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October is Welcome Back Month at our improving clubs. It's great to see our seasonal people returning. Will they be shocked to see the improvements? We hope so.

The rebuild continues with the goal to offer an improved club experience every day. We have had a few setbacks though. There are several areas that we know that we need to improve. Thank you to the entire Membership for your support and patience. Our focus continues to be on You, our Members and always "In the Best Interest of the Club".

We hope all are enjoying the cleanup of the clubhouses and landscaping. **Sugarmill** has a newer/cleaner look losing the browns and rustic designs. Steve Hastings and his landscaping service deserve a high five for his help around the clubhouse and entrance landscaping that enhance this new look. **Citrus National** found a great new clubhouse color using citrus for the inspiration. The combination of painting the clubhouse, trimming trees and repairing the irrigation has Citrus looking really cool too.

There are a few improvements that most don't see. The Super cleanup in each kitchen would make you proud. Painting, pressure washing and stainless steel shelving has been added at Sugarmill. For a quick tour, see Robin or Scott anytime. Then a silent yet significant





Painting crew giving the Citrus National clubhouse a facelift with new colors.

improvement was added recently with our new water softeners and filters at each water station. Not only will the water taste better but it will be healthier, make the coffee taste better, food taste better and protect our kitchen equipment

GM MESSAGE on inved...

including coffee machines, ice machines and dishwashers.

We have even seen a few policies being followed too. Thanks for the cooperation as we now pair up in carts and much improvement is being made in cart traffic. Let's apply a little peer pressure the next time you see a Member drive up next to a green or ignore the 90 degree rule.

Are we enjoying the ten minute intervals and 7am start times?

What's next? One of my favorite Links Basics of Service is that we celebrate our successes while pushing on to greater goals. Yes, we will continue to push on with new carts this month, new Member events and increased Entertainment nights.





Happy October Members!

There is so much excitement in the air! With all the painting, construction, and landscaping taking place at both clubs, I believe we are achieving our goal of giving the membership a club for which to be proud!

We are happy to say that the transition to our **new Membership categories** has been completed. We have heard from so many of you how much easier it is to understand these new membership options. We are also thrilled that so many former members have chosen to rejoin. We are all so excited with all of the changes and updates taking place at our clubhouses and on the golf courses.

Last month, we welcomed more than 70 new members and happily, many returning members, who had resigned in disappointment over declining services and are now looking forward to the many coming changes.

Also, a big thank you to the members who stuck with us throughout the uncertainty and difficulties of the last few years – your reward will be a professionally and thoughtfully run club. Building a larger membership base would not have been possible without the help of the many members who have spread the good news to their neighbors and friends – well done!

As there are so many, I'm not printing the names of the last month's new members. Instead, we

will be devoting an entire page to all the new members next month.

Please check out the Calendar for some special events: **Glow Ball Tournament** on October 9th, our invitation-only **Lifetime Member Appreciation Social** on October 21st and **Oktoberfest** on October 26th.

Have a happy and safe Halloween!

If I can be of any help to you, please call me at: **352-559-7106** or email me at **robin@sugarmillwoodscc.com**









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2023 Valentines Cruise

Brilliance of the Seas, Feb 13 – 18, 2023 Lois & I will be escorting our annual Valentines Cruise. Please call for pricing for this cruise with your Sugarmill neighbors and friends. Cabins are going fast so please do not hesitate to call us at 352-382-7708.

Celebrity Cruises Newest and Boldest Ship Yet

I have just secured group space on Celebrity's newest and most beautiful ship to date, the Celebrity Beyond. If you love Celebrity you will not want to miss this cruise. We will sail from Fort Lauderdale for 7 nights to St. Maarten; St. Thomas and Puerto Plata, Dominican Republic April 2 to 9, 2023. This cruise will sell out so please do not hesitate to call us at (352) 382-7708.

2023 Alaska Cruise & Tour

Majestic Princess, May 28 - June 10, 2023 Lois & I will be escorting our 7th group for our "Great Alaska Adventure". Please call for pricing for this wonderful Princess CruiseTour. Cabins are going fast so please do not hesitate to call us at (352) 382-7708.

Call for quotes on the above and other cruises or tours

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A Buzz is in the air and we are living it every day.

The 2022-23 season can't get here fast enough. The vision of Links Golf is improving every aspect of our operation. Here are few updates from the Sugar Golf Shop.

New merchandise is arriving daily and sporting our fancy new logo. We have gone a couple years with very limited inventory. For your golfing needs, see us first for balls, hats, gloves and logoed apparel. Popular lines like Titleist, Antigua, Greg Norman and Bermuda Sands can be found at your Sugarmill Woods Golf Shop.

Check out this year's tournament schedule too. This month features The Citron Ryder Cup Match format as Ed Burfeindt, Head Golf Professional at Citrus National and I will captain this year's teams. Bragging rights will be celebrated in a couple of weeks. Then we get to experience a MAD Golf Day at Sugarmill. Our first Member Appreciation Day is Saturday November 19th and it's a party on Links Golf. That's right, sign up, have fun, enjoy food and drinks with no charges as Links is picking up the tab. The day starts with a 7am Bloody Mary Bar and an 8:30 am shotgun start. Food and drinks are served on the course with a fun team game celebrated after play. All Golf Members are invited. We wouldn't want to leave out the Sport Members. Sign up in the Sugarmill Woods Golf Shop.

Sugarmill #10 may be open by the time this article gets to your doorstep. If so, beware of that front pin placement as this new green features a false front. Balls barely reaching the green will now roll back off the green. Conversely, balls hit long and left of green surface may roll back to the middle as the back left offers a steep incline. Enjoy and "Make more Putts".

Have you seen our new scorecards? They are very pretty and contain great content too. One change is the recognition of two new tee boxes at #1 and #18 of Sugar. With so many golfers moving up a tee, we need more tees for the golfers already "moved up". Enjoy this new yardage and let's shoot for fun at Sugar and Citrus. Note too, that the tee box colors now match. The Red tees on each course are now about 5,000 yards. The Green tees on each course are about 5,200 yards. Now if one plays Red tees, they can play that same yardage on both courses without having to switch tees. The Blues, Whites and Golds are also approximately the same yardage. The only difference now is that Citrus offers an Orange at 5,800 yards and Sugar offers a purple at 4,400 yards. Maybe we can get those to match next year. Thanks in advance for any feedback. We are open to tweaking to make sure this works for all golfers.

Here we go. 2022-23 is almost here and our goal is to make this the Best Season Ever!



Hello everyone and welcome back to another edition of "The Pro's Corner"

This month's focus is on chipping as it's one of the best ways to shave a few strokes off your score.

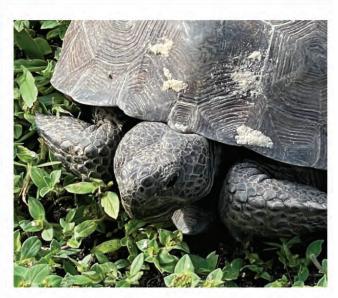
Have you heard the term **Bump and Run?** This is an absolute must for everyone's game and with a little practice, lower scores will be sure to follow. First, start with a lower lofted club (think 7/8 iron) and play the ball in the back of our stance. Then use a putting stroke with stable elbows and wrists

while focusing on your shoulders for turn. The main focus now is length of backswing. Start with a short backswing and see how far the ball flies. Then slowly lengthen the backswing to get the ball to fly further. Your goal is to keep the ball low and get on the ground early, creating the "run" portion.

By adding this easy and reliable shot to your game, I guarantee you will lower your scores! Hope to see everyone out on the practice areas giving this a try and implementing it in your games.



TENNIS ANYONE? The Oak Village Ladies Tennis Club had their first meeting recently. Interested in playing tennis, call Oak Village at 352-382-0353.



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The weather - what can we say - hot, humid, muggy, stuffy, etc. Keep a watch on the Tropical forecast. Be safe.

The Club

Many things are happening at the Club. - POSITIVE THINGS. 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 13th 2nd round on October 20th 3rd round on October 27th

MGA Championship Dinner Dance

The MGA dinner dance will be held on Saturday evening, November 5th 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.

SMW GOLFontinued...

MGA Games for October

October 6th Team Point Quota -

Flighted

October 13th 1st Round MGA

Championship

October 20th 2nd Round MGA

Championship

October 27th 3rd Round MGA

Championship

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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SMW GOLF

Joanne uxbury LADIES' GOLF

September 14th marked our Opening Day for the 2022-2023 golf season. Mother Nature cooperated and held off stormy weather. Scott Yates, the General Manager, gave our group an update on the changes and improvements to the club. He welcomed questions and took note of the suggestions made. Many thanks to Judy Hill, our Events Coordinator, for planning a lovely luncheon and table settings.

Reminder: *You can join the SMW 18 Hole LGA and have fun with friends and neighbors each 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. Maximum handicap is 40.4.

New members: Contact Lorraine Dayton, the Membership Chair at 352-422-1730.

*We use Signup Genius (SignUpGenius.com) to register for weekly play. Joanne Tuxbury is the Tournament Administrator. Any questions concerning sign up, please check with Joanne: jotuxbury@gmail.com or 352-382-4031.

Opening Day Memories



Table Settings



Tournament Check-in



Dwayne has us ready to go.



General Manager, Scott Yates

SMW GOLF

Joanne uxbury LADIES' GOLF PRESIDENT

Low Gross/Low Net

October Golf Schedule

October 5th: Four Corners
October 12th: 3-Blind Mice

October 19th: LG/LN Star Qualifier for

October

October 26th: Orange Ball (A-B-C)

Future Events

November 2nd: Nine and

Dine

12:00 start



Game Results

August 17, 2022: 150-Yard Game

1st Place:	Jane Gallucci	58.5
2nd Place:	Ginger Bong	59
3rd Place:	Suki Schattenberg	60.5
4th Place:	Chris Venable	61.5
(Tie)	Joanne Tuxbury	61.5

August 24, 2022: Purple Tees for All

1st Place Gro	oss:	Donna F	Hartwig	89
1st Place Net		Chris Ve	nable	73
2nd Place Net:		Suki Sch	attenberg	74
(Tie)		Karen Ha	all	74
Chip Ins:	Cyr	oress #1	Sandy Vale	ente
	Cyp	oress #2	Donna Har	twig

Mother Nature Shortened Game

LOW GIOSS/LOW NET			
1st Place Gross:	Donna Hartwig	48	
(Tie)	Lorraine Dayton	48	
1st Place Net:	Barb Turska	30.5	
2nd Net:	Judy Hill	31.5	
3rd Net:	Suki Schattenberg	34.5	
Closest to the Pi	n		
Cypress #6	Mary Tarorick	26' 6"	

September 7, 2022: Baker's Dozen

1st Place:	Donna Hartwig	49.5	
2nd Place:	Ginger Bong 50		
3rd Place:	Jane Gallucci	51.5	
(Tie)	Karen Hall	51.5	
Closest to the Pin			
Cypress #6	Mary Tarorick	36' 3"	
Pine #4	Ginger Bong	12'7"	

September 14, 2022: Opening Day Scramble

	•	
1st Place:	Donna Hartwig, Ginger Bong, Chris Mapes	73
2nd Place:	Lorraine Dayton, Suki Schattenberg, Karen Hall	80
(Tie)	Joanne Tuxbury, Pauline Gerbino, Peggy Rikard	80
Closest to th	ne Pin	
Pine #4	Jane Gallucci	5' 3"

Please join us for a night of

DINNER Jazz



Thursday, Oct. 13, 2022 5-8:30 pm

Performing
The House Cats jazz duo

The House Cats are an up and coming Jazz Duo bringing authentic bebop

and swing to all of Florida in a refreshing and exciting way. With only a guitarist and vocalist, The House Cats bring a big sound, with chord melodies, walking baselines, and inspired improvisation. Travis and Stephanie's genuine chemistry shines through in every performance, and their unique sound brings a huge amount of romance and class.



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Most of us golfers already know that a pre-game stretch routine is very important.

This routine will help us with better flexibility which in turn leads to a smoother swing and better results. Because I am not getting any younger, I have noticed that it takes me longer and longer to recover after a round of golf. I have more muscle aches and stiffness then I did when I was younger. I have learned one of the reasons for this is I don't have a stretch routine AFTER my round as well. It is just as important to stretch after your round as it is before it. The post round stretch will help increase circulation to joints and tissues, and relax your muscles for the rehabilitation period. All of these things will reduce muscle soreness and stiffness after your game. The best time to do your post round stretching is right after you get off the course. Your muscles will still be warm which will allow your body to be more agreeable to your routine. The main areas to concentrate on are lower back, hamstrings, hips and glutes.

The first illustration (#1) is an example of a lower back stretch. You want to lay flat on the ground and bring one knee up to your chest and hold for 5 seconds.

The second illustration (#2) is for the hips and glutes. You will lay flat on the ground and take your right leg and cross it over your left thigh.







FPRACTICE TEantinued ...

While making sure you keep your back flat on the ground, place your hands under left thigh and pull towards you until you feel stretching on outside of your left hip.

The third illustration (#3) is an example for the hamstrings where you will lift one leg, and while keeping it straight place your hands under your thigh.

My routine of going in and having a chili cheese dog and a cold beer isn't one of them!! I plan on making a change to my routine, and hope this tip helps you.

Don't miss two fun events coming up in October. Sunday Oct. 9th, we will host Glow Ball at Citrus National, and then the last week in October we will be holding the Ryder Cup Oct. 25th, 27th and 29th. Look for information and signup sheets in both Golf Shops.

If you need help with your game, send me an email to eburfeindt@sugarmillwoodscc.com or call (352) 382-5996 to set up a lesson.

I look forward to seeing you next month on **The Practice Tee.**







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FRIDAYS OCTOBER 14 & OCTOBER 28 **4 PM**

- 9 Hole Alternate Shot
- All Members Welcome to play
- Dinner Afterwards
- All are responsible for their own cart fees and dinner

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AT CITRUS NATIONAL & SUGARMILL WOODS

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Tuesday, Oct. 25 at Citrus National

(Cocktails and Snacks after play)

Thursday, Oct. 27 at Sugarmill Woods

(Cocktails and Snacks after play)

Saturday, Oct. 29 at Citrus National

(Dinner including Guest following play*)





FORMAT:

Tuesday will be 1 Best Bet Ball of the 2, **Thursday** will be a modified Chapman format, and **Saturday** will be individual matches. We will be playing off the low ball in each match on Tuesday and Saturday. Teams will be paired according to handicaps for the matches.

The field will be limited to the first 22 Men and the first 8 Ladies to sign up. The Winner will be the team with the most accumulative points from all three days.

ENTRY DEADLINE:

October 23, 2022 at 5:00 pm. Teams will be drawn Monday October 24th. Teams, matches and tee times will be posted after the drawing.

PAIRINGS PARTY Monday, Oct 24 5 PM at Citrus

FEES:

Each day you will be charged the applicable cart fees and \$10 fees for the prizes. **Please Note:** *New this year,* The Daily \$10 each day of play will be split: \$5 will go to the Overall Pot for the Winning Team; and \$5 will go to the Winner of the each Match.

* Saturday Night Pasta Buffet Dinner \$18.95++

SIGN UP TODAY!

Citrus National Golf Pro Shop: **352-382-5996**Sugarmill Woods Golf Pro Shop: **352-559-7107**







Opening Day was September 1 with a field of 28 Ladies.which included our 9 hole golfers. We are hoping they will join us more often. We welcomed two first-time players with us, Liz Browder and Donna Wilson.

The game was a **Step-Away Scramble.** Two teams tied for first place at EVEN PAR in what we called the Battle of the Figs. They all won \$7.00 in Chits.

Joy Fig Laura Fig

Gail Wilson Donna Rayne (welcome back)

Sherrie Ross Bonnie Demianczyk
Caren Girard Suki Schattenberg

We had a Share the Pot drawing and the Lucky Winners were, Pamela Pflum, Sandy Senechal and Liz Browder. Lunch was very good but the ICE CREAM & BROWNIES were the BEST!



September 8th golf was canceled due to rain.

On September 15th we played a One Day Eclectic with 17 golfers.

First Laura Fig shot 27.5 winning \$9.00
Second Janice Doyle shot 31.5 winning \$7.00
Third Gail Wilson shot 32 winning \$6.00

Three-way tie shooting 32.5

winning \$4.00
Barbara Pettigrew
Sherrie Ross
Suki Schattenberg

CTP's each won \$3.50

Fourth

Hole #4 Joyce Drye
Hole #8 Edie Thompson
Hole #13 Jane Gallucci
Hole #17 Barbara Pettigrew

We are looking forward to October and the return of our snowbirds, the continuing improvements of Citrus National Golf Club and Sugarmill Woods Country Club.

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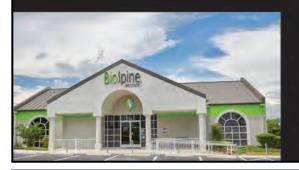
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Links Golf is Throwing a Party ... and All Golf Members are Invited!

Saturday Nov. 19

7am: Bloody Mary Bar at the first tee 8:30am: Shotgun Start

- Drink Cart roaming course
- Beverage Stations
- Burgers, dogs and more "at the turn"
- Special Events
- Team Games
- Prizes



- Golf is Limited to 128 players so sign up before it fills up
- Golf Members invited even if not playing golf that day
- Applicable cart fees apply

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