



Orange Tree Golf Club

INSIDER

March 23



Sláinte!

Shannon

WELCOME NEW MEMBERS

Winnie & Jim Abram and family

J.J. Guerra

Carlos & Branca Malagoni and family

Andrew Seibert

Jeff Jay Hun Seong

Patrick Waldron

Yuffeng Zhang

WELCOME BACK

Dave Kurzinsky



CONGRATULATIONS

2023 Men's Club Champions



Overall Winner:
Jonah Leach



Overall Net: Justin
May



Senior: Scott
Musumeci



Senior Net: Dean
Kennedy



Super Senior:
Mike Smyth



Super Senior Net:
Rick Baker



Ultimate Senior:
Don Rutledge



Ultimate Senior
Net: George
Yenchak

2023 Valentine's Day Couples Mixer

Mark & Erica Farrow, Martha Jennings
& Scott Miller



FSGA Men's Interclub

Team OT won their division group and are headed to the playoffs! In fact, the team earned the most Match Points of ALL teams throughout the state!

OTGC Staff Members celebrating employment anniversaries with us this month:

Brayden Evans - 1 year

Shannon Wisne Helton - 17 years

Awilda Muniz - 21 years

Rob Torri - 27 years

BOOK CLUB

This year is all about books that have been made into movies.
Read the book, watch the movie, or both!
Then join us in the discussion.

This month's book is *Brooklyn*, by Colm Tóibín. USA Today calls this NY Times bestseller a "triumph... One of those magically quiet novels that sneak up on readers and capture their imaginations". The 2015 movie (with the same title) stars Saoirse Ronan and Jim Broadbent, and was nominated for four Academy Awards, including Best Picture. The movie can be viewed across several platforms, including Amazon Prime Video, Apple TV, Roku, and Google Play.



OTGC Book Club meets the 4th Thursday of each month at 2pm. However, due to the Men's Member-Guest this month's Book Club will take place Wednesday, March 22nd. You don't have to make it every month to participate... join us in any month the book (or movie) selection interests you.

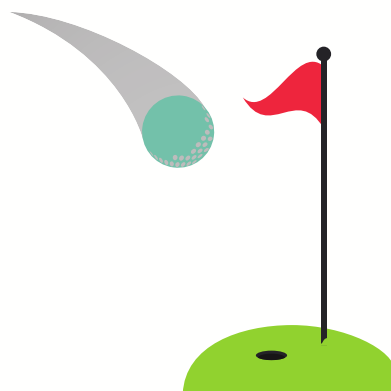
HOLES-IN-ONE

Trey Farnsworth (his first!) #7

Taneesh Sirivolu #11

BEST PAR EVER!

Frank DeGeronimo hit his first shot OB on #7, then promptly aced his second shot for the par!



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

March 2: Men's One-Day Member Guest

March 7: Ladies 9-Hole Invitational

March 11: St. Patrick's Day Tourney

March 12: Daylight Saving Time starts

March 18: Cobra Demo Day

March 22: Book Club

March 23-25: Men's Member Guest

March 28-29: Ladies Member Guest

April 9: Easter Brunch

April 16: Parent-Child Tournament

May 14: Mother's Day Brunch

May 15-18: Closed for aerification

May 29: Memorial Day

June 19: SupraStrong Tournament

July 10-13: Closed for aerification



ADDITIONS FROM ADMINISTRATION

It's survey time again!

Our goal at Orange Tree Golf Club is to provide you with the best possible member experience. To help facilitate that we would like your feedback... on things we do well, and on things that need improvement. Please take a few moments to answer questions on Golf, Dining, and WebRes, by scanning the QR code below. Your answers are anonymous, and while the answers are measured on a scale, your input becomes most valuable when you offer suggestions. The last box of the survey is your opportunity to provide specific details on any changes you would like to see at the club, and share any compliments on areas where we excel.



If you completed this survey when it was emailed last month, there is no need to complete the survey again. If you haven't completed the survey yet, we welcome your feedback!



PRO SHOP NEWS

Summer aerification dates have been set. The course, club and practice facility will be closed Monday through Thursday, May 15th-18th, and Monday through Thursday, July 10th-13th for aerification. As always, the Pro Shop Staff can help set you up with tee times at area courses. Just ask!

RULES AND REGS REVIEW

Clubs operate cohesively when its rules are followed by all members. However, sometimes rules can be overlooked, stretched, or even forgotten.

This segment is designed as a refresher on Player Etiquette on the Golf Course.

- **Practice is not permitted on the golf course.** This includes playing more than one ball, putting on an empty green, and practicing from or around fairways, bunkers and hazards.
- **Be mindful and respectful of closures**, whether that be on a Monday, holiday, or weather delay. Unless we have announced operating hours, the golf course and range are CLOSED on Mondays. Members are not allowed to play or practice even though they may be walking or have a private cart. Private events held on Mondays does not open the course or range to any member not playing in said event.
- **Members with private carts** who live in the neighborhood are not permitted to "play their way in", or "play their way home" unless it has been cleared as a tee time with the Pro Shop. This seems harmless, but interrupts the tee sheet, the pace of play, and any event that may be scheduled.
- **Cart paths are wide enough for golf carts to remain fully on the path.** Please keep all four tires on the path at all times. Parking on the edge of the grass does more damage than driving over it to get around another cart.
- **Carts must be operated on cart paths where provided.** In fact, a general rule of thumb at any golf course is if there is a cart path, you should be on it and in no event shall golf carts be driven nearer than fifty (50) feet to any green or twenty-five (25) feet to any tee except on an established cart path located within those prescribed distances.
- **Pay attention to cart direction signs and avoid roped off areas.** Follow directional cart signs near paths and while approaching greens. Do not drive through private yards to avoid ropes for any reason.
- **Handicap flags** may be provided by the Pro Shop upon the submission of a doctors' note. Carts with an approved handicap flag may park no closer than 30 yards from the edge of any green or tee box.
- **Repair ball marks, fix divots, and rake bunkers.** Leave the golf course better than you found it. Remember, golf is a gentlemen's/gentlewomen's game.

We are at max capacity with golf members; therefore, it is vital that our rules be followed in order to keep the course in the excellent condition you have come to expect at OTGC. Members in violation of these rules will be given a warning on the first offense, sanctioned on the second, and suspended or considered for termination on the third. Any Staff Member that witnesses a violation may issue a warning.

Your Hips Don't Lie!

By: Justin Cobb, cofounder of New Dimensions Wellness Club

It takes your entire body working in sequence to have that effortless, effective, reproducible swing all of us want as golfers! Here at New Dimensions Wellness, we say there are three main movement pillars of the body that must have mobility and strength. These "three pillars" are the foot/ankle complex, the hips, and the thoracic spine. I will focus on the hips, because we all know that they don't lie, as sang by the beautiful Shakira.

The hips are one of the most mobile joints in the body as they go through six measurable ranges of motions as compared to the knee which only has two. Therefore, it is imperative that the hips have good mobility in order to keep the body from compensating from a less mobile joint. From the bottom up, the body is assembled in a mobile-immobile-mobile-immobile-mobile fashion. Meaning the feet are very mobile, the knees are not, the hips are very mobile, the lumbar spine is not and the thoracic spine is therefore mobile. If the joints that are supposed to be mobile are not, then the immobile joints must move to compensate thus starting the aches and pains which can keep a golfer away from the course.

The two most common injuries in golf are knee pain and lumbar spine pain, the two immobile joints we talked about earlier. If our hips, feet or thoracic spine do not move efficiently or properly, these other two sandwiched areas are going to be forced to do what they are not made to do. It is extremely important for performance and longevity to have your body assessed and come up with a care plan to keep you on the course for as long as you want to play the game.

Here at New Dimensions, we have a very specific movement assessment performed by our Director of Golf to clearly assess where your body is deficient and immobile. We then have an easy program that takes you from step one all the way to moving at an elite level which will keep you playing golf and enjoying life for as long as you wish. Call us to set up your examination and stay in the game!

All Love Everything.



BOOZY SHAMROCK SHAKE

Ingredients

- 3 cups vanilla ice cream (about 9 large scoops)
- 6 TBL Bailey's Irish Cream liqueur
- 3 TBL Crème de Menthe liqueur
- Optional add-ins/garnishes: Oreo cookies, sprinkles, whipped cream, chocolate syrup, mint leaves

Preparation

1. Add ice cream, Bailey's, and Crème de Menthe to a blender and pulse until smooth.
2. Pour into glasses and top with whipped cream, colored sugar, and mint leaves. For a fun twist, before you make the recipe, rim the glasses with chocolate syrup and dip into crushed Oreo cookies.

Recipe from onehappyhousewife.com

For a healthier, non-alcoholic version:

HEALTHY SHAMROCK SHAKE

Ingredients

- $\frac{3}{4}$ cup milk of choice
- $\frac{1}{2}$ cup vanilla Greek yogurt
- 1 avocado
- $\frac{1}{2}$ tsp pure vanilla extract
- 1 cup frozen spinach
- 10-15 fresh mint leaves
- 2 TBL honey
- $\frac{1}{2}$ - 1 cup ice (optional)

Preparation

1. Add ingredients to a high-powered blender in the order listed.
2. Blend, starting on low speed and gradually increasing to high until the mix is thoroughly incorporated and smooth.
3. Pour and serve immediately. For a more festive version, top with whipped cream and cacao nibs or sprinkles.

Recipe and photo from Joyfoodsunshine.com



FOOD & BEVERAGE FAVORITES

IRISH SODA BREAD

Recipe from friend of OTGC Eloise Trainor, a lovely Irish lass from County Kerry Ireland, and founder of the Futures Tour.

Ingredients:

- 4 cups flour
- 2 cups buttermilk
- 1 tsp baking soda
- 1 tsp salt
- 3 TBL sugar
- 1 $\frac{1}{2}$ cups raisins
- Pam cooking spray

Cooking Instructions:

1. Pre-heat oven to 425°
2. Combine dry ingredients in a large bowl
3. Add raisins, coating them in the flour mixture
4. Add buttermilk and form into a ball
5. Coat cookie or baking sheet with Pam cooking spray and place dough ball on top
6. Bake covered for $\frac{1}{2}$ an hour
7. Uncover, bake 15 more minutes
8. Remove when golden and enjoy!



DOGS OF OTGC



Meet Billie! This 13-year-old Boston terrier/pug mix is the utmost of gentlemen, having never left Debbie's side during her recovery from shoulder surgery. He has impeccable manners and great taste in sweaters! Speaking of taste, his favorite thing to do is eat, but how can anyone resist giving him all the treats????!! He also plays ball, naps, and poses for the occasional selfie.



Billie was rescued by Debbie Austin and Pat Rogner, and is adored by everyone who visits his house. He'll even save you room on the couch. As long as you stop by the treat jar first!

MOMENTS WITH MEMBERS



The Sanabria family is going to have to get a bigger trophy case! Congratulations to Emma, who placed 2nd in the Girls 11-14 Division at The Top 50 Scholarship Golf Tour event at Hawks Landing. Emma carded another 2nd place finish at the US Kids Regional tournament at Copperhead Course - Innisbrook Golf Resort. (You may remember that her Mom, Maria, is our 2022 Ladies Club Championship Net winner!)

HAPPY BIRTHDAY!

- 2 TSER FU (JEFF) HUANG
AIMEE KURIANOWICZ
GREG RENTON
- 3 SUE COYLE
PEGGY MORRIS
ANDY POPE
JOSE RAMON Riestra
- 4 PAUL ERICKSON
- 6 SCOTT SPRAGUE
- 7 CORY TRUE
- 8 TANEESH SIRIVOLU
- 9 PAUL GRUBER
ROB MILLS
- 14 SONNY PURPURA
DANNY SEMAAN
- 15 JACK FERRARO
- 16 DAVID DAMESWORTH*
- 17 LINDSAY PARRETT
MERRILY PEACOCK
- 18 KATHY AKERS
MICHAEL FRAHER
- 19 BILL KELLOGG
- 20 DEAN KENNEDY
ROB REMY
MARK TABOR
- 24 MICHELE NASH*
- 26 DAWITT PROCTOR
- 27 HARRY JIN
- 28 WARWICK SYPHERS
- 30 CARLOS MALAGONI
PETER SOCHA

***OTGC Employee**

If your birthday was missed, it was not intentional. Email Shannon so she can update your member profile.

March 2023 at



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Don't forget we are social!</p>  			<p>1 Morning Game 8:00 am</p> <p>Scratch Game 1:00 pm</p> <p>Pub Night 5:30-8:00 pm</p>	<p>2</p> <p>OTWGA 8:45 am</p> <p>Men's One-Day Member Guest 12:30 pm</p>	<p>3 Morning Game 8:00 am</p> <p>Ladies 9-Hole 8:48 am</p> <p>Scratch Game 1:00 pm</p> <p>Dinner Service 5:30-8:00 pm</p>	<p>4 Morning Game 7:52 am</p> <p>Powerball 8:00 am</p> <p>Ladies 9:00 am</p> <p>Scratch Game 1:00 pm</p>
<p>5</p> <p>Ladies 8:24 am</p>	<p>6</p> <p>CLOSED</p>	<p>7 Morning Game 8:00 am</p> <p>Ladies 8:32 am</p> <p>Ladies 9-Hole Invitational 9:30 am</p> <p>Coach's Game 12:00 pm</p>	<p>8 Morning Game 8:00 am</p> <p>Scratch Game 1:00 pm</p> <p>Pub Night 5:30-8:00 pm</p>	<p>9 Morning Game 8:00 am</p> <p>OTWGA 9:00 am</p> <p>Men's Interclub 12:30 pm</p>	<p>10 Morning Game 8:00 am</p> <p>Ladies 9-Hole 8:48 am</p> <p>Scratch Game 1:00 pm</p> <p>St. Pat's Pairings Party 5:15 pm</p> <p>Dinner Service 5:30-8:00 pm</p>	<p>11</p> <p>Member Open Play Shotgun 8:30 am</p> <p>St. Paddy's Day Tourney 1:00 pm</p>
<p>12</p> <p>Ladies 8:24 am</p> <p>Daylight Saving Time starts</p>	<p>13</p> <p>CLOSED</p>	<p>14</p> <p>Rollins College Peggy Kirk Bell Invitational 8:30 am</p> <p>COURSE OPENS 1:00 pm</p>	<p>15 Morning Game 8:00 am</p> <p>Scratch Game 1:00 pm</p> <p>Pub Night 5:30-8:00 pm</p>	<p>16</p> <p>Morning Game 8:00 am</p> <p>OTWGA 9:00 am</p>	<p>17 Morning Game 8:00 am</p> <p>Ladies 9-Hole 8:48 am</p> <p>Scratch Game 1:00 pm</p> <p>Dinner Service 5:30-8:00 pm</p>	<p>18 Morning Game 7:52 am</p> <p>Powerball 8:00 am</p> <p>Ladies 9:00 am</p> <p>Cobra Demo Day 10:00 am - 2:00 pm</p> <p>Scratch Game 1:00 pm</p>
<p>19</p> <p>Member Open Play Shotgun 8:30 am</p> <p>Private Golf Event 1:00 pm</p>	<p>20</p> <p>CLOSED</p> <p>Autopay processes today</p>	<p>21 Morning Game 8:00 am</p> <p>Ladies 8:32 am</p> <p>Ladies 9-Hole 8:48 am</p> <p>Coach's Game 12:00 pm</p>	<p>22 Morning Game 8:00 am</p> <p>Scratch Game 1:00 pm</p> <p>Book Club 2:00 pm</p> <p>Pub Night 5:30-8:00 pm</p>	<p>CLUBHOUSE, COURSE AND PRACTICE FACILITY CLOSED FOR THE MEN'S MEMBER-GUEST</p>		
<p>26</p> <p>Ladies 8:24 am</p>	<p>27</p> <p>CLOSED</p>	<p>28 Morning Game 8:00 am</p> <p>Ladies 8:32 am</p> <p>Ladies 9-Hole 8:48 am</p> <p>Coach's Game 12:00 pm</p>	<p>29 Morning Game 8:00 am</p> <p>OTWGA MEMBER-GUEST 2:00 pm</p> <p>RESTAURANT AND BAR CLOSE AT 4:00 pm</p> <p>NO PUB NIGHT!</p>	<p>30</p> <p>OTWGA MEMBER-GUEST 8:30 am</p> <p>PRACTICE FACILITY AND RESTAURANT OPEN AT 9:15 am</p> <p>COURSE OPENS 2:00 pm</p>	<p>31 Morning Game 8:00 am</p> <p>Ladies 9-Hole 8:48 am</p> <p>Scratch Game 1:00 pm</p> <p>Dinner Service 5:30-8:00 pm</p>	

Hours of Operation

Pro Shop:
Tuesday-Sunday
7a-6p

Range:
Tuesday -Saturday
7a-dusk
Sunday 7a-5p

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

*Range closes 30 minutes before dusk, 1 hour prior on Sundays