

CLUB *News*

OCTOBER
2024

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GM MESSAGE

Scott Gates

GENERAL
MANAGER



The "Country Club of Sugarmill Woods" is ready for the 2024/25 season. Let's make this the best year ever. Let's enjoy Golf, Dining, Events and hanging out with friends in the comfort of your private Club. October is the weather changing. October is seasonal friends returning. October is when we say welcome back.

Welcome back to a relaxed, friendly atmosphere. Welcome back to a new season of LGA, MGA, Hogs, Friday Heroes, Fireball Babes and many more of your favorite groups. Welcome back to a new series of Chef Remco Experience dinners. Tennis leagues, Pickleball tournaments, Golf events and entertainment nights are all set to go. This is what a Club looks like.

High priority remains the condition of the golf courses. Both courses are much improved and getting better every day. We hope you see the renaissance too. Please invite your friends to see and play the new Sugarmill Woods and Citrus National golf courses. Guest days are in the planning stages so an invitation to one of those events may be the best way to get a friend to join the club.

Golf Course Superintendents, Mat O'Quinn and Mike Blisch continue to push for outstanding conditions. Mat has the Citrus greens looking good and now has control of the irrigation system. Great tees and fairways cannot be far behind. Mike has the front nine greens at Sugarmill rolling smoothly and has a few more weeks of growth to fill in the back nine greens. And the fairways are nearly weed free, Hallelujah!!

As we move forward, the goal remains to achieve country club quality and attract the best people to join the Club. As the Membership grows the exclusivity will also grow. Currently we are private dining and semi-private golf. Members are the focus of everything we do and remain the backbone of the Club. Please join us on Saturday October 26th for our next MAD golf event. This edition will be held at Sugarmill Woods and its Management's way to say THANK YOU to all of our loyal Members. Food, Drink and prizes are all complimentary as we celebrate this great club.

MAD GOLF
MEMBER APPRECIATION DAY

Links Golf is Throwing a Party and All Golf Members are Invited

FOOD, DRINK & PRIZES
provided by Links Golf

- Continental Breakfast
- Bloody Mary & Screwdriver Bar
- Drink Cart, roaming course
- Beverage Stations
- Golf is limited to 128 players so sign up before it fills up
- Burgers, dogs and more "at the cart"
- Special Events
- 4 Player Scramble (choose your teams)
- Prizes
- Golf Members invited even if not playing golf that day
- Applicable cart fees apply

**SATURDAY
OCT 26, 2024**

AT SUGARMILL WOODS COUNTRY CLUB

7am: Continental Breakfast
8:30am: Bloody Mary Bar
8:30am: Shotgun Start
10:30 - 1:30 Cookout BBQ

Sugar Golf 352-382-5886

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GOLF SHOP

Sugarmill Woods CC is now open 7 days a week. Let's play on Mondays! If you haven't met Eric Ratcliffe yet, please come in and introduce yourself to our new Assistant Golf Pro at Sugar. Hailing from Dunedin, Florida, Eric played golf for both St. Petersburg College and the University of South Florida. After a career in finance, he's now pursuing his passion for golf here at Sugarmill Woods. We're excited to have him on board—welcome to the team, Eric!

Mark your calendar for October 26th to join us for our Sugarmill Woods Member Appreciation Day. You all have come to really look forward to this fun day of golf, food & drink and camaraderie! The food, drinks and prizes are sponsored by Links Golf – thank you Scott & Penny! Sign up in the Sugar Golf Shop.

Back by popular demand! The Citrus Friday Points Game starts on Friday, October 4th! If you're interested in joining in on this fun individual point quota competition, please check in at the Citrus Golf Shop. Games will start at noon and the fun will continue at happy hour in the clubhouse.

Three Tips for Your Best Putting Stroke:

- **Aim the putter face well.** Where you aim your putter face has to be a huge priority if you want to make your short putts, because the ball will travel where your putter face is pointed at impact. Yes, your path influences it, but the putter face is king. You can see good players do it in their pre-putt routine: After their practice strokes, they take a moment to aim the putter face before settling into that grip and setup.
- **Get a grip.** The way you place your hands on your putter's grip will stabilize the club and influence your ability to deliver a square face at impact. [There are so many ways to hold a putter, so you have plenty of choices.](#) I'd suggest using whatever makes you feel most coordinated, and if you're looking for something basic, take your cues from the grip's design. Most grips have a flat top. Place your thumbs on the flat portion, and because the club is more upright, it's designed to be held more in your palms than your other clubs, which will eliminate excessive wrist movement.

- **Good posture.** Good posture, where you bow forward from your hips and let your arms hang below your shoulders, creates a natural path for your arms to swing. You can practice this without your putter: Bow forward from your hips, clap your hands together and allow your arms to swing naturally. Your stance width can vary according to preference, but generally, it should be roughly the width of your hips.

Questions? Concerns? Suggestions?

2023-2024 MANAGEMENT TEAM

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

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

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

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

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

Mathew O'Quinn, *Citrus Superintendent*
moquinn@sugarmillwoodsc.com

Mike Blisch, *Golf Course Superintendent*
mblisch@sugarmillwoodsc.com



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



Citrus National Golf Club
501 Corkwood Blvd
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Proverbs 22:1 - "A good name is to be chosen rather than great riches, loving favor rather than silver and gold."

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ON THE GREENS

Mike Blisch SUGARMILL WOODS GOLF COURSE SUPERINTENDENT

Mathew O'Quinn CITRUS NATIONAL GOLF COURSE SUPERINTENDENT

Green Side Up!

Our Sugarmill crew continues to achieve steady progress as the course has been described as in the best shape it's been "in the last 8 years". We have been staying aggressive with a few pesky weeds on the back nine with aerifying and verticutting happening often. The zoysia greens on the back nine love regular verticutting as it promotes more growth. Weed control continues to be a priority which is improved from last year at this time. We continue to push to create "Country Club Quality" as we strive to bring this course back.

Citrus National Golf Club is benefitting from the steady progress we have made as we have spent the last two months repairing the Citrus irrigation system, which had suffered at the hands of years of neglect. Thousands of feet of new hydraulic lines have been laid, which has

enabled us to gain control of the rogue sprinkler heads so that we can water in the proper and consistent manner needed to grow turfgrass. New equipment has enabled us to more efficiently improve the course conditions, along with a fertilizer and herbicide program we have implemented. We continue to see improvement in the course daily and will continue to push to continue this momentum.





MEMBERSHIP

Robin Frick

MEMBERSHIP DIRECTOR/ASSISTANT GENERAL MANAGER

Dear Members,

Welcome back to our northern members! It is great to have you back. We also want to extend our heartfelt thanks to our year-round members for being with us through the hot summer months.

October will be a very busy month around the clubs, starting on October 2nd with Turner Camp Dave back by popular demand, hosting karaoke for us while you enjoy your dinner. So, you might want to start practicing your singing skills.

Back by popular demand we will once again on October 9th host our Blind Wine Tasting Event! It was so amazing last year we had to do it again. We will be serving Appetizers paired perfectly with 12 different wine samples from four different varietals. Members who attend the event will pick out their favorite wine at the end of the evening and we will then add the favorites to our wine list.

Chef Remco will be creating another memorable Chef Experience on October 15th, please make reservations as soon as possible, as this event, featuring Beef Wellington will sell out.

We are thrilled to announce that Citrus National will be hosting our 1st Annual Military Ball on October 19th. Please join us for this memorable event as we come together to celebrate and honor our military heroes. Finally on October 30th, it's time to have an Oktoberfest! Chef will be creating a traditional Oktoberfest buffet along with special beers to enhance the experience. Please celebrate with us.

As always, thank you so much for being members! We really appreciate you!

Robin



WELCOME NEW MEMBERS

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

DINING

Maria & Stephen Miller

OAK VILLAGE

Adele Frey

James & Ruby Pirotta

Diane & Vic Thompson

OCT. 19
5 PM

MILITARY
Ball
Saluting Our Veterans!

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Military Uniform OR Formal Attire Required

MENU

- Turkey Potpie \$10.00
- Herb Crusted Salmon \$12.00
- Chicken Cordon Bleu \$13.00
- Grilled Filet Mignon \$12.00

Included with each entrée:
- Pasta or gratin de pommes frites
- Garde Manger with Bread and Butter
- Red & Blue Dessert

Reservations: 352-559-7106
www.sugarmillwoodscc.com

Pre-pay when you RSVP: robin@sugarmillwoodscc.com | 352-559-7106



FROM THE KITCHEN

Remco van Asdonk

EXECUTIVE CHEF

Welcome to our October Food Lovers!

As the leaves start to change and the air gets cooler, we're excited to bring you a month full of festivities and delicious experiences.

Oktoberfest Celebrations. Join us for our Oktoberfest buffet event, where you can enjoy traditional German food. It's the perfect way to embrace the spirit of the season!

Wine Tasting with Gourmet Bites. Indulge in our exclusive wine tasting event, paired with gourmet bites that will tantalize your taste buds. It's an experience you won't want to miss!

Chef Remco's Experience. Prepare yourself for an exquisite evening of fine dining, as I present a masterfully curated three-course meal:

Appetizer: Salmon Cake

Delight in the fresh flavors of Atlantic Salmon, perfectly blended with chopped onions and bell peppers, lightly coated in panko, and pan-seared to golden perfection. Finished with a smooth, rich hollandaise sauce, this appetizer is a tantalizing start to your culinary journey.

Entrée: Beef Wellington

A timeless classic, our Beef Wellington features tender beef filet wrapped in delicate pastry and oven-baked to perfection. Served with a rich demi-glace, this dish is accompanied by creamy arugula-mashed potatoes and grilled asparagus, offering a harmonious balance of flavors.

Dessert: Warm Bread Pudding

End the evening on a sweet note with our warm, house-made bread pudding, drizzled with a decadent caramel sauce and topped with a scoop of creamy ice cream. The perfect finish to an unforgettable dining experience.

Lunch and Dinner Menu. Our new lunch and dinner menu has been well received, and we can't wait for you to try our latest offerings. From hearty soups to seasonal lunch & dinner specialties, there's something for everyone.

"If you are a chef, no matter how good a chef you are, it's not good cooking for yourself; the joy is in cooking for others."



ENJOY SOME CHEF REMCO COOKING

APPETIZER
Salmon Cake
 Atlantic Salmon, Chopped Onions, Bell Pepper
 Panko, Pan Seared, Hollandaise Sauce

ENTRÉE
BEEF WELLINGTON
 Pastry Wrapped Beef Tenderloin,
 Oven Baked, Demi Sauce, Served with Arugula
 Mashed Potatoes & Grilled Asparagus


DESSERT
WARM BREAD PUDDING
 Homemade Caramel Sauce, Ice Cream


\$ 59.95++ Per Person



FEATURED WINES

White Haven Sauvignon Blanc	10.00
William Hill Chardonnay	9.00
Grand Pinot Noir	10.00
Franciscan Cabernet	15.00


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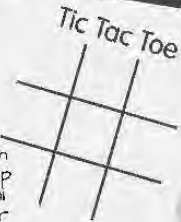
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SANDWICHES
 Turkey Club Sandwich
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 or
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Tic Tac Toe



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4pm-7pm



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October Sudoku

		8		5	1			
	3		4					
4	9			3	2			5
9	4						8	
	2	1				7	9	
	8						1	2
7			2	4			5	1
					6		2	
			5	9		6		

Answers on page 18



"It's a conflict between your hardware and your software. Your cauldron won't support Eye Of Newt 3.0."

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FOOD AND BEVERAGE

Joyce Florea

FOOD & BEVERAGE MANAGER
AT SUGARMILL WOODS

Dear Members,

October is just around the corner, and we've got an action-packed, spooktacular month planned here at Sugarmill Woods Country Club! Our Food & Beverage team is ready to help you celebrate in style with a calendar full of fun events, delicious food and unforgettable experiences. Here's a sneak peek at what's in store:

Karaoke Night - October 2nd: Warm up those vocal cords and join us for a night of fun and music. Whether you're a seasoned singer or just love to cheer others on, this is the perfect way to kick off the month!

Blind Wine Tasting - October 9th: Think you know your wines? Put your taste buds to the test at our Blind Wine Tasting event. Explore a variety of wines without knowing what's being poured and discover your new favorite!

Chef Remco's Experience - October 15th: Get ready for an exclusive culinary journey with Chef Remco! This special evening promises a unique dining experience featuring Chef's expertly crafted dishes, perfect for adventurous food lovers.

Civic Fall Clean-Up - October 19th: Join the community in keeping our surroundings beautiful with our Civic Fall Clean-up Day. Afterward, come by the club to relax and recharge with refreshing drinks and a well-earned meal!

MAD Golf at Sugarmill Woods - October 26th: Our craziest golf event of the year is back! MAD Golf is all about having fun on the course with a few wild twists thrown in. Gather your team and get ready for a morning filled with laughter and unexpected challenges as we celebrate our Members.

OktoberFest Buffet - October 30st: End the month in true festive fashion with our famous October Fest Buffet. Enjoy a spread of traditional German dishes and seasonal favorites as we celebrate the flavors of fall.

Of course, we'll also be offering all your regular club favorites:

- **Ladies Luncheon**
- **Book Clubs**
- **Card & Game Player Groups**
- **Singles Mingle - Every 3rd Thursday of the Month**
- **Hit & Giggle - Every 2nd and 4th Friday**

Don't Forget: It's never too early to book your holiday party, special birthday, anniversary, or just to get together with friends! The Food & Beverage team is here to help you make every celebration memorable.

Mark your calendars, and we'll see you soon for a spooktacular October at Sugarmill Woods Country Club!



Dennis & Pamela Reich

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FOOD AND BEVERAGE

Dear Citrus National Members,

We are thrilled to announce our Inaugural Military Ball, a truly special event dedicated to honoring and saluting the many veterans within our community. This elegant evening will take place on **Saturday, October 19th**, and promises to be an unforgettable experience. With live music from **The New Relics**, we will come together to celebrate and pay tribute to those who have served.

In respect for our veterans, we ask guests to wear military uniforms or formal attire. Chef has crafted a delectable menu for the occasion, with entrée selections to suit every palate:

- **Prime Rib**
- **Herb-Crusted Salmon**
- **Chicken Cordon Bleu**
- **Tortellini Primavera**

Each entrée will be served with creamy Potato Au Gratin and crisp Green Bean Almondine. To start, enjoy a fresh garden salad with your choice of ranch or balsamic dressing, followed by a special chef's dessert to complete your culinary experience.

This is an elegant event you won't want to miss as we honor our veterans with a night of fine dining and celebration. Be sure to RSVP today by emailing **robin@sugarmillwoodsgc.com** with your entrée selection and secure your spot by pre-paying.

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Cold Selection

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Cucumber, Onion & Dill Salad

Hot Selection

Bavarian Sauerbraten
Sweet & Sour Marinated Beef in Gravy
Jaeger Schnitzel
Crispy Fried Bread Cutlet, Creamy Mushroom Sauce
German Bratwurst
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Sides:

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Potato Pancakes with Apple Sauce

Dessert

German Chocolate Cake



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Monday-Sunday: 7 am - 5 pm

KITCHEN HOURS:
Closed Mondays; Tues-Fri: 10:30 am - 8 pm
Sat: 10 am - 3 pm; Sun: 9 am - 1 pm

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

RESTAURANT: 352-382-5645 MEMBERSHIP: 352-559-7106
GOLF SHOP: 352-559-7107 OAK VILLAGE: 352-382-0353
sugargolfshop@sugarmillwoodscc.com



GOLF SHOP HOURS:
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 COCKTAIL CUTIES 3-5 pm PASTA NIGHT	2 YOGA AT CITRUS 9am SUGARMILL WOODS DINNER "SPECIAL" BBQ RIBS 	3 Prime Rib Night 	4  	5 OPEN for GOLF & LUNCH SERVED SUGARMILL WOODS & CITRUS NATIONAL
6  9AM - 1PM	7 CITRUS OPEN FOR GOLF & LUNCH SUGARMILL WOODS OPEN FOR GOLF	8  4-7PM COCKTAIL CUTIES 3-5 pm	9 YOGA AT CITRUS 9am  5-8 pm	10 Prime Rib Night 	11  	12 OPEN for GOLF & LUNCH SERVED SUGARMILL WOODS & CITRUS NATIONAL
13  9AM - 1PM	14 CITRUS OPEN FOR GOLF & LUNCH SUGARMILL WOODS OPEN FOR GOLF COLUMBUS DAY	15  COCKTAIL CUTIES 3-5 pm	16 YOGA AT CITRUS 9am SUGARMILL WOODS DINNER "SPECIAL" ORANGE CHICKEN Realtor Event at Citrus	17 Prime Rib Night  <i>Singles DINNER</i>	18  	19 OPEN for GOLF & LUNCH SERVED SUGARMILL WOODS & CITRUS NATIONAL
20  9AM - 1PM	21 CITRUS OPEN FOR GOLF & LUNCH SUGARMILL WOODS OPEN FOR GOLF	22  4-7PM COCKTAIL CUTIES 3-5 pm	23 YOGA AT CITRUS 9am SUGARMILL WOODS DINNER "SPECIAL" HUNGARIAN GOULASH	24 Prime Rib Night 	25  	26 OPEN for GOLF & LUNCH SERVED SUGARMILL WOODS & CITRUS NATIONAL 
27  9AM - 1PM	28 CITRUS OPEN FOR GOLF & LUNCH SUGARMILL WOODS OPEN FOR GOLF	29 COCKTAIL CUTIES 3-5 pm BURGER NIGHT	30 YOGA AT CITRUS 9am  5-8 pm	31 PRIME RIB NIGHT 4-8pm 		

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Sudoku Answers

2	7	8	6	5	1	4	3	9
1	3	5	4	7	9	2	6	8
4	9	6	8	3	2	1	7	5
9	4	3	1	2	7	5	8	6
6	2	1	3	8	5	7	9	4
5	8	7	9	6	4	3	1	2
7	6	9	2	4	3	8	5	1
8	5	4	7	1	6	9	2	3
3	1	2	5	9	8	6	4	7

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OAK VILLAGE SPORTS COMPLEX NEWS

LOTS of Exciting Things are Happening at Oak Village Sports Complex...

This Month's Special Event!!!

Oak Village Tennis and Pickleball COMPASS Tournament - (2 separate tournament draws)

Sponsored and supported by the Oak Village ACORN committee and member volunteers. After expenses the profits will be used to improve our Oak Village Sports Complex.

WHEN: Saturday, October 26...Rain date Sunday, October 27

WHAT TIME: Check in will be at 8:30AM with matches to start at 9AM

An UNCONVENTIONAL Format that is Fun for all because you are NEVER eliminated and guaranteed 4 matches. Plan to spend the day at Oak Village. Bring your chair and a cooler with snacks. Each tennis player should bring an upopened can of tennis balls and each pickleball player should bring 3 pickleballs. Everyone may keep their balls at the conclusion of the tournament

Event: ANY SKILL LEVEL of Mixed Up Teams... 2 Men, 2 Ladies, Co-Ed, Adult-Junior, Junior-Junior, Member-Member, Member-Guest, Guest-Guest, Member-Pet (just kidding)

Accepting the first 16 Pickleball Teams AND Accepting the first 16 Tennis Teams (Extra teams will be placed on a waiting list. You may only play 1 event)

Entry Fee: \$20.00 per member
\$35.00 per non-member guest

Entry forms will be at the Oak Village Pro Shop or you may call your entry into Judy Jeanette at 352-232-0321. At this time we do not have "Sign Up Genius" so we are doing this old school with pen and paper. Your payment is either cash or personal check made out to Strings & Things Pro Shop.

Remember it is limited to the first 16 teams in each event. Do not dilly dally to register. Payment is required with your registration and is non-refundable unless we have a team to replace you waiting on our waiting list.

Save the WHOLE day to stay with us. And keep Sunday free in case of rain.

IT IS FALL!

At last the summer is over and cooler, less humid weather is around the corner. And with the seasons changing we notice the return of the northern snowbirds. Activity at the Oak Village Sports Complex (OVSC) will be humming with their return. Welcome back. We have missed you!

Pickleball and Tennis Court Reservations

With the increased activities you may want to use the court reservation system that is in place for both pickleball and tennis. The pickleball court reservation clipboard is hanging in a weather protected area of the middle pavilion by the pickleball courts. The tennis reservation clipboard is located in the pro shop/fitness area on the blue counter. Please use PENCIL only when reserving your court and follow the reservation rules.

Reservation Rules:

- A) 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.
- B) 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.
- C) Singles, one on each side, may reserve no more than a 1 hour segment of time.
- D) All reservations need to start on either the full hour or the half hour.
- E) Reservations have preference at all times. Players not having reservations must promptly give way to those who do.
- F) A member with or without a reservation, who has not played, has priority over members who have played.
- G) All authorized club mixers, tournaments, special events and club leagues, have priority over general play. These events will be scheduled and posted.

OAK VILLAGE SPORTS COMPLEX NEWS *continued*

H) Two (2) courts are set aside for the Oak Village Sports Complex (OVSC) staff tennis and pickleball teaching professional for instruction and clinics. The OVSC Teaching professional has exclusive rights to tennis and pickleball instruction, league play and tournaments.

I) All forms of organized tennis or pickleball play must first be approved by the Director of Racquet Sports before scheduling. This would include playdays, leagues, and special events and must have advance notification so interested and qualifying members can participate.

J) The court reservations sheets will be clearly available at the OVSC Pickleball Pavilion and/or the OVSC Pro Shop/Fitness Center/Office.

How to Make a Reservation:

The Reservation Board will house the tennis and pickleball reservation sheets. This board will be found on top of the blue counter in the OVSC office/fitness area or the OVSC Bulletin Board.

Please use PENCIL. (No ink or markers)

- Place an "X" across the time and court you wish to reserve.
- Write in each player's name. 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.

These rules and regulations are also posted on the bulletin board outside the Pro Shop/Fitness Center/Office. Reservations are not required but are recommended during prime time at the courts.

REMEMBER...all players must be members of OVSC. Members are responsible to report all non-member guests and pay the required guest fee.

Pickleball Day Dinkers, Family Fun and Social

Mornings have 6 courts automatically reserved for the open club mixers. 2 Courts are left unreserved for those who do not want to participate in the mixers...they in turn may reserve the courts under their names. IF they are not reserved, the courts become open for overflow of morning mixer play.

Stroke of the Week Pickleball Clinic has courts #1 and #2 reserved every Friday, 10:30 to 11:30AM.

Tennis Men's and Ladies Day, FUN-sters, Ladies Inter-club League Competition play are all automatically reserved.

Men's Day Tennis is every Monday, Wednesday and Saturday, 8:30AM to 10:30AM on Courts #1 and #2.

Ladies Day Tennis is every Tuesday and Thursday, 8:30AM to 10:30AM on Courts #1 and #2.

FUN-sters Mix Doubles is every Friday, 8:30AM to 10:30AM on Courts #1 and #2

Ladies Inter-Club League will play on provided scheduled Tuesday home matches. Check the reservation sheets each week for open courts.

Ladies Inter-Club Thursday League will play from 10:00AM to Noon on scheduled home matches, using courts #1, 2, 3 and 4. Check the reservation sheets each week for open courts.

Preventing Pickleball Injuries

Pickleball is now the fastest growing sport in the country according to USA Pickleball, the governing body for the sport in the US. Pickleball provides a great physical workout and beneficial social outlet to folks of all ages. Because of the increasing participation, doctors are seeing a larger amount of pickleball-related injuries such as sprains, strains, fractures, etc. While it would not be possible to make pickleball, or any activity for that matter, injury free, you can be smart and do things to lower your chances of getting hurt on the pickleball court.

Recognize your physical limitations. There is such a wide variety of people that are playing pickleball that we'd expect different levels of physical fitness. Some pickleball players exercise religiously while some only get the activity of the weekend games. You know which end of the spectrum you belong to so start slowly. Listen to your body, especially if you've had previous knee, ankle, or wrist injuries. Add more games as you progress and don't be afraid to use knee, ankle, or wrist braces or compression sleeves as needed.

Take time to warm up sufficiently. Give yourself time to warm up before you begin playing. Develop a warm-up routine that gets the heart going such as a light jog, jumping jacks or even a quick walk around the courts. Try to stretch the major muscle groups including calves, quads, hamstrings, lower back, and shoulders. You should be able to get a complete and sufficient warm up completed in 10-15 minutes so it won't interfere with playing time.

Start Slowly. Start slowly with both your warm-up routine and the amount of time you spend on the court. Unless you are in top shape, don't overdo it when you begin your pickleball journey. Instead, gradually increase the time you spend on the court and rest well between games. As you play longer your recovery time will improve and you'll get more games in.

Use the correct equipment. The shoes you pick are very important, so leave the running shoes and athletic shoes at home. Pickleball requires a lot of lateral movement along with forward and backward lunging

and court shoes are made for this. Since we have outdoor courts here in Sugarmill, pick outdoor tennis or pickleball shoes. Make sure your pickleball shoes fit well and provide stability needed for your ankles. Shoes that are too big invite rolled ankles and tripping injuries.

Paddles are another important consideration. If you've had tennis elbow in the past, or you get it after you start playing pickleball, talk to our pro about changing your handle size. New grips and overgrips can help provide comfort to your tennis elbow.

Hydrate. During any extended physical efforts in hot weather, dehydration can consume up to 2-3% of your weight causing muscle fatigue, dizziness, confusion, and cramping. If you plan to spend even an hour out on the courts, make sure you have enough drink to restore the liquids your body needs. While water is a great choice you should have a drink that restores lost electrolytes. Watch out for those sugary, overpriced sports drinks that are being sold. You simply add an electrolyte salt to the water you will be drinking. During the game, you can call for a hydration break or a timeout to get a drink if you need. Believe me, everybody else will take advantage and get a drink as well.

Take lessons. Using proper technique when hitting the ball will reduce strain and overuse injuries. Also, learning to anticipate where you should be on the court will reduce stress while trying to reach and react to a ball out of your area. Lessons will help with these situations as your playing time and confidence increase.

So, in conclusion, be smart and warm up! See you on the Pickleball Courts. Come to lessons on Friday mornings at 10:30AM and then join one of our friendly Sugarmill Woods Pickleball groups.

Pickleball Day Dinkers Late Mornings

The Day Dinkers are a group that caters to beginners. They try to work on specific skills during games and keep you from feeling overwhelmed. The Day Dinkers meet on Fridays at 11:30AM, immediately after Judy's lesson and again on Wednesday and Sunday at 10:00AM. Call or text Steve Klabough at 352-679-5798 for more information.

Pickleball FAMILY FUN Mornings

This is a low keyed "play for fun group", welcomes newbies and non-bangers to join their FAMILY. The FAMILY is made up of members that feel like... well... "FAMILY". The Family Fun group meets every Monday, Wednesday and Friday early mornings from 7:00-9:00AM Contact Darlene Jaratz at 614-589-5878 if you would like more information about FAMILY FUN Pickleball.

Pickleball Social Mornings

A social competitive group meets every Tuesday, Thursday and Saturday starting at 8:30AM. Usually, the group play ends on Tuesday and Thursdays around 11:00AM. On Saturdays, some will play until noon. Grab your paddle and show up at the pickleball courts to join the group. They will welcome you into the mix.

Pickleball Stroke of the Week Clinic

This clinic is geared toward learning all about pickleball. You will learn to serve, dink, strategies, scoring and all the other shots that are made to play a good game of pickleball. Every week we start off with drills, introduce a skill building tip, and discuss questions that arise during the past week of play, laugh, giggle and LEARN.

One SMW resident student's visiting daughter joined one of our sessions a while back. She happens to be a Retired Certified USA Pickleball Association Professional. This is what she had to say about the Stroke of the Week Clinic:



I wanted to take a moment to give a shout out to Judy Jeanette's Pickleball Stroke of the Week class that I experienced while visiting my mom in Sugarmill Woods. I say "experienced" because when you take a class with Coach Judy, it's not a sideline lecture. Rather, it's an on court learning experience that leaves you feeling better about your skills than when you arrived.

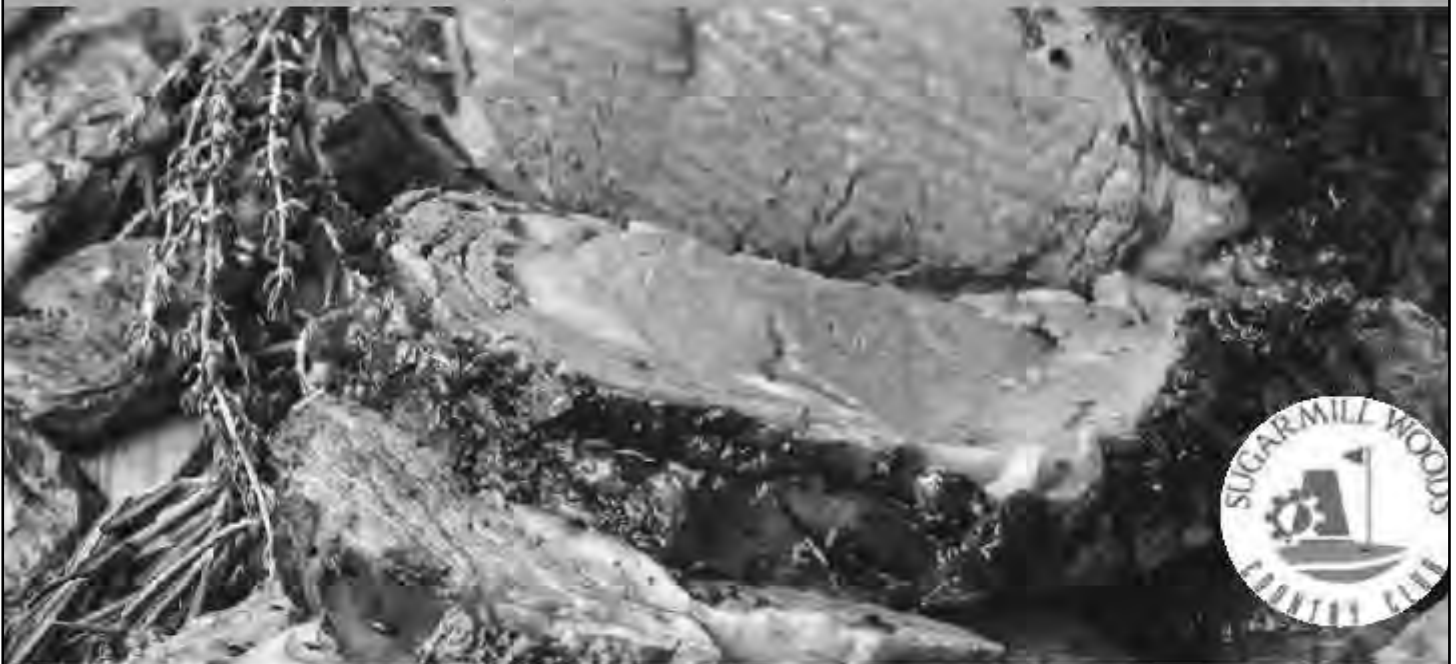
I love the game of pickleball so much that I wanted my mom to pick up a paddle and give it a try. Since she is a tennis player, I knew she could pick up the court aspect of it quickly. It would be an activity we could enjoy together when I visited. Mom was willing to try! I gave mom a lesson or two, but my visit soon came to an end. That's when I found Judy's classes for my mom. She was so patient with mom, a new learner, yet made the class challenging for the more skilled participants. Everyone embraced my mom and gave her the confidence to grab that paddle and dink away!

Continues on page 25

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From page 22

Half the fun of being a part of a pickleball community is the social aspect. Oak Village has a great group of pickleballers that are willing to accommodate newbies, like mom, and help them feel comfortable. Coach Judy is the perfect source for helping her students find the group that is best suited for their skill level.

I look forward to my next visit to Sugarmill Woods and another lesson with Coach Judy! Hope to see YOU in class too!

Respectfully submitted,

Carla Nimocks

USA Pickleball Association Professional (status: Retired)
Forrest City, Arkansas

SMW Oak Village Pickleball Stroke of the Week Clinic meets every Friday morning from 10:30AM to 11:30AM. The attendance fee per session is \$15.00. It is taught by double certified (IPTPA and USPTA) pickleball professional, Judy Jeanette. Balls and equipment are provided. For more information you may text or call 352-232-0321.

WEEKLY INSTRUCTIONAL TENNIS PROGRAMS

Junior "AFTER SCHOOL" Tennis Programs

The programs begin this month through the end of the school year.

Mini Peas, our youngest players meet every Wednesday from 5 to 6:00PM; the first meeting date is October 2.

Yellow Peas, are advanced beginner to intermediate abilities and meet every Tuesday, at the new time of 6 to 7:30PM. The first meeting date is October 8.

Hard Court # 6 is reserved for this group. Contact Judy for details. 352-232-0321

Super Drill

Every Monday and Wednesday from 6 to 8:00PM. Advanced drilling and play. Lots of competition and FUN. Hard Court #6 is reserved for this nightly group.

Doubles Strategy Clinics

Every Monday and Friday from 8:30 to 10:30AM. Learn to play as a team and use doubles skills to improve your play. Courts #3 and #4 are reserved for this instruction.

Tennis and Pickleball Lessons

Private, Semi-Private, Small Group Lessons may be schedule with USPTA Certified Elite, Judy, by texting 352.232.0321.



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The weather – what can we say – really hot, humid, muggy, stuffy, etc. Positive note – finally got rain. Keep a watch on the Tropical forecast. Be safe.

The Club - Many things are happening at the Club. - E-mails are sent by Scott Yates, owner & general manager, keeping the membership up to date with their progress. If you are not receiving these e-mails call the Club, Robin Frick, and register your e-mail address.

SMW MGA administration is in the process of setting up the MGA Championship Tournament, MGA Championship Dinner Dance and the MGA Holiday Tournament. Keep your eye out for announcements – flyers & e-mails on these up coming events.

MGA Championship Tournament - The Championship Tournament is a three round event, all played on MGA Thursdays. The format will be individual stroke play, flighted - best two of three rounds (two of two if you cannot play all three rounds). Sign up for this tournament is online with "Sign Up Genius". Flyers for the tournament will be posted on the MGA bulletin board in the men's locker room, in the Pro Shop and e-mailed to all MGA members.

1st round on October 24th
2nd round on October 31st
3rd round on November 14th

MGA Championship Dinner Dance - The MGA dinner dance is scheduled for Saturday evening, November 16th at Sugarmill Woods Country Club. Mark your calendars for this event which is the highlight of the MGA year. Flyers with further details including the menu selections will be posted on the MGA bulletin board, in the Pro Shop and e-mailed to all MGA members.

Reminder - The procedure which all MGA members should know and follow -- MGA weekly tournament games are played on Thursdays, 8:30 AM shot gun start. Sign-ups are on line through "Sign Up Genius". The sign-up list is downloaded very early Wednesday morning. Any changes, additions or cancellations after the list is downloaded must be coordinated with Dick Tuxbury, 382-4031 (NOT THE PRO SHOP). Cancellations on Thursday morning should be telephoned to the Pro Shop (382-3838 Ext. 1) by 7:45 AM. Walk-ins on Thursday morning will be accommodated if there are openings. If you sign up to play and do not show up or call to cancel after the score cards and pairings are set, you will be charged the \$3.00 tournament fee.

MGA Games for October

- 3rd - Best 2 of 4 + Bonus - Mixed
- 10th - Net Skins
- 17th - 2 Man Scramble - Flighted
- 24th - 1st Round MGA Championship
- 31st - 2nd Round MGA Championship

August 22, 2024 / Individual Point Quota-Flighted

1st Flight	1st Place: Rich Fodor	+1
	2nd Place: Mike Howard	-2
2nd Flight	1st Place: Joe Betkavsky	+1
	2nd Place: Jim Turner	-2
	3rd Place: Don Ideran	-3

Low Gross: Rich Fodor 86 / Low Net: Joe Betkavsky 73

Closest to the Pin:

#6 Joe Betkavsky 24' 9" / #13 Sam Gallucci 6' 9"

August 29, 2024 / 1 on 5's, 2 on 4's, 3 on 3'

1st Place	Donnie Doyle, Stu Hoffman, Tom Venable, Wayne Tice	-6
2nd Place	Bob Pennell, Mike Howard, Steve Teska, Don Ideran	-3
(Tie)	Jeff Pflum, Jim Turner, Tony Valente, Bob Strausser	-3

Low Gross: Bob Pennell 80 / Low Net: Stu Hoffman 73

Closest to the Pin:

#6 Donnie Doyle 35' / #13 Mike Howard 8' 4"

September 5, 2024 / Scramble-Handicapped

1st Place	Al Smith, Tom Venable, Mark Campbell	64.75
------------------	---	-------

Closest to the Pin:

#6 Al Smith 18' / #13 Sam Gallucci 10' 1"

Golf Humor for the Month:

One golfer asked his friend. Why are you so late in arriving for your tee time. His friend replied, it's Sunday. I had to toss a coin between going to church or playing golf. Yes, but that still doesn't tell me why you are late. Well, it took over 25 tosses to get it right.

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MGA MEN'S GOLF ASSOCIATION

Frank Nolan

PRESIDENT, CITRUS NATIONAL MEN'S GOLF ASSOCIATION

Hello Again Everyone!

Well with each passing day, the course is slowly getting better. Thanks to the hard work of the entire Groundskeeping crew and the rain, CN is inching its way back. This is evident by attendance which is growing each week.

My favorite time of the year (weather wise) is coming up. With the hot weather leaving us, I look forward to the Baseball playoffs where the Yankee fans are sitting in the Stadium with their jackets, gloves and hats on, while we are playing golf in shorts....Again, a shout out to all the diehards that stuck with the MGA through the heat and playing conditions all summer. As of next writing, the Snowbirds will be back and hopefully we will have a full contingent of players once again.

Winners this past month included; Tom Venable, George Thomas, Ben Lee and Mark Campbell.

Of course Bob Lawson and Kyle Muzina took turns winning most of the CTTTP holes.

Well that's it for now and as the weather cools, I hope to see all of 'youze guize' out there on the course...Slante'. Frank

2 Man Net BB

Place	Team	Score
1st	Tom Venable George Thomas	-10
2nd	Steve Teska Tony Valente	-7
3rd	Albert Smith Mike Cristofono	-5

Closest to the Pin:

Kyle Muzina #8 - 35'1"
Bob Lawson #13 - 6'8"

2 of 3 BB net + Bonus

Place	Team	Score
1st	Tom Venable/Blind Mark Campbell Blind	-11
2nd	Jim Brown Frank Nolan Gary Mosey	-9

Closest to the Pin:

Frank Nolan #8 - 5'11"
Gary Mosey #13 - 12'8"

-Sugarmill Woods CC-



Wednesday Oct Koth

Dinner

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LGA LADIES GOLF ASSOCIATION

Bonnie Demianczyk

PUBLICITY AND COMMUNICATION, CITRUS NATIONAL LADIES GOLF ASSOCIATION

On September 5, the CNLGA had its opening day and luncheon. There were nine 18-hole participants and one 9-hole participant, for a prize fund of \$18. We played a team game.

The winning team at 11 under par was Margot Check, Jennifer Carter and Susan Ervasti. Each wins \$6 in chits.

Stay tuned for other league events as the season has just begun.

Bonnie Demianczyk,
Communication chair.

-Sugarmill Woods CC-



Wednesday Oct 23th

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LGA LADIES GOLF ASSOCIATION

Joanne Tuxbury

PRESS SECRETARY, SUGARMILL WOODS LADIES GOLF ASSOCIATION

The 2024-2025 SMWLGA Golf Season has begun!!

September 11th marked our Opening Day for the 2024-2025 golf season. Many thanks to Lorraine Dayton, our Events Coordinator, for planning a lovely luncheon.

Reminder: *Join the SMW 18 Hole LGA and have fun with friends and neighbors every Wednesday morning from September to May. Shotgun start: 8:30 a.m. Must sign in by 8:00 a.m.
The cost is \$25 per year and \$2.00 per week for the prize fund. Contact Ginger Bong, gingerlybong@aol.com or Jennifer Carter, cartier1914@gmail.com if you wish to join.

*We have an Emeritus Membership (\$15.00 dues) for members who no longer play golf but would like to join us for our luncheons. It is a wonderful way to stay connected with golfing friends. If you would like to join as an emeritus member, please contact Ginger, Jennifer, or Jane.

*We use Signup Genius (SignUpGenius.com) to register for weekly play.

October Golf Schedule

October 2nd: Blind Partners
October 9th: Baker's Dozen
October 16th: LG/LN Star Qualifier
October 23rd: Match Play vs Par
October 30th: Orange Ball

DATE: August 14, 2024 GAME: Low Putts-9 Holes

First Place: Donna Hartwig 12
Second Place: Jennifer Carter 14
Third Place: Bonnie Demianczyk 16
Fourth Place: Suki Schattenberg 17
(Tie) Joanne Tuxbury 17
Chip Ins: #4 Donna Hartwig
Closest to the Pin: #13 Donna Hartwig

Game: Date: August 21, 2024 Game: Low Gross/Low Net

Low Gross: Donna Hartwig 84
Low Net: Kelly McClellon 76
2nd Low Net: Suki Schattenberg 78

Chip Ins Donna Hartwig
Closest to the Pin: #3 Karen Taylor
 #13 Donna Hartwig

Date: August 28, 2024 GAME: Hate 'Ems

1st Place: Joanne Tuxbury 67
2nd Place: Jennifer Carter 69
(Tie) Ginger Bong 69

Closest to the Pin: Hole #6 Donna Hartwig
 Hole #13 Ginger Bong

Date: September 4, 2024 GAME: Best 2 of 3

1st Place: Ginger Bong,
 Joanne Tuxbury,
 Judy Hill 150
Closest to the Pin: Hole #6 Joanne Tuxbury
 Hole #13 Donna Hartwig
 Hole #16 Joanne Tuxbury

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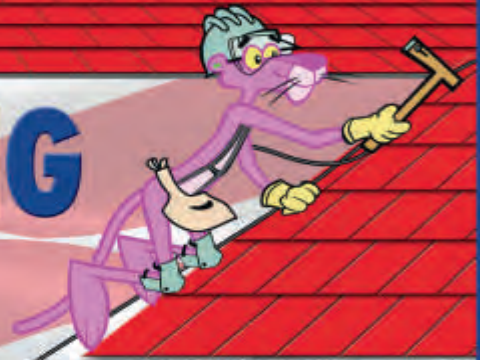
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