

CLUB *News*

JANUARY
2024

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GM MESSAGE

Scott Yates

GENERAL
MANAGER



Happy New Year! 2024 is here and let's make it the best ever.

Looking back on 2023, we certainly had our ups and downs. Chef Remco saved our Food & Beverage Operation. Robin, Joyce and Nicholle organized and ran almost double the number of the previous year's events. The golf courses almost doubled the rounds of golf from 2021. Then we suffered through that hot dry summer and both courses were slow to recover. Your management team at both of your fine clubs will take the lessons learned from 2023 and will come back better than ever in 2024. Also, when reminiscing about the last year, we must acknowledge our great Membership base that is going through this transformation with us. Thank you for your continued support, encouraging words and faith in the process.

We hope all are enjoying the improved communication. Between fliers posted around the clubs, Monday E Blasts and the Monthly newsletter, important information is all around. You would not want to miss any upcoming golf events, entertainment nights and specialty dinners. The calendar is filled with fun events like this month's dance party at Sugarmill Woods on the 30th or the Comedy Night at Citrus on the 27th. Chef Remco is hosting another popular Chef Experience Dinner on the 16th. And we can't leave out the Oak Village Sports contingent. A special Appreciation Day is all set for Jan 6th. Food, prizes, games and a Pickleball exhibition all at Oak Village Sports Complex coming.

From the Membership side, the club is growing. Welcome to all of our new Members. You have made a great choice to join Sugarmill Woods and Citrus National. Friends, Games, Events and great dining are all here for you to enjoy at Your Club. Please stop by the golf shops and learn about all of the games. Tim Hume, our PGA Golf Professional at Sugarmill and John Ward, our Golf Shop Manager at Citrus National are happy to get you acclimated to all that Sugar and Citrus has to offer. Membership Director, Robin Frick is a great source of information too. Welcome to the Club!

HOLE IN ONE CLUB

Your clubs offer two Hole in One Clubs. The Citrus HIO Club is only for Aces made at Citrus and Sugarmill is only for HIO's made at Sugar. Each time a Hole in One is made by someone in the HIO Club, the "pot" is put in the credit book of the person who made the hole in one. This "pot" is used for the bar tab and whatever is left, stays in that person's credit book for use in either golf shop. Then the "pot" is replenished by charging everyone in the HIO Club \$2. Some people call this Insurance to handle what can be a large bar tab.

Sign up today with Tim Hume at Sugarmill Woods or John Ward at Citrus National.

JOIN US AT

SUGARMILL Woods



GAME Night!

Members \$11.50PP
Guest \$14.50pp

Tuesday 1/9/24
4pm-7pm

Angus Cheeseburger
Tuna Salad Croissant
Roast Beef Sandwich
Club House Wrap

Served with:
Crispy Fries, Kettle Chips or Coleslaw
Or
House Salad, Dinner Roll & Grilled Chicken or Shrimp
Caesar Salad, Dinner Roll & Grilled Chicken or Shrimp

EAT & PLAY WITH FRIENDS



GOLF SHOP

Citrus Golf Shop

Goodbye Goosegrass and hello smooth rolling greens. Citrus fairways have greened up and the course is recovering from that tough summer of '23. Plans are in place to make sure the summer of '24 is much better than last year. Enjoy and we hope to see the Membership support this season's events and play lots of golf.

January 1st **Bloody Mary Open**
February 11th **Couples Championship**
March 18th **Ladies Magnolia Invitational**
March 14 & 16 **Ladies Club Championship**
April 6 & 7 **Men's Club Championship**
April 12 & 13 **Spring Member Member**
April 20th **MAD Golf Day at Citrus National**

Jeff Pflum and Steve Twerago dominated this fall's Member Member. All Jeff needed was a couple lessons from Tim Hume and the rest, as they say, is history. Jeanne Dunk and Terri Harris played well too, winning the ladies division. And how exciting it was for Joy Figueredo and Lorraine Dayton to both make a hole-in-one in the same foursome on the same hole! Let's do it again with spring dates announced for April 12 & 13. A couple tweaks to last year's format include flighting teams and the return of the pari mutual game.

What's new for 2024? **Sunday Scrambles** are new. This fun couple's event features a combination of scramble formats each week. We play 9 holes starting at 11am and meet for lunch after play. Also new is our **Friday Points Game**. The Tasker Group started this competitive game that has players earning points based on their gross score per hole. The game is flighted and includes a skin game. Play starts at 12:30 each Friday. Give this game a try, it's addictive and fun!

The Citrus Golf Team 2024

John Ward	Golf Shop Manager
Nick Curran	Assistant Manager
Marcia Wagner	Golf shop staff
Tom Boggs	Golf Shop Staff
Mike Farrenkopf	Cart Staff
Bob Goetz	Cart Staff
Joe Clark	Cart Staff

Mike Gauthier
Floyd Harris
Brad Peters
Joe Clark
Chet Jurkovic

Cart Staff
Cart Staff
Cart Staff
Cart Staff
Ranger

"Members are the Focus of everything we do, it's not only what we do but how we do it that matters."

Questions? Concerns? Suggestions?

2023-2024 MANAGEMENT TEAM

Scott Yates, *General Manager*
syates@sugarmillwoodsgcc.com

Robin Frick, *Assistant Manager/*
Membership Director
robin@sugarmillwoodsgcc.com

Wendy Deans, *Office Manager*
wdeans@sugarmillwoodsgcc.com

Remco Van Asdonk, *Executive Chef*
rvanasdonk@sugarmillwoodsgcc.com

Joyce Florea, *Food & Beverage Manager*
jflorea@sugarmillwoodsgcc.com

Nicholle Kanaris, *Dining Room Manager*
nkanaris@sugarmillwoodsgcc.com

Tim Hume, *Head Golf Professional*
thume@sugarmillwoodsgcc.com

Bob Greene, *Golf Course Superintendent*
bgreene@sugarmillwoodsgcc.com



Sugarmill Woods Country Club
1 Douglas Street
Homosassa FL 34446
352-382-3838



Citrus National Golf Club
1501 Corkwood Blvd.
Homosassa FL 34446
352-382-1200



Oak Village Sports Complex
1 Village Center Circle
Homosassa FL 34446
352-382-0353



MEMBERSHIP

Robin Frick

MEMBERSHIP DIRECTOR/ASSISTANT GENERAL MANAGER

HAPPY NEW YEAR MEMBERS!!

Thank you to all who attended our many parties throughout the past year. I would also like to thank the membership for their generous contributions to our Employee Christmas Fund. Our employees are appreciative of this kind gesture and makes them see how much they are valued. Thank you.

For the first time, we will be hosting an Oak Village Sports Complex Member Appreciation Day on Saturday, January 6th, featuring 5-time US Open Pickleball Champion Kyle Yates. Tennis players, pickleball players and corn hole players - please sign up and join the fun!

This month we will be hosting a Comedy Night on Saturday, January 27th, featuring Juanitalolita, who has had numerous television appearances and is also a national touring comedian. Please be sure to make your reservations early to ensure that we have a table available for you.

Then on Tuesday, January 30th, Louie Fortunato is back in the house for Louie's Dance Party at Sugarmill.

Again, I would like to thank everyone for their continued support. It's Great to be a Member!!

WELCOME NEW MEMBERS

Please help me welcome the following new members to our Family:

DINING

Duane & Diane Miller
Buddy & Sheila Rawls
Barbara Redman

OAK VILLAGE

Kevin & Theresa Hanlon
Ron & Sheryl Hegerle
Jeff & Deb Miller
Jennifer & Hannah Recine

FULL GOLF

Victor & Sheryl Edwards
Chuck Harvey



Dennis & Pamela Reich

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about Medicare,**

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Sugarmill Woods
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CMS required disclaimer - Currently we represent 12 organizations which offer 75 plans in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options. Dennis Reich Accent Insurance 352-587-2178.

Offices in Homosassa and Spring Hill

C: 301-233-1317



FROM THE KITCHEN

Remco van Asdonk

EXECUTIVE
CHEF

Dear Members and Food Enthusiasts,

My team and I extend our warm wishes for a joyful and healthy 2024.

Last year, we organized numerous fantastic events, and we're eager to continue that trend and offer even more exciting experiences this year.

We sincerely appreciate your presence at our holiday parties, banquets, and celebrations.

The holiday decorations created a wonderful ambiance for all our festive events, enhancing the overall experience.

I've had a great time curating our Chef Experience Dinners, and I'm eagerly anticipating the upcoming one scheduled for January 16th.

This month's featured entrée, Chilean Sea Bass, is prepared in a unique way, complemented by a selection of innovative side dishes that enhance its flavors.

To ensure you don't miss out on this culinary adventure, we kindly request that you make reservations in advance.

Thank you for your continued support and enthusiasm for our culinary endeavors.

Chef Remco



TUESDAY, JAN. 16 | 5-7 PM

A One-of-a-Kind Cooking Experience!

Chef Remco will describe how to prepare this incredible meal, along with providing tips and suggestions on how to prepare Sea Bass.

MEMBERS ONLY EVENT!

The price includes both the cooking demonstration and the cost of your meal.

MAKE YOUR RESERVATION TODAY!

Reservations: Call Robin Frick at 352-559-7106
or email at robin@sugarmillwoodsgc.com.



Appetizer:

Chicken Satay

Peanut Sauce, Prawn Crackers

Entrée:

Chilean Sea Bass

Teriyaki Glazed Chilean Sea Bass, served with Tempura Sweet Potato, Ratatouille and Coconut Red Curry Sauce, Mango Salsa

\$49.95pp++



EVENTS AND FOOD & BEVERAGE

Joyce Florea

EVENTS; FOOD & BEVERAGE
MANAGER

Happy New Year!

As we bid farewell to the wonderful year that was 2023, we want to express our heartfelt gratitude for joining us on this remarkable journey filled with unforgettable experiences and delectable cuisine.

We are thrilled to kick off 2024 with a bang! Mark your calendars for these upcoming events:

- **Chef Experience Dinner on January 16th.**
- **Louie's Dance Party on January 30th.**
- **An extraordinary evening of laughter awaits you at Comedy Night on January 27th at Citrus.**

Featuring nationally touring stand-up comedian, Juanita Lolita, this night promises to redefine comedy with a clean and hilarious twist.

Juanita Lolita's comedy voyage began when a colleague signed her up for an open mic night. Within a year, she found herself performing for a crowd of over 7,000 at a church conference in Atlanta. Since then, her comedic talents have graced stages throughout the southeast. Notably, she was honored as Tampa's funniest female, recognized in the Best of the Bay, and made it to the finals of the World Series of Comedy. Her appearances on CTN, ABC news, and various radio stations have solidified her reputation.

With her unique blend of Latin flair and a hillbilly upbringing, Juanita has become a crowd favorite. What sets her apart is her ability to make you burst into laughter without resorting to profanity. Her comedy revolves around the humorous quirks of everyday life that we all can relate to, and she wraps up each show with her much-anticipated 'list of things she doesn't understand.'

To ensure you secure your spot for this uproarious evening, we strongly recommend making reservations as soon as possible. Reach out to Robin at robin@sugarmillwoodsc.com to reserve your spot and guarantee a night of laughter and joy.

Here's to a fantastic 2024 filled with laughter, great food, and unforgettable memories. We can't wait to share it all with you!

Come join the Cocktail Cuties, the Singles Group, and Other FUN People for **LOUIE'S DANCE PARTY!**

Enjoy the music of **Louie Fortunato** as we dance along to our favorite tunes

Tuesday, Jan. 30 | 5 to 8 pm

- **Light Appetizers**
no dinner service available
- **\$5 House Wine**
- **Happy Hour Drink prices**
on Well Drinks

MEMBERS \$20++
NON-MEMBERS \$25++

JOIN US!

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CITRUS NATIONAL

COMEDY

show WITH **Juanita Lolita**



Juanita's out to change the face of comedy and prove that clean can be hilarious!

Best of the Bay | Florida's Funniest Female

Saturday, Jan. 27, 2024
Cocktails 5pm | Dinner 6pm
Show 7pm

\$44⁹⁵..
Includes SHOW, happy hour drink prices, and 3- course dinner

RSVP to Robin
at robin@sugarmillwoodsc.com
Let her know if you want Shrimp or Pork Tenderloin

Citrus National GOLF CLUB

3-Course Dinner includes: Caesar Salad, Grilled Marinated Jumbo Shrimp Kabob OR Bacon Whipped Pork Tenderloin with Mushroom Demi Glaze, Sweet Mashed Potatoes & Roast Cauliflower and Chocolate Cake Dessert

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PROS CORNER

Tim Hume

PGA HEAD GOLF PROFESSIONAL
AT SUGARMILL WOODS

The Sugarmill Golf shop hopes everyone had a joyful Christmas and a healthy New Year.

This is the time of the year when we want to welcome all our new members to the club. It is exciting to have you here at Sugarmill Woods Country Club and Citrus National Golf Club. I encourage the existing and new members to reach out to one another and create new friendships. This is the most important aspect of a club. As we grow, we will have many more opportunities for fun and exciting activities.

All eighteen greens are getting better, and we are seeing good growth in the lean areas. Justin and his team will be rolling and top dressing the greens regularly throughout the upcoming months to provide smooth faster greens with "roll out". The team will also continue to pencil tine the greens for air and proper chemical applications to keep them healthy throughout the Winter months. These tines will not affect putting.

Hopefully, everyone is aware of the incredible feat that occurred during the Member-Member. There were two hole-in-ones in the same group on the 17th hole at Citrus National. Congratulations to Lorraine Dayton and Joy Figueredo. According to the PGA, the odds of this happening are seventeen million to one. The Sugarmill Woods team is looking forward to assisting you throughout the 2024 golf season!

Tim

Golf Tip of the Month

A slice is the most common fault I see among students. This is caused by the clubface being open at impact. One way to ensure the clubface is square at impact is to strengthen your grip. No, I don't mean hold it tighter. I mean to position your hands more to the right or clockwise (left or counterclockwise for a left-handed player). The V's that are formed between your thumbs and index fingers should point to your right shoulder

(left shoulder for a left-handed player). Get in front of a mirror and look where your V's are pointing. If they are pointing in the correct place, this minor change will greatly reduce your slice.

JOIN US AT
SUGARMILL Woods

GAME Night!

Members \$11.50PP
Guest \$14.50pp

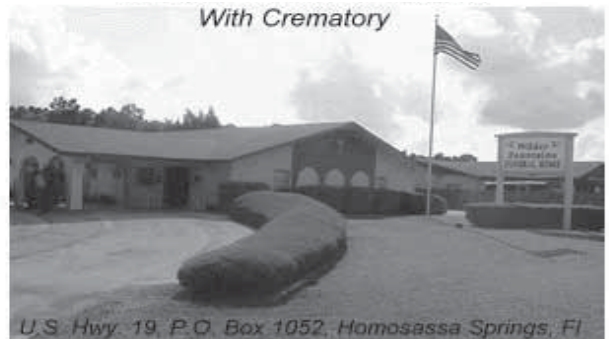
Tuesday 1/23/24
4pm-7pm

Angus Cheeseburger
Chicken Wings (Buffalo or BBQ)
Ham & Cheese Panini
Santa Fe Wrap

Served with:
Crispy Fries, Kettle Chips or Coleslaw
Or
House Salad, Dinner Roll & Grilled Chicken or Shrimp
Caesar Salad, Dinner Roll & Grilled Chicken or Shrimp

EAT & PLAY WITH FRIENDS

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Jeff Macrini, LFD



PICKLEBALL

OAK VILLAGE SPORTS COMPLEX

Do You Have a Pickleball Workout?

Hey fellow picklers!

Pickleball combines several elements from tennis, badminton and ping pong and has rapidly gained popularity as a competitive sport for people of all ages. Whether a beginner or a seasoned veteran, structured workouts that focus on strength and conditioning help you increase power, reaction time and agility. So, who would not want improvement in any of the aforementioned categories? Unfortunately, most rec players do not warm up prior to playing and they do not follow a planned exercise routine to help prevent injury. That may be why the injury statistics are rising for pickleball players.

Some of the most common injuries in Pickleball include the following:

Sprained Ankle: One of the most common injuries in pickleball. Quick lateral movements, sudden stops and changes in direction strain the ankles and makes them more susceptible to twists and sprains.

Tennis Elbow: Also called lateral epicondylitis is another common ailment among pickleball players. Repetitive gripping and swinging motions cause strain on the tendons of the forearm.

Shoulder Injuries: Without the proper technique and conditioning, overhead smashes can lead to shoulder injuries such as rotator cuff tears and strains. Exercising to improve the mechanics of the shoulder joint enhances shoulder stability and mobility.

Lower Back Pain: There are dynamic movements in pickleball that can result in lower back pain. Exercises that target the core muscles and promote good posture creates stability of the spine and makes it less likely that lower back pain will occur.

Knee Strains: Quick changes in direction and repetition of movements can initiate knee strains. In pickleball, lateral movements and sudden stops can stress the knee joints. Strengthening these muscles provides better support of the knee joint and reduces the risk of strains and overuse injuries.

Hamstring Strains: The running, lunging and quick stops put the hamstrings at risk of a strain. Proper conditioning of the hamstrings helps players maintain

control during fast movements and reduce the possibility of painful strains.

Achilles Tendonitis: Explosive movements and quick changes of direction in pickleball can create inflammation in the Achilles. Even jumping and landing awkwardly can result in an Achilles issue. Exercises that strengthen the calf muscles help prevent strain on the Achilles tendons.

Wrist Strain: Pickleball involves a lot of wrist movement for precise shot delivery. Overuse of the wrist can lead to strain and discomfort. Developing wrist strength and mobility can help players develop proper wrist positioning which reduces strain risk and enhances shot accuracy.

Pickleball is an exciting and dynamic sport, however like any other sport, injuries do happen and can quickly halt any progress you may have made during your learning experience. Proactive steps to help prevent sprains, strains and overuse injuries include strengthening and flexibility exercises, using proper technique, and following an overall body conditioning workout.

SAMPLE WORKOUT BELOW: To reduce the likelihood of injuries, strength training, increasing flexibility through stretching and balance exercises are essential. All of the exercises below help prevent strains, sprains, and other common injuries.

Warm Up: A warm up is crucial to prevent injuries and prepare your muscles for any ensuing activity. Light cardio for 5 to 10 minutes should be sufficient to get the juices flowing. Cycling or jumping jacks followed by dynamic stretches that target legs, shoulders, and core should be sufficient.

Strength: Focus on upper and lower body and incorporate the following strength exercises into your routine.

- Squats: Increases leg muscle strength. Strong quadriceps and glutes are essential for quick movements on the court.
- Lunges: Improves balance and stability while strengthening lower body muscles.
- Push Ups: Strengthens your chest, shoulders, and triceps to achieve more powerful shots.



PICKLEBALL

OAK VILLAGE SPORTS COMPLEX

Do You Have a Pickleball Workout?

- **Plank:** Engages core muscles to improve stability and endurance during matches.
- **Rows:** Strengthens the upper back and improves posture. This results in better control and shot accuracy.

Cardiovascular: Pickleball is fast-paced and requires good cardiovascular endurance. Any exercise that increases the heart rate is sufficient.

- **Interval Training:** Alternate hi-intensity with short rest periods. This could be as simple as running at full speed for 3 minutes and then walking for 1 minute.
- **Cycling:** Improves cardio health and builds leg strength.
- **Stair Climbing:** This activity mimics the quick lateral movement needed to play pickleball.

Agility and Footwork: Agility and footwork are key to success when playing pickleball. Drills that increase speed, agility and reaction time are of paramount importance.

- **Ladder Drills:** The drill improves footwork, coordination and quickness.
- **Cone Drills:** Set up various patterns with cones and move between them to improve quickness.
- **Side Shuffles:** Duplicates your crab walk at the kitchen line (NVZ) and quickens your movement side to side.

Rest and Recovery: Work hard during your pickleball workouts, but also allow your body to rest. Rest is important for muscle repair and growth. Adequate sleep, proper hydration, and a balanced diet will contribute to your recovery and performance.

By following a comprehensive pickleball workout plan, you will be on your way to improving your game and your fitness level. Pay attention to how your body responds to your workout. Begin at a suitable level and progressively increase the intensity and duration. Be consistent and stick to your routine; you will be sure to reap the rewards on and off the court.

*Stay Healthy. Active and
On Top of Your Game!*

Beginner players and those just learning the game, stop by the courts Monday, Wednesday and Friday between 7:00AM and 9:00AM. Tuesday, Thursday and Saturday are open play days for more established players from 8:00AM until everyone is too tired to continue.

We use an App called Spond to communicate extra pickleball events above and beyond scheduled play time. If you are interested in being included in these notifications, contact Karen Huber-Leinweber and you will be sent an invitation to join. FYI: You will be required to add the Spond App to your cell phone.

For more information you can contact:
Craig Tammen: 317-417-2170
Karen Huber-Leinweber: 610-823-8389



\$18.95 pp

WEDNESDAY NIGHT DINNER SPECIAL

**Classic Beef Stroganoff
Egg Noodles & Chef Vegetables**

Wednesday January 3

REGULAR DINNER MENU ITEMS WILL ALSO BE AVAILABLE

EAT local

SUGARMILL WOODS COUNTRY CLUB

FOR RESERVATIONS: (352) 382-5645



27th ANNUAL WOMEN OF SUGARMILL WOODS 2024 SCHOOL-ASTIC GOLF CLASSIC

MONDAY, FEBRUARY 26, 2024

Breakfast At 7:30 a.m.~ Shotgun Start At 9 a.m.

Sugarmill Woods Country Club

Tournament For Women, Men And Mixed Teams ~ Scramble Format
Cost: \$80 includes Breakfast, Lunch, Snacks, Prizes, Mulligans and Fun!
Raffles and More!

Registration forms can be found at <https://womenofsugarmillwoods.com>

For information contact:

Mary Kay Verkennes

218-820-4049 / mkverken@charter.net

All proceeds go to Citrus County youth! DEADLINE FOR ENTRY: FEBRUARY 17, 2024

Women of Sugarmill Woods is a 501(c)(3) organization.




**\$18.95
pp**

WEDNESDAY NIGHT DINNER SPECIAL

BBQ BABY BACK RIBS Potato Salad & Baked Beans

Wednesday January 10

REGULAR DINNER MENU ITEMS WILL ALSO BE AVAILABLE




FOR RESERVATIONS: (352) 382-5645

Citrus Pub Night

COME & JOIN US EVERY FRIDAY 4:30PM-7:30PM

EVERY WEEK CHANGING DINNER SPECIAL

CRISPY FRIED CHICKEN 27
Mashed Potatoes & Green Beans

Smash Burgers

CHEESY SMASH BURGER 13
Lettuce, Tomato, Onion, Pickle, Choice of Cheese, Toasted Brioche

BACON, ONION SMASH BURGER 14
Sautéed Onions, Bacon, Choice of Cheese, LTOP, Toasted Brioche

Sandwiches

SMOKED BBQ CHICKEN SANDWICH 14
Smoked Chicken, BBQ Sauce, Cheddar, LTOP, Toasted Brioche

BLT SANDWICH 14
Toasted Bread, Crispy Bacon, Lettuce, Tomato, Mayonnaise

CHOICE OF ONE SIDE: POTATO SALAD | COLESLAW | FRIES, CHIPS

Tossed Salad

CHEF SALAD 14
Ham, Turkey, Bacon, Cheddar Cheese, Mixed Greens, Tomato, Cucumber, Onion & Eggs

HAPPY HOUR PRICING

Friday January 5




Please Call For Reservations: 352-382-1200

Women of Sugarmill Woods

2024 SCHOOL-ASTIC GOLF CLASSIC

February 26, 2024 Players may sign up individually in which case you will be assigned to a team based upon handicap; or you may sign up as a twosome, threesome or a full foursome. We need to know what tee box you tee off from to establish your handicap. Please choose one of the colors and indicate it on the line with your Handicap and Ghin #: Blue, White, Gold, Green, Red or Purple.

Breakfast at 7:30 AM. Shotgun Start at 9 AM. Scramble format.

_____ 18 Hole Men's Team _____ 18 hole Women's Team _____ 18 hole Mixed Team

PLAYER #1 Name: _____

Club Affiliation: _____

Handicap _____ Ghin # _____ Tee Box You Tee Off From: _____

Phone Number: _____

E Mail for Confirming Entry: _____

Player #2 Name: _____

Club Affiliation: _____

Handicap _____ Ghin # _____ Tee Box You Tee Off From: _____

Phone Number: _____

E Mail for Confirming Entry: _____

Player #3 Name: _____

Club Affiliation: _____

Handicap _____ Ghin # _____ Tee Box You Tee Off From: _____

Phone Number: _____

E Mail for Confirming Entry: _____

Player #4 Name: _____

Club Affiliation: _____

Handicap _____ Ghin # _____ Tee Box You Tee Off From: _____

Phone Number: _____

E Mail for Confirming Entry: _____

Mail this entry by 2/17/2024 along with your \$80 entry fee per golfer to:

WSW 2024 School-astic Golf Classic, Box 4

100 Cypress Blvd W

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Or

Deposit in WSW Mailbox #4, located on the west (left) side of Cypress Village POA office building at entrance of Sugarmill Woods, on US Highway 19

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For Registration Information contact: Mary Kay Verkennes at 218-820-4049 or mkverken@charter.net

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OAK VILLAGE SPORTS COMPLEX

MEMBER APPRECIATION DAY

**SATURDAY,
JAN. 6, 2024
11am-2pm**

- Tennis and Pickleball Round Robins
- Contests
- Corn Hole Play
- BBQ and Drinks provided
- Prizes
- *and a Pickleball Exhibition by*
**5 Time US Open Pickleball Champion,
Kyle Yates**



RSVP to Robin at robin@sugarmillwoodsgc.com
to let her know if you will be playing tennis, pickleball
or corn hole and if you will be able to join us!





RESTAURANT: 352-382-5645
GOLF SHOP: 352-559-7107
sugargolfshop@sugarmillwoodscc.com

MEMBERSHIP: 352-559-7106
OAK VILLAGE: 352-382-0353

GOLF SHOP HOURS:
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KITCHEN HOURS:
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Sat & Sun: 10 am - 3 pm

LOUNGE HOURS:
Mon: 10:30 am - 3 pm; Tues-Fri: 10:30 am - 8 pm
Sat & Sun: 10 am - 5 pm



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		 COCKTAIL CUTIES - 3-5 pm	 LGA AT SMW 9 am YOGA AT CITRUS 9 am CORNHOLE AT SMW POKER AT CITRUS 6 pm	 LGA AT CITRUS 9 am	 PUB NIGHT AT CITRUS NATIONAL	 LUNCH SERVED SUGARMILL WOODS & CITRUS NATIONAL
		 COCKTAIL CUTIES - 3-5 pm	 LGA AT SMW 9 am YOGA AT CITRUS 9 am CORNHOLE AT SMW POKER AT CITRUS 6 pm	 LGA AT CITRUS 9 am	 PUB NIGHT AT CITRUS NATIONAL	
		 COCKTAIL CUTIES - 3-5 pm	 LGA AT SMW 9 am YOGA AT CITRUS 9 am CORNHOLE AT SMW POKER AT CITRUS 6 pm	 LGA AT CITRUS 9 am	 PUB NIGHT AT CITRUS NATIONAL	
		 COCKTAIL CUTIES - 3-5 pm	 LGA AT SMW 9 am YOGA AT CITRUS 9 am CORNHOLE AT SMW POKER AT CITRUS 6 pm	 LGA AT CITRUS 9 am	 PUB NIGHT AT CITRUS NATIONAL	 LUNCH SERVED SUGARMILL WOODS & CITRUS NATIONAL
		 COCKTAIL CUTIES - 3-5 pm	 LGA AT SMW 9 am YOGA AT CITRUS 9 am CORNHOLE AT SMW POKER AT CITRUS 6 pm		 FEB. 11: Super Bowl LVIII Party at Citrus FEB. 14: Valentine's Day Dinner FEB. 20: Chef Remco Chef Experience	

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Wednesday January 17

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TENNIS

OAK VILLAGE SPORTS COMPLEX

Exciting Things are Happening....

Positive Changes for 2024

The new year rings in changes to our lives. One positive improvement for the Oak Village Sports Complex is the new reservation system to help manage the tennis and pickleball courts. The swimming pool and other amenities of Oak Village will also be monitored in the same way.

With the snowbirds back and leagues and activities increasing, the use of the Oak Village Sports Complex is hopping. The following guidelines will help manage Oak Village and protect your memberships.

This system will be put into place on January 8, 2024.

Please review it and get into the habit of reserving courts and registering all non-member guests.

Oak Village Sports Complex Tennis and Pickleball Court Reservations

- A tennis or pickleball court may be reserved up to fourteen (14) days in advance. No court reservations may be scheduled in consecutive time periods by the same member, family, or group. The maximum number of courts that may be reserved by a single member is two (2). Cancellations should be made as soon as possible. Failure to show up within 10 minutes of your reserved time will result in forfeiture of that reservation.
- Doubles may reserve no more than a 2 hour block of time. Doubles are two players on each side. It can also be Canadian/Australian/Cut Throat doubles, which are two on one side and one on the other side.
- Singles, one on each side, may reserve no more than a 1 hour segment of time.
- All reservations need to start on either the full hour or the hour.
- Reservations have preference at all times. Players not having reservations must give way promptly to those who do.
- A member with or without a reservation, who has not played, has priority over members who have already completed their reservation play time.

- All authorized club mixers, tournaments, special events and Club leagues, have priority over general play. These events will be scheduled and posted.
- SMW has set aside courts at the Oak Village Sports Complex for the teaching professional. The tennis and pickleball staff professional has exclusive rights to all instruction.
- All forms of organized tennis or pickleball play must first be approved by the Oak Village Manager and/or Director of Tennis and Pickleball.
- The court reservation sheets will be clearly posted on a board found on the blue counter inside the Oak Village Office/Fitness area.

How to Make a Court Reservation:

The Reservation Board will house the reservation sheets. This board can be found on top of the blue counter in the Oak Village office/fitness area.

- Place an "X" across the time and court you wish to reserve.
- Circle your name to indicate that you take responsibility for the reservation.
- Write in each player's name in that section. All names must be actual players. You may not reserve a court using "not for certain" players. In other words, all players listed must be available to play.
- Cancel your reservation if you find you will not be playing.

Oak Village Sports Complex Guest Policy

The Guest Policy will apply to all areas of the Oak Village Sports Complex.

Definition:

House Guest: Those visiting temporarily and staying over night at a member's home. No guest fee charge.

Local Guest: Those living within a 40-mile radius of SMW. \$15 daily guest fee charge.

Distant Guest: Those that reside more than 40 miles from SMW. No guest fee charge.

Each member is required to register any and all guests and pay the necessary fees. Members will be charged a daily fee of \$15.00 (including the tax) for each LOCAL guest. This fee enables the guest to participate in all

TENNIS *continued*

activities at the Oak Village Club for the day. The fee may be billed to your account or the guest may pay cash for the day.

To register your guest, you must contact the Oak Village Manager, Resident Professional or inform staff/representatives that are on site. You must provide the complete name and city of your guest. If your guest is not registered, your membership account will automatically be billed for the guest(s) fee(s).

The sponsoring member is required to accompany his/her guest(s) and is responsible for their conduct.

Local guests at this time have no limit to the number of times they will be allowed to use the Oak Village Sports Complex during the year.

Play Day



A fun time was had by all who participated in the Play Day held on Saturday, November 11th. The players wore red, white and blue to celebrate Veteran's Day which fell on that Saturday.

The men's winner was Eric van den Hoogen who graciously passed his prize on to Tony Rossi and the women's winner was Gail Cooper. Coming in second place were Barry Grace and Renee Hammond. Winning prizes included gift cards and t-shirts.

Christmas Party

The annual Christmas party was held on Saturday, December 9th, at the home of Karen and Larry Counts. The food was plentiful and delicious and the gift exchange was a huge success! There was no repeat from last year of stealing the coveted Singing Bandito but the sea salted caramels proved quite appealing this year. Thanks again to Larry and Karen for hosting the party.



Beautification Projects

We have had several Work Days, and a number of individuals have come independently to the courts, to help with landscaping, watering the courts with manual sprinklers, trimming trees, spraying weeds, replacing clay, and various repairs. It is nice to hear players visiting from other clubs in the area give us compliments about how good the courts are looking. A huge thanks to everyone who has contributed to this effort, and who continue to do so.

Friday, December 8th, was our latest work day. We added clay to Courts 1 & 2, weeded the courts and other myriad tasks.

Special thanks to Judy, Cory, Antoinette, Barry, Marion, and Buddy, for working on landscape projects, the announcement board, and improving the sheds on the property.

Court Irrigation System

The irrigation system has been somewhat repaired. The sprinklers for the upper courts still need to be turned on manually but now the sprinkler heads work so we don't have to schlep the hoses around the courts. Thanks to Judy, Antoinette, Eric, Jean, Reid and Barry who are making sure that the courts are watered each day.

Brushing the Courts

Thanks to all the players who have been remembering to brush the courts after play. Hopefully, it's starting to become routine to do so.

Just a reminder to please brush the complete court surface. First do the perimeter making sure to touch the fence/brick line and bottom of the net. Then fill in the middle. Completely brushing the entire surface displaces weed seeds and discourages the growth of algae and mold. Be creative in filling in the middle. Different directions of brushing are encouraged. Circles, north to south, east to west or even diagonal helps keep the court surface more level. So be creative and let your inner Salvador Dali run wild!

Women's Doubles Flex League

Are there women players interested in participating in a doubles flex league? All the women tennis members are welcome to join, no matter your rating. The league can be set up either rotating the person you play with against another team or having a set partner with whom you play against other teams.

We would start the league in January, playing one match per week according to a schedule. Each team

TENNIS *continued*

contacts their opponents to schedule the match at a time that both teams agree on to be played at the courts. The format will be best two out of three sets.

Scores will be reported and posted on the bulletin board, in the newsletter, and by email to all the players.

Antoinette van den Hoogen has volunteered to administer the league. She will make the schedules, keep track of scores, etc. If the men players are interested in something similar, please let her know. She will also be happy to set up a mixed doubled league if there is enough interest. Please contact her at antoinettevdh13@gmail.com

Women's Tennis

We are always looking for new women tennis players for our leagues. The women play in the Citrus Area Senior Ladies League (CASL) on Tuesdays and the Citrus Area Doubles League (CADL) on Thursdays.

Please contact the CASL captains, Leslie Sherry at lesssherry42@hotmail.com and Marian Wood at marianwood19@gmail.com and the CADL co-captains, Carla Chitwood, carlachitwood@gmail.com and Cory Jensen, cory13fox@gmail.com if you would like to join our teams.

Men's Tennis

The men enjoy social tennis three mornings a week, Monday, Wednesday, and Saturday, from 8 to 10AM. This is open to all players. No need to call ahead. Just show up and get some exercise!

Friday Funsters

There is a mixed doubles format playing every Friday from 8:30 to 10:30AM. Contact Adrienne at 610-306-6415 if you would like to join in on the fun with the Friday Funsters!

SMW Weekly Tennis Doubles Strategy Classes:

Every Monday and/or Friday 8:30 to 10:30 am
This class is for any man or woman that would like to improve their doubles play. Learn to play as a team and move around the court more efficiently, safely. Learn to "beat" your opponents...not just "play" with them. Fee: \$20.00 per visit

SMW Weekly Junior After School Fall and Winter Program:

Mini Pea: Our youngest players ages 5 to 12 ish
Meet every Wednesday from 5:00 to 6:00 pm
Fee: \$15.00 per visit

Yellow Pea: Our middle and high school intermediate players. Meet every Tuesday from 5:30 to 7:00 pm
Fee: \$25.00 per visit

SMW Weekly Tennis Super Drill

This is an active drill session for 3.0 to 4.5 rated players of ALL ages. No instruction is given...cardio, practice and drills are the goal.

Meet every Monday and/or Wednesday from 6:00 to 8:00 pm. Fee: \$15.00 per visit

Tennis Lessons

Private: \$40.00 per half hour \$70.00 per hour*

Semi-Private: \$50.00 per half hour (\$25.00 per player) \$80.00 per hour* (\$40.00 per player)

Private Small Group: 3 players \$35.00 per player/hour 4+ players \$25.00 per player/hour

All lessons may be taken in any half hour increments..1/2 hour..1 hour..1.5 hours..2 hours..2.5 hours etc.

Call or text Judy at 352-232-0321 for more information.

Cancellations:

There is a 24 hour courtesy call needed to cancel your scheduled lesson. If you forget to call, you will be expected to pay for your entire time.

Racquet Repair

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Judy can repair and string tennis racquets. One Day Service is available. Please call or text Judy at 352-232-0321. Arrangements can be made for her to pick up your racquet at Oak Village as a convenience for members of the club.

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The parties are over for some, still swinging for others - -- its time to call in the New Year. Hope everyone had safe and enjoyable Holidays.

Our MGA has had a good year even with the problems with the golf course. The Executive Board and Committee Chairmen would like to thank the MGA membership for their continued support in 2023.

Annual Meeting

SMW MGA's Annual Meeting and Election of Officers will be held before golf on Thursday morning, January 11th. There will be a breakfast buffet compliments of your MGA. There is a separate sign-up sheet for the breakfast posted in the men's locker room.

MGA Dues

MGA dues were due by January 1st. Dues are for the calendar year - January 1st thru December 31st. If you have not paid your dues, please do so 'now'.

The Men's Golf Association invites all golfing members of the Club to join the MGA in 2024. Details for membership can be obtained from any officer or committee chairman. For specific information or questions contact Bob Strausser, Membership Chairman, 382-9982, bobstrausser@hotmail.com

MGA Directory & Operations Manual

The MGA Board and Committee Chairmen are in the process of putting together the Directory/Operations Manual for 2024. If your e-mail address or telephone number has changed during 2023, please contact Bob Strausser, 382-9982, bobstrausser@hotmail.com as soon as possible.

Closest To The Pin

The MGA will continue "Closest To The Pin" on par 3's side game for 2024. Any player can participate. The cost is \$1.00 (cash) and the payout is also in cash. This is voluntary and all who like to participate bring your \$1.00 Thursday morning and sign up.

Golf Humor for the Month

Golfer: "That can't be my ball, it's too old."

Caddy: "It's been a long time since we teed off, sir."

Game Results

DATE: November 30, 2023

GAME: Team Quota-Mixed

1st Place:	Frank Mlinek, Tony Valente, Dick Tuxbury	-5
------------	--	----

Low Gross

Al Smith	82
----------	----

Low Net

Tony Valente	70
--------------	----

Closest to the Pin:

#13	Tim Hume	9'
-----	----------	----

DATE: December 7, 2023

GAME: Best 3 of 4

First Flight

1st Place:	Jeff Pflum, Bob Verkennes, Rich Fodor, Steve Teska	-7
------------	---	----

2nd Place	Frank Mlinek, Bill Nusbickel, Tony Valente, Bill Williamson	+2
-----------	--	----

Low Gross:	Jeff Pflum	82
------------	------------	----

Low Net:	Mark Campbell, Rich Fodor, Steve Teska	73
----------	--	----

Closest to the Pin:

#6	Rich Fodor	27' 2"	#13
	Tony Valente	16'	

MGA Games for January

January	4th	Best 2 of 4 Crazy Eights - Mixed
	11th	2 Man Team Best Ball - Flighted
	18th	1 Best Ball on Odd, 2 Best Balls on Even - Mixed
	25th	Rolling 1-2-3 - Mixed

Citrus Pub Night

COME & JOIN US EVERY FRIDAY 4:30PM-7:30PM

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Smash Burgers

CHEESY SMASH BURGER 13
Lettuce, Tomato, Onion, Pickle, Choice of Cheese, Toasted Brioche

BACON, ONION SMASH BURGER 14
Sautéed Onions, Bacon, Choice of Cheese, LTOP, Toasted Brioche

Sandwiches

SMOKED BBQ CHICKEN SANDWICH 14
Smoked Chicken, BBQ Sauce, Cheddar, LTOP, Toasted Brioche

BLT SANDWICH 14
Toasted Bread, Crispy Bacon, Lettuce, Tomato, Mayonnaise

CHOICE OF ONE SIDE: POTATO SALAD | COLESLAW | FRIES, CHIPS

Tossed Salad

CHEF SALAD 14
Ham, Turkey, Bacon, Cheddar Cheese, Mixed Greens, Tomato, Cucumber, Onion & Eggs

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CLASSIC BEEF LASAGNA 19
Served with Caesar Salad & Garlic Bread

Smash Burgers

CHEESY SMASH BURGER 13
Lettuce, Tomato, Onion, Pickle, Choice of Cheese, Toasted Brioche

BACON, ONION SMASH BURGER 14
Sautéed Onions, Bacon, Choice of Cheese, LTOP, Toasted Brioche

Sandwiches

SMOKED BBQ CHICKEN SANDWICH 14
Smoked Chicken, BBQ Sauce, Cheddar, LTOP, Toasted Brioche

BLT SANDWICH 14
Toasted Bread, Crispy Bacon, Lettuce, Tomato, Mayonnaise

CHOICE OF ONE SIDE: POTATO SALAD | COLESLAW | FRIES, CHIPS

Tossed Salad

CHEF SALAD 14
Ham, Turkey, Bacon, Cheddar Cheese, Mixed Greens, Tomato, Cucumber, Onion & Eggs

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Boiled Potatoes, Chef Vegetables**

Wednesday January 24

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Frank Nolan

PRESIDENT, CITRUS
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GOLF ASSOCIATION

Hello everyone,

As 2023 comes to an end, I am very grateful to the members of the CNMGA for the golf, camaraderie and the commitment to the club we all made this past year. I truly feel next year will be even better.

Congratulations to all the November winners (too many to mention) and good luck to the top 15 players in the Tournament of Champions starting 12/13. I spend a lot of time up north (NY) so a special shoutout to Steve Chatterton for filing for me on those occasions.

That's it for now...Slante', Frank

December MGA Holiday Classic Cash Tournament

	Golfer	Score
First Flight		
Low Gross		
1st	Rich Bingham	78
2nd	Bill Butterworth	79
Low Net		
1st	Capt Steve	74
2nd	Alan Abrams	75
	FRANK MLINEK	75
	Michael Cristofono	75
Second Flight		
Low Gross		
1st	Jeff Pflum	86
2nd	Frank Nolan	91
Low Net		
1st	William Mostyn	74
2nd	Jim Brown	78
Third Flight		
Low Gross		
1st	Bob Lawson	86
	Tony Valente	90
Low Net		
1st	George Thomas	74
2nd	Lou DiBerardino	80
Closest to the Pin:		
	Bill Butterworth	#4 - 9'1"
	Kyle Muzina	#8 - 10'
	Richard Anderson	#13-16'8"
	Gary Mosey	#17-6'5"

GAME: Citrus National MGA Tournament of Champions

Place	Golfer	Over (Under)	Chits
1st	Ben Lee	E	101.00
2nd	Bob Lawson	-1	84.84
3rd	Alan Abrams	-2	64.64
	Kyle Muzina	-2	64.64
4th	Gary Girard	-3	29.63
	Ang DiFranco	-3	29.63
	Rich Fodor	-3	29.63

CONSOLATION POINTS GAME

1st	Jeff Pflum	4	11.25
2nd	David Opala	3	9.45
3rd	George Thomas	2	8.10
4th	Mark Campbell	1	6.08
	Ron Bollman	1	6.08
5th	Ted Hannon	0	4.05
Closest to the Pin:			
	Ron Bollman		#4 - 5'11"
	George Thomas		#8 - 2'3"
	Capt Steve		#13 - 5'8"
	Ben Lee		#17 - 8'8"

4 Man Scramble

Place	Team	Net
1st	William Mostyn Terry Nutt Felix Tarorick Ken Moody Ben Lee Jeff Pflum Todd Wilson Rich Bingham	-5
2nd	Richard Anderson Mark Campbell Ron Bollman David Opala	-4
Closest to the Pin:		
	Frank Mlinek	#4 - 5'5"
	Thomas Hendricksen	#8-13'11"
	Ken Moody	#13-14'10"
	Michael Cristofono	#17 -9'7"



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**WEDNESDAY NIGHT
DINNER SPECIAL**

**Shrimp & Grits
Cajun Cream Sauce & Cheesy Grits**

Wednesday January 31

REGULAR DINNER MENU ITEMS WILL ALSO BE AVAILABLE

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Citrus Pub Night

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EVERY WEEK CHANGING DINNER SPECIAL

BACON WRAPPED SALISBURY STEAK 19
Mashed Potatoes, Sautéed Vegetables & Gravy

Smash Burgers

CHEESY SMASH BURGER 13
Lettuce, Tomato, Onion, Pickle, Choice of Cheese, Toasted Brioche

BACON, ONION SMASH BURGER 14
Sautéed Onions, Bacon, Choice of Cheese, LTDP, Toasted Brioche

Sandwiches

SMOKED BBQ CHICKEN SANDWICH 14
Smoked Chicken, BBQ Sauce, Cheddar, LTQ, Toasted Brioche

BLT SANDWICH 14
Toasted Bread, Crispy Bacon, Lettuce, Tomato, Mayonnaise

CHOICE OF ONE SIDE: POTATO SALAD | COLESLAW | FRIES, CHIPS

Tossed Salad

CHEF SALAD 14
Ham, Turkey, Bacon, Cheddar Cheese, Mixed Greens, Tomato, Cucumber, Onion & Eggs



**Friday
January 26**

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LGA LADIES GOLF ASSOCIATION

Joanne Tuxbury

PRESS SECRETARY, SUGARMILL WOODS LADIES GOLF ASSOCIATION

Happy New Year! May 2024 be a wonderful, healthy year for all. Sugarmill Woods has amazing, caring people who give their time and money to help those in need. Special thanks go to Karen Taylor and her helper elves, who assisted the Methodist Church in their effort to support needy families. As a result of generous donations dollars by our SMWLGA and SWLGA members,) they were able to provide for children in need.

Double Hole-in-One!!!

On Friday December 1, 2023, two hole-in-ones occurred and were witnessed within the same foursome on Hole #17 at Citrus National.



Joy Figueredo and Karen Wilkinson were a team playing against the team of Donna Hartwig and Lorraine Dayton in a Member-Member tournament

Joy Figueredo used a sand wedge and fired her 66-yard shot directly into the cup. Not to be outdone, Lorraine Dayton

used an eight iron and fired her 61-yard shot into the cup as well. It is Lorraine Dayton's first hole-in-one!

Congratulations on completing an unheard-of feat. What are the odds of this happening on the same hole within the same foursome!

Game Results

DATE: November 8, 2023

GAME: Odd/Even

Place	Team	Score
1st	Chris Venable	28
2nd	Joy Figueredo	34
3rd (Tie)	Lorraine Dayton and Donna Hartwig	35
4th	Chris Mapes	39
5th	Peggy Rickard	42
Closest to the Pin: #3 and #6 Joy Figueredo		

Game Results

DATE: November 15, 2023

GAME: 9 Hole Nine and Dine Scramble

1st	Peti Mlinek,	36
(Tie)	Suki Schattenberg and Barb Sutphen	
2nd	Ginger Bong,	38
(Tie)	Mary Tarorick and Barb Turska	

Game Results

DATE: November 30, 2023

Star Qualifier/Low Gross-Low Net

Low Gross Star:

Donna Hartwig 85



Low Net Star:

Suki Schattenberg 67



Low Gross Flight:

1st Place:	Donna Hartwig	85
2nd Place:	Jennifer Carter	91
3rd Place:	Margot Check	96

Low Net Flight:

1st Place:	Suki Schattenberg	67
2nd Place:	Jane Gallucci	69
3rd Place:	Peti Mlinek	73
Chip ins:	Ginger Bong	#1 and #3
Closest to the Pin:	Donna Hartwig	#15

Game Results

DATE: December 6, 2023

GAME: Match Play vs Par

First Flight	Score
1st Place: Jennifer Carter	+3
2nd Place: Ginger Bong	-2
3rd Place: Bonnie Demianczyk	-3
Second Flight	Score
1st Place: Barbara Sutphen	+3
2nd Place: June Klingensmith	+1
3rd Place: Deb DeGrio	0
(Tie) Suki Schattenberg	0
Closest to the Pin: #6 Sally Neeb	
Chip ins: Peggy Rikard #6, Barbara Sutphen #7	
Bonnie Demianczyk #7, Barbara Turska #14	

January Golf Schedule:

Wednesday	January 3- Low Putts
Wednesday	January 10-Las Vegas style Shamble
Thursday	January 17- Stableford-Individual
Wednesday	January 24 -Mystery Partner
Wednesday	January 31-Star Qualifier-LG/LN



LGA

Sylvia Taus

PRESIDENT, CITRUS NATIONAL
LADIES GOLF ASSOCIATION

Happy
New Year

Wishing
everyone a
healthy & safe
2024 filled with
happiness.

Our first MEGA match play versus par qualifier was played on Thursday, November 30.

Tied for 1st place at +1

Kerry Caruso
Joy Figueredo

Tied for 2nd place at even

Suki Schattenberg
Terri Harris
Marilyn Gorney
Jackie MacDonald

Closest to Pin

#4 Terri Harris
#8 Deb DeGrio
#13 Joy Figueredo
#17 Joyce Drye

Chip in's

Laura Figueredo #16
Terri Harris #18

The two-day Eclectic competition will be reported in next month's newsletter since we've yet to play round two.

January Golf Schedule:

January 4/11/18	Two-person Match Play
January 25	Match Play vs Par Qualifier

To beat the cold, our winter schedule of 9 a.m. start times begins in January.

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**2nd Annual
Dollar\$ For Scholar\$
Cornhole Tournament**



Date: Saturday - February 10th, 2024
Time: Registration @ 11 am / Play @ Noon
Location: ***Sugarmill Woods Country Club - ON THE PATIO***
Cost: \$70 Per 2 Person Team (FOOD INCLUDED)

Contact: Krista DiBerardino @ 847-373-1600 OR
kristad1127@gmail.com

For Information or to Register

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