

SMOKE SIGNALS

Pottawattomie Country Club

September 2023



PRESIDENT'S POST



On August 31st, Mark Steinbauer, our summer Golf Pro, completed his contract with Pottawattomie. In addition to his cheerful and outgoing personality, he provided leadership and guidance for our golf operations during the active season. A hardy Thank You to Mark.

We are actively searching for two key positions at our Club – Head Golf Professional and Executive Chef. We have engaged GSI to conduct a national search for both positions. Hopefully the search will not take too long but we want to hire the best candidates available, and that can sometimes take some time. We will keep you informed of the progress.

Thank you to the 60+ members who attended the town hall meeting on August 31st. The primary topic was the Practice Chipping Area located adjacent to the 18th green that was approved by the Board in early Spring. I explained how and when the project was proposed, the recommendations from the Grounds and Golf Committees, and summarized the Board's deliberations. Clay Putnam, owner of Serviscape, the company that provides the golf course maintenance, summarized the work of Todd Clark, the golf course architect hired by The Club to develop plans and options for the short game area. I reported that the project is fully funded by Member donations and thanked those who contributed. There were a few questions concerning the location and safety of golfers using the Practice Chipping Area and those putting on the 18th green. We will be meeting with Todd Clark to modify the plans to address these concerns. We are looking forward to having the Practice Chipping Area available for use this spring.

I hope you all enjoyed a wonderful Labor Day weekend,

Tom Young, President

A MINUTE WITH MATT



The 2023 season certainly offered us many opportunities to soak up the sun and the beautiful scenery at Pottawattomie! The exciting news, we aren't done yet!

The new pickleball COURTS (yes, we now have more than one!) will see action well into the fall season so we are hoping to see many more of you out there enjoying this very invigorating and social sport. Pott Member Rick Turim intends to keep the complimentary clinics going on Wednesday and Thursday mornings. Contact Rick if you want to know more about these informative and active classes (rturim@aol.com).

Adding the additional two courts is yet another example of what a committed group of Members can accomplish! The two courts had a slow start, but the finishing touches were put on just a few short days ago. Thanks to everyone that generously supported this mission, to those kind Members that give their time and talents to help others learn this awesome game (we are talking to you Ricky!), and to all of our incredible Members that have embraced this very exciting sport.

In the hopes of an Indian Summer, Pottawattomie will be leaving the pool open after Labor Day again this year. Although the pool will be open, there will be no Pool Attendants, the Red Barn will not be open and the pool heater will not be on.

Between the warm temperatures and the sunny skies, the water should remain a very comfortable temperature. That said, our fingers are crossed for the sunny, warmer days. Should that not be the case, we will close things down. No matter what the weather gods give us, the pool will be closed on October 1st at the latest.

With the pool area remaining open through September, the weekly Poolside Yoga class (Saturdays, 9am) and Yoga in the Water Aerobics (Tuesdays, 5:30pm and Thursday, 10am...an hour later start time on this class) will continue through September. As is always the case, you need to reach out to the instructor Cinda to reserve your spot and take care of the \$15/class fee (consultcinda@comcast.net).

In addition to the outdoor activities, the many extracurricular clubs and Social events will continue throughout the changing seasons. Between the wine tastings, live music, card games and the book club, Pottawattomie will keep you busy!

We are so happy to be able to accommodate our many wonderful Members that are finding numerous ways to enjoy our amazing club!

I look forward to seeing many of you at Pottawattomie on Saturday, September 9th for the Club's Annual Meeting. It will take place in the Pottawattomie Ballroom at 2pm. All Members are encouraged to attend.

Enjoy the cooler days ahead,

Matt Wooldridge, General Manager



MARKETING & MEMBERSHIP



Beautiful late summer and early fall days lie ahead for enjoying your Club! Introduce your friends to the spectacular conditions on the Golf Course Golf and all the amenities that Pottawattomie offers.

We encourage everyone to visit the newly designed and updated website for a wealth of information about all aspects of Pottawattomie Country Club. While on the website, please check your Member Portal to review all information regarding your membership and, in particular, check that your listing in the Roster is both accurate and appears as you wish. If contact information needs to be updated, please give Laurie a call at the Club and she will make any changes you desire.

We extend a warm welcome to our newest Golf Members Larry & Elizabeth Colley; and to our new Social Members, Lesa Wallace and Todd & Sharon Grover. We look forward to meeting you soon at The Club!

Enjoy the changing season,

David Baldwin and the Membership and Marketing Committee



GOLF



August was less than cooperative from a weather perspective. Rainfall was at near record levels with predictable flooding in the flood plain that runs through our golf course along Trail Creek. The course was either closed or walking only for many days and, predictably, the number of rounds played was down for the month. Record high temperatures in the second half of the month also curtailed play. Hopefully, many better days are ahead!

Day #1 of the Club Championship was held on Saturday, August 5th. Heavy rain and eventual flooding on Saturday night continued into Sunday morning, which necessitated cancellation of Day #2. The rain date was scheduled for the following Sunday and Monday with eventual completion of the Day #2 rounds. Finally, after all of the delays, we have Men's and Women's Club Champions and flight winners! Thanks to all who competed and congratulations to the winners:

Men's Club Champion - Andre Mason

Runner Up - Patrick Browne

White Tee Low Gross - Andrew Harte

Low Net - Jim Beien

Gold Tee Low Gross - Bob Mathes

Low Net - Tom Young

Black Tee Low Gross - Randy Jonas

Low Net - Joe Cole

Women's Club Champion - Sharon Harte

Low Net - Nicole Retondo

Green Tee Low Gross - Peggy Flisak

Low Net - Mary Ward

The weather cooperated thus allowing The Quota Game to be successfully played on Saturday August 19th. Eleven threesomes competed in this challenging format with prizes for team and individual best scores. Congratulations to the winners:

1st Place Team - Steve Gray, Paul Zirpolo and Fred Daley

2nd Place - Don Schneider, Mike Guzy and Zach March tied with Mike Flisak, Tom Hayes and Bob Hawkinson

Individual 1st Place - Fred Daley

Individual 2nd Place - Joe Cole

The search for a new PGA Head Golf Pro and assistant continues in earnest. We have interviewed three potential candidates and have engaged the professional search firm CSI to conduct a national search for The Club. We are optimistic that we will have several great candidates to choose from. A big thanks goes out to Mark Steinbauer, our current Senior PGA Professional, for his help during this transitional season.

Men's Twilight League regular play concluded on Tuesday, August 22nd. Eight teams qualified for the play offs, which began on the 29th. Updates and outcomes will be provided in both the Constant Contacts and next month's Smoke Signals.

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Timely posting of Golf Scores on the CDGA site continues to be issue. Please be advised, if you do not have a current/updated handicap, you CAN NOT PARTICIPATE in sanctioned/handicapped Club/WGA events. Despite continued reminders, only about 80% of the participants in the Club Championship posted their scores! Please post your appropriate scores immediately after completing your 9-hole or 18-hole round. This allows for course rating corrections due to weather, wind, etc. to be applied by the CDGA. The Handicap Committee will begin to randomly audit posting compliance. If you are found to be non-compliant, you will be notified by email and must post your score within 48 hours of the notification. If you fail to post, the lowest score of your last 20 posted scores will be entered as your score for the round in question ([click here](#) for guidelines). If you have any questions regarding handicap posting, or handicaps in general, please contact one of the Handicap Committee Members: Rick Turim, Mike Mountford, Mike Flisak and Deanne Turim.

The tenure of the current Golf Committee comes to an end with the selection of a new Board of Directors on September 9th. Following the election, a Golf Committee Chair will be appointed and committee members will be selected. If you are interested in serving on this important committee, please indicate so by email to mefmd@sbcglobal.net. I would like to thank the current committee members for their dedication, time commitment and friendship over the last very challenging season.

The usual reminders for all golfers. Thanks to those already complying to these requests. Our course is in tremendous shape due 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

2hrs 10 minutes per nine holes

- Check in at the Golf Shop before teeing off to receive a cart key
- Tee off from the #1 tee unless otherwise approved by The Golf Shop
- Post your acceptable score for handicap purposes immediately upon completion of your round

AND ONE NEW ONE

- Please obey all golf course and driving range signage. Only use the range mats if the driving range is "CLOSED". Keep all motorized vehicles (carts and "surf boards") outside of designated areas on the course, around the greens and away from all teeing areas.

Let's hope for great weather to close out the 2023 season and head into the always enjoyable fall golf. Check out the Golf Calendar on our new and improved Pottawattomie web site (Pottawattomie.com) for upcoming golf events in September.

As always, HIT 'EM STRAIGHT,

Dr. Mike Flisak, and the entire Golf Committee



Men's Club Champion: Andre Mason
Runner Up: Patrick Brownie



WGA



The month ended with the Member-Member event which took place last Tuesday. The weather was perfect and the time on the course was exceptional. The course is in great condition and played really well for this fun event. **Pam Fiebig and Lisabeth Hayes**, representing the 18-Holers, took home the bragging rights and **Terrie McDermott and Pat Shikany**, representing the 9-Holers, did a little celebrating themselves! Congrats ladies!

The Member Guest event is a favorite for many of us and this year was the best attendance we have had in recent history!



The overall Winning Team of the Member Guest was **Brenda Brazik and Deanne Turim**. Other winners included:

Front 9 Winning Team: Nancy Garrity and Monique Rub

Back 9 Winning Team: Molly Mershon and Michele Murray

Longest Drives: 18 Hole Player – Fran Zochalski, 9 Hole Player – June Klaus

Closest to the Pin Hole 3, 18 Hole Player -Brenda Brazik, 9 Hole Player – Toni Mason

Winner of Best "Peace, Love and Golf" Attire: Julie Sherlock and Marti Dougherty

August was another non-stop month. Taking place this last month was the Club Championship. We are proud to announce that WGA member **Sharon Harte** is the new Club Champion, shooting a 93! The 9-Hole Division winners were: Low Gross - **Peggy Flisak** and Low Net - **Mary Ward**. Congratulations to our WGA winners in this Club event!

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Buddy Match play and Stroke play tournaments are continuing. Watch for deadlines on Match play.

Big Cup is coming up in mid-September. Be sure to sharpen your "crazy putts". It's always a delightful day of laughs.

The official end of the season is September 19th. Of Importance are the following:

- Awards will be announced and distributed
- Discussion reviewing the 23 Season, including survey results
- Election of a new President and Secretary

Reminder: the WGA is one entity comprised of both 18- and 9-Hole players. Your presence is important. The day will start with a 9-Hole Scramble at 9:30 for all WGA members to allow plenty of time for the meeting. See you there.

See You on the Course,

Mary Clare Loftus



**Women's Club Champion
Sharon Harte**



TURF TALK

Hopefully many of you have been able to be out on the course recently. For the most part, it has never looked better. This didn't just happen. My dedicated crew, laborious efforts and many, many hours of work brought this spectacular course to these current conditions. Despite our commitment, unfortunately, some of our Members and perhaps their guests are a bit remiss in showing your respect for our efforts. Despite precisely positioned signage that is placed around the course, some have chosen to decide what is best for them rather than what is best for the course.

Please, please understand, these signs (both at the Range and on the Course) are not suggestions. They are well thought out and crucial in their placement.

I am very concerned about the condition of our Practice Range Tee. As you can see in the picture below, a few Members think that directives for maintaining the Course and Practice Range apply to everyone but them.

I am imploring you to adhere to the signage and use the mats when signs are present. If you see others ignoring these directions, please say something to them or ask for assistance from The Golf Shop. These offenders are jeopardizing your full use of the Practice Range. I hope to never to be in a position to recommend to the Golf Committee to close the Range for an extended period of time for maintenance.

Let's end this incredible season on a very positive note by showing respect to all Members and the Grounds Crew!

Thank you for not only doing your best to follow the signs but for encouraging others to do so as well.

Matt Wagner
Grounds Superintendent





SOCIAL

August was a calmer month in terms of the social activities, but we still managed to have some fun! What a perfect month it turned out to be to be to bring family and friends out to enjoy the many things that Pottawattomie has to offer!

Things have been incredibly active on the Pickleball court and the pool continues to be a welcome respite to start your day with the Adult Swim or end it relaxing on the deck with your favorite beverage.

Trivia Night was great with a new group, The Ladder Fallers (for sure there is an interesting story to that name), taking the title from The Pottawattomie Winners. Congrats guys! The recent Social Football Scramble Golf Event was very, very well attended and everyone had a great time. The happiest people of the night were Jay & Laurie Johnston, June Klaus and Declan & Diana Stapleton who took home the coveted cash when they won Flight A and Pat & Terry McDermott playing with Jack & Jean Lydon captured Flight B allowing them to take home some coin as well. Following the golf, everyone for the most part headed up to the Lounge where the party continued with live music featuring Jon and Jess. A great day and night! Thanks to Tom and Eve Minogue and Mary Toomey for putting it all together. Your efforts were greatly appreciated!

September offers another Trivia Night on September 13th and there is also a Wine Tasting event and a Book Club gathering the following week. As you may have read in Matt's article, the pool will remain open throughout September so Yoga in the Water Aerobics will continue, weather permitting. Always check your email for Constant Contacts from Pottawattomie. They provide a lot of information regarding all sorts of happenings at The Club.

One thing to look forward to is the upcoming Octoberfest on October 14th. The Social Golf Outing, followed by Music on the Patio is a perfect night of German beer and fun thematic foods. Stay tuned for more information!

Thanks for making this past summer so awesome. It was great meeting and seeing so many of you. Although the scheduled events are winding down, the fun times sitting around with friends doesn't have to. I hope to see many of you on the course and/or in The Clubhouse!

Enjoy,

Tim Dunigan and the entire Social Committee





2023 REMAINING POTTAWATTOMIE SOCIAL EVENTS

SEPTEMBER

September 13 Trivia Game Night, 6pm

September 20 Wine Club Tasting event, theme topic is "effects of climate change on the wines".

September 20 Book Club, 4:30pm

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](#))

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- **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.

UPCOMING RESTRICTIONS OR CLOSURES:

- Friday, September 22nd, full day and night. La Lumiere will be using both the full golf course as well as the Clubhouse.

Golf Handicap Guidelines

Recently it has been noted that a number of rounds of golf are being played by members of our club that are unfortunately not getting input into the CDGA handicapping system. Most of this is due to the confusion with the Pro Shop. Everyone needs to understand that until further notice: **The Pro Shop will not be entering any scores at any time!**

Every Member must enter his or her own score for every round they play whether in a tournament, twilight league, or just a round with friends, at Pottawattomie or away.

A valid CDGA Handicap is necessary for anyone who wishes to play in the Pottawattomie Events and Tournaments. A valid Handicap is also necessary for events at other golf clubs who use the USGA GHIN system.

Anyone who does not wish to have their handicap managed and monitored can opt out of this system. You however need to understand the above consequences.

We play by the USGA Rules of Golf and Handicap Regulations. The Regulations state that a player must enter his/her score **every time** they play a round of golf. If you complete 7 of 9, or 13 of 18 holes, you must enter a score. For every hole you did not finish after 13, you give yourself the score of Par plus your strokes for that hole. Example: on hole #14 you get 2 strokes, you would record a 6 as your score for that hole. Continue doing this through hole 18, then enter your total score.

The Handicap Manual also states the following: If you are playing in a stroke competition as a team and you pick up, you take what you reasonably feel you would have taken to put the ball in the hole but no more than your max. Example: your teammate is in the hole for a 5 and you cannot beat that score. Pick up to speed up play. If you feel it would take you only 1 stroke to put it in the hole for a six, pick up and take the 6. If you feel it would take 2 more strokes, you would then take a 7. You don't just take your max when you pick up unless you are at your max or would go over your max.

You still enter your score for the day. This also applies in Match Play.

A player must always attempt to make the best score possible at each hole. If you have closed out a match 4 and 3 then continue to play in, you must attempt to play those last 3 holes as well as you have the previous 15, If playing best ball and your partner gets a 4 and you are putting for a 4 also you must attempt to make it, (or pick it up and record a 4) and not whimsically slap it towards the hole. This compromises the integrity of the handicap system, and your fellow members recognize what is happening.

The Handicap Committee has decided to randomly monitor the posting of scores played by members of Potta on any given day. It is **mandatory** that you post your score every time you play. You can post in the pro shop computer, at home on your computer or on your cell phone. You can download the CDGA app.

If the Handicap Committee sees that you have not posted a score within 48 hours after you have played, you may receive an email reminding you to post it. You then have 48 hours to enter that score. If not posted by that time, the Handicap Committee reserves the right to post a penalty score which is your lowest score out of your last 20 posted scores.

If you have any questions about handicaps or posting please see the Pro or a member of the handicap committee, Mike Flisak, Rick Turim, Mike Mountford.

PS We want to thank the 80% of the participants in Saturday's opening round of the Club Championship who posted their scores for that round. Now let's get this to 100% after next Sunday's round.



PICKLEBALL

Pickleball kept a lot of you very busy this past summer! Congratulations on improving your game and having a good time in the process. There were a few tournaments in the month of August, and the talent we have here at Pottawattomie is astounding!

The winners from the August 24th Intermediate Tournament were Bonnie Meyer and Jeannie Herbert. The August 25th Advanced Tournament crowned Marc Davis in 1st Place with Julie Davis taking 2nd. The Intermediate Tournament winners from this day's event were Brian O'Connor in 1st and Jeannie Herbert grabbing 2nd.

The two added courts are very, very close to completion. More than likely by the time this issue goes out, they will be done. You should check them out! There are so many Members that would love to play with you. The best way to connect is to download the complementary app, TeamReach. Our log in name is PCC Pickleball.

The PB Clinics that go off on both Wednesday and Thursday are a great place to learn more about the game and practice playing with others. If you don't have a racquet, there are two in The Golf Shop that you can borrow. If you are ready to just jump in, there is Open Play on the courts on Friday mornings at 9:30 and on Saturdays and Sundays at 10am.

As long as the weather cooperates, we will keep playing, but the clinics will start to slow down. Always refer to the Monday Constant Contacts to read what is planned for that upcoming week.

Thanks for making pickleball so much fun and a great addition to The Club,

Rick Turim
Rturim@aol.com



PCC WINE CLUB

The August Wine Club event was truly a special evening. Wine Club member, Randy Jonas, discussed his two separate walking journeys, one of 175 miles and a second of 300 miles, over the Camino de Santiago. His description of the trek from France over the Pyrenees's and across Northern Spain to the historic town of Santiago de Compostela was informative, humorous and at times heart-warming. We sampled the regional wines available on his journey that included two Portuguese white wines and three Spanish red wines. The Spanish Bierzo red we enjoyed was featured in the newest Wine Spectator issue this week. Timely.

The September Wine Club meeting scheduled for Wednesday the 23rd should also be timely. The "hot" topic of global warming's potential impact on wine horticulture is being planned for discussion. Wine is considered by vintners to be a bell weather of climate change given its impact on terroir and the length and character of the growing season. The recent Vinexpo meeting in France focused on the impact of climate change as wine production is necessitating alterations of Bordeaux blends and the definition of appellations. Northern climate wines, such as English sparkling wines and Canadian reds, are potentially benefiting from warmer seasons. As such, we are planning to taste several pertinent wines that most of us may have never even tried before.

Be sure to sign up by Monday, September 21st to reserve your spot for this important topic and fascinating tastings by calling Laurie Rhed (219-872-8624). As usual, the Wine Club meets promptly at 5:30pm, and for roughly ninety minutes you will enjoy several glasses of wine and a variety hors d'oeuvres. Wine Club members will be charged \$40 per person and non-club members or guests are charged \$50 each. Dinner reservations must be made separately.

The quickly approaching Wine Club Gourmet Dinner is just around the corner! The dinner, taking place on October 4th, will be as great as ever as the wines and entrees will be top notch. Look for future Constant Contacts providing more information and details but get this in your calendar now!

Finally, wine locker allocations are filling up. 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 member and locker holders avoid the normal \$15 corkage fee. The annual lease begins on May 1st 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. Wine locker rentals and details are now being handled by John Hosty at Jrhchgo@aol.com. Please direct your questions to John regarding rentals and fees.

To fine wines, fine dining and fine friends,
Joseph Cole

FOR THE HEALTH OF IT



My next several months of articles will consist of various recent headlines or updates on issues that affect some if not all of us. This valuable information is just the tip of the iceberg on the topics. If there is something in particular you are concerned about, please don't hesitate to reach out to me (bbancr9271@aol.com).

Thanks for your interest in reading and doing what you can to improve your health.

RIPPED FROM THE HEADLINES!!

Aspartame causes CANCER!! The IARC (International Agency for Research in Cancer) recently announced that aspartame is possibly a carcinogen and has listed it in the "2B" class of cancer risks. What does class 2B mean? It means that the evidence is limited in humans and in animal studies as well, and that John Q. Public should not be concerned at all. So why in the world would this be splattered across the headlines with ensuing panic from everyone who is reading the headlines and drinking a Diet Coke or drinking a cup of coffee or tea using Equal as the sweetener? (Lancet Oncology, July 2023)

The FDA (Food and Drug Administration) vehemently disagrees with the IARC. The FDA points out that the 2B class also contains dill pickles, aloe vera, and caffeic acid, found in tea and coffee. The FDA approved it as a tabletop sweetener in 1974, after hundreds of studies proved its safety and it is now found in over 5,000 products.

The designation as a "possible cancer-causing agent" is akin to saying you are "possibly pregnant" because you 'thought about' having an intimate moment last Saturday night. So, don't toss those aspartame-containing Diet Cokes, Coke Zeros, Mentos gum, and Mrs. Butterworth's Sugar Free Syrups just yet.

So, everyone agrees to disagree on this one and both groups, the FDA and the IARC, are sticking to their guns on the amount of daily aspartame intake that is considered safe and cancer-risk-free. Here's the kicker: The daily amount claimed to be safe by the IARC is 9-14 Diet Cokes a day—who drinks that much Diet Coke daily? And if you do, you should stop because that's a ridiculous amount to drink of anything on a daily basis. The FDA states that 50 mg/kg of aspartame is safe per day—the equivalent of consuming 75 packets of Equal per day.

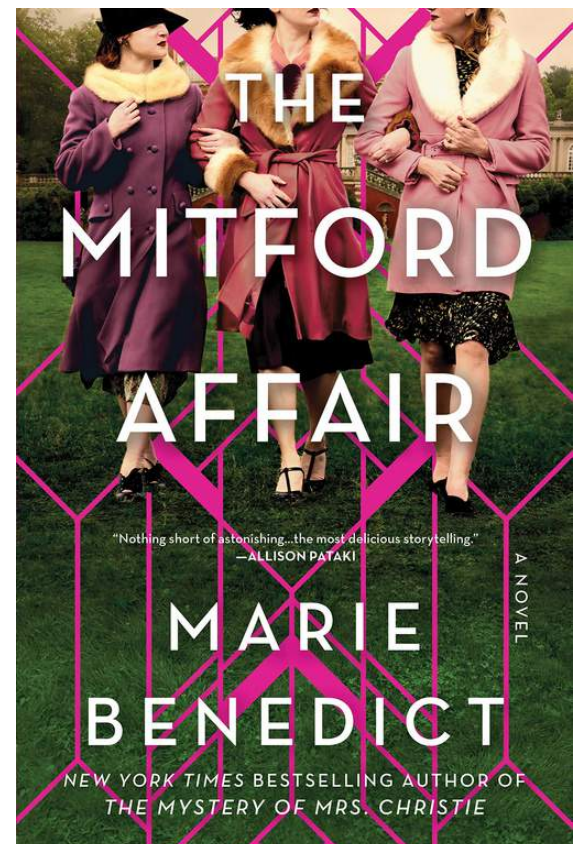
I rest my case. Go ahead and enjoy your Mrs. Butterworth's Sugar Free Syrup on that daily towering stack of pancakes that will most likely cause more harm from the 20-pound weight gain than the aspartame-cancer risk.

Any questions or comments? Drop me an email: BBancr9271@aol.com

BOOK CLUB



Meet up with the Pottawattomie Book Club on September 20, 4:30pm to discuss *The Mitford Affair* by Marie Benedict. This fun group of ladies will be digging into this explosive novel of history's most notorious sisters, one of whom will have to choose: her country or her family. Everyone is welcome to attend, but let Pott Member Karen Marvinac know you will be there (karen@marvinac.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/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

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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.

