WINTER 2020

NEWSLETTER

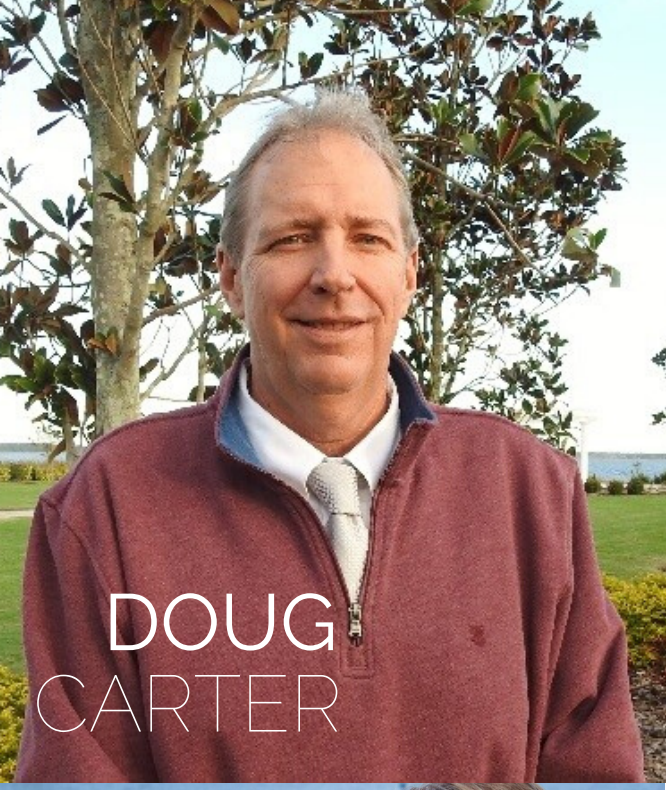
COUNTRY CLUB OF WINTER HAVEN

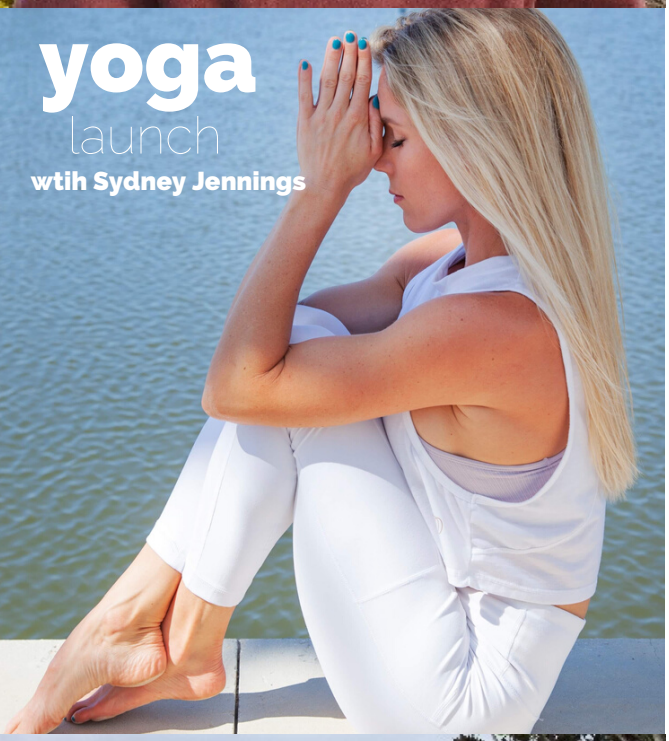
WHAT'S INSIDE?

WELCOME GM - DOUG CARTER

YOGA LAUNCH AT THE CLUB

MEMBER SPOTLIGHT





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BOARD
OF DIRECTORS

Michael J. Mahalak
President

Don Ingram
Vice President
Finance Committee

Heather Bogdahn
Secretary

Bob Carden
Treasurer
House Committee

Oswald Carrerou
Finance Committee

John Olson
Membership Committee

Webb Tanner
Golf Committee

Peter Verrill, MD
Membership Committee

PRESIDENT'S LETTER

President, Mike Mahalak

Club Members,

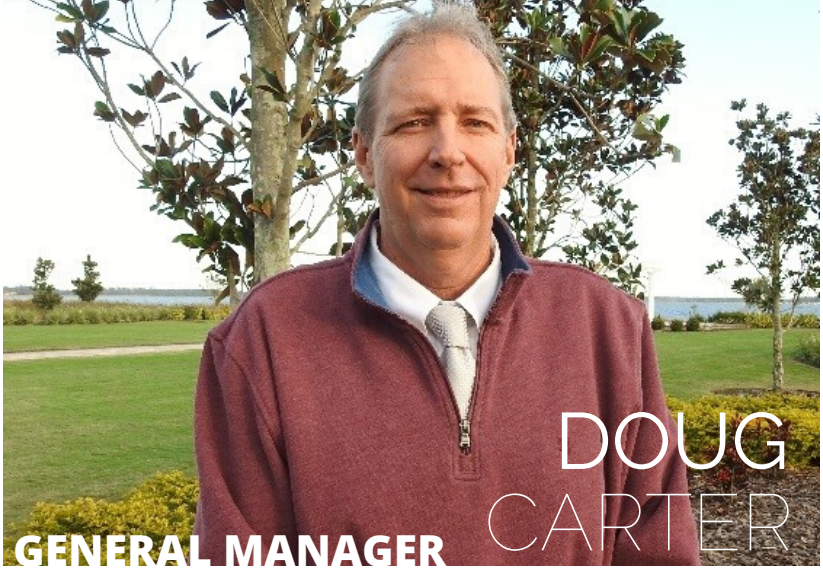
On behalf of the board of directors, we would like to wish you and your family a healthy and prosperous 2020. Every year brings the excitement and optimism of change. The Country Club of Winter Haven in 2020 is no exception as we welcome a multitude of CHANGE.

We start with KemperSports as our new management company. Matt Lindley, Regional Operations Executive, Craig Falanga, Regional Sales & Marketing Director, and their team have quickly woven their talents, experience, and service philosophies into our Club. The recent hiring of Doug Carter, General Manager; Scott Lowdell, Head Golf Professional; and, Nick Flynn, Golf Course Superintendent are all proofs of progress. The board has heard many comments from you about the positive effects these changes have made to our golf course, our facility, and on our Country Club's team members.

Enhancing the member experience and offering more programming are our top goals in 2020. Those of you that are heavily engaged in the Club, Thank You! If NOT, keep your phone on, watch your email, and check your mailbox. We want and need your engagement.

ACTION ITEM: If you have a passion and want to offer your talents, we have committees that have space available. Please reach out to Kristi or Dyal at 863.324.6666 or call me directly at 863.412.7550.

Thank You,
M J Mahalak



I have had the opportunity over the last few weeks to meet and talk with many of the CCWH members and have been overwhelmed with the warm reception. For those members I have not met, I look forward to meeting you very soon. My office door will always be open for you to stop in and say hi. Our team is working extremely hard on completing and implementing an exciting events calendar for 2020. Although customer service training has started in Food and in Golf operations, Brandy and Scott have done a great job and will continue the training to ensure we enhance the member experience at the Club. The golf course continues to be in excellent shape, and we expect it to get better every day as Nick continues to implement the proper agronomy practices. Congratulations to John, Anthony, and the Wednesday ladies' tennis team that placed first in the fall Polk County League. I am proud to be a part of CCWH and work alongside such a great team where member satisfaction is and will continue to be our focus! For information on upcoming events including restaurant, golf, social, and tennis, be on the lookout every Sunday morning for the "Fast Facts" email from Dyal. Coming soon CCWH app: I am excited to announce that a new CCWH app is being developed to enhance member experience while enabling efficient communication for our membership. The app will have complete information on all upcoming club events with dates, times, hours of operation, text messages from department heads, on course food ordering, dinner reservation capabilities, menus, view or pay your statement option, as well as having all tennis, golf, and Club info at your fingertips. I expect the app to be live in 6 to 8 weeks. I want to wish everyone a happy and healthy new year!! I look forward to working with everyone and would like to thank the CCWH staff and committee members who work hard and spend countless hours for the betterment of the club.

HOURS OF OPERATION

Restaurant
Monday - Closed
Tuesday - Friday
Lunch 11AM to 5PM
Dinner 5PM to 9PM
Saturday-Sunday
Breakfast 7AM-11AM
Lunch 11AM to 5PM

Tennis
Monday - 7AM to 6PM
Tuesday - Friday
7AM to 8PM
Saturday & Sunday
7AM to 5PM

Golf Shop
Monday - Closed
Tuesday - Friday
7AM to 6PM
Saturday & Sunday
7AM to 5PM

Range/Practice Facilities
Monday - Closed
Tuesday - Sunday
7AM to Sunset

STAFF LISTINGS

ADMINISTRATION

Doug Carter
General Manager
dcarter@ccwinterhaven.com
863.324.6666 ext. 1551

Dyal Randall
Membership Director
drandall@ccwinterhaven.com
863.324.6666 ext. 1559

Kristi Wingham
Office Administration
kwingham@ccwinterhaven.com
863.324.6666 ext.1558

GOLF OPERATION

Scott Lowdell
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slowdell@ccwinterhaven.com
863.324.6666 ext.1550

Kurt Young
Assistant Golf Professional
kyoung@ccwinterhaven.com
863.324.6666 ext.1550

Nick Flynn
Superintendent
nflynn@ccwinterhaven.com
863.324.6666 ext. 1564

FOOD & BEVERAGE

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Executive Chef
mhuerta@ccwinterhaven.com
863.324.6666 ext. 1555

Brandy Booth
Food & Beverage Manager
bbooth@ccwinterhaven.com
863.324.6666 ext. 1556

TENNIS & FITNESS

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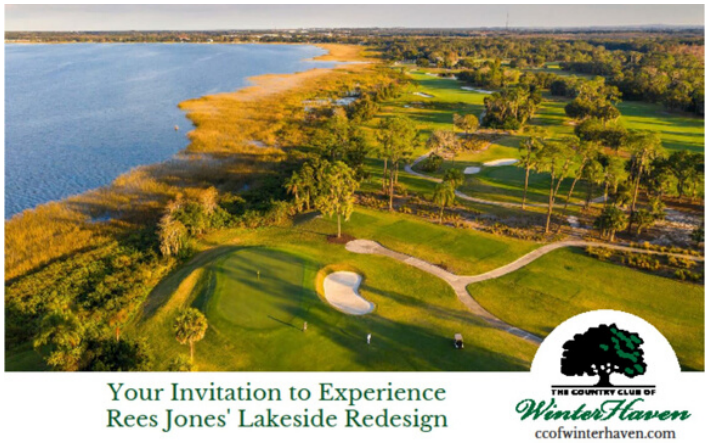
Head Tennis Professional
jhaggar@ccwinterhaven.com
863.324.6666 ext. 1554

Anthony Blair
Assistant Tennis Professional
Fitness & Footwork Coach
863.324.6666 ext. 1554

MEMBER INFO



Membership

We are excited about the 2019-2020 golf season with our updated membership options of Full Golf, Junior Golf, Tennis, National Golf, and Social. Seasonal and First Responders are also available. Contact Dyal Randall, Membership Director for information and to schedule a property tour. 863.324.6666 ext. 1559

MEMBER FOR A DAY EXPERIENCE

There has never been a better time to invite your friends to join The Country Club of Winter Haven. We would enjoy having them at the Club for our exclusive Member for a Day Experience. Pay the accompanied guest rate and experience Rees Jones' and Bill Bergin's redesign of this lakeside masterpiece. Enjoy all that membership provides including fantastic playing conditions, no homes on the course, great pace of play, no need to make tee times, short game area and practice facility along with tennis, fitness and a fun friendly environment just waiting for you. Reserve your Member for a Day Experience today. Call 863.324.6666 or email drandall@kempersports.com

Kristi Wingham
Club Administration

Dear Members,
Did you know you can view your monthly statement, pay your bill online, view menus, make reservations and lots more at our website? Visit our website at ccofwinterhaven.com to do so. If you need help logging into your account, please let me know and I will be happy to assist. Please remember that your member payment is due the 20th of each month to avoid a finance charge. If you would like to set your account to auto pay, please let me know. See you at the Club.

JANUARY

EVENTS

January 9th - Golf - Couple's 9 & Dine
January 9th - Tennis- Thursday Night Mixed Doubles
January 10th - Ragin Cajun' Night
January 11th - Golf - Saturday Junior Golf Clinic
January 11th - Dining Room and Patio Closed for Contracted Private Event
January 14th - Yoga Launch at the Club with Sydney Jennings
January 15th - Winter Member's Social - Welcome 2020
January 16th - Golf - Member/Guest Practice Round
January 17th - Golf - Member/Guest - Course Closed All Day
January 18th - Golf - Member/Guest - Member Tee times after 2:00pm
January 18th - Tennis - Bring a Ringer Mixed Doubles Member/Guest Tournament
January 20th - Golf - 2 - Man Winter Classic
January 23rd - Vintners Wine Club & Dinner
January 24th - Cigar & Whiskey Steak Out Night
January 25th - Golf - Saturday Junior Golf Clinic
January 30th - Pastabilities Chef's Action Station

THE COUNTRY CLUB OF
WinterHaven

@CountryClubofWinterHaven
@CountryClubWH

FEATURED EVENT

Sparkling Martini

It's made with vanilla vodka, white chocolate liqueur, and creme de cocoa. A coarse sugar garnish makes it sparkle.

Romance

A chocolate-coffee liqueur bonanza served in a martini glass. Ideal for a more intimate New Year's celebration.

HOLIDAY COCKTAILS

BENEFITS

OF YOGA

by Carter Murchison

Santa Rosa Golf Beach Club Director of Golf

BENEFITS OF YOGA:

Calmness of the mind:

As we know, there is a lot of commotion going on emotionally and mentally during a round of golf. Think how much better you would play if you know how to improve your focus, how to handle a poor shot and how to return to a calm place to prep for the next shot.

Relaxation and flexibility:

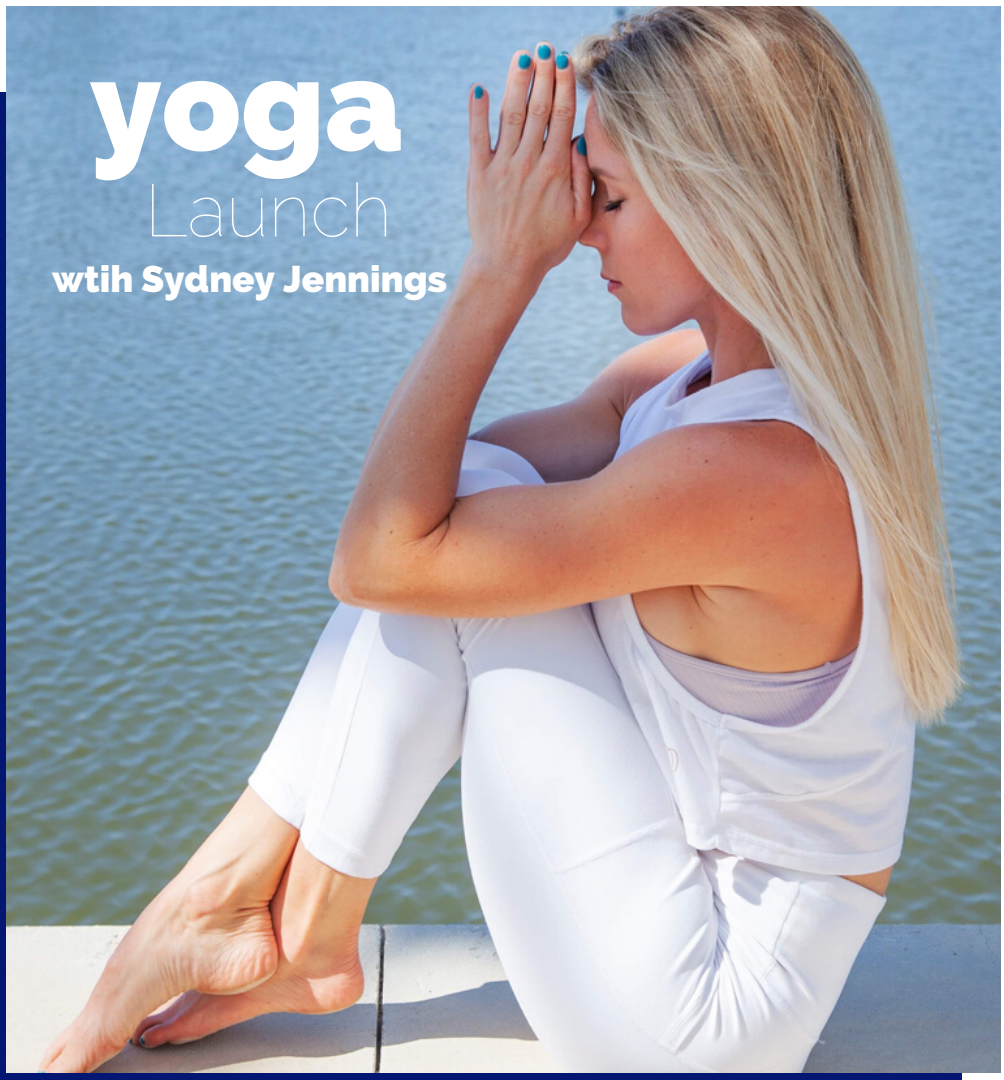
When the body is flexible and has the feeling of being relaxed, we can improve the fluidity, balance and rhythm in our swings, and therefore, improve contact.

Strength:

Strength training is often overlooked and underestimated when someone thinks of yoga. Give it a try and you will be amazed at the physical challenge and the increase of your strength without lifting weights. Increasing strength often leads to increasing distance!

Injury prevention:

Knowing and practicing correct stretching techniques is a great way to ward off potential injuries.



Injury improvement:

Practicing yoga can help to improve specific body restrictions or injuries that you may be dealing with which, in turn, will improve your golf swing.

Adaptability:

Regardless of your age, present physical condition, level of flexibility or strength. a routine can be developed and personalized to suit each individual's needs..

F R E E

Launch **yoga**

Tuesday, January 14th, 2020

10:30AM - 11:30AM

Bring Your Own Yoga Mat

RSVP on Club Calendar Online or Email at
drandall@ccwinterhaven.com
863.324.6666 ext. 1559

About Sydney Jennings

Sydney has been practicing yoga for over 8 years and is a 200-hour certified yoga teacher. She focuses her teaching on helping her students find space and relaxation both physically and mentally. Through yoga flows, breathing techniques and guided relaxation practices, her goal is to leave her students felling rejuvenated, focused and centered.

FEBRUARY

February 6th - Prime Rib Special Night
- Regular Menu Available
February 6th - Golf - Annual Winter - Run Match
February 7th - Golf - Annual Winter - Run Match
February 8th - Golf - Annual Winter - Run Match
February 13th - Golf - Couples 9 & Dine
February 13th - Tennis- Thursday Night Mixed Doubles
February 14th- Golf - The Jacket Classic
- Optional Practice Round
February 14th - Valentine's Day Pre-Fix Menu
February 15th - Golf- Course Closed / The Jacket Classic
- Member tee times after 1:30pm
February 16th - Golf - Course Closed / The Jacket Classic
- Member tee times after 1:30pm
February 20th - Vintner Wine Club & Dinner
February 21st - Golf - Course Closed /
Contracted Private Outing
February 23rd - Golf - Couples Club Championship
- Member tee times after 11:30am
February 27th - Golf - Course Closed /
Contracted Private Outing
- Member tee time after 12:00pm
February 28th - Burger Night
February 29th - Golf - Home & Home Match at Eaglebrooke

FEBRUARY Spotlight

@CountryClubofWinterHaven

@CountryClubWH

INGREDIENTS

1.5 oz vodka
.75 oz blood orange liqueur
1.5 oz orange juice
1 splash lemon juice
5 chopped berries your choice
(recommend raspberries and strawberries)
1 tsp sugar or 1/2 packet of splenda
1/2 can lemon lime soda like Sprite
1 sprinkle chocolate shavings for garnish

PREPARATION

1. Combine vodka, liqueur, orange juice, lemon juice and sugar / splenda and shake vigorously.
2. Wet and dip glass rim in pink or red sugar crystals.
3. Fill glass with ice cubes.
4. Pour shaken mixture over ice.Add sprite and stir to mix.
5. Sprinkle with chocolate shavings.

MARCH

EVENTS

March 1st - Home & Home Match with Eaglebrooke at CCWH
March 2nd - March 9th - Symetra Tour
(Golf Course Closed All Week)
March 8th - Daylight Savings Time Begins
March 11th - Wing Wednesday
March 12th - Tennis - Thursday Night Mixed Double
March 12th - Golf- Couples 9 & Dine
March 14th - Tennis - Men's Club Championship
March 14th - Contracted Private Event - Dining Room, Patio & Lakeside Venue Closed
March 16th- Course Closed All Day for Curfew Application
March 17th - St. Paddy's Day Buffet
March 20th - Spring Member's Social
March 26th - Vintners Wine Club & Dinner
March 21th - Contracted Private Outing - tee times after 10AM

GOLF

Scott Lowdell, recently named the Club's Head Golf Professional, was born and raised in London, England. After moving to Florida in 2004 and working in the family business for ten years, he turned his focus back to golf, PGA studies, and reached his lifelong dream to become a Head Golf Professional.

Golf instruction:
$40 ½ hour; $75 full hour;
$135 9-hole playing lesson.
Contact Information: slowdell@ccwinterhaven.com/ slowdell@kempersports.com
Phone- 863.324.6666 ext. 1551

Kurt Young, Assistant Golf Professional from Zanesville, Ohio, has called Winter Haven home for the last 6 years and currently is pursuing a PGA Apprenticeship. Kurt instructs junior golf clinics for the kids on Friday's and Saturday's, as well as individual half hour and full hour lesson packages.

Golf instruction:
$180 for 6 each half-hour lessons;
$360 for 6 each one-hour lessons.
Contact Information: kurtyoung@ccwinterhaven.com/ kurtyoung@kempersports.com
Phone: 863.324.6666 ext. 2

Scott Lowdell, Head Golf Professional

Kurt Young Assistant Golf Professional

Dawn Mychalishyn Golf Shop Attendant

THE GRASS IS ALWAYS GREENER

by Nick Flynn

As winter quickly approaches the Country Club of Winter Haven, we prepare for the colder weather and all breathe a sigh of relief as the 90 degree days are finally behind us. The golfing season will quickly start to ramp up as more members make the trip down from the frozen north. We are excited for their arrival, and I am pleased to report that the golf course is improving every day.

Having just started on October 1st, it has taken me several weeks to wrap my head around the golf course and decide what cultural practices need to me completed immediately . Just because the weather gets colder doesn't mean the greens department slows down. The winter season is our most important time of the year, not only because we will have increase in member play, but because our Bermuda grass doesn't like the cold weather.

Once soil temperatures fall below 75 degrees Bermuda grass growth will slow down considerably and make recovery time even longer. It is my immediate goal to get the golf course in its best possible shape to prepare for the colder weather. In order to accomplish this I have got the greens back to normal fertility plan, have reduced growth regulators usage, increased fungicide usage, and will use a combination of products to combat our nematode issues. In my opinion, it is most important to be consistent when it comes to greens fertility and pesticides. It's the old saying an ounce of prevention is worth a pound of cure. Keeping that in mind, my approach on greens and turf maintenance will be that of a preventive nature. I will be proactive on addressing any concerns or needs to the gold course before they become severe.

In addition to the aforementioned agronomic plan, I will incorporate some basic cultural practices. We will be doing a two week rotation of vertical mowing and topdressing, and the following week solid tine aeration of greens. This will help keep our putting surfaces smooth and rolling true, and also allow for proper gas exchange and improved drainage.

As always it is my number one goal to provide our members and guest with world class playing conditions, and provide the best playing experience possible.

TOURNAMENT **RECAP**

Presidents Cup

Winner - Blue Team

Rick Brauckmuller- Captain Matt Moye- Vice Captain Alex Wisham -Allen Tedder -Bo Williams-Brandon McWhorter-Bruce Scamehorn - Caleb Sibley - Chasen Gill - David Norka - Dwain Hughes - Jack Myers- Jamie Knight - Mickey Etherton - Nate Adams - Nick Mitsakos - Rick Bairley - Scott Burns -Susan Davis -Sonny Tingley

Club Championship

Championship Gross-Chasen Gill-1ST Place
Scott Saterbo- 2nd Place
Championship Net-
Jeff Jackson- 1st Place
Teddy Koukoulis- 2nd Place
Senior Gross-Jack Myers- 1st place
David Norka- 2nd place
Senior Net
Billy Brown- 1st place
Will Thibodeau- 2nd place

Family Golf for a Lifetime…

The Patel family, Don, Charmi, Reeya (16) and Jayani (14) joined CCWH in 2016 almost immediately after taking up the game of golf. Don played his first round as a guest at Disney's Osprey Ridge Golf Course in Orlando and posted a score of 111 the first time he ever picked up a golf club. Growing up playing the game of cricket, he found it much easier to hit a ball that was not moving.It did not take long for Reeya and Jayani to join their dad on the driving range then as members of CCWH where they are frequently spotted at the practice facilities and walking the golf course. Don and Charmi divide
their time at the family businesses with little time for golf. However, the girls have accelerated their golf skills exponentially by making the golf teams at Bok Academy (Reeya) and Lake Wales High School (Jayani). Reeya's team placed 1st in district, 1st in region, and 8th in state while Jayani was awarded play of the year in 2018. When asked, why learn to play golf at age 40, Don said, "Golf is the only sport that I know of that keeps the family bonded together all through life. No matter what ages they are or where they are in life, I will always be able to play a round of golf with my daughters."

TENNIS

Hope everyone has been enjoying our beautiful weather. We have an exciting lineup of events scheduled for 2020 and hope to have great member participation. Be sure to save the dates and sign up early. All events are currently posted in the online calendar posted on our website. I would like to remind everyone that you must reserve a clay court prior to playing. With proper notice, we can have a court ready and groomed for you. We base our watering schedule around the court reservations. The clay courts must be watered during each day, as well as, a couple times at night. It is also very important that all players wear the proper footwear that is approved for use on clay courts. This is extremely important in order to keep the playability of our courts top notch. I want to thank everyone for their cooperation and please do not hesitate to contact me directly if you have any questions or concerns. My cell number is (727) 647-3682. Hope to see you all at the courts and May all your serves be Aces!

John Haggar
Director of Tennis

Hours /Clinics / League Play

Monday
Open: 7AM to 6PM
Ladies drills at 8:30am– Must be rated USTA 3.5 or higher or PCTA Green/White Team
Ladies drills at 10:00am – Must be rated USTA 3.0 or lower or PCTA Red Team

Tuesday
Open: 7AM to 8PM
PCTA Ladies Green and Red Team matches

Wednesday
Open: 7AM to 8PM
PCTA Ladies White Team matches

Thursday
Open: 7AM to 8PM
Men's drills at 6pm

Friday
Open: 7AM to 8PM
Ladies Advanced Drills at 9:00am– Must be USTA 4.0 & higher and PCTA Green Team
Ladies Drills at 10:30am – Must be USTA 3.5 & lower and PCTA White or Red Team

Saturday and Sunday
Open: 7AM to 5PM
Contact the Tennis Pro Shop to sign up for any events or clinics

TENNIS TIP

Attack the Middle of the Court in Doubles Hitting the ball through the middle of the court in doubles goes a long way in making things tougher on your opponent. It creates confusion as to which player will take the ball, it reduces the angle the opponent has to return the ball and it gives you the highest percentage chance to make the shot. It also creates holes for you to attack on the next ball. Once you bring both players to the middle you can then use the wings to put volleys away or create more pressure.

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2020 Tennis Event Dates

January 9, 2020 – Thursday Night Mixed Doubles

January 18, 2020 – Saturday – Bring a Ringer Mixed Doubles Member/Guest Tournament

February 13, 2020 - Thursday Night Mixed Doubles

March 12, 2020 - Thursday Night Mixed Doubles

March 14, 2020 – Men's Club Championship

April 9, 2020 - Thursday Night Mixed Doubles

April 28-29, 2020 – Women's Club Championship

May 9, 2020 – Member/Guest Tournament (Men's & Women's Doubles)

May 14, 2020 - Thursday Night Mixed Doubles

June 11, 2020 - Thursday Night Mixed Doubles

July 9, 2020 - Thursday Night Mixed Doubles

August 13, 2020 - Thursday Night Mixed Doubles

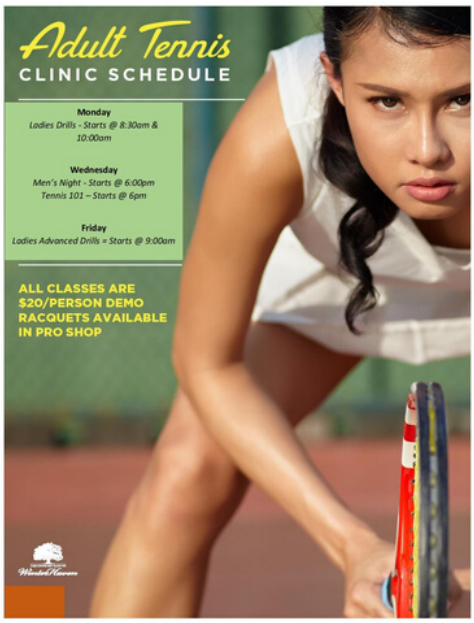
September 10, 2020 - Thursday Night Mixed Doubles

October 8, 2020 - Thursday Night Mixed Doubles

October 28, 2020 – Halloween Spooktacular

November 12, 2020 - Thursday Night Mixed Doubles

December 10, 2020 - Thursday Night Mixed Doubles



THE COUNTRY CLUB OF
WinterHaven

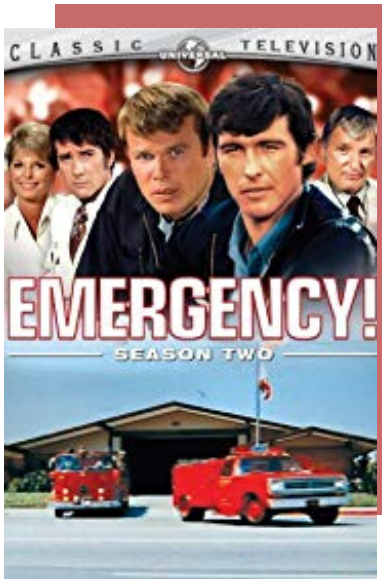
UPCOMING EVENTS

1-Apr Smoke-Out Night
4-Apr Contracted Private Outing - tee times after 1:30pm
6-Apr Contracted Private Outing
9-Apr Couples 9 & Dine
9-Apr Tennis Thursday Night Mixed Doubles
11-Apr Breakfast with the Easter Bunny
12-Apr Easter Buffet
16-Apr Vintners Wine Club
18-Apr The Ryder Cup Day 1 of 2 - tee times after 1:30pm
19-Apr The Ryder Cup Day 2 of 2 - tee times after 1:30pm
22-Apr Administrative Professionals Day
23-Apr Family Game Night
24-Apr Contracted Private Outing - Member carts in by Noon
25-Apr Contracted Private Outing
28-Apr Tennis Women's Club Championship Day 1 of 2
29-Apr Tennis Women's Club Championship Day 2 of 2

4-May U.S. Open qualifier
5-May Cinco de Mayo Buffet
8-May Contracted Private Outing - tee times after 1:30pm
9-May Tennis Member/Guest Tournament
9-May Contracted Private Outing - Carts in by 11:00am
10-May Contracted Private Outing - Carts in by 12:30pm
10-May Mother's Day Buffet
12-May Contracted Private Event - Restaurant closed
14-May Thursday Night Mixed Doubles
14-May Couples 9 & Dine
15-May Contracted Private Outing - Tee times after 1:30pm
18-May Aerification
21-May Vintners Wine Club
25-May Memorial Day Cookout
11-Jun Tennis Thursday Night Mixed Doubles
11-Jun Couples 9 & Dine
18-Jun Vintners Wine Club
19-Jun Summer Member's Social
21-Jun Father's Day Brunch
26-Jun 2-Man Summer Classic Day 1 of 2 - tee times after 1:30pm
27-Jun 2-Man Summer Classic Day 2 of 2 - tee times after 1:30pm

Bald Eagles Return to Build New Nest

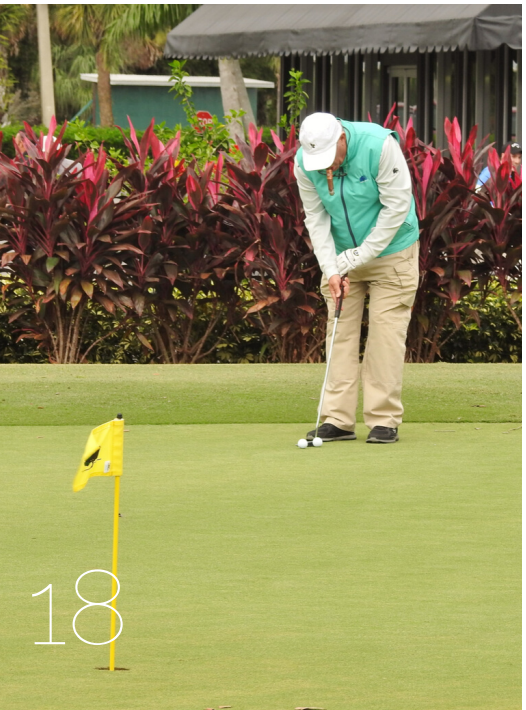
The nesting pair of Bald Eagles returned in September to their nest located between Holes #11 and #16 and began their annual routine of clean-up and repairs. Heavy rains and high winds during October brought the already leaning tree with the eagle's nest to the ground. After several weeks of searching for the right location, the nesting pair have selected a new site between #17 green and #15 tee box and have completed construction of their new home.



MEMBER SPOTLIGHT

DR. EUGENE NAGEL

Dr. Eugene Nagel, known in the medical world as a pioneer in the field of Emergency Medical Services and one of the four founding fathers of America's paramedic programs, is known at The Country Club of Winter Haven as a golfer. More accurately as the 95-year-old golfer who plays two or three times a week and regularly shoots his age – or better. A 1959 graduate of Washington University in St. Louis, MO in anesthesiology, Dr. Nagel's specialized calling began in 1963 with his listening skill. While working at the University of Miami (FL) School of Medicine at Jackson Memorial Hospital, he was deeply affected when the local fire department's rescue officer commented, "no matter what we do, they all die!" after responding to a cardiac arrest emergency. The following Saturday, Dr. Nagel walked into the nearby Fire Department and began teaching the firefighters closed chest massage and mouth to mouth resuscitation. It was the first of many life-saving techniques the team of 6 firefighters would learn from their always-listening advocate before they became skilled trainers for additional firefighters. Dr. Nagel introduced telemetry and radio communication between himself and the rescue officers in the field. His constant companion was a 35-pound radio should his trainees run into a situation and need his guidance. They found by using radio frequencies to transmit EKG's and relaying on-the-scene information, the firefighters began transporting accident and medical emergencies with increasing odds of survival. Miami's first responders needed additional training to start IV's and resuscitation, but the Miami City Council had to approve. A self-proclaimed "chicken when it comes to needles," although determined to prove his point at the city council meeting, Dr. Nagel volunteered to be the "victim" and let one of his trained emergency responders start an IV on his arm. After witnessing the successful procedure, the city council immediately approved the procedure. A few years later to prove his point to get approval for yet another new life-saving procedure, Dr. Nagel was given "one shot at it" by the Miami Fire Chief. One of Dr. Nagel's trained emergency service provider inserted an endotracheal tube on the first attempt into Dr. Nagel's throat. The intubation procedure was approved and training began immediately for Miami's emergency responders. Major improvements were being made in emergency care, but Dr. Nagel credits a 1970's television show, EMERGENCY!, with accelerating the popularity and demand for paramedics in cities across America and abroad. At the fictional Rampart Hospital in Los Angeles, CA, actors playing Dr. Kelly Brackett, Nurse Dixie McCall, and two paramedics at the fictional LA County Fire Station 51, captured the imagination of emergency services personnel, the medical community, and the viewing public. Suddenly, everyone wanted paramedics in their towns. EMERGENCY! ran from 1972-1977 with weekly episodes of unknown heroes called paramedics. Producers of the television show visited the Miami fire station to do background work on the novel approach to pre-hospital care, later called Emergency Medical Services. After ten years in Miami, Dr. Nagle took a job in California prior to moving his family to Winter Haven in 1980. He practiced anesthesiology for 12 years at Winter Haven Hospital before retiring and returning to the game he began as a caddy in his teens. Anesthesiologist, lecturer, writer, adviser, educator, innovator, lifesaver, and EMS pioneer are a few words to describe Dr. Eugene Nagel. Fortunately for those who have been treated by a paramedic, he was a good listener as well.



TaylorMade

THE COUNTRY CLUB OF

Winter Haven

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