



INSIDER

August 22

Orange Tree Golf Club BINGO

TAG OTGC ON SOCIAL MEDIA	GOLF WITH SOMEONE NEW	COME TO PUB NIGHT	TAKE A LESSON	CHALLENGE SOMEONE TO A PUTTING CONTEST
WATCH A MOVIE ABOUT GOLF	COMPLIMENT A STAFF MEMBER	MAKE A NEWSLETTER RECIPE	CHECK OUT OTGC'S YOUTUBE CHANNEL	PLAY A DIFFERENT TEE
REACH OUT TO SOMEONE ON THE BIRTHDAY LIST	PLAY A NEW GAME	FREE	BUY SOMETHING IN THE PRO SHOP	HAVE BREAKFAST AT THE TREE
DINE WITH SOMEONE NEW	MAKE A NEWSLETTER COCKTAIL	STRETCH	CREATE A SUMMER PLAYLIST	WALK THE LOOP
READ A BOOK CLUB SELECTION	SHARE A DAD JOKE WITH A JUNIOR MEMBER	VISIT THE 19TH HOLE	JOIN US FOR FRIDAY NIGHT DINNER	MAKE OR WITNESS A HOLE-IN-ONE

August 2022



August is National Golf Month, and National Family Fun Month. Here is where you expect me to say, "Bring your family to The Tree", right? I admit that thought crossed my mind, but the unexpected is so much more fun. So, I have combined our shared love of golf and family game night and created a Shannon Wisne Helton Original August Bingo Card (I'm still working on the title). And since we're going with the unexpected, no lines across or down... I challenge you to fill the card! Grab the family and get going. And even if you don't complete it, I hope you have a grand adventure filled with laughs.

Cheers!

Shannon



WELCOME NEW MEMBERS

Mike & Katherine Butler and family
Patty Gabri
Mark Viselli

CONGRATULATIONS

The 150th Open Championship

Cameron Young, 2nd
(Cameron is a former OTGC Men's Club Champion and Junior Club Champion)



KPMG Women's PGA Championship

Sarah Kemp T40

Dow Great Lakes Bay Invitational

Sarah Kemp T10
Perrine Delacour T15
Yu Liu T24

The Amundi Evian Championship

Amy Yang T19
Yu Liu T43
Sarah Kemp T54
Perrine Delacour T54

OTGC Staff Members celebrating employment anniversaries with us this month:

Ernesto Badie, 2 years
Carmen Dos Reis, 29 years

ORANGE TREE INSIDER



Be sure to check out the Orange Tree Insider! Hosted by Lauren Thompson, it's an informative monthly video segment in collaboration with the Golf Channel. Episodes can be found on the main page of our website, our Facebook page, and our YouTube channel. This month features a look at OTGC's charity tournaments and a golf drill with GolfPass Coach Debbie Doniger.

The Spirit Of Adventure Award goes to Don Moore, who celebrated his 90th birthday by jumping out of an airplane at 13,000 feet!

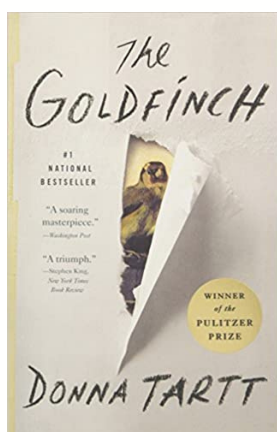


BOOK CLUB

This year the OTGC Book Club is reading some of our member's favorite books! This month's selection is *The Goldfinch* by Donna Tartt, and was chosen by member Pat Rogner.

Says Pat: "I loved the story of a child who suffered a horrid tragedy, the journey that shapes his life thru many twists and turns, and finally finds his moral compass."

OTGC Book Club meets the 4th Thursday of each month at 2pm. This month's meeting is Thursday, August 25th. You don't have to make it every month to participate... join us in any month the book selection interest you! If you have a favorite book you would like considered for discussion, please email Shannon at swisne@orangetreegolfclub.com, and be sure to tell her why it's a favorite of yours!



DIRECT FROM DAVID

By David Damesworth
Director of Golf

Schedule an on course "playing lesson"

Have you ever hit it well on the driving range but then can't take those good shots to the course? We hear that almost every day from all different types of players. Try scheduling a 3-, 6-, 9- or 18-hole playing lesson with one of our golf professionals. Or we can just go to that one hole that drives you crazy and work on hitting that tee shot in play (maybe #6?!?!). Or work on reading the greens and becoming more familiar with some tendencies of your stroke on the course. Getting on the course with one of our golf professionals is a great way to ask course management questions and get some good feedback on how to play and think your way around the course. Stop by the Pro Shop, text or email me for more details.... let's go play!

-dd@orangetreegolfclub.com

-My mobile number is available in the Pro Shop if you don't have it.

BRIDGE CLUB

Open to men and women, social and golf members! Rubber bridge every Wednesday at 1pm. Bridge Club is run by member Linda Kenney. Stop by the Administration office for info on how to join.

SAVE THE DATES

Our 2022-23 season is coming together with some great events already on the books!

September 24-25: Orange Tree Ryder Cup

October 6: Men's One-Day Member-Guest

October 15-16: Men's Member-Member

October 27: Women Playing for T.I.M.E

November 1: Veterans Appreciation Tournament

November 3: Men's One-Day Member-Guest

November 5-6: Ladies Club Championship

November 10: Princess 19

November 14-16: Closed for Overseeding

November 22: Thanksgiving Scramble

December 1: Men's One-Day Member-Guest

December 13: Christmas Tournament

The full tournament calendar will be emailed separately once all dates are confirmed.

ADDITIONS FROM ADMINISTRATION

By Katrina Pare
Office Administrator



Hey everyone!

Have you Joined Hole-in-One Club?

For \$3.00 a month, **per golf member** over the age of 21 and not affiliated with a golf tour, members can participate in the Hole-in-One Club. Upon making a hole-in-one the members who participate in HIO Club will receive up to a \$250 Credit at the bar (drinks only), \$250 Sweeps in the Pro Shop, and a nameplate on our Wall of Fame.

***If you do not see a \$3 charge on your monthly bill, then you are NOT participating in HIO. If you only see ONE \$3 charge, then it will apply to the primary member on the account ONLY. Contact me if you need to make a change to your account for this billing.

We Want Your Opinion!

We are asking our members to participate in a survey to help us gather their opinions on everything Orange Tree! We ask that you are open and honest with all of your opinions and feedback so we look forward to seeing all of your responses. The QR code below will link you to the survey!



Rule Reminder!

The Golf Club is open Tuesday through Sunday. Any variations due to holidays, special events, or weather will be posted. Members may not use any Club facilities or property when the Club is closed.

Let us update your information!

Not getting all of our announcements, menus, or emails? Did you just move or update your billing information? Let us know so we can update your information in our system!

Have a Question? Feel free to stop by the Business Office, send me an email at kpore@oranetreegolfclub.com, or give us a call at 407-351-4034!

NEWS FROM "THE SUPE"



By Rob Torri
Superintendent

The #1 Rule of Golf? Always leave the golf course better than you found it!

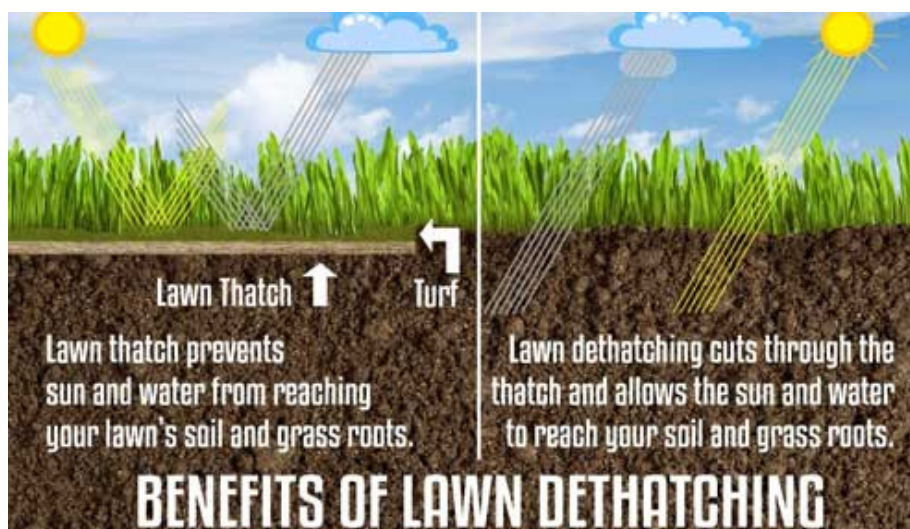
Dethatching for healthy turf

The dethatching process is a perfect example of the saying "out of chaos comes harmony". Removing thatch can be a messy process, but the end result is well worth it. Dethatched turf will grow more uniformly, be healthier over all and be better prepared for successful overseeding in the fall. Thatch is matted, fibrous material between the soil and surface of the turf. Typically, it is caused by the accumulation of decomposing grass clippings and debris tangled with grass stems and roots. To prevent thatch buildup, use a vacuum or catch mower each time you mow. If you notice minor thatch build up, remove it by hand with a rake.

Dethatching can be done several ways. You can buy an attachment for your lawn mower, rent a dethatcher or hire a landscaper. For a residential lot, we recommend using a dethatching mower attachment, which can be found at your local home improvement or gardening store, for a quick, seasonal dethatching. Once you dethatch, remove debris by hand raking or with a catch mower. If you dethatch your turf during the growing season, it will recover quicker than if you dethatch in the winter months.

The best time to dethatch is June through October.

Article source: dlcresources.com



Is Being Stuck in Your Office Chair Slowly Killing Your Low Back and Hips?

By: Brantley Hawkins, MS, ATC, LAT

Voted as the best physical therapists in Orlando, we have developed advanced techniques to free you from your low back and hip pain. These techniques incorporate various movement and functional patterns to take away your daily aches and pains at the office!

Here is a quick 30 second stretch you can do a couple of times per day to unlock your hips and decompress your back, all without having to leave your desk.

Step 1: Set a timer to go off every 90 mins. Once the timer goes off, stand up, put your hands on the desk, take your feet shoulder width apart and lock your knees out straight.

Step 2: With a flat back, chest and eyes up, drive your hips (butt-bones) backward away from your hands until you feel a nice stretch into the back of your legs, while taking a deep inhale. (Make sure your back does not round at all, it must remain flat)

Step 3: Drive your hips forward to lift your chest back upright, roll your hips underneath you (posterior hip rotation) as you look up and drive your hips slightly forward toward the desk, exhale. You should feel a nice stretch into the groin/front hip area.

Step 4: Repeat for 30 seconds

Set #2

Step 1: Set yourself back up in the same position, driving backward the same as before. Once in the back position, remain there without driving forward.

Step 2: Slide your hips, slowly, side to side. Make sure your knees do not bend. By keeping your knees locked out straight, this will automatically move the hips into the proper position.

Step 3: Continue for 30 seconds, then return back to your upright standing position.

Step 4: Get back to work

What is this doing?

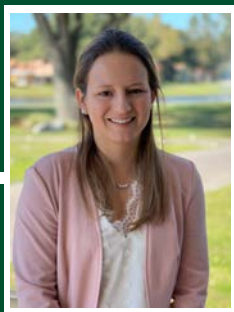
- By driving your hips away from your hands on the desk, you are decompressing your spine and mobilizing the tissues of the body that you have been sitting on. When you sit on these muscle tissues for extended periods of time, they begin to stick to other tissues, leaving you feeling compressed and stuck.
- By driving your hips forward and rolling your hips underneath you, you are opening up your hip flexors (the front of your hips) which are stuck in a shortened position while you sit. These muscles attach to the front of your spine and when they become tight they pull on your low back, leaving you with the feeling of a tight low back that you just can't seem to stretch.
- When you slide your hips side to side, we are creating what we like to call "time under tension". This means that you are moving the tissues in multiple planes or dimensions of movement. This helps to better un-stick tissues, freeing you from your daily aches and pains.

If you feel increased low back tightness at any time, please stop the mobilizations and contact us or your healthcare professional for assistance.

A video demonstrating these stretches can be found at www.mynewdimension.com/recent-news, and on OTGC's YouTube page.

CATERING WITH KIRSTEN

By Restaurant and
Event Manager
Kirsten Carter



IN THE SPIRIT OF NATIONAL GOLF MONTH, LET'S MAKE THE FAMOUS GOLFING TRANSFUSION!

Over your favorite glass filled
with ice add:

- 2oz Vodka (Tito's is the crowd favorite!)
- 2oz Ginger Ale
- 1oz Grape Juice
- Garnish with a Lime Wedge

Make it at home or order it at
the club!



PETE'S EATS

By Executive Chef Pete Madden

CUCUMBER HUMMUS BITES



Ingredients

- 1 Large Cucumber
- 1 ½ Cups Hummus (About a 10oz Container)
- 1 Cup of Cherry Tomatoes – Cut in quarters
- Chopped Parsley to Garnish

Instructions

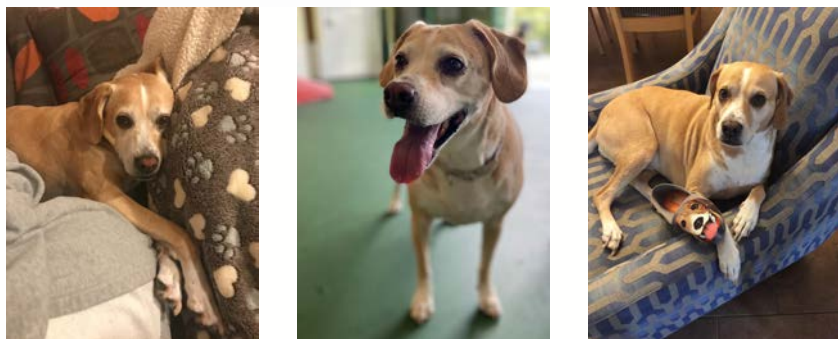
1. Arrange Cucumber slices on a plate and top each slice with 1 Tablespoon of Hummus.
2. Next, top each slice with pieces of the quartered Cherry Tomatoes.
3. Garnish with chopped Parsley



DOGS OF OTGC



Meet Bunker! This 10-year-old sweetie loves shoes, adventures, and snacks of all kinds! You can usually find her in the primo spot on the couch, or solar-charging outside. She is the Master of Naps but watch out: she'll steal your blanket, your pillow, and your heart!



Bunker usually shares her couch with Shannon Wisne Helton and Chad Helton.

MOMENTS WITH MEMBERS



OTGC's first Club Pro Mark Scallen stopped by for a 50th Anniversary visit! Pictured here with Pat Rogner and Debbie Austin



Our ladies always make holidays special!



OTGC's longest active member Tommie Witthohn has some great stories about The Tree. She and her husband Jim joined in 1973 and have been members since!



HAPPY BIRTHDAY!

- 1 SCOTT MILLER
ROBERT WINTERS
- 2 KATE LEYDEN
JASMINE TUKES*
- 3 FRANKIE DUDDING
STAN MARISKOVIC
- 4 STEVE PALM
ELLEN REEDER
EDWIN RODRIGUEZ
- 6 KATHY WISNE
- 7 LARRY BIEDERMAN
STEVE HARSHFIELD
MIKE SMYTH
- 8 RYAN COLE
JACK COLEY
MARTIN LIEBERMAN
- 9 JUSTIN HEIMER
CAMERON WHITE
- 14 STEVE JONES
MENG LU "ALICE" ZHU
- 15 RUSTY HAZELRIGG
J.P. MILLER
GARY MITCHELL
- 17 DON TROY, SR.
DON RUTLEDGE
ROBERT SEXTON
- 18 TOM BRITT
DENNIS JONES
COLLEEN MALUSO
VELTEN MEYER
- 19 SAM STEELE
TERESA ZHUANG
- 20 NITESH "NICK" PATEL
SHIVAM PATEL
- 21 DENISE CRABBE
ANGELYN QUILES*
- 24 PATTI MURPHY
- 25 CARMEN DOS REIS*
CHRISTOPHER FENNESSEY
- 26 JIMMY BRESLIN
JAY PATEL
- 27 MIKE FUREY*
FRANCINE GONZALEZ*
- 28 RYAN KOTES
- 29 RANDY SAMS
- 30 FRANK DEGERONIMO

*Employee

August 2022 at



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Don't forget we are social!</p> <p> </p>	1 CLOSED	2 Morning Game 7:44 am Ladies 8:32 am Ladies 9-Hole 9:04 am Coach's Game 12:00 pm Junior Golf Camp: 9am-2pm	3 Morning Game 8:00 am Scratch Game 1:00 pm Pub Night 5:30-8:00 pm	4 Morning Game 8:00 am Ladies 9:00 am	5 Morning Game 8:00 am Ladies 9-Hole 9:04 am Scratch Game 1:00 pm Dinner Service 5:30-8:00 pm	6 Powerball 8:00 am Ladies 9:00 am Scratch Game 12:00 pm
7 Ladies 8:24 am The Lagos Game 8:40 am	8 CLOSED	9 Morning Game 7:44 am Ladies 8:32 am Ladies 9-Hole 9:04 am Coach's Game 12:00 pm Junior Golf Camp: 9am-2pm	10 Morning Game 8:00 am Scratch Game 1:00 pm Pub Night 5:30-8:00 pm	11 Morning Game 8:00 am Ladies 9:00 am	12 Morning Game 8:00 am Ladies 9-Hole 9:04 am Scratch Game 1:00 pm Dinner Service 5:30-8:00 pm	13 Powerball 8:00 am Ladies 9:00 am Scratch Game 12:00 pm
14 Ladies 8:24 am The Lagos Game 8:40 am	15 CLOSED FOR AERIFICATION Course, Clubhouse, & Practice Facility Administration Office is Appointment Only	16	17	18 Morning Game 8:00 am Ladies 9:00 am	19 Morning Game 8:00 am Ladies 9-Hole 9:04 am Scratch Game 1:00 pm Dinner Service 5:30-8:00 pm Autopay processes today	20 Powerball 8:00 am Ladies 9:00 am Scratch Game 12:00 pm
21 Ladies 8:24 am The Lagos Game 8:40 am	22 CLOSED	23 Morning Game 7:44 am Ladies 8:32 am Ladies 9-Hole 9:04 am Coach's Game 12:00 pm	24 Morning Game 8:00 am Scratch Game 1:00 pm Pub Night 5:30-8:00 pm	25 Morning Game 8:00 am Ladies 9:00 am Book Club 2:00 pm	26 Morning Game 8:00 am Ladies 9-Hole 9:04 am Scratch Game 1:00 pm Dinner Service 5:30-8:00 pm	27 Powerball 8:00 am Ladies 9:00 am Scratch Game 12:00 pm
28 Ladies 8:24 am The Lagos Game 8:40 am	29 CLOSED	30 Morning Game 7:44 am Ladies 8:32 am Ladies 9-Hole 9:04 am Coach's Game 12:00 pm	31 Morning Game 8:00 am Scratch Game 1:00 pm Pub Night 5:30-8:00 pm			

Hours of Operation

Pro Shop:
Tuesday-Sunday
7a-6p

Range:
Tuesday-Saturday
7a-7p
Sunday
7a-6p

Tuesday:
Food Service
9a-3p
Bar Service
9a-6p

Wednesday:
F&B Service
9a-8p
Pub Night
5:30-8p

Thursday:
Food Service
9a-4p
Bar Service
9a-6p

Friday:
Food Service
9a-8p
Bar Service
9a-9p
Dinner Menu
5:30-8p

Saturday & Sunday:
F&B Service
8:30a-6p