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Between THE Palms



JUNE 2026

Heritage Palms Golf & Country Club

A Look Inside

HERITAGE PALMS 2026 GOLF CHAMPIONS

STRATEGIC PLANNING COMMITTEE LAUNCHED...

SUMMER AT HERITAGE PALMS

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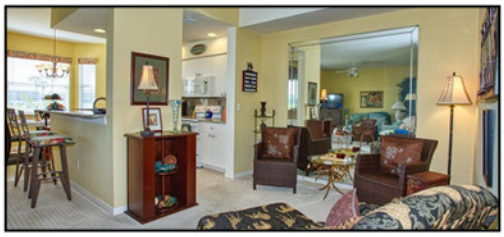


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Staying Connected

JANE BREISCH, EDITOR
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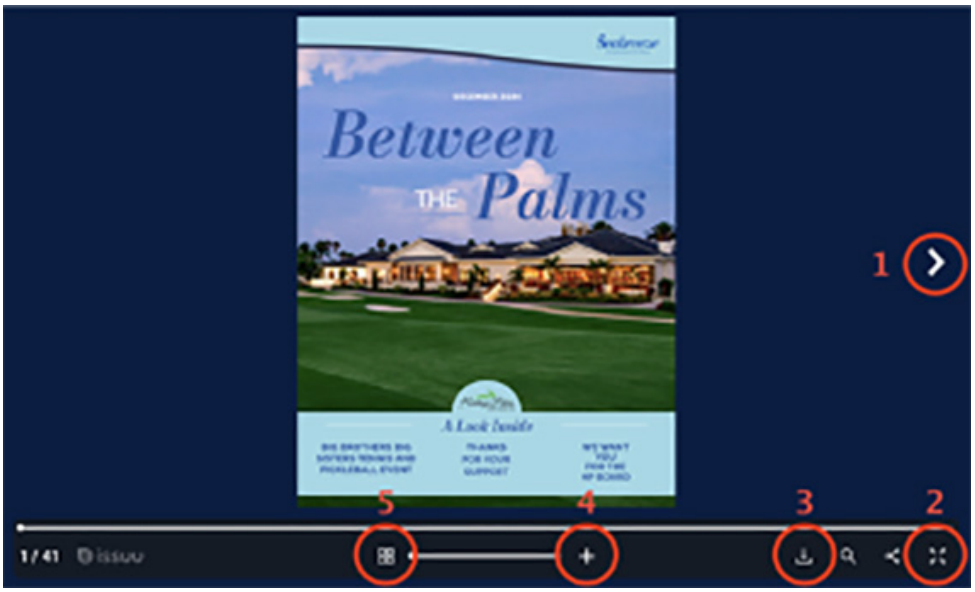
There's a newly established HP Advisory Committee: Strategic Planning. They will be reviewing our current structure… from governance, to resource allocation, to programming, to staffing, to campus facilities… you name it. For more information regarding their process see Brian Walker's article on page 6.

****

For all of you who have travel plans… especially overseas… please see my article *Cyber Security: Travel Safely* on page 23. I ran this article last summer, however, it's worth reviewing again if you're jumping on an airplane soon. It contains tips to make your travel less subject to cyber criminals. It also contains some important things to consider when planning any trip -especially when traveling to an international destination.

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I've heard rumors and grumblings about the difficulty some of you have reading BTP on your cell phone. A piece of advice: if you have an iPad, PLEASE consider reading the issue on that. The screen is larger, and way easier to read. On *either* device, please know there's an option for you to download this issue (or any prior issue) as a PDF (Adobe) for viewing, rather than using a web browser. Simply click the downward arrow icon (#3 below) to download the magazine as a PDF on your laptop, iPad, or cell phone. The PDF version shows one page at a time (vs the two pages you see side by side "on line"). It's then far easier to scroll down, page by page, and enlarge any to see photos, etc. closer up. Try it, you'll like it!



****

Should you have an article to submit for the July issue, my deadline is May 29. Postcards are welcome! Please email to cvgolfers@gmail.com.

Dee Dee Kascsak
FF Full Page Ad Here

STRATEGIC PLANNING COMMITTEE

FOCUSING ON OUR FUTURE

Heritage Palms

? This is all caps & not a headline on original article

What's Next?

BRIAN WALKER, STRATEGIC PLANNING COMMITTEE CO-CHAIR
WALKER.BRIAN07@GMAIL.COM

email not underlined

create it."
- Peter Drucker

On behalf of myself, Brian Walker, and Roger Moyer, Co-Chairs of the Strategic Planning Committee, we are pleased to announce that the committee has been formed. HP hired Club Benchmarking to use as facilitators for our process. We are now establishing the strategic planning timeline and communication strategy. Other committee members include: Mark Carter, Terri Anderson, Ken Shandelson, and Jane Breisch. Rich Firebaugh is our Board Liaison.



First, let me thank the Heritage Palms community for taking the time to complete the 2026 Members Survey. The survey had a 62% response rate, and more importantly, included hundreds of detailed comments. All of your comments are important, and will be taken seriously. One of the main themes voiced, was the need for transparency and accountability, which reflect our committee's main goals.

How will we be held accountable and transparent? Through your active involvement in the process!

ng Committee Launched...

• Step one: This month you will receive an invitation to participate in a Focus Group. When announced, simply click on the email link to indicate your willingness to participate.
• Step two: When a Strategic Planning Survey is sent later this summer, please take your time to thoughtfully answer the questions, and more importantly, provide detailed comments.
• Step three: Read all the updates from the committee via our monthly Between the Palms articles, or Board updates, and reach out with comments or questions.

Together, as a community, we will shape a strategic roadmap that reflects both our proud heritage and our aspirations for our future with your vision incorporated.

Stay tuned each month for important updates from our committee.

Have a great summer.

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Heritage Palms 2026 Golf Champions

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CLUB CHAMPION
RUNNER-UP DICKY SMITH



PRESIDENT'S CUP
LINDA LUEHRING



SENIOR PRESIDENT'S CUP
DENNIS SOLBERG

FOR MORE PHOTOS SEE PAGE 46 OR CLICK HERE



Summer at Heritage Palms:
Stay Active, Stay Strong, Stay Connected

LISA SCHNECK, CPT, CNC (NASM)
WELLNESS AND ACTIVITIES DIRECTOR
LSCHNECK@HPGCC.COM



As we move into summer at Heritage Palms, the pace of the community may shift—but your health doesn't have to.

In fact, this is one of the most important times of year to stay consistent.

While many seasonal residents head north, those who remain have a unique opportunity: a quieter environment, more space, and a thoughtfully designed fitness schedule that supports strength, mobility, and overall well-being throughout the summer months.



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This year's summer fitness schedule was built with intention—offering a balanced mix of classes designed to meet you where you are, while helping you maintain (and even improve) how you feel moving into next season.

A Schedule Designed Around Real Needs

Rather than thinking of classes as just "something to attend," it can be helpful to think in terms of what your body—and your life—need most right now.

If your goal is to build strength and stability, classes like **Strong Foundations** and **Sit to Be Fit** focus on maintaining muscle, joint integrity, and confidence in movement.

If you're looking to stay active without excess strain, our **Aqua Fitness** and **Aqua HIIT Waves** classes offer a highly effective, low-impact way to improve cardiovascular health and mobility.

If flexibility, balance, or stress reduction are priorities, options like **Gentle Yoga, Chair Yoga & Tai Chi, and Mindful Meditation** provide space to reset and restore.

For those who enjoy a more energetic pace, classes such as **Summertime HIIT, Pump It Up, and Fit for Golf** help maintain conditioning, coordination, and functional strength.

Each class serves a purpose—and together, they create a well-rounded approach to staying strong, capable, and independent.

A Simple Framework for Your Health

At the foundation of all of our programming is a simple idea: your health is shaped by a handful of key areas that work together.

We often refer to these as the Five Wellness Superpowers: movement, nutrition, sleep/rest, connection, and mindset. Every class, workshop, and conversation is designed to support one—or often several—of these areas.

You don't need to overhaul everything at once. Small, consistent improvements in any one of these areas can create meaningful change over time.

More Than Classes: A Coordinated Approach to Wellness

Fitness classes are one piece of a much larger picture.

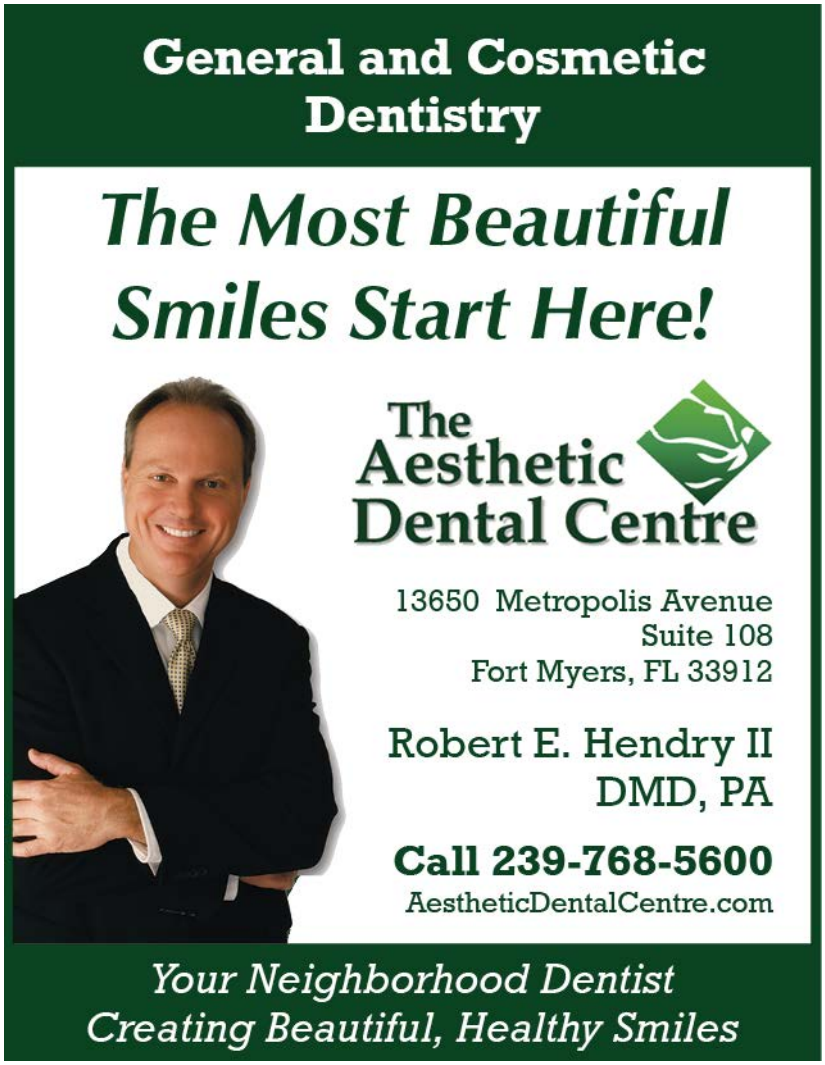
At Heritage Palms, our approach to wellness is intentionally layered:

- **Medical insight and education** through our ongoing **partnership with Lee Health**, bringing expert-led discussions on topics like heart health, balance, and disease prevention.

Leone Center for Orthopedic Care at Holy Cross Health
FP Video

• **Lifestyle and behavior-based programming**, designed to help translate that information into real, sustainable habits. These sessions focus on how to apply what you learn—whether that's improving sleep, building consistency with movement, or navigating nutrition in a practical way.

The goal is not just to provide information—but to help you use it. Because knowing what to do is one thing. Actually, doing it, consistently, is where results—and quality of life—are shaped.



A Season to Build Momentum

Summer often gets treated as a "holding pattern," but it can just as easily become a time of quiet progress.

Small, consistent actions—attending a class, improving strength, moving a little more each week—add up. By the time season returns, those who stayed engaged are often starting from a very different place than where they left off.

Whether your goal is to feel stronger, move more comfortably, improve balance, or simply stay active, there is a place for you within the summer schedule.

Weight Health Group

For those looking for additional structure and accountability, the Weight Health Group continues through the summer. This group is designed for individuals at any stage—whether you are just getting started or continuing long-term progress—and focuses on building sustainable habits rather than short-term restriction.

The emphasis is on:
• Adding nutrient-dense foods rather than eliminating everything at once
• Understanding the patterns and beliefs behind habits
• Creating a realistic, supportive approach to change

It's a space to learn, apply, and move forward—at your own pace, but not alone

An Invitation

Summer at Heritage Palms offers something rare: the space to focus on yourself without the usual pace and pressure of peak season. Try a class. Establish a rhythm. Build momentum.

And if you're not sure where to begin—or want help aligning a plan with your goals—I'm always happy to connect.

Those who are interested, can follow this link to our most popular presentation s: This is a link. Nutrition for Health and Longevity.

Feel free to reach out to me directly with questions, or to schedule a brief wellness chat. I'm here to support you.

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Between the Numbers

The Future Is Calling—Have We Run the Nu

MARK CARTER, FINANCE COMMITTEE AND COMMUNICATIONS COMMITTEE MEMBER
MARKBCARTER@MAC.COM

"It's tough to make predictions, especially about the future." — Yogi Berra

THIS MONTH'S TOPIC: PROJECTIONS AND FORECASTS.

Think about planning your trip south this coming fall. What goes into it? Maybe you consider traffic around the usual bottlenecks, whether you'll time your stops to include a Buc-ee's (purely for the brisket sandwich, of course), or if it's going to be more Motel 6 or Ritz-Carlton this year—depending on how the market treated you over the summer. You might even factor in the weather… or whether you'll make that first tee time without needing a "warm-up" day to recover from the drive.

In reality, you're building a plan based on what you know about what lies ahead. In other words, you're using forecasts to project your travel time and arrival in Fort Myers—give or take a few construction zones and one inexplicably long stop at Buc-ee's.

The same concept applies in accounting and financial planning.

Accountants often prepare "forward-looking" financial statements, especially when leadership is considering new projects. While forecasts and projections both look to the future, they serve different purposes. A *forecast* represents management's best estimate based on current conditions and expected changes. A *projection*, on the other hand, illustrates what *might* happen under a specific set of assumptions—a "what if" scenario… like what if gas prices behave, traffic cooperates, and you actually get here ahead of schedule. (We can dream.)

As the saying goes:

"Economists have predicted six of the last two recessions." — Unknown

Forecasts and projections are frequently misunderstood. Because both rely on assumptions, actual results will almost always differ. That doesn't make them wrong—it makes them useful. They are tools for decision-making, built on the best information available ***at the time the decision is made***.

mbers?

After all, even the best-planned trip can be derailed by an accident on I-75 that turns a smooth drive into an extended tour of Atlanta traffic—or a "quick lunch stop" that somehow lasts two hours.

So why all this talk about forward-looking financials?

Because the Club has begun work on a strategic plan.

A newly-formed Strategic Planning Committee will guide the community through a process focused on the future—asking what members want the Club to become, and how it should evolve. Are there new amenities we'd like to see? Expanded pickleball courts? A bigger outdoor dining area? (Preferably one where you can still hear your tablemates over the laughter.) Are there structural considerations, such as governance or bylaws, that should be revisited?

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An essential part of that process is understanding the financial implications of the options on the table. For example, we might all enjoy the idea of a 10-acre water park complete with slides and play areas—but what would it cost? And how would it affect future income, expenses, and cash flow? More importantly, would we actually use it… or just talk about how nice it would be while sitting comfortably by the pool? And, of course…what would be the dress code?



That's where forecasts and projections come in. They help quantify the possibilities—outlining potential investments, revenues, and expenses—so the Board and membership can make informed, thoughtful decisions about the Club's future.

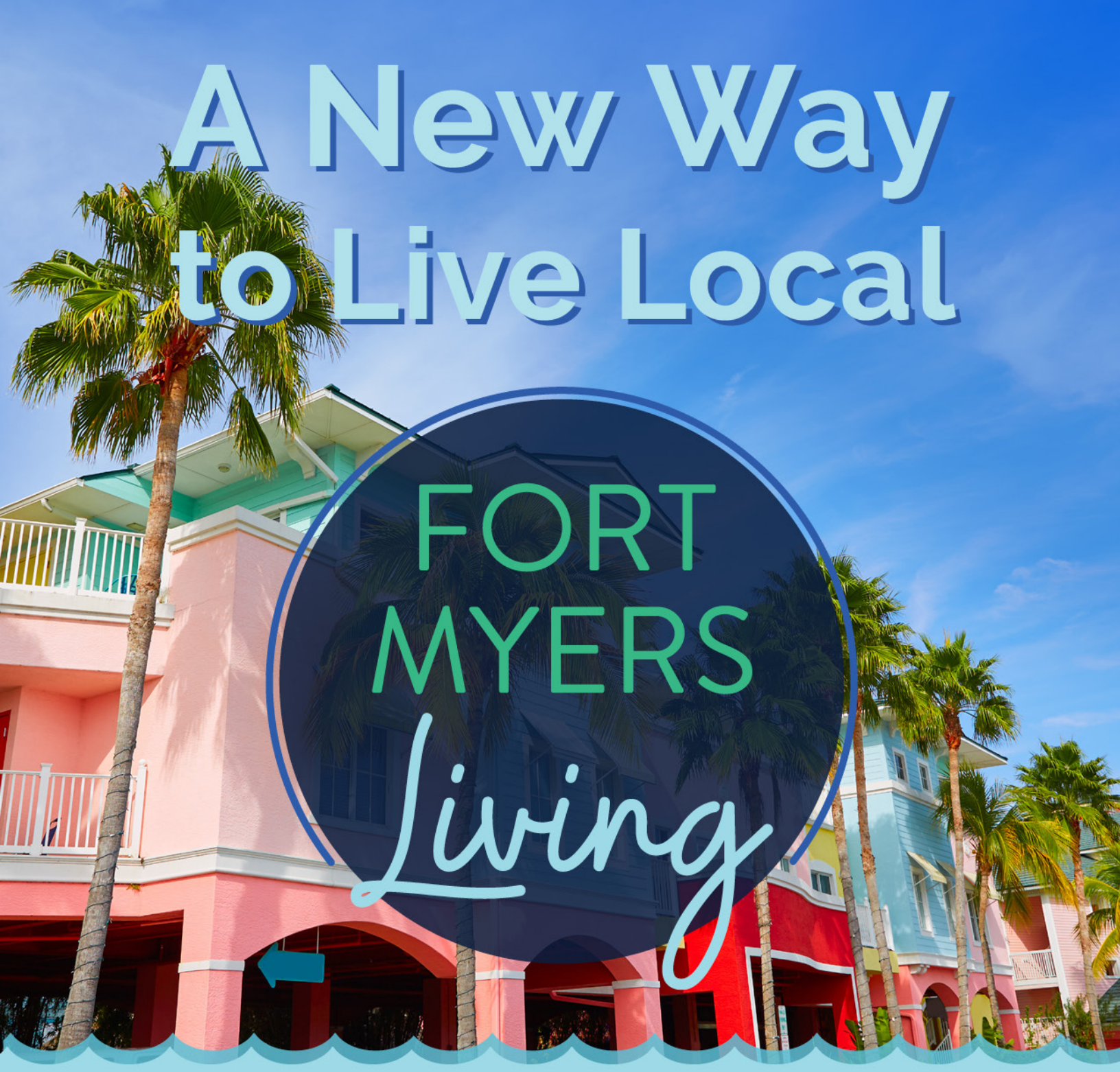
So, as you hear about new ideas and possibilities, take a moment to look at the forecasts and projections behind them. They're not perfect—but they're the best tools we have to make smart decisions together.

And about predictions: I have this incredible ability to predict what's inside a wrapped present.
It's a gift.

Smile, and have a great summer!

Should you have ideas for topics you'd like to see covered in Between the Numbers for 2026–27, feel free to email me at markbcarter@mac.com.





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READ JUNE

Looking Back on the 2025-26 Tennis Seas

ANDI STERN, TENNIS & PICKLEBALL COMMITTEE CO-CHAIR
APSTERN123@ICLOUD.COM

Heritage Palms has an extremely active tennis community. In addition to all of the members who play socially, there are well over 100 women who compete on various teams, many of whom play on more than one team. Men's and women's tennis programs have been fiercely competing with other clubs around Lee County. The women's program is comprised of 12 rated teams (94 women!), ranging from 3.0 minus (two in this category) to 4.5, as well as several "metal" teams. Of the six rated teams, the 4.5 team fared the best competitively, coming in 2nd place in the county. The other five rated teams' results all generally fell well within the middle of the pack: 3.0- Hot Shots (7th place), 3.0- Raqueteers and the 3.0 teams (11th), 4.0 (13th), 3.5 (14th), and 3.5 (18th).

The metal teams, filled by 76 women, ratings were somewhat comparable. While the Platinum team, the highest metal team, came in 2nd place, the Bronze (7th), Cobalt (4th), Copper (16th), and Nickel (11th) again all fell within the middle of the standings among Lee County metal teams.

It is fair to say that the women competing enjoy this inter club interaction immensely and take their competitions seriously. Each team has a group clinic and often a group practice weekly. Many of the women participating in league feel that they have improved their skills over this year, thanks to the coaching of Chad Dyer, Daniel Camacho, Carolyn Lawver, Larry Albritton, and George Freije.



BOB LATHROP, CAPTAIN OF THE HERITAGE PALMS II TENNIS TEAM, HOLDING HIS TEAM'S CHAMPIONS PLAQUE. THEY WERE THE 2025-26 SEASON WINNERS OF THE COPPER DIVISION OF THE MEN'S 70 PLUS TENNIS LEAGUE OF LEE COUNTY. WHITEY SORNAT ALSO SERVED AS CAPTAIN OF THE TEAM.

fix name

On the men's side, 52 players are on the 50+ teams and 53 men on the 70+ teams, again with many playing on more than one team. The Men's Blue Team, captained by Ted Corcoran, WON the Lee County Men's 50+ League this past season. Also, the Copper Division Team, captained by Bob Lathrop,

son



CAPTAIN STEVE JAMROSE (L) AND CO-CAPTAIN TED CORCORAN OF THE 2025-26 CHAMPION HERITAGE PALMS BLUE D TENNIS TEAM WITH THEIR TEAM'S PLAQUE. THE TEAM WON THEIR DIVISION IN THE MEN'S 50 PLUS TENNIS LEAGUE OF LEE COUNTY.



NICKEL TEAM MEMBERS. KNEELING (L-R): DANIEL CAMACHO, BETH O'SULLIVAN, AND ANDI STERN. STANDING (L-R): CAROL ANN WENTZELL, SHEILA COLICCHIO, KATHY PEDULLA, JAMIE UNGER, TRACY NOORDHOF, BETTY HALL, JOAN TOOLEY, PAM GARVEY, LISA BENEDETTI AND CHAD DYER. NOT PICTURED: KATHEY RENAUD, PACKY MORRIS, MARILYN DORCAK, MARY BELL WOLFF, KATHY HEARSUM, AND CAROL MACK.

Fix name

WON the Lee County Men's 70+ league. Gary Rodgers' 70+ Gold Division finished in 2nd place.

It has to be said that there was one particularly special competition held at HP, written about in previous communications. Two of our most "seasoned" men (Bob Gehrlicher, age 91, and Ron Morrison, 90) took on and DEFEATED two other 90-year-old tennis players from Heritage Cove. The match was absolutely amazing to watch!

As you can see, not only are HP's competitive tennis players enjoying the league season, but are also faring quite well in comparison to other clubs in our area. On to next season!

Blankets of Love Makes Bags and Backpa

SHIRLEY BRAKE
MASSBRAKES@GMAIL.COM

On April 2, three of the ladies from the HP Blankets of Love group delivered 51 fabric tote bags, with 2 pockets each, and 15 fabric backpacks to the Ray V. Pottorf Elementary School. The school is located just outside our Winkler gate. Judy Kent, a member of our group, learned from their principal that many students who are in the foster care system are sometimes moved to another home. They have nothing to help move their belongings. The principal suggested tote bags would be a big help. In addition, she mentioned many students didn't have backpacks.



SOME OF THE MANY LADIES WHO WORKED ON THIS PROJECT ARE SEATED (L-R): LYNNE ROMANO, CAROL HACH, GAIL EVIRS, AND ELAINE CASWELL. STANDING (L-R): SHIRLEY BRAKE, CAROLYN SALSBERY, PAULA KRAFT, JUDY KENT, JOYCE JONES, SHARON SMITH (OUR LEADER), AND MARY ANNE SMITH.

We decided this was a perfect project for our group. We eagerly worked on sewing these items for five or so weeks. About seven of us sewed on our sewing machines, and many more helped cut fabric or straps, pressed, or did the occasional ripping out of sewing mistakes. It was truly a team effort. Virtually all of the fabric used for this project was generously donated.

Blankets of Love meets every Thursday, from 9 a.m. to 1 p.m. in the Activity Center's card room. We regularly make quilts, crocheted or knitted blankets, and other items of need for various charities. Please join us any Thursday, November through April.

acks for Local School



L-R: KATHLEEN HAVARSON, ASST PRINCIPAL; JUDY KENT; SHIRLEY BRAKE; BRANDY MACCHIA, PRINCIPAL; AND LYNNE ROMANO.



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Sabal Team Wins LUSH Trophy

LUSH is an interclub ladies' golf competition between the following Lennar & U.S. Home Communities: Cypress Woods, Forest Glen, Heritage Bay, Bonita National, Legends, and two Heritage Palms teams (Sabal and Royal). Play rotates among the seven courses each season, with six formal competitions plus a "Fun Day" at season's end.

Eight-woman teams play for Stableford Points. The top five players' points constitute a "team score." The "team points" accumulate for each tournament. The point system assigns points on each day of play according to team placement on that day. The team with the most points at the end of the season receives the "Traveling Trophy."

The Heritage Palms Sabal team accumulated the most points this season, and received the trophy on April 22! The Sabal team accumulated 1,052 points, beating out Forest Glen by 44 points. HP's Sabal team won the trophy in 2024. Congratulations to all and thanks for helping to bring the trophy back home! It's on display in pro shop!



CHERYL WARREN, CAPTAIN OF LEGENDS CC TEAM (R), PRESENTS THE TROPHY TO SABAL TEAM WINNERS OF LUSH 2025-26 (L-R): CATHY BECK, PAT NASALROAD, CHRISTINE MARTI, PEGGI ERICKSON, KATHY HAZARD, AND TEAM CAPTAIN, HOLLY OSLER. SABAL TEAM MEMBERS NOT PICTURED ARE: KITSY BAUMGARTNER, JANE BREISCH, JANE JONES, PAM KARPINSKI, AND PAT SCHUETZENHOFER.





Cyber Security: Travel Safely

JANE BREISCH, EDITOR

FOR ALL OF YOU TRAVELING THIS SUMMER, PERHAPS OVERSEAS, PLEASE REMEMBER TO:

• Register with the U.S. Department of State — or your home country's embassy - before traveling abroad. Go to *https://mytravel.state.gov/s/step* to enroll.
• Ensure you have health coverage while abroad.
• Notify credit card companies and banks of travel plans.
• Have phone numbers of financial institutions, if needed.
• Keep passports, travel documents, and valuables in your hotel safe when you don't need them.
• Carry backup copies of vital documents.
• Petty crime (such as pickpocketing) is the primary risk to travelers globally. Always remain vigilant in public spaces and crowded areas.
• Try not to carry large amounts of cash.
• Avoid using ATMs on the street. Use one inside a bank or hotel. Set up alerts to monitor transactions at all your financial institutions.

9 SAFETY TIPS TO HELP YOU TRAVEL SMART:

Travel can be a memorable experience to share with family and friends. But there are some important things to consider when planning any trip—especially when traveling to an international destination. The following tips fill in the blanks on what you need to do to ensure a *bon voyage*.

• **Program emergency numbers into your phone.**
Ensure that your phone has contact information for your local embassy, health insurance provider, credit card company, and for the people you're traveling with. All travelers in the group should leverage geo-location services on their mobile phones (e.g., "Find your phone" functionality or family safety applications), so in the event of an emergency individuals may be located or contacted quickly.
• **Receive all recommended vaccines.**
Before your trip, plan to meet with your health care provider, who can suggest what steps to take to help protect yourself against potential health risks. Schedule appointments in advance to allow for multiple doses, if necessary.

• **Notify your personal credit card provider of your international travel plans.**
Many credit card companies will suspect fraud and put a freeze on your account if they see charges from a foreign country.
• **Be prepared if your passport and/or travel documents are lost or stolen.**
Photocopy or scan your passport and carry a copy with you. Also, carry a printed copy of your travel itinerary and electronic ticket receipts.
• **Protect your home while you're away.**
Take the necessary steps to avoid tipping off thieves. Before you leave, either have a trusted party retrieve your mail or contact the postal service to stop delivery. Avoid posting your travel plans on social media, and don't tag your location while on your trip.
• **Register your international trip with the U.S. Department of State—or your home country's embassy, if possible—and perform basic research.**
U.S. citizens can register at the State Department's Smart Traveler Enrollment Program (STEP).
Also, check the State Department's website for information regarding your international travel destination before you leave. Understand the following for *all* areas visited: hospitals near you, known crime areas, planned major events/protests, etc.

• **Obtain dedicated travel medical insurance to cover you and your family abroad.**
Check with your health insurance provider to understand your coverage abroad and find out what your policy will and will not cover. Oftentimes, there are gaps in coverage and the best step is to consider purchasing dedicated travel medical insurance. Particularly, to assist in events requiring emergency medical treatment and evacuation, it's prudent to hire a provider specifically skilled in this area.
• **Activate international calling on your cell phone.**
When traveling internationally, verify that your phone will work in the country you are visiting and activate the appropriate international service with your provider or rent a phone as needed. When you arrive, make a test call to ensure the phone is working. Don't forget to pack a charger that will work where you're going.
• **Overall Personal security.**
    - Remember to secure cash, credit cards, and other valuables
    - Petty crime (such as pickpocketing and bag snatching) is the primary risk to travelers globally.
    - Always remain vigilant in public spaces and crowded areas.

o Try not to carry large amounts of cash.
o If you can, avoid using ATMs on the street and use one inside a bank or hotel. Set up alerts to monitor transactions at all your financial institutions.
o Never leave belongings unattended. Keep valuables in your carry-on luggage (not checked baggage) during the flight.
oKeep passports, travel documents, and valuables in your hotel safe when you don't need them.
o Unless the country requires you to carry your actual passport, carry a copy of the photo page for ID purposes.
o Take any necessary medications with you in their original containers and keep them in your carryon luggage during the flight.



Read On...

KAREN HARRIS
HERITAGEPALMSBOOKCLUB@GMAIL.COM

Members of the Heritage Palms Book Club recently chose books for the 2026-27 season. The calendar and selected books are:

October 23	*Foster* by Claire Keegan
November 20	*Buckeye* by Patrick Ryan
December 11	*Theo of Golden* by Allen Levi
January 15	*The Lion Women of Tehran* by Marjan Kamali
February 19	*The Correspondent* by Virginia Evans
March 19	*More Than Enough* by Anna Quindlen
April 16	*This Book Made Me Think of You* by Libby Page
May 7	*The Book Club for Troublesome Women* by Marie Bostwick

Thank you to the book club members who volunteered to lead discussions this year – Chris Carlson, Doris Orff, Carol Roden, Carol Stringer, and Beverley Robertson. Book club meetings are open to all Heritage Palms residents who have read the books. If you wish to have your name added to or removed from the mailing list, please email me.



Postcards

From Allan Potechin: We were visiting Japan from April 7 to 27, and caught this Sumo Wrestling demonstration in Tokyo.



L-R:
CATHERINE & ALLAN POTECHIN,
RON & MARY OLSON,
AND BRAD & CATHY LAMBERT.

We went from Tokyo South, but no cherry blossoms left on the whole island of Honshu. We then went to the far north to Sapporo on Hokkaido. Too early! Went a little south to Hakodate, and wow success!



CATHERINE AMONG
THE CHERRY BLOSSOMS.

From Melanie Roetting: Five HP friends joined me in April for a five-night, six-day cruise out of Tampa. We cruised to Casa Maya, to Cozumel, and back to Tampa. A great time had by all!



TINA AND MELANIE CELEBRATING A BIRTHDAY.



L-R: TINA WRIGHT, BARB BOTTITTA, ANN CROWLEY, MELANIE ROETTING, LEE MURRAY, AND CHERYL ASSISE.

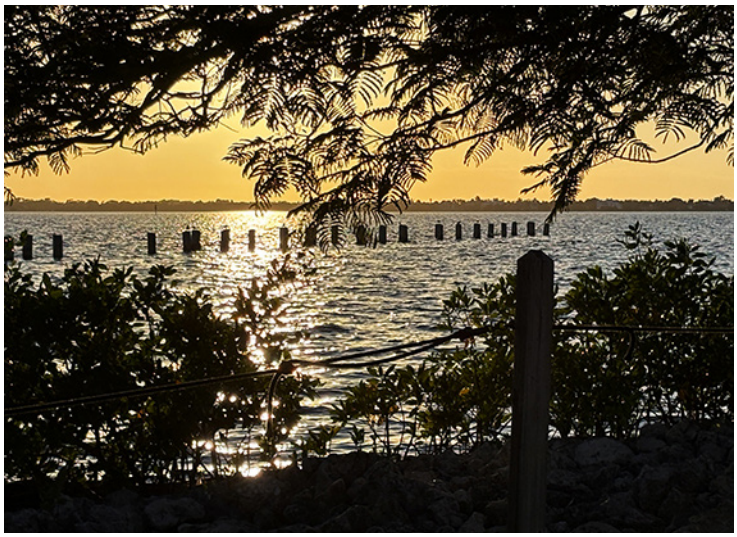
HP Postcards

From Pat Vegh: Where did the season go? The Royal Ts had a wonderful winter, filled with friends, laughter, and a few cocktails. We learned patience in every sand trap, humor with every whiff, joy for each putt, and pride in our friend's birdie.



STANDING (L-R): STEPHANIE LEHMAN, SUE SAURO, JEAN HOPPE, MICHELLE EVANS, MARCIA GALLICHIO, CATHY DEAN, BETH O'SULLIVAN, JOANNE DOYLE, DANENE LITZ, PATTI PALGUTT, CHERYL LARSON, AND PAT VEGH. SEATED (L-R): MARY TSCHETTER, NANCY RODGERS, LENA KNIGHT, AND CAROL JABLONSKI. NOT PICTURED: MAUREEN HANRAHAN, CINDY WARD, PAT SIMMONS, KATHY HANNA, DEBBIE LICATA, AND MARY RHOADES.

From Jane Breisch: A beautiful sunset overlooking the Caloosahatchee at the Edison and Ford Winter Estates on April 24.



7:29 P.M.



7:42 P.M.

Symphony Bridge

SHERRY SWEARNGIN, CO-CHAIR

On April 14, Symphony Bridge held our end of the year luncheon in the Palms Dining Room. The winners of each flight were announced and rewarded. Part of our dues goes to the Southwest Florida Symphony Scholarship Fund. Erika MacDougall is also Co-chair of our group.

First place winners per flight were:

- Flamingo Flight: Karen Harris and Sherry Swearngin
- Ibis Flight: Erika MacDougall and Martha Simmons
- Heron Flight: Sue Sargent and Pat Shepherd
- Egret Flight: Linda Ganzer and Kay Polomene



1ST, 2ND, AND 3RD PLACE WINNERS OF OUR FOUR FLIGHTS ARE SEATED (L TO R): LINDA FERRIS, BETH CALLOWAY, ERIKA MACDOUGALL, JILL KOTOWSKI, MARY ALICE QUINN, KAY POLOMENE, AND LONNE BROWN. STANDING (L TO R): SHERRY SWEARNGIN, MARLENE HINO, MARY PAT URBANIK, MARTHA SIMMONS, BILLIE PORTER, PAT SHEPHERD, SUE SARGENT, DIANE POULTER, LINDA GANZER, KAREN HARRIS, DONNA FREELAND, ARLENE DOYLE, DONNA MACDOUGALL, JANINE BARON, AND CAROL RODEN.



From The Pro Shop

BOB KELLY, DIRECTOR OF GOLF
BKELLY@HPGC.COM

Hello from the golf shop. Summer is here and hopefully we have a similar weather pattern to last year, with timely rain and no major impacts from hurricanes. As most know, our course closure schedule is a little different this summer with our bunker renovation project scheduled for Sabal. The Royal course is currently closed until approximately July 27. At that time, Royal will re-open and Sabal will close for maintenance and the bunker project. If all goes as planned, we will have 36 holes open for play around October 12.

This is a great time for our courses to recover from what is always a busy season here at HP. Year to date, through the end of May, we have played just over 56,000 rounds of golf. With some unusual rains in March and early April, we saw the grass really pop, and experienced some great spring playing conditions. Greg Kreisch and his staff did another outstanding job this season providing us with two great golf courses to play.

We're excited to host two FSGA one-day events here this summer. The first event is scheduled for Thursday June 18, and the second for September 3. Sign up is now open at *fsag.org*, and all members with a GHIN handicap are eligible to play.

Our next summer golf event is the July 4th scramble. Look for an email from Golf Genius for event details and sign-up instructions. We've been working on finalizing the calendar for 2026-2027. Next season will be a little different with Easter falling in March.

Mark your calendar now for the following Major Club events for the 2026-2027 season:

November 9:	Ladies Member Guest
December 6:	Christmas Scramble
December 10-13:	Men's Member Guest
February 7:	Mixed Club Championship
March 20-21:	Men's & Ladies' Member-Member
April 2-3:	End of Season Tent Party Scramble
April 10-11:	Men's & Ladies' Club Championship



I hope everyone enjoys the remainder of the summer, and don't forget to keep working on your game.



WGA News

SARA CRIGER, WGA PRESIDENT
SARACRIGER@GMAIL.COM



Happy summer, all! We have all likely settled into our summer routines by now, whether that is life at HP without all the snowbirds crowding the courses, pools, and restaurants, or life back up north for those of us who have transitioned to another community life with cooler climates!

The WGA Board transitioned in April, and I have the honor of serving as our new WGA President. Thank you to Terri Anderson, our past President, and the rest of the incredible 2025-26 Board members, as well as Bob Kelly, the HP Pro Shop, the golf operations teams, and of course, the WGA members and volunteers for a wildly successful year! The energy and engagement were very high as w[illegible] and we're [illegible] new season that will be here before we know it!

missing bullets before each date

It goes without saying that the successful functioning of a large member organization requires many volunteers with many skills sets. The following talented and eager team of women have stepped up to lead the WGA together with me as the 2026-27 WGA Board of Directors:

- Vice President - Catherine Potechin
- Secretary - Lisa Benedetti
- Treasurer - Donna Freeland
- Assistant Treasurer - Mary Pat Urbanik
- Tournament Director - Susan Fraser
- Assistant Tournament Director - Brenda Sabbag
- Communications Director - Georgetta McCabe
- Handicap Director - Julie Chaleff

Many other key volunteers ensure our time together is fun and memorable, including various committee chairs and members, and event helpers. Thank you for the difference you have and will make in our league's success. No matter how big or small, your efforts are needed and appreciated.

WGA Member Survey: By the time this article is published, you will have received a short survey, and hopefully responded, so we have your input on how we can make our league even more enjoyable. Planning our 2026-27 season activities is moving quickly, so we appreciate the timely input.

2026-27 Season Highlights: A full schedule of events will be [illegible] HP WGA website at a later date, but please note the following early season activities:

November 3: League Begins
November 17: Opening Cocktail event
December 22: LNHGA & WGA Christmas Scramble

The WGA knows that a vibrant women's league helps ensure a vibrant Heritage Palms. We look forward to continuing to be that for our members and community!

make line longer

LNHGA News as the Season Ends...

fix

KAREN JENSEN, LNHGA PRESIDENT
KARENPISH@MSN.COM

Our LNHGA end-of-season dinner was held March 30, and was a star-studded event enjoyed by all. The evening celebrated our successful season and honored the winners of the LNHGA Individual Championship held February 25 delete "above" al winners are pictured ~~above~~. 57 Chip in Winners were recognized. Judy Kent was also honored for her 3 1/2 years as President of the League! We appreciate all she did over those years!

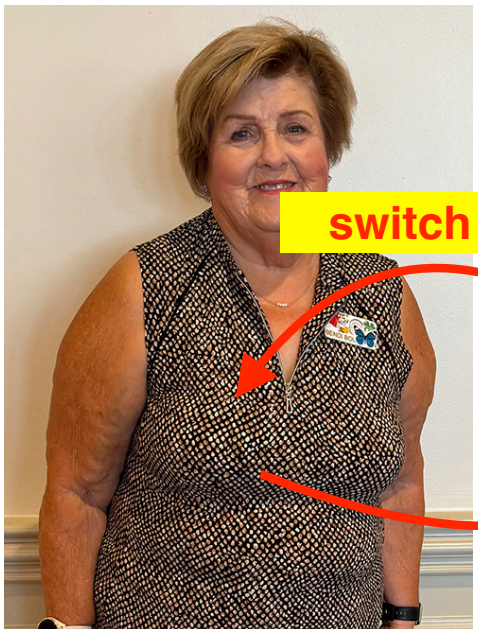
Our final luncheon of the season, *Diamonds & Daisies*, was a sparkling event held April 8 during which our new Executive Board was installed. We're looking forward to the 2026-27 season... planning is already underway.

The Club Championship was held on April 11-12 and the LNHGA was well represented. Congratulations to winners, Debbie Edwards (1st gross), Donna Roberts (2nd gross), and Ming Cole (3rd gross). Net winners were Kim Franczek and Marlene Wessel (Tied).

Have a fun, safe summer and keep swinging!

Happy 250th Birthday to the USA!

switch pics



FLIGHT 1
LOW GROSS WINNER,
TERRY MCKENZIE



FLIGHT 1
LOW NET WINNER,
BENDIA BOUGHTON



FLIGHT 2
LOW GROSS WINNER,
DEBBIE EDWARDS



FLIGHT 2
LOW NET WINNER,
MING COLE



FLIGHT 3
LOW GROSS WINNER,
BARBARA JOHNSON



FLIGHT 3
LOW NET WINNER,
PAT WENTZ



FLIGHT 4
LOW GROSS WINNER,
JULIA PUCEL



FLIGHT 4
LOW NET WINNER,
BARB GREGG



KATHY HANNA
RECEIVED THE
"MOST IMPROVED
PLAYER" AWARD BY
DECREASING HER
HANDICAP 18 POINTS!

fix name



NEW EXECUTIVE BOARD (L-R): NORENE MCFADDEN, TREASURER; ANN CONOVER, HANDICAP DIRECTOR; DIANE JANSEN, GOLF GAMES; KAREN JENSEN, PRESIDENT; DIANE DEMING, MEMBERSHIP; SUSAN SMITH, SECRETARY; AND CAROL FEEHAN, VICE PRESIDENT.

return

APRIL LUNCHEON COMMITTEE (L-R): MARY MACIASZEK, DARLENE SLOWIK (CO-CHAIR), MELODY SMOTHERS, BARBARA DIGANGI, SUE MCNEILLY, JEANINE PETSCHE (CO-CHAIR), AND MARY GRILL.





L-R: CHARLOTTE CONDER, KATHY DAMIANO, KARLA SCHARETT, AND SUE NINK.



L-R: SUE MCNEILLY AND BARBARA DIGANGI.



L-R: KELLY WELBORN, CHRIS CHIASSON, AND SUSAN SMITH.



L-R: KAY BATES, MARY SWEENEY, JUDY STEDMAN, AND JOY WEINER.

L-R: JOAN HUBER, ROSEMARY MCPHERSON, AND LOVIE FERGUSON.









Do You Know the Rules?

DAVE KRAFT
DKRAFT_SR@YAHOO.COM

What does the Rules of Golf say to handle the situation pictured? Both balls are plugged in a bunker.



Rule 15.3b Ball Anywhere on Course Interfering with Play

1. Meaning of Interference by Another Player's Ball. Interference under this Rule exists when another player's ball at rest:
• Might interfere with the player's area of intended stance or area of intended swing,
• Is on or close to the player's line of play such that, given the intended stroke, there is a reasonable chance the player's ball in motion could hit that ball, or
• Is close enough to distract the player in making the stroke.

2. When Relief is Allowed from Interfering ball. If a player reasonably believes that another player's ball anywhere on the course might interfere with the player's own play:
• The player may require the other player to mark the spot and lift the ball Rule 14.1, and the ball must **not be cleaned** (except when lifted from the putting green) and must be replaced on its original spot.
• If the player does not mark the spot before lifting the ball or cleans the lifted ball when not allowed, they get one penalty stroke.
• In stroke play only, a player required to lift their ball under this Rule may play first instead.



A player is not allowed to lift their ball under this Rule based only on the player's own belief that the ball might interfere with another player's play.

If the player lifts their ball when not required to do so by the other player (except when lifting the ball on putting green under Rule 13.1b), the player gets one penalty stroke.

Rule 14.2d Where to Replace Ball When Original Lie Altered

If the ball that must be replaced is altered, the player must replace the ball this way:

insert "1)" before Ball

Ball in Sand. When the ball was, in sand, whether in a bunker or anywhere else on the course:

- In replacing the ball on its original spot, the player must re-create the original lie as much as possible.
- In re-creating the lie, the player may leave a small part of the ball visible if the ball had been covered by sand.

If the player plays from the right place, but fails to re-create the lie in breach of this Rule, the player gets the general penalty two strokes.

Now that we know the Rules for an interfering ball in play. How do we go about making it fair for each player to have the same conditions?

The player with the plugged lie furthest from the hole will play first. The player closest will have to mark his/her ball. Player two needs to mark his/her spot a good distance away from original spot. In this situation I would recommend a club length away from the original spot. Player, one plays his plugged ball and alters player 2's original lie. What needs to take place before player two plays?

Before player two plays, player two would be able to rake the bunker to re-create the original plugged lie as much as possible. Player two is also allowed to rake the area that player one stood to play his/her shot from.

Here is this month's golf etiquette tip: *When you have completed your round of golf, please drive away from the green before putting your equipment away so the players behind you can play their shots to the green.*

Ace Faces



ELLEN FOY

April 12, 2026
5 Royal
135 yards
7 Wood
This is Ellen's 1st hole-in-one!



ELENA MULLER

April 15, 2026
6 Sabal
87 yards
Pitching wedge
This is Elena's 1st hole-in-one!



DAVE KOTH

April 14, 2026
6 Sabal
162 yards
5 Hybrid
This is Dave's 2nd hole-in-one, but his 1st at HP! "My other HOI was in 1995. It was a double eagle on a 280 yd par 4 in Bloomington, IL."



JIM WENKE

April 23, 2026
14 Royal
138 yards
8 Iron
This is Jim's 1st hole-in-one!



CAROL GIDDENS

April 15, 2026
14 Royal
92 yards
8 Iron
This is Carol's 1st hole-in-one!





How Our "Emotional Style" Impacts Our Golf, Pickleball, and Tennis Performance

ANDREW WEINER
WEINER@UKY.EDU

In his book, "*The Emotional Life of Your Brain*," Dr. Richard Davidson identifies six emotional styles that activate different parts of the brain in very distinctive patterns. His cutting-edge research focuses on the neuroscience behind emotions.

The six styles are: **Resilience, Outlook, Social Intuition, Self-Awareness, Sensitivity to Context,** and **Attention.** The purpose of this article is to provide you with definitions of each style, a continuum for subjectively evaluating where you fit within each style, and some questions/statements which will help you to better determine your placement on the continuum.

1) Resilience deals with the ability to recover from setbacks, or to brush aside past events (i.e., lost points in pickleball and tennis, or missed shots in golf), and ***focus on the present***. Simply put, resilience is the ability of the person to return to baseline behavior or emotional equilibrium following a setback.

Using a continuum from "slow to recover" <<-- ------- >> "fast to recover," we can subjectively assign ourselves a position by how we respond to the following (the construction of the statement makes it easier to determine position on the continuum):

1) If I'm playing pickleball or tennis doubles and my partner criticizes my performance either verbally or with body language, how quickly do I shake it off and focus on the next point?

2) If I'm playing golf in a competitive event, and I hit two bad shots in a row, how long do I think about those shots before I clear my head and focus on the present?

3) I'm heading out the door to play golf, tennis, or pickleball, and have a minor disagreement with my spouse. How long does the disagreement pervade my thoughts and impact my mood?

While it's obvious that being "fast to recover," represents high resilience, that's not always a good thing. An extremely resilient person may lack the motivation to overcome challenges, accepting every set-back with the attitude, "don't worry, be happy."

2) Outlook refers to our sense of optimism. It's the ability to maintain positive emotions despite trying circumstances. Moreover, it means extending the shelf-life of those emotions beyond the occurrence of the event that caused them. There are some who continue to feel good following an accomplishment while others performing the same event keep those emotions alive for only as long as it takes a snowflake to melt. Being able to feel and express pleasurable emotions is very important to our mental health and therefore, our outlook can range from "negative<<--------- >> "positive." To establish your position, respond to the following questions:

1) If I'm playing mixed doubles for the first time, am I looking forward to the experience, or worried that I may not like my partner and thus, will have no fun?

2) If I shoot a good round of golf, does the positive feeling stay with me for a while, or does it fade once I'm off the course?

3) If I have a bad round of golf or play tennis or pickleball poorly one day, do I worry that my game is "going south," or do I tell myself that it's only a bad day, and tomorrow will be better?

3) Social Intuition deals with the ability to pick up on subtle nonverbal clues, read other people's body language, vocal intonation, and facial expressions. It involves tuning in to the emotional state of others, also referred to as empathy and compassion. Social Intuition may be described as ranging from "puzzled" <<--------- >> "socially intuitive," and can be assessed by responding to the following statements:

1) I can often tell that something is bothering someone just by looking at him or her, even if the person is a stranger.

2) When I'm riding in the cart with someone I just met, I often notice social clues about their emotions (i.e., discomfort or anger) before they acknowledge those feelings in themselves.

3) I'm often taken by surprise when someone I'm talking with gets angry or upset at something I said, for no apparent reason.

4) Self-Awareness is the ability to be acutely aware of our thoughts and feelings and the messages our body sends us. It's one of two core components of emotional intelligence (social intuition or social awareness).

Self-awareness can range from "self-opaque" <<--------- >> self-aware," and can be assessed by your responses to the following statements:

1) During a recreational doubles match, one of the opposing players asks you at break, why you were so critical of your partner, and you reply, "But, I'm not."

2) Following a game, you're sitting around the table talking politics and the person besides you whispers, "Why do you get so angry when someone disagrees with you?" and you reply, "That's ridiculous, I don't get angry."

5) Sensitivity to Context means being tuned into the social environment, and knowing what constitutes socially appropriate behavior (the implicit rules that govern social situations). It ranges from being "tuned out" <<--------- >> tuned in." Your responses to

Insert space to match rest of article.

placement:

1) While playing golf with a group of people I don't know, I tell a few "off color" or ethnic jokes, and later find out (via my cart mate), that to my surprise, others were offended.

2) While I'm sitting in the Tiki Bar, I'm aware of modulating how loudly I speak.

6) The **Attention Dimension** involves your ability to screen out emotional distractions and stay focused. While tuning out distractions may appear to be more of a cognitive function, if the distractions have an emotional overlay, like an argument with a spouse, child, parent or anxiety over an upcoming event, it turns out that the ability to screen out emotional distractions is correlated with our ability to screen out sensory distractions. A focused person can zoom in on a single conversation while an unfocused one is constantly shifting his/her attention and eyes to the most attention-grabbing stimulus.

Attention can be expressed as ranging from "unfocused" <<--------- >> "focused." Here are some statements that may help you find your place:

1) I'm playing golf and find myself tracted by the sounds of the other cart driving, people on other holes celebrating, airplanes going overhead, etc. I must have silence to play well.

2) It's league day, and while the Pros are providing directions, I can't focus because there are too many distractions around me.

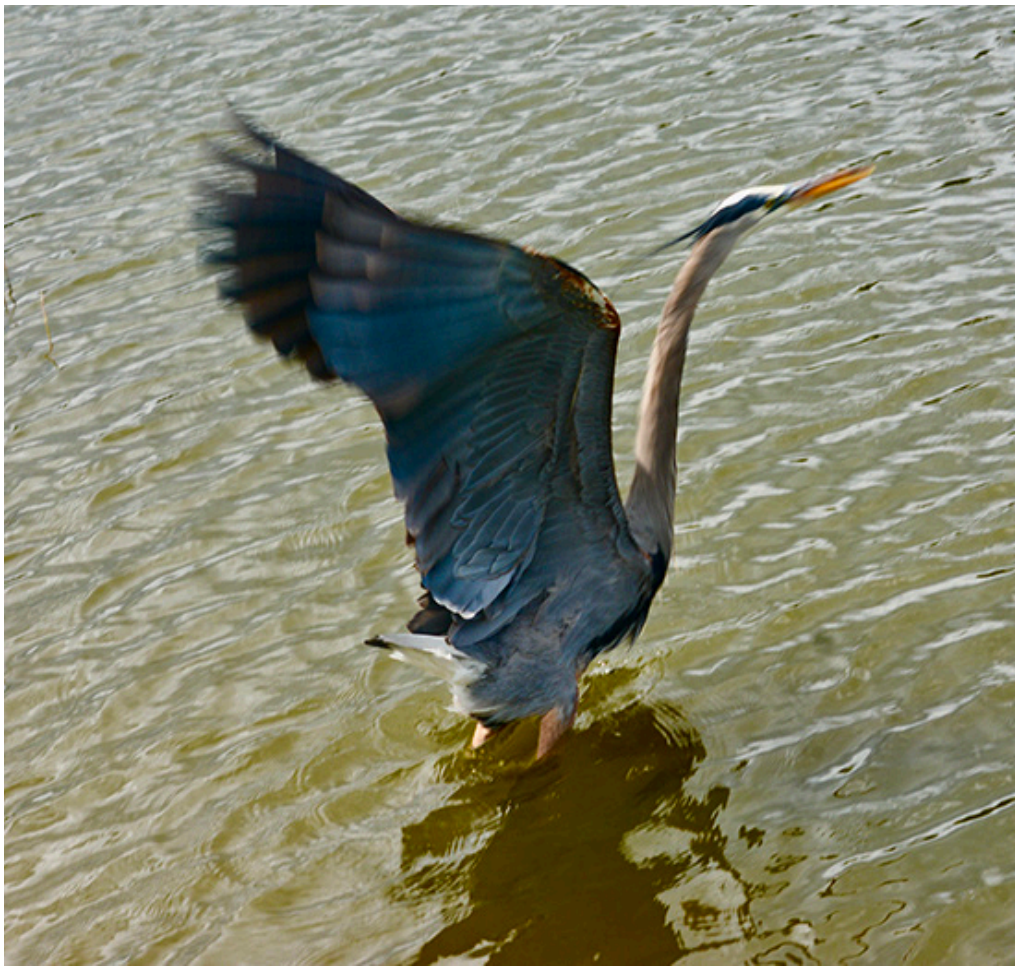
3) On the same day, someone is talking to me, however, I can't concentrate on what he/she is saying because there are too many other people talking around me.

If you have a healthy brain, you demonstrate the six emotional styles, although individual differences determine strengths and weaknesses regarding each style. Golf, pickleball and tennis provide social environments for us to assess, demonstrate and improve these styles. Once we become aware (no longer a "blind spot"), we can choose (or not) to enhance each style.



Birds on Royal

ALL PHOTOS BY ED KELLER

















What Was "Torpedo Juice" in World War

COMPILED FROM HISTORY FACTS BY JANE BREISCH, EDITOR

World War II-era military speak was full of colorful slang terms. For instance, a can of milk was known as an "armored cow." Prunes, often sent to prisoners as part of Red Cross parcels, were called "Army strawberries." A cup of coffee? That was "battery acid." And then there was "torpedo juice," a term that might seem like slang, but was the actual name of a drink consumed by soldiers.

Torpedo juice, sometimes referred to by the lesser-known moniker Torpedo Tessie, was a highly alcoholic cocktail with a surprisingly literal name. Torpedoes of the era were fueled by 180-proof ethanol, a very potent variant of essentially the same neutral grain alcohol found in beer, wine, and spirits. Because liquor wasn't otherwise accessible, soldiers would drain a bit of the fuel from a torpedo and mix it with fruit juice.

The resulting drink could be a dangerously strong highball. After all, 180-proof equates to 90% alcohol by volume. Most liquors that cocktails are commonly made from (i.e., vodka, whiskey) average between 40% and 45% alcohol by volume, so using the same amount of torpedo fuel would result in a drink that was at least twice as potent as one made with a conventional liquor. The



pineapple juice was the most popular fruit juice for mixing the drink, though citrus juices (mainly orange, lemon, or grapefruit) were sometimes substituted. There wasn't an exact recipe, but the mix ratio has been reported as somewhere between one part torpedo fuel to three parts fruit juice, or two parts torpedo fuel to three parts fruit juice — not very much dilution!

Eventually, the U.S. Navy caught on to the practice, and sought to prevent its rank and file from drinking weapons fuel. Torpedo fuel began to be formulated with an additive called Pink Lady, a blend of toxic methanol along with red dye to provide a visual warning. Later, the fuel was formulated with less harmful but still unpleasant Croton oil. Neither of these poisonous formulas did much to curtail the making of torpedo juice, as soldiers found ways to distill the fuel and remove the toxins.

During a 1964 Pearl Harbor reunion, a veteran (who wished to remain anonymous) described his process to the *Omaha World-Tribune*: "I had an in with the bake shop. We'd strain the juice from the torpedo through at least six loaves of bread to take out the oil and other impurities. Then I'd boil it and distill it through some copper tubing. We'd get a half cup to a gallon of juice that way."





RED TEE CLUB CHAMPION
PAT NASALROAD



NINE HOLE
CLUB CHAMPION DEBBIE
EDWARDS

Fix name



WHITE TEE CLUB
CHAMPION DAVE SLOVAK



RED TEE PRESIDENT'S CUP
TRACY NOORDHOF



NINE HOLE PRESIDENT'S
CUP KIM FRANCZEK



WHITE TEE
PRESIDENT'S CUP
DAVE SPRINGER

CLICK HERE TO RETU

26 GOLF CHAMPIONS



SILVER TEE CLUB CHAMPION
TERRY MCPOLIN



GOLD TEE CLUB CHAMPION
INGO MUSS



SILVER TEE PRESIDENT'S CUP JIM CAPORASO



GOLD TEE PRESIDENT'S CUP MYE SWE

RN TO *HERITAGE PALMS 2026 GOLF CHAMPIONS*



MIXED CLUB CHAMPIONS
TRACY AND RANDY RUPP



LADIES MEMBER/MEMBER
ROXANE SCHULKINS
AND C.F. WHITE



MEN'S MEMBER/MEMBER
DICKY SMITH AND ADAM HINDS



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