contact him directly (312-952-5205).

PICKLEBALL: Pickleball is ready to explode at The Club! We have finalized all the quotes and construction will be underway very, very soon. Thank you for all those that have made pledges toward new courts. We hope to have two more courts, although we may need to postpone the construction of one of them due to a slight shortage of funds. If you are interested in making a pledge, please reach out to either Ricky Turim

A MINUTE WITH MATT cont...

(rturim@aol.com) or me. If you have already made a commitment, you will notice it on your April statement. Weekly complimentary pickleball clinics will get started in the near future now that Michelle has returned. Again, check your email often for Constant Contacts for further information.

Thanks for your help in making Pottawattomie such a special place.

Warmly,

Matt Wooldridge General Manager





As our Club moves in to the season with our golf and social activities ramping into high gear, we also move in to high gear for recruitment of new members. Please remember to invite your friends and neighbors to tour The Club to learn more about our robust amenities appealing to a wide range of interests and activities. Please pass along any one of our membership flyers (https://www.pottawattomie.com/Membership); encourage potential members to check out our website (which is currently in the process of being updated!); or leave them with 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 simply leave their names and phone numbers with GM Matt Wooldridge and he will take over from there. Easy!

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

- Megan Gardner
- Jonathan Kagan
- Patrick Laughlin & Deanna Favia

And a warm welcome to our new Social Members:

- Sue Donoghue
- Abigail Neary

- Monica O'Donnell
 - Loren & Roberta Morris
- Donald & Mary Jane Eisenhauer

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

Thank you for all you do to promote your Club,

David Baldwin and the entire Membership and Marketing Committee

- Mitchell Shane Murphy
- Hank Ostholthoff

A LIFETIME OF FRIENDSHIPS

think pottawattomie

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BOOK A TOUR TODAY!

219-872-8624 | www.pottawattomie.com | 1900 Springland Ave. | Michigan City, IN 46360

GOLF

Due to the funeral service honoring the life of our fellow Golf Member Ted Klaus, the Opening Big Cup Tournament was rescheduled to Saturday, May 6 at 9am. If you plan on playing in the Big Cup, please notify The Golf Shop no later than May 4th, 2023.

Invitations to the annual Member-Guest tournament were recently emailed to all of the Golfing Members. This year's event is being held Thursday, June 22nd through Saturday, June 24th. If you plan on playing in this popular event, register early as the size of the field is limited and it fills up quickly. Please see the emailed invitation for further details. If you didn't receive the email, contact The Golf Shop immediately.

Tuesday, May 9th will be a busy day at The Club! The WGA season kicks off at 9am and later in the day the Men's Twilight League will have the first of their 9 Hole matches with dinner to follow. There is still time to sign up for the season long Twilight League, but do so quickly. If you have a partner or perhaps need a partner, call The Golf Shop to register or inquire (219-872-0624). If you can't make it every Tuesday, you can still partake in the fun as an alternate. Call The Golf Shop now to register as a sub.

In the very near future, The Golf Shop will be introducing the Pott Golfers to an app that will be implemented this season. Golf Genius, is the new tournament management software recently purchased by Pottawattomie. Golf Genius has the ability to create scorecards and handicaps for all events. It also allows online tournament registration and features several high-end abilities including real time hole-by-hole score entry. The application is available at both the Apple and Android App sites. Extensive details on how to use the app and when The Golf Shop will start actively using it will be forthcoming from Justin and Mike.

The Golf Committee as well as Pottawattomie's golf professionals and staff look forward to an exciting 2023 season. Please see the full Golf Calendar via the link below for the upcoming events in May and the rest of the season. In addition, check out the 2023 Social Calendar for Social Golf events happening all summer long.

See you on the Course,

Dr. Mike Flisak and the entire Golf Committee

2023 GOLF SCHEDULE



The ladies are swinging into action on Tuesday, May 9th at 9am for the Opening Breakfast, Meeting and Scramble. Don't miss out on seeing old friends, meeting new friends and hearing about all the activities and plans for the '23 WGA Season. You may be surprised by a few things.

All members of the WGA, both Golf and Social, are welcomed to attend. If the weather permits, the golfers will enjoy a 9 Hole scramble on our beautiful course. Please reach out to Barby Wendt (barbywendt@icloud.com) today if you want to be part of the day. For the golfing portion, you may also sign up in the women's locker room or in The Golf Shop. Please feel free to contact me (marclarsun@gmail.com) if you are interested in hearing more about becoming either a golf or social member of the WGA. We would love to have you!

Justin Stevens, the Director of Golf Operations, will be at the Opening Day gathering to tell us about Golf Genius, a new app which offers easier sign up and communication about events.

The WGA has a full season of golf and social activities planned for our members. Bring your Pott friends out to play so that we can continue to expand upon the WGA program.

LOOKING FORWARD TO SEEING ALL OF YOU on MAY 9th at 9am.

Mary Clare Loftus President, WGA

2023 WGA SCHEDULE



April showers bring...a green golf course! We have had a fairly typical Midwest spring with two weeks of great weather as well as multiple cold and rainy days. But April is now behind us and May is a big month for golf! We have a plethora of golfing opportunities starting with the Opening Big Cup Scramble on May 6th (take note of the new day), WGA begins on May 9th with their Opening Breakfast Scramble and Meeting, Twilight League tees off on May 9th, the Shamble is on May 13th, Joiners gets started May 20th, and then there is Memorial Day weekend and the Pro Shop Event #1! We have a strong buzz early in the season and I would love for that to continue and grow as the season progresses!

Merchandise will be steadily rolling in during the month. Look for more information in our Constant Contact emails. Fitting Days are currently being scheduled. These are by appointment, so call or email The Golf Shop to reserve your spot.

We will have a few Outside Services staff returning from the previous years, but we also will have quite a few new faces. Please make sure to say hi to them and make them feel welcome.

Looking forward to a fantastic season and we are excited to see you on the course soon!

Justin, Mike and staff

Congratulations to Pottawattomie's own Brian Merrill, who made a hole-in-one on April 12th, 2023 right here at Pottawattomie Country Club on Hole #5, playing 165 yards. Brian used a 5 iron for the perfect shot.

Congrats Brian!



Those of you who were fortunate enough to take advantage of our recent 70° days on the golf course had the distinct advantage of previewing what should be a wonderful year of golfing. I was lucky to get in a few rounds on those glorious, sunny days and my spirits rose accordingly! I highly recommend making plans to play whenever possible as the whole course is available including the practice range (both are spectacular!). I am confident that you too will be pleased by the improvements the grounds crew has performed on the course.

Thanks to Matt Wagoner for the fabulous pictures on the following pages showing their many recent accomplishments.

Springtime also means a lot of labor for the hard-working groundskeeper, including the aeration of greens and fairways to enhance growth and health of the turfs. While our desire as golfers is for smooth greens, close cut fairways and semi cut rough, we also have to respect the agronomy and knowledge that this work only enhances your experience throughout the golf season. You may have noticed that the fountain on the 13th Hole pond has been turned on and there will be a new fountain on the 1st Hole pond coming very soon!

You will more than likely notice the re-emergence of Trail Creek visibility on many parts of the course. This is a result of extensive harrowing of underbrush over the winter. Long term plans are in place to maintain a more aesthetically pleasing creekbank throughout the season. With major construction around the course complete for the season, only a few newly renovated areas remain to be seeded.

On behalf of the Grounds Committee, enjoy the changing season,

Bob Mathes, and the entire Grounds Committee













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 9am-5pm, Monday through Sunday.
- Pool Attendants ("lifeguards") 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 S6/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.



ahead at Pottawattomie. May of 2023 is no exception!

The Social Committee has been hard at work making plans for a very fun season! The Social Calendar is always being tweaked so please refer to it often when making your summer plans.

The quickly upcoming Kentucky Derby Gala is definitely going to be a fun day! The event kicks off around 4pm allowing for ample time to partake in one (or two!) Mint Juleps in preparation of the exciting race. Have you purchased your pony yet?! Please consider being a very active participant in the race by buying a horse (S250) which offers you the opportunity of winning S1,000 in Pott credit! Maybe your thoroughbred falls short, but just barely...you can still walk away with S500 or S250. Keep in mind that you can split a horse with a friend. If you aren't in to chasing the race, we welcome you to become a member of the exclusive Triple Crown Club. A straight up donation of any amount gets you in! All proceeds after payouts go to the Family Fireworks BBQ in July. Talk about a fun start to the summer!

Double up on your odds of winning and don your finest Derby dress and/or hat for a chance to win a thematic prize. The gala will feature delicious Kentucky favorite foods, and the day will probably involve some Kentucky bourbon too. Call Pottawattomie right now to buy your filly and reserve your spot at the party (219-872-8624).

The Annual Mother's Day Brunch is always a fun place to celebrate the special ladies in your life, and this year will be truly exceptional. The food will be fabulous and the very refreshing **MOMosas** are a perfect start to mom's day. It is important to get your reservation in now 219-872-8624!

Just a few weeks later, on May 20th, is our first Social Golf outing followed by the Country Western Chuck Wagon and Hoedown which will absolutely involve fabulous down home country foods and festive line dancing! More info will be sent out via Constant Contact, but this hoedown is definitely going to be one to get in your calendars now!

The month will wind down with our first Summer Nights on the Patio on May 27th. These music events will happen throughout the summer and are all about just sitting back with your favorite beverage and buddies on the Pottawattomie deck and enjoying live music. These super simple nights don't require much thought, or even reservations, you just show up and wind down. Again, look for Constant Contact email for updates on each of the nights.

Our Social Committee is so excited to provide you with a season of smiles! Thanks for being a part of the fun.

Tim Dunigan, and the entire Social Committee

Social Calendar

- May 6 Kentucky Derby Gala, 4pm
- May 14 Mother's Day Brunch
- May 17 Season Opener Wine Club Tasting event
- May 18 New Member Social, 5:30-6:30pm*
- May 20 Country Western Shoot-Out Golf Scramble (3:30pm shotgun)
- May 20 COUNTRY WESTERN CHUCK WAGON & HOEDOWN at POTTAWATTOMIE!
- May 27 Summer Nights on the Patio, 5-7pm
- June 7 Trivia Game Night, 6pm
- June 14 Spring Wine Club Gourmet Dinner
- June 15 New Member Social, 5:30-6:30pm*
- June 17 NIFTY 50's/SWINGIN' 60's DANCE PARTY, with Sweet Reminder
- June 18 Father's Day
- July 2 Family Fireworks and BBQ with live music
- July 12 Trivia Game Night, 6pm
- July 15 9-Hole Scramble (casual men/women golf), 3pm shotgun
- July 15 Summer Nights on the Patio, 5-7pm
- July 19 Wine Club Tasting event, "Judgement of Pottawattomie"
- July 29 COMEDY NIGHT at THE CLUB, 8pm
- August 16 Trivia Game Night, 6pm
- August 21 Military and First Responder's Golf Outing
- August 23 Wine Club Tasting event, theme tbd
- August 26 9-Hole Scramble (casual men/women golf) 3pm shotgun
- August 26 Summer Nights on the Patio, 5-7pm
- September 13 Trivia Game Night, 6pm
- September 20 Wine Club Tasting event, theme tbd
- October 4 Fall Wine Club Gourmet Dinner
- October 14 9-Hole Scramble (casual men/women golf), 2pm shotgun
- October 14 Summer Nights on the Patio, 4-6pm
- October 25 Season Finale Wine Club Tasting event, theme tbd

*event limited to new Members and their sponsors

SOCIAL CALENDAR IS SUBJECT TO CHANGE

CLUBS WITHIN THE CLUB

PICKLEBALL log on to TeamReach (PW-pccpickleball) to connect with players. Contact Member Rick Turim for details (rturim@aol.com). Please refer to the <u>Pickleball Guidelines</u> and Rules in both Smoke Signals and posted at the court.

POTTAWATOMIE'S CYCLING CLUB...contact Member Paul Zirpolo for details (paulzirpolo@gmail.com).

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 <u>Fish Whisperers Guidelines</u> and Rules.

YOGA IN THE WATER AEROBICS with yogi Cinda - official start day still up in the air. Look for an emailed Constant Contact with details.

MAHJONG-FRIDAYS, 11:00am in the clubhouse. Contact Member Beth Bozeman with questions (beth.bozeman@comcast.net)

CANASTA-FRIDAYS, 11am in the clubhouse. Contact Member Ruthie Friedell with questions (rfriedell@rcn.com)

POOL SIDE YOGA with yogi Cinda-official start day still up in the air. Look for an emailed Constant Contact with details.

POTTAWATTOMIE BOOK CLUB, contact Member Karen Marvinac with questions and to get further details (karen@marvinac.com).

POTTAWATTOMIE WINE CLUB, contact Member Joe Cole with questions and to get further details (joseph.cole@comcast.net). Please refer to the <u>Wine Club Guidelines</u> and Rules.

Social Golf outings: open to both Golf and Social Members (with applicable golf fees for Social Members). Themes and tee off times tbd. There is typically a S10pp buy in for payouts.







Run for the Roses May 6th, 2023!

Thematic foods and festive beverages will be background to the most exciting two minutes in sports!

Buy your horse now to really enjoy the day! S250/horse

The two rounds of 20 spots will sell out so secure your pony now! Blind Draw thirty minutes before race time Payout-S1000 for the winning horse*, S500 for 2nd place*, S250 for 3rd*

Proceeds of the Horse Pull go towards the 2023 Family Fireworks BBQ

Please call or email now to buy your horse and reserve your spot 219-872-8624 or lrhed@pottcc.com

Prizes given for Best Hat and/or Derby Attire!



If you aren't in to chasing the race, we welcome you to become a member of the exclusive Triple Crown Club. A straight up donation of any amount gets you in!

*Pottawattomie Credit

Just for the Health of it! A semi-primer on "Arthur-itis."

A 102-year-old man complained to his physician about pain in his left knee. The physician dismissed it and said... "What can you expect at 102?" The patient retorted... "My right knee is 102-years-old too, and it doesn't hurt!"

I'll start by answering two common questions about arthritis...

#1 -- "Hey Barb, if I crack my knuckles all the time can I get arthritis in my hands?" Simple answer? NO, there are no definitive links between knuckle-cracking and arthritis or any other medical condition involving the hands.

There are two proposed theories that explain the cracking/popping noise:

1. Nitrogen bubbles are released in the synovial fluid of the joint creating a popping sound.

2. The movement of ligaments around the joint can cause a popping sound.

A final note: Even though knuckle-cracking is not a medical issue it is a social issue. In other words, it is extremely annoying for everyone within listening distance. Please crack your knuckles in the privacy of your own home.

#2 -- "Hey Barb, does a change in the barometric pressure increase the pain of arthritis?" Simple answer? YES. Barometric pressure is the weight of the atmosphere that surrounds us. Barometric pressure often drops before lousy weather. Lower air pressure pushes less against the body, allowing tissues to expand. Expanded tissues increase pressure on the joints and cause pain. Ask my 98-year-old mother... her knees, hands, and neck know when a storm is coming long before the local weather reporter—and she's a lot more accurate.

Let's move on for a brief review of the nittygritty of arthritis (joint inflammation). Arthritis is an umbrella term. In other words, there are many types and causes of arthritis. Arthritis can be caused by degenerative diseasewear and tear on the bones over the years, such as osteoarthritis. Arthritis can be the result of an autoimmune "attack" involving the joints, such as rheumatoid arthritis. Arthritis can be caused by a virus or a bacteria and can migrate from joint-tojoint. The virus that comes to mind is parvovirus B19 (not the same as the "puppy" parvovirus) and the bacteria that comes to mind is Borrelia burgdorferi, the cause of Lyme disease. Arthritis can even be caused by bacteria that cause gastroenteritis (Salmonella and Shigella), and the bacteria that causes a sexually transmitted disease -"the gonorrhea".

Arthritis can involve one ("mono") joint or many ("poly") joints. Polyarthritis refers to any joint disease that involves at least five joints. The involved joints demonstrate one or more signs of inflammation, described by two ancient Roman physicians, long before our time: Cornelius Celsius (25 B.C. to 50 A.D.) described the first four classic signs: heat, redness, swelling, and pain, while Claudius Galenus, or just Galen to his friends, (130–200 A.D) chimed in with the fifth sign: the loss of function.

A slight digression: The use of "itis" as the suffix for inflammation is common in medicine, but like everything else in medicine, there are always exceptions to every rule. Osteoarthritis (OA) happens to

Just for the Health of it! A semi-primer on "Arthur-itis." cont...

be one of those exceptions. It's a misnomer, because it is NOT considered to be an inflammatory condition, even though it has "itis" attached to osteo (meaning bone). On the other hand, rheumatoid arthritis (RA) is named correctly because inflammation is a major component of this systemic inflammatory autoimmune disease. PICKY, PICKY PICKY, I know. Osteoarthritis is much more common than rheumatoid arthritis, and it's important to differentiate between the two types as the approach to treatment is very different for each one.

Osteoarthritis (OA) is a degenerative disease of joint cartilage characterized by pain that is worse with joint use, bony swelling, and joint deformities including unsightly bony nodules on the finger joints closest to the nail beds. Osteoarthritis most often involves the distal joints of the hands, the knees, the neck, the lower back, and the hips—basically everywhere. Osteoarthritis can present at any age, even in the twenties, but most often presents after many years of use, overuse, and abuse in individuals over 60. The pain is due to the wearing down of the cartilage that occurs gradually and worsens over time.

In addition to age, high risk groups include athletes with repetitive joint injuries, especially those that "pound the ground" (tennis, runners, soccer, basketball, pickleball) or get pounded on the football field. Torn ACLs, a torn meniscus or two, torn Achille's tendon's – just getting "all torn up" is the problem. Other occupations focus on the overuse and abuse hips, knees, low backs and necks—surgeons, nurses, and hair stylists to name a few. Genetics as a risk factor? When in doubt blame everything on your parents. Ovarian demise? Estrogen is not only antiinflammatory, but it's also protective of bone health as it reduces oxidative stress to the cartilage. Estrogen-deficiency in postmenopausal females specifically increases the risk of knee osteoarthritis. Welcome to the world of WGA members. Excess body weight is also a risk factor for osteoarthritis, and the knees take the brunt of that extra weight. Overweight women have nearly 4 times the risk of knee OA as compared with non-overweight women; for overweight men, the risk is nearly 5 times greater. And here's the bummer... the majority of orthopedic surgeons are adamant about weight loss before they will operate to provide new knees or hips. So, if you have a few extra pounds and you're in the market for new knees and/or hips, start a weight loss regimen as soon as you finish reading this issue.

Stay tuned for the June issue. I'll talk about treatment choices for the aches and pains of swinging too many times with a golf club, playing nonstop pickleball, and living with osteoarthritis. The pros and cons of NSAIDS, does acetaminophen do ANYTHING for osteoarthritis, can gabapentin help? Are there any OTC supplements that may help? Side effects and drug interactions will also be emphasized. By the way, there's not a single drug in the world, prescribed or overthe-counter that doesn't have side effects get over it. Learn which side effects you can live with, and which side effects that you can't.

See ya' on the golf course and pickleball court!

Barb Bancroft, bbancr9271@aol.com



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/Marketing 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

Director of Golf Operations - Justin Stevens jstevens@pottcc.com

Head Golf Pro - Mike Nygren, PGA mikenygren23@gmail.com

Outside Manager - Michelle Murray michelle@pottcc.com

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

Contact Info

Clubhouse 219-872-8624 Golf Shop 219-872-0624 Grounds 219-872-3954 Fax 219-873-9382 pccbusinessoffice@pottcc.com www.pottawattomie.com

<u>Like us on Facebook</u>

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.