



Orange Tree Golf Club

INSIDER

July 22

"There is only one thing more precious than our time and that's who we spend it on."
-Leo Christopher

I would like to extend a heartfelt thank you to all the members who volunteer, who serve on committees, and who continually answer a call to help, no matter the need. You are the heart of what makes OTGC such a great club.

I am often asked what sets Orange Tree apart from other clubs... "I hear it's narrow!" or, "somebody told me you have the best greens around!" And while those statements are true, my answer is always the same: *the members*.

From donating snacks for charity tournaments, sponsoring bridge or mahjong games, and serving on tournament committees, your efforts are deeply appreciated.

It's because of you

...that a 6-year-old boy battling cancer received his first set of golf clubs.

...that junior golfers can compete in elite tournaments.

...that our golf leagues are creative and inviting.

...that the OTWGA has such a remarkable reputation.

...that our longest-standing men's game is the most sought-after around.

Our new 50th Anniversary clock commemorates our time together... A reflection of the past 50 years and a timestamp into the next fifty. On behalf of Owners, Management, and Staff, thank you for spending your time with us.

Shannon



WELCOME NEW MEMBERS

Carolyn & Doug Clayton
Scott Dudek
Patrick & Jennifer Fleming and family
Elisa & Tom Giesekeing
Rina Jung
Patrick King
Jeff & Teri Pryor
Jasmine Suwannapura & Mike Thamas



GATE PASS REMINDER

Access to gates on both ends of Woodgreen Dr. is available to golf and social members of OTGC. The OT Recreation Center Office handles all gate passes. Bar code stickers are \$10 each and prox cards are \$25 each; the fee applies to original and replacement stickers/cards. If you are having an issue with access, or need replacements, please see Iris, Gail, or Daniel at the Rec Center. Their address is 7201 Woodgreen Dr, and their phone number is 407.351.8747.

BULLETIN



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 drill to flush your fairway woods with GolfPass Coach Katie Dahl, an LPGA National Top 50 Teacher.

CONGRATULATIONS



2nd Annual Brendan Valdes Charity Golf Scramble vs. Pediatric Cancer

Raised \$27,000 this year for the Ian Supra Memorial Foundation!

Thank you to all who participated, volunteered, and sponsored.
We could not have done this without you!

AJGA Ben An All-Star Championship at OTGC

The future of golf was well-represented by our young members Mingbo Jiang, Lion Liu, Emma Sanabria, and Yaohang Zhu

OTGC Staff Members celebrating employment anniversaries with us this month:

Lee Frick, Maintenance: 34 years
Keola Mount, Accounting Office: 4 years
Chris Purcell, Maintenance: 16 years
Jim Purcell, Maintenance: 27 years
Skylar Salamone, Restaurant: 1 year

Thank you all for your dedication... our team would not be the same without you!



Mingo won 2nd Place in the boys division after an exciting 3-hole playoff on The Loop.

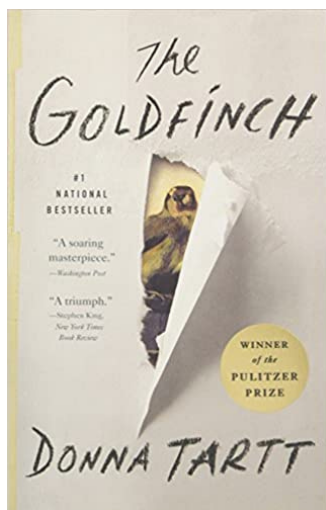
BOOK CLUB

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".

*Because of the book's length and summer travel plans, we will be discussing *The Goldfinch* on Thursday, August 25th at 2pm.

OTGC Book Club meets the 4th Thursday of each month at 2pm. 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!



NEWS FROM "THE SUPE"

By Rob Torri
Superintendent

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

Summer is here, that means the emergence of those pesky weed grasses!!! Although we have made significant improvements in our weed population over the past few summers, the battle is not over. As we continue this fight you may notice some off colored turf (browning) due to regular herbicide applications. Rest assured the discoloration is only temporary! We are excited for what we feel will be some of the best summer playing conditions you'll find anywhere if you can brave the heat!

Lastly, we ask that everyone keeps their golf carts on paths near all Tees and Greens to assist us in providing a healthy stand of turf throughout the golf course.

Did you know that parking on the grass causes more damage to the turf than driving over it? So those of you that park the cart off to the side to let other carts through are doing more harm than good. Please keep ALL FOUR TIRES square on the cart path to help preserve our great course!

HOLE-IN-ONE

Huang Chen #17

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.

SCRATCH GAME

The Saturday Scratch Game has moved to 12n during the summer months.

NEW!

All new Titleist Tour Practice range balls arrive mid-month, and a completely new driving range mat tee line will be installed mid-September.

OTWGA

OTWGA is in the process of updating the association yearbook for the 2022-23 season. If there are any changes to your contact information, please notify Diana Roby by July 15th. And remember, your OTWGA dues need to be paid for inclusion in the book!

For the OTWGA members who have headed up north already: Have a fantastic summer! We miss you and hurry back!

ADDITIONS FROM ADMINISTRATION

By Katrina Pare
Office Administrator



Have you joined Hole-in-One Club? For \$3 per month, per golf member over the age of 21 (not affiliated with a golf tour), members can participate in the Hole-in-One Club. Upon making a hole-in-one, members of the HIO Club will receive up to a \$250 Credit at the bar (drinks only), \$250 Sweeps in the Pro Shop, and a nameplate on the Wall of Fame.

Access your statements from Home! Did you know you can keep a constant watch on your statement for home? Just log on to Orange Tree Golf Club's Member Portal to keep track of your account, make tee times, and even make secure monthly payments! Don't know how to access the member portal? Email me for instructions.

Rule Reminder!

Any Member or guest 13 years of age and younger must be under the immediate supervision of a parent or legal guardian unless the minor is participating in a Club sanctioned event with a Staff member present. Children who are not being supervised will be asked to provide a name/contact information for their legal guardian for club staff to contact immediately.

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

DIRECT FROM DAVID



By David Damesworth
Director of Golf

Sharing a great article from USGA Golf Journal about protecting the integrity of our range and putting green.

Protecting the Practice Areas: 5 Ways Golfers Can Help *By George Waters*

Whether it's at the practice tee, putting green or short-game area, golfers are spending more time honing their games than ever before. The COVID-19 pandemic accelerated that trend and practice facilities of all kinds have been packed for the past couple of years. While this enthusiasm is good news for golf, it has been tough on turf. More use and less recovery time is always a recipe for increased wear and tear. Fortunately, there are things golfers can do to help their favorite practice area endure the busy season ahead.

Line up your divots: When using a grass range tee, it's better to take divots in a linear pattern rather than scattering them or creating one large bare area (see infographic, below). Hitting each shot from immediately behind the previous divot minimizes the total area of damaged turf. Spacing the lines of divots a few inches apart also makes it easier for grass to fill in from the sides, which leads to faster recovery.

Hit from designated areas: It's always important to stay within assigned areas when practicing. Hitting zones are rotated on grass practice tees and short-game areas to spread out wear and allow time for recovery. Even though there might be a tempting patch of perfect turf outside the designated area, it's important to respect the rules so that area of healthy grass is ready when the time is right. Many courses also prefer that you don't practice chipping around the putting green to minimize damage in this high-traffic area.

Learn to love the mats: Grass practice tees require a lot of space and maintenance, and it's almost impossible to build one large enough to handle constant use. As a result, artificial mats play a key role at almost every practice range. Many courses rely exclusively on mats because they don't have the space or maintenance resources needed for a grass tee. Courses that do have a grass practice tee will typically also have mats so that the grass area can be closed during periods of slow growth or bad weather, or to allow time for recovery.

Have mercy on the putting green: Some methods of putting practice place more stress on the grass than others. Staying in the same spot and putting for an extended period of time can leave indentations and damage that last long after your practice session is over. Moving around a little makes a big difference.

Clean up what you can: The maintenance team works hard to keep practice areas tidy and ready for play, but golfers can also help with the cleanup effort. Raking practice bunkers, repairing our divots around the chipping green, or picking up a few broken tees on the range are some good ways to pitch in. With practice areas under more pressure than ever, it's important to do everything we can to keep them in good condition. Respecting the rules and trying to minimize our impact goes a long way.



THE EASIEST TRICK TO IMPROVE GOLF PERFORMANCE IN SUMMER MONTHS

By: Justin Cobb

What if I told you that I had the simplest golf performance hack imaginable?

What if I then said it has nothing to do with swing technique, wrist angles or body positions? That you would not need to see a guru or perform painstaking drills to reprogram your body?

Everything in our bodies are made up of cells. This means EVERYTHING! Our blood, muscles, organs, nerves, bones, ligaments and hair are all cells. Our cells are specialized to conduct electrical currents. Electricity is required for the nervous system to send signals throughout the body and to the brain, making it possible for us to move, think and feel. Water is a great conductor of electricity. Electricity moves through water like Michael Phelps in a pool at the Olympics! Our cells are supposed to be composed of 70% water. What does this mean for you?

Well, in order for your body to perform optimally you need to be sufficiently hydrated. I know what you're thinking. I drink. I'm not ever really "thirsty". The key is to not only drink water, but to get it absorbed into your cells. That is the difference between intracellular and extracellular hydration. Have you ever started to drink more fluids and immediately started using the bathroom much more

frequently? That is because this water is just passing through your system and you may not be absorbing it into the muscles and cells. Picture this if you will. The good old kitchen sponge. When that sponge is sitting on the edge of the sink and has not been used in a while what happens to it? It becomes dry and stiff. It becomes brittle and can rip or tear. Now imagine you put that same sponge under water and you start to squeeze it. The sponge fills with water and becomes nice and flexible. It can now be folded in half, twisted and turned and will not rip or break. This is how your muscles and cells function.

First, we need the hydration inside of us, then we need to move the body properly in order to get this water into our muscles and cells.

A good rule of thumb is to drink half your bodyweight in ounces of water a day. If you weigh 200 pounds, you should shoot to drink 100 ounces of water daily. Once you are drinking half your body weight in ounces, you will begin to notice changes in your body. You will have more energy, your skin will look better, you will have less inflammation and feel more flexible. From this point you can begin to increase your water intake even more. You will start to find that if you do not get your water in, that you

will feel thirsty.

Not all water is created equally. We recommend you get a good quality filter and get your water from home. Most processed bottled water has contaminants and pollutants and is not optimal for drinking. By increasing your water intake with good quality water, moving your body and exercising according to human evolution, you will increase your performance exponentially.

If you want to find out what your current hydration levels are, need good quality water or if you need guidance on what proper exercise for golf looks like, we offer a free analysis to all Orange Tree members at New Dimensions Wellness. Come see us at 4470 35th Street in Orlando, FL 32811. Stay hydrated my friends! Cheers.

- Justin Cobb, Cofounder, MPT, ATC, LAT, CSCS

New Dimensions
WELLNESS CLUB

SCAN THIS QR CODE AND LEARN MORE ABOUT NEW DIMENSIONS

📍 ORLANDO FL.

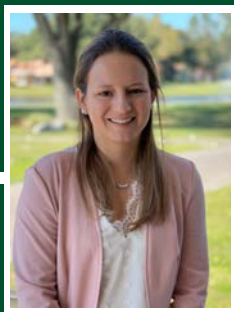
☎ 407-305-4114

🌐 WWW.MYNEWDIMENSION.COM



CATERING WITH KIRSTEN

By Restaurant and
Event Manager
Kirsten Carter



POPSICLE COCKTAIL!

Ingredients:

- 3 Firecracker Popsicles
- 2 ounces Lemonade
- 1 ounce of Deep Eddy's Lemon Vodka
- 1.5 oz of Smirnoff Red, White and Berry Vodka
- A sprig of fresh mint
- 1/2 cup crushed ice

Instructions:

1. Scrape the Firecracker Popsicles from their sticks and into a blender.
2. Add crushed ice, lemonade, Smirnoff, Deep Eddy's Lemon vodka; place the lid on the blender and pulse until the mixture is roughly combined.
3. Pour into a chilled martini or rocks glass and garnish with a sprig of fresh mint.
4. Serve.



PETE'S EATS

By Executive Chef Pete Madden

BOAT DIP/POOL DIP/BEACH DIP



Enjoy this easy, delicious dip wherever you spend your summer days

Ingredients

- 8 oz softened cream cheese
- 1 red bell pepper diced small
- 1 jalapeno finely diced
- 1 small can black olives chopped up
- 1 15 oz can of corn drained
- 1 package ranch seasoning mix

Instructions

1. In a large bowl, combine all ingredients until well incorporated with each other. Serve Chilled. Can be eaten with chips, veggies, or crackers.



DOGS OF OTGC



Meet Maddux (Maddie) and Khaleesi (Kallie). These two little trouble makers are both rescue mutts that have rich backstories. Maddie, who turns 8 this month, is named after the hall of fame pitcher Greg Maddux. She was found with her dog family on the streets of Miami.

Her and her resourceful clan were enjoying their gypsy lifestyle in South Florida taking in all that the big city had to offer them. Luckily, they were found by a group of Good Samaritans and through their help, Maddie made her way to Orlando and to her new human dad. Her favorite past times are showing how loud she can bark, pretending to be sweet and behaved when treats are present and walking around with her stuffed animal friends in her mouth.

Kallie’s story is even more sensational. Kallie will turn 8 in December and was born part dog and part pig!! This rare breed has a wide range of personality traits such as showing large dogs how big and tough she is and being the first to cuddle with a human when the opportunity presents itself. This strange little weirdo likes adventures, and true to her pig side, loves to find stonky things to roll in. She is named after a character on the Game of Thrones tv show and to her loyal subjects Kallie is known as the Mother of Strays, The Eater of Treats, Queen of the Cuddles and the Unflea’d.



Maddie and Kallie graciously allow Mike Cruikshank to live in their house.

IN MEMORIAM

Bob Jackson

HAPPY BIRTHDAY!

- 1 SIMON PLUMB
- GARY RAMSAY
- GOKUL SOLAI
- 5 KEN GRIMES
- JEAN PEREZ
- 6 JEFF RAMSEY
- 7 JOHN GRAY
- DYLAN KOTES
- 8 TRAVIS FORE
- MARIA KOVALENKO
- BILL TOPPARI
- 9 BRAYDEN EVANS*
- BOBBY PINSON
- DENNIS STEINMETZ
- 10 STEPHANIE CRAWFORD
- 12 MIKE DUNLAP
- KEVAL PATEL
- 16 NEAL CARRIS
- URJEET PATEL
- ERIK SHARPEE
- 17 HENRI JOHNSON
- KYLE KEEFE
- MARY ANN MOALLI
- 18 RONNIE DUPUIS
- KERON GRANT*
- 19 CORY EDWARDS
- CHUCK SAMPSON
- DUBLIN STEDING
- 20 JACK CRAYNE*
- 22 MARJORIE JONES
- 23 RODRIGO ATUNES*
- 24 WILLIAM BROWN
- JOHN RUBLE
- 25 CHARLES MCBRIDE
- ROGER ROSS
- 26 KEVIN BOROWICZ
- VICTOR FIGUEROA
- 27 JEFF PRYOR
- 28 ZACH FEAR
- TIM FOWLKES
- AMY YANG
- 29 TAHIR ANSARI
- JOEY PETRONIO, JR.
- 30 KIRK GORANSON
- DELFINA SANABRIA
- 31 CONNIE BROWNE

*Employee

July 2022 at



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div>Don't forget we are social!</div> <div></div>					<div>1</div> <div>Morning Game 8:00 am</div> <div>Ladies 9-Hole 9:28 am</div> <div>Scratch Game 1:00 pm</div> <div>Dinner Service 5:30-8:00 pm</div>	<div>2</div> <div>Morning Game 7:52 am</div> <div>Powerball 8:00 am</div> <div>Ladies 9:00 am</div> <div>Scratch Game 12:00 pm</div>	
<div>3</div> <div>The Lagos Game 8:16 am</div> <div>Ladies 8:40 am</div>	<div>4</div> <div>OPEN UNTIL 3:00 pm!</div> <div>Scratch Game 9:30 am</div> <div>BBQ 11a-2p</div> <div></div>	<div>5</div> <div>CLOSED (Course, Clubhouse & Practice Facility)</div>	<div>6</div> <div>Morning Game 8:00 am</div> <div>Scratch Game 1:00 pm</div> <div>Pub Night 5:30-8:00 pm</div>	<div>7</div> <div>Morning Game 8:00 am</div> <div>Ladies 9:00 am</div>	<div>8</div> <div>Morning Game 8:00 am</div> <div>Ladies 9-Hole 9:28 am</div> <div>Scratch Game 1:00 pm</div> <div>Dinner Service 5:30-8:00 pm</div>	<div>9</div> <div>Morning Game 7:52 am</div> <div>Powerball 8:00 am</div> <div>Ladies 9:00 am</div> <div>Scratch Game 12:00 pm</div>	
<div>10</div> <div>The Lagos Game 8:16 am</div> <div>Ladies 8:40 am</div>	<div>11</div> <div>CLOSED</div>	<div>12</div> <div>Morning Game 8:00 am</div> <div>Ladies 8:32 am</div> <div>Ladies 9-Hole 8:48 am</div> <div>Coach's Game 12:00 pm</div> <div>Junior Golf Camp: 9am-2pm</div>	<div>13</div> <div>Morning Game 8:00 am</div> <div>Scratch Game 1:00 pm</div> <div>Pub Night 5:30-8:00 pm</div>	<div>14</div> <div>Morning Game 8:00 am</div> <div>Ladies 9:00 am</div>	<div>15</div> <div>Morning Game 8:00 am</div> <div>Ladies 9-Hole 9:28 am</div> <div>Scratch Game 1:00 pm</div> <div>Dinner Service 5:30-8:00 pm</div>	<div>16</div> <div>Morning Game 7:52 am</div> <div>Powerball 8:00 am</div> <div>Ladies 9:00 am</div> <div>Scratch Game 12:00 pm</div>	
<div>17</div> <div>The Lagos Game 8:16 am</div> <div>Ladies 8:40 am</div>	<div>18</div> <div>CLOSED FOR AERIFICATION Course, Clubhouse, & Practice Facility Administration Office is Appointment Only</div>	<div>19</div>	<div>20</div> <div>Autopay processes today</div>	<div>21</div> <div>Front 9 Open Only</div> <div>Morning Game 8:00 am</div> <div>Ladies 9:00 am</div>	<div>22</div> <div>Morning Game 8:00 am</div> <div>Ladies 9-Hole 9:28 am</div> <div>Scratch Game 1:00 pm</div> <div>Dinner Service 5:30-8:00 pm</div>	<div>23</div> <div>Morning Game 7:52 am</div> <div>Powerball 8:00 am</div> <div>Ladies 9:00 am</div> <div>Scratch Game 12:00 pm</div>	
<div>24</div> <div>The Lagos Game 8:16 am</div> <div>Ladies 8:40 am</div>	<div>25</div> <div>CLOSED</div>	<div>26</div> <div>Morning Game 8:00 am</div> <div>Ladies 8:32 am</div> <div>Ladies 9-Hole 8:48 am</div> <div>Coach's Game 12:00 pm</div> <div>Junior Golf Camp: 9am-2pm</div>	<div>27</div> <div>Morning Game 8:00 am</div> <div>Scratch Game 1:00 pm</div> <div>Pub Night 5:30-8:00 pm</div>	<div>28</div> <div>Morning Game 8:00 am</div> <div>OTWGA 9:00 am</div> <div>Coach's Game 12:00 pm</div>	<div>29</div> <div>Morning Game 8:00 am</div> <div>Ladies 9-Hole 9:28 am</div> <div>Scratch Game 1:00 pm</div> <div>Dinner Service 5:30-8:00 pm</div>	<div>30</div> <div>Morning Game 7:52 am</div> <div>Powerball 8:00 am</div> <div>Ladies 9:00 am</div> <div>Scratch Game 12:00 pm</div>	
<div>31</div> <div>The Lagos Game 8:16 am</div> <div>Ladies 8:40 am</div>	<div>Hours of Operation</div> <div>Pro Shop: Tuesday-Sunday 7a-6p</div>	<div>Range:</div> <div>Tuesday-Saturday 7a-7p</div> <div>Sunday 7a-6p</div>	<div>Tuesday:</div> <div>Food Service 9a-3p</div> <div>Bar Service 9a-6p</div>	<div>Wednesday:</div> <div>F&B Service 9a-8p</div> <div>Pub Night 5:30-8p</div>	<div>Thursday:</div> <div>Food Service 9a-4p</div> <div>Bar Service 9a-6p</div>	<div>Friday:</div> <div>Food Service 9a-8p</div> <div>Bar Service 9a-9p</div> <div>Dinner Menu 5:30-8p</div>	<div>Saturday & Sunday:</div> <div>F&B Service 8:30a-6p</div>