



INSIDER

June 22

It's my birthday month*, but you are getting the present.**

In this month's newsletter you'll find a great article about member Robert Sexton's journey to physical wellness. (That's not the present, although if you ask him nicely, he may sign your copy of the newsletter.) What I am excited to share with you is the collaboration with New Dimensions Wellness that resulted from this inspiring story. Founded and located in Orlando, New Dimensions Wellness combines all aspects of health, fitness, and wellness in an original and unique way. Owners Justin Cobb and Brantley Hawkins will be sharing aspects of their Superior Wellness System with all of us in featured monthly articles: Alleviating pain and recovering from injuries, nutrition, and solutions to enhance vitality are just a few of the topics they and their expert staff will weigh in on. After all, isn't good mental and physical health the best gift we can give ourselves?

Cheers,

Shannon

*To be fair I share it with a whole host of lovely people on page 7.

** I did this last year too. I hope you are utilizing the member portal. 😊



New Dimensions
WELLNESS



CELEBRATING FIFTY YEARS
ORANGE TREE GOLF CLUB 1972-2022

WELCOME NEW MEMBERS

Paul Barnes

Cary Erfurth

Chris Fennessey

Steve Rogers

CONGRATULATIONS



2022 OTGC Parent Child Tournament

Championship Flight winners: Jeff Sargent and Brad Sargent
2nd Place: new members Michael Lee and Walker Lee

First Flight winners: Susan Wilkinson and Oliver Plumb
2nd Place: Anthony Moreno and Brant Moreno

The Rahm Celebrity Golf Tournament to benefit St. Jude Children's Research Hospital

Shannon Wisne Helton

Closest to the Pin (Women) #17 TPC Sawgrass
(The Players Stadium course)

Closest to the Pin (Women) #14 TPC Sawgrass (Dye's Valley course)

Chad Helton

Closest to the pin (Men) #17 TPC Sawgrass
(The Players Stadium Course)

Closest to the pin (Men) #3 TPC Sawgrass (The Players Stadium course)

Kathy Wisne

Closest to the Pin (Women) #2 TPC Sawgrass (Dye's Valley course)

All Wisne was there too, and helped the family team come in 3rd overall

LPGA DIO Implant LA Open

T10 Yu Liu

T35 Christina Kim

T68 Sung Hyun Park

LPGA Palos Verdes Championship presented by Bank of America

T26 Sarah Kemp

T62 Yu Liu

LPGA Cognizant Founders Cup

T35 Amy Yang

T45 Sung Hyun Park

63 Sarah Kemp



BENEFITS OF WORKING FROM HOME

BULLETIN



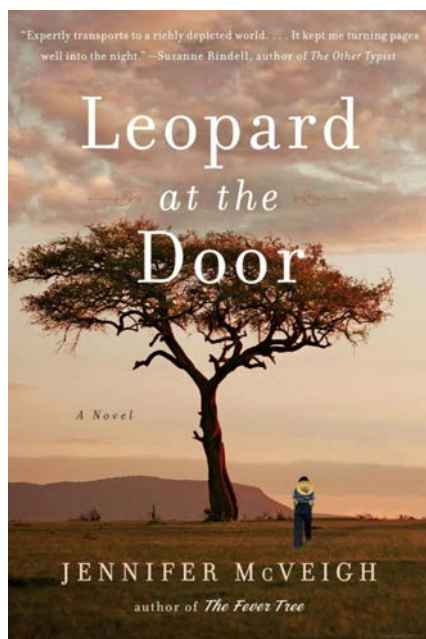
Be sure to check out the Orange Tree Insider! Hosted by Lauren Thompson, it's an informative monthly video segment in collaboration with the Golf Channel. Episodes can be found on the main page of our website, our Facebook page, and our YouTube channel. This month features a new swing tip from Devon Bonebrake, host of The Golf Fix.

IN THE
Summer
TIME

BOOK CLUB

This year the OTGC Book Club will be reading some of our member's favorite books!

This month's selection is Leopard at the Door, by Jennifer McVeigh. Set in Kenya in the 1950s against the fading backdrop of the British Empire, a story of self-discovery, betrayal, and an impossible love from the author of *The Fever Tree*. Member Tommie Witthohn chose this book, saying it is one of the best books she has read.



OTGC Book Club meets the 4th Thursday of each month at 2pm. This month's meeting is June 23rd and is open to all members. You don't have to make it every month to participate... join us in any month the book selection interest you! If you have a favorite book you would like considered for discussion, please email Shannon at swisne@orangetreegolfclub.com, and be sure to tell her why it's a favorite of yours!

OTWGA

Congratulations to the new Board:

President - Sheila Leacock (outgoing Vice-President)

Vice-President - Diana Roby

Secretary - Connie Kaskey Wilson

Treasurer - Sharon Venker (returning)

... and a huge thank you to the outgoing board president Viera Baker and secretary Jeanette Lawrence, for their excellence and dedication to this terrific group.

Welcome to new OTWGA member Maria Kovalenko.



HOLES-IN-ONE

Mark Farrow #7

Michael Fraher #17

Ian Kinnear #5

Nirav "Nick" Patel #17

Linda Widmer #5

JUNIOR CAMPS

Summer Golf and Fitness Camps for girls and boys ages 6-14 start June 21st. Kids learn fundamentals, an introduction to the rules of golf, etiquette, short game strategies, and putting. Activities in each camp are customized to its participants to ensure the group gets the most out of camp. There are member and nonmember prices, so if you have grandkids or friends visiting this summer, they can participate too. See Joe Bentz or any of our Pro Shop Staff for more information. Space is limited, so don't delay!

SUMMER
GOLF CAMP



ADDITIONS FROM ADMINISTRATION

By Katrina Pare
Office Administrator



Hey everyone!

We Want Your Opinion!

- **We are working on something new! We are asking our members to participate in a survey to help us gather their opinions on the creation of a membership directory. We ask that you are open and honest with all of your opinions and feedback so we can make an informed decision on how we will move forward with this project. Scan here to participate in the survey if you haven't already.**



Let us update your information!

- **Not getting all of our announcements, menus, or emails? Did you just move or update your billing information? Let us know so we can update your information in our system.**

Access your statements from Home!

- **Did you know you can keep a constant watch on your statement for home? Just log on to Orange Tree Golf Club's Member Portal to keep track of your account, you can even make secure monthly payments.**

Have a Question? feel free to stop by the Business office, send me an email at kpere@orangetreegolfclub.com, or give me a call at 407-351-4034 ext. 108

NEWS FROM "THE SUPE"



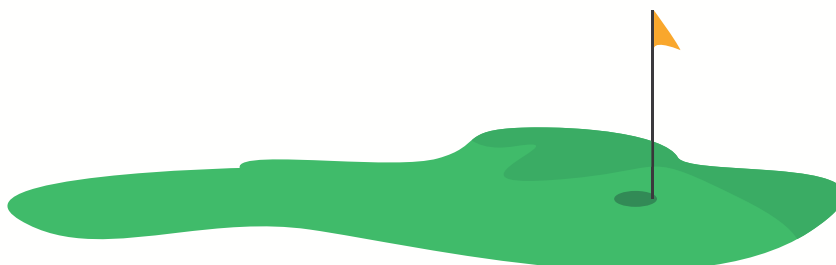
By Rob Torri
Superintendent

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

The word aeration stimulates negative emotions for many golfers. It may come as a surprise, but golf course superintendents also dislike aeration. After all, the last person who wants to disrupt the smoothness of the putting greens they work so hard to maintain is the superintendent.

Golfers often ask, "Why is aeration needed so often?" Aeration is an essential program to keep playing surfaces healthy and in good condition. Aeration primarily is performed to control organic matter - i.e., decaying roots and grass stems - relieve soil compaction, stimulate root growth and improve drainage. If organic matter becomes too thick, it acts like a sponge and holds water at the surface after rain or irrigation. Excessive organic matter also inhibits root growth, reduces oxygen levels in the soil, encourages disease and eventually can lead to turf failure. Furthermore, excessive organic matter creates soft surfaces prone to ball marks, foot printing and inconsistent playing conditions. Aeration and topdressing are the most effective ways to control organic matter and maintain smooth, firm putting surfaces.

AT OTGC, we aerate 3 times each year, usually between May and August. Our next scheduled aerification dates are July 18-20, and August 15-17.



Florida golfer gets a mulligan from SI joint and low back pain

By: Josh Thomas

For Robert Sexton, low back pain, shoulder issues and general injuries were par for the course. As a business owner working in golf travel, his injuries were hindering his ability to not only work, but to enjoy and excel in the sport he loves. Growing up in Michigan, Robert played ice hockey as a kid and today enjoys tennis, alpine skiing and water skiing between tee times. Participating in sports across different terrains, Sexton was no stranger to injuries, aches and pains.

While water skiing a few years ago, Robert injured his left shoulder. This was coupled with low back pain he was experiencing that was preventing him from playing and practicing pain-free. Robert was then referred by a friend to check out the experts at New Dimensions Wellness. Having been in alpine skiing accidents sustaining knee and calf injuries as well, getting pain-free and back to full strength was of utmost importance so Sexton could efficiently run his luxury golf travel company, Distincte Travel.

"My shoulder has bothered me probably for six years. Let's just say that shoulder has no pain in it at the moment, zero," Robert said. "I came to New Dimensions with a couple of issues and I would say those issues are resolved. I'm relieved, surprised, almost shocked. I didn't have to do any medical procedures. I can play golf now three, four, five days in a row without pain."

Upon coming in to New Dimensions, Robert's imbalances were identified and addressed. His hips needed to be pulled into alignment and kept there, not just quickly adjusted and written off. "I noticed there was an imbalance in his hips and during his swing, his foot was not connecting well to his hip," New Dimensions owner Brantley Hawkins said. "It was not only causing him to lose power and stability, but it was creating unwanted pressure and friction into the joints of his low back. Once aligned, stabilized and strengthened, he had more mobility in his swing, more power and was playing continuously without pain."

At New Dimensions, the mind-body connection is everything. Combining advanced physical therapy and health treatments with elite fitness and performance training, the physical body is coupled with our thoughts and emotions to dive deeper into all aspects of health and performance. This superior wellness system has been written about in over 500 publications. Having been described as "incomparable to any gym, physical therapy clinic or health and wellness studio" by those who have experienced New Dimensions, owners Brantley Hawkins and Justin Cobb bring over 20 years of combined experience and techniques that look at the big picture, not just a portion of the body.

Sexton dove head first into the program and immediately saw results. "Robert initially came in with SI joint pain, pain in his back after playing golf and even during his swings. He decided to jump head first into our program, our full mind-body-spirit three phase program," owner Justin Cobb said. "He quickly recognized that we had things for him that he didn't even know he needed. He took to our mental program and after one session, won his tournament at Orange Tree Country Club. Our goal with him is to make him a champion."



Through advanced physical therapy, mental performance and group fitness sessions, Robert has reclaimed his body and approach to golf. He's won tournaments, is able to practice regularly and can rely on his body to perform optimally. "My sports performance has improved; my body feels better. It's a combination of performance, mental approach and physical maintenance I have not found anywhere else on this planet," Sexton said. "New Dimensions has the expertise to maintain and improve my performance in golf and really, in life. I'd use the word miraculous."

PRO SHOP NEWS

Be sure to check out David's Tip of the Month: Greenside Bunker Shot & Etiquette. This tip and others can be found on our website under the GOLF tab, dropdown LESSONS, as well as on our YouTube channel and Facebook page.

2nd Annual Brendan Valdes Charity Scramble vs. Pediatric Cancer
Sign up by: June 16th



SAVE THE DATE!
June 20, 2022

2nd ANNUAL
Brendan Valdes
Charity Golf Scramble
VS.
PEDIATRIC CANCER

~ Sponsorship Opportunities Available ~

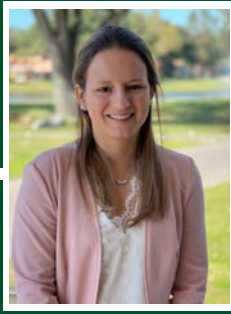
For tickets & more information, please visit:
www.SupraStrong.com

Scan the QR Code with your phone to RSVP today!

Proceeds to benefit children & families effected by cancer by sponsoring wishes & creating lasting memories

CATERING WITH KIRSTEN

By Restaurant and
Event Manager
Kirsten Carter



JUNE 1ST (MY BIRTHDAY) IS THE START OF HURRICANE SEASON, SOOO....

HURRICANE COCKTAIL

Ingredients:

- 2 oz White Rum
- ½ oz Grenadine
- ½ oz OJ
- ½ oz Lime Juice
- Orange Slices & Cherries to Garnish

Instructions:

1. In a cocktail Shaker, add all the liquid ingredients. Give it a good shake, pour over ice, and garnish!



PETE'S EATS

By Executive Chef Pete Madden

SPICY GRILLED SHRIMP AND NECTARINE KABOBS



Ingredients

- 24 fresh or frozen jumbo shrimp (about 1 1/2 pounds)
- 2 nectarines or plums, pitted and cut into eight wedges each
- 3 tablespoons fresh snipped cilantro
- 2 teaspoons finely shredded orange peel
- 2 tablespoons orange juice
- 1 tablespoon Asian chili sauce (such as Sriracha) or hot Thai chile sauce
- 1 clove garlic, minced
- ¼ teaspoon salt
- Orange Wedges

Instructions

1. Thaw shrimp, if frozen. If not already, peel and devein shrimp, removing tails if desired. Rinse shrimp; pat dry with paper towels. Place shrimp and nectarines in a resealable plastic bag set in a shallow dish.
2. Marinade: in a small bowl, combine cilantro, orange peel, orange juice, chili sauce, and garlic. Pour marinade over shrimp and nectarines; seal bag. Marinate in refrigerator for 15 minutes to 1 hour, turning bag occasionally.
3. Drain shrimp and nectarines, discarding any excess marinade. Thread shrimp and nectarines onto eight 6- to 8-inch skewers, leaving 1/4 inch between pieces (see Tip). Sprinkle with salt.
4. Charcoal Grill: grill shrimp skewers on the rack of an uncovered grill directly over medium coals for 7 to 9 minutes or until shrimp are opaque, turning once halfway through grilling.
5. Gas grill: preheat grill. Reduce heat to medium. Place shrimp on grill rack over heat. Cover; grill as above.
6. Serve kabobs with orange wedges.

TIP: If using wooden skewers, soak in water for 30 minutes before using to prevent burning on the grill.



DOGS OF OTGC

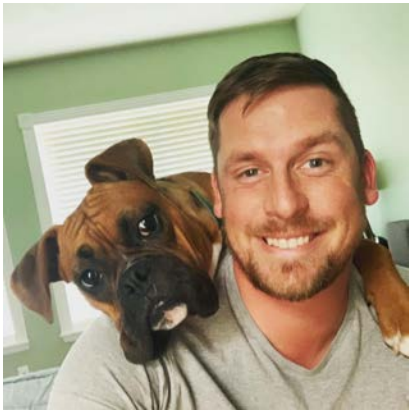


Meet Arnie Palm! This 3-year-old boxer rules the house of our newest member Steve Rogers.

Favorite Food: Everything except broccoli, especially pepperonis and puppuccinos

Favorite Golfer: Rory McIlroy

Favorite Hobby: TIE - Going for car or boat rides; Rolling on his back on putting greens or in bunkers



MOMENTS WITH MEMBERS

We're rooting for you! Friend of OTGC Cameron Young has 5 Top 10 finishes (three of them 2nd place) this season and is #12 on the FedEx Cup rankings.



Former Junior Cameron shown here with current Junior member Dylan Kotes at the Bay Hill tourney this Spring.

Derby cheer on Derby Day!

OTGC ladies are top-notch when it comes to celebrations. Congrats to Best Hat Winner Karen Mitchell!



HAPPY BIRTHDAY!

- 1 KIRSTEN CARTER
- 2 KURT GRUBER
SULYN GRUBER
JOHN RUSTON
- 4 CAROLYN ALEXANDER
LEN RIZZO
AUGUSTO SANABRIA
JOE WILLIAMS
- 5 TOMMY FOSTER
- 7 BRAD CURRY
JOHN GRAY
- 8 BRIAN DUNMIRE
- 9 VINCE ALBACHIARO
OLIVIA LU
SHANNON WISNE HELTON
- 10 DANIEL ADAMS
DIANA ROBY
- 11 HAMISH MUNRO
- 12 TREY FARNSWORTH
JOHN PARRETT
- 14 RICHARD WATKINS
- 15 JOHN ROSS
EDDIE SHELTON
- 17 MICHAEL MEARES
- 18 WARREN STILWELL
ROB TORRI
- 19 PHILLIP ARKIN
GREGG HARKNESS
- 20 LEN COLE
AARON LEACH
- 21 DENISE BROWN
RONGXING ZHU
- 23 KATRINA PARE
GARRETT STACEY
- 25 LUCIMARA GARCIA
JONAH LEACH
SKYLAR SALAMONE
- 27 DREW KURIANOWICZ
JAMES MULLER
- 28 MARK GIBSON
JIM PURCELL
- 30 WALKER LEE

June 2022 at



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Morning Game 8:00 am Scratch Game 1:00 pm Pub Night 5:30-8:00 pm	2 Morning Game 8:00 am Ladies 9:00 am	3 Morning Game 8:00 am Ladies 9-Hole 9:28 am Scratch Game 1:00 pm Dinner Service 5:30-8:00 pm	4 Morning Game 7:52 am Powerball 8:00 am Ladies 9:00 am Scratch Game 12:00 pm
5 The Lagos Game 8:16 am Ladies 8:40 am	CLOSED	7 SWOGL 8:30 am Coach's Game 12:00 pm Wine Tasting 6:00pm Reservations Required	8 Morning Game 8:00 am Scratch Game 1:00 pm Pub Night 5:30-8:00 pm	9 Morning Game 8:00 am Ladies 9:00 am	10 Morning Game 8:00 am Ladies 9-Hole 9:28 am Scratch Game 1:00 pm Dinner Service 5:30-8:00 pm	11 Morning Game 7:52 am Powerball 8:00 am Ladies 9:00 am Scratch Game 12:00 pm
12 The Lagos Game 8:16 am Ladies 8:40 am	CLOSED	AJGA Ben An Junior All Star Championship Members: Practice Facility open at 12:00n Course opens at 2:00pm - Tee times		16 Pub Night 5:30-8:00 pm	17 Morning Game 8:00 am Ladies 9-Hole 9:28 am Scratch Game 1:00 pm Dinner Service 5:30-8:00 pm	18 Morning Game 7:52 am Powerball 8:00 am Ladies 9:00 am Scratch Game 12:00 pm
19 The Lagos Game 8:16 am Ladies 8:40 am Father's Day BBQ 11:00am - 2:00 pm	20 CLOSED 2nd Annual SupraStrong Charity Tournament Autopay processes today	21 Morning Game 8:00 am Ladies 8:32 am Ladies 9-Hole 8:48 am Coach's Game 12:00 pm	22 Morning Game 8:00 am Scratch Game 1:00 pm Pub Night 5:30-8:00 pm	23 Morning Game 8:00 am Ladies 9:00 am Book Club 2:00 pm	24 Morning Game 8:00 am Ladies 9-Hole 9:28 am Scratch Game 1:00 pm Dinner Service 5:30-8:00 pm	25 Morning Game 7:52 am Powerball 8:00 am Ladies 9:00 am Scratch Game 12:00 pm
26 The Lagos Game 8:16 am Ladies 8:40 am	CLOSED	28 Morning Game 8:00 am Ladies 8:32 am Ladies 9-Hole 8:48 am Coach's Game 12:00 pm	29 Morning Game 8:00 am Scratch Game 1:00 pm Pub Night 5:30-8:00 pm	30 Morning Game 8:00 am Ladies 9:00 am	Junior Golf Camp Week 2: 9am-2pm	

Don't forget
we are
social!



Hours of Operation

Pro Shop:
Tuesday-Sunday
7a-6p

Range:
Tuesday-Saturday
7a-7p
Sunday
7a-6p

Tuesday:
Food Service
9a-3p
Bar Service
9a-6p

Wednesday:
F&B Service
9a-8p
Pub Night
5:30-8p

Thursday:
F&B Service
9a-6p

Friday:
Food Service
9a-8p
Bar Service
9a-9p
Dinner Menu
5:30-8p

Saturday & Sunday:
F&B Service
8:30a-6p