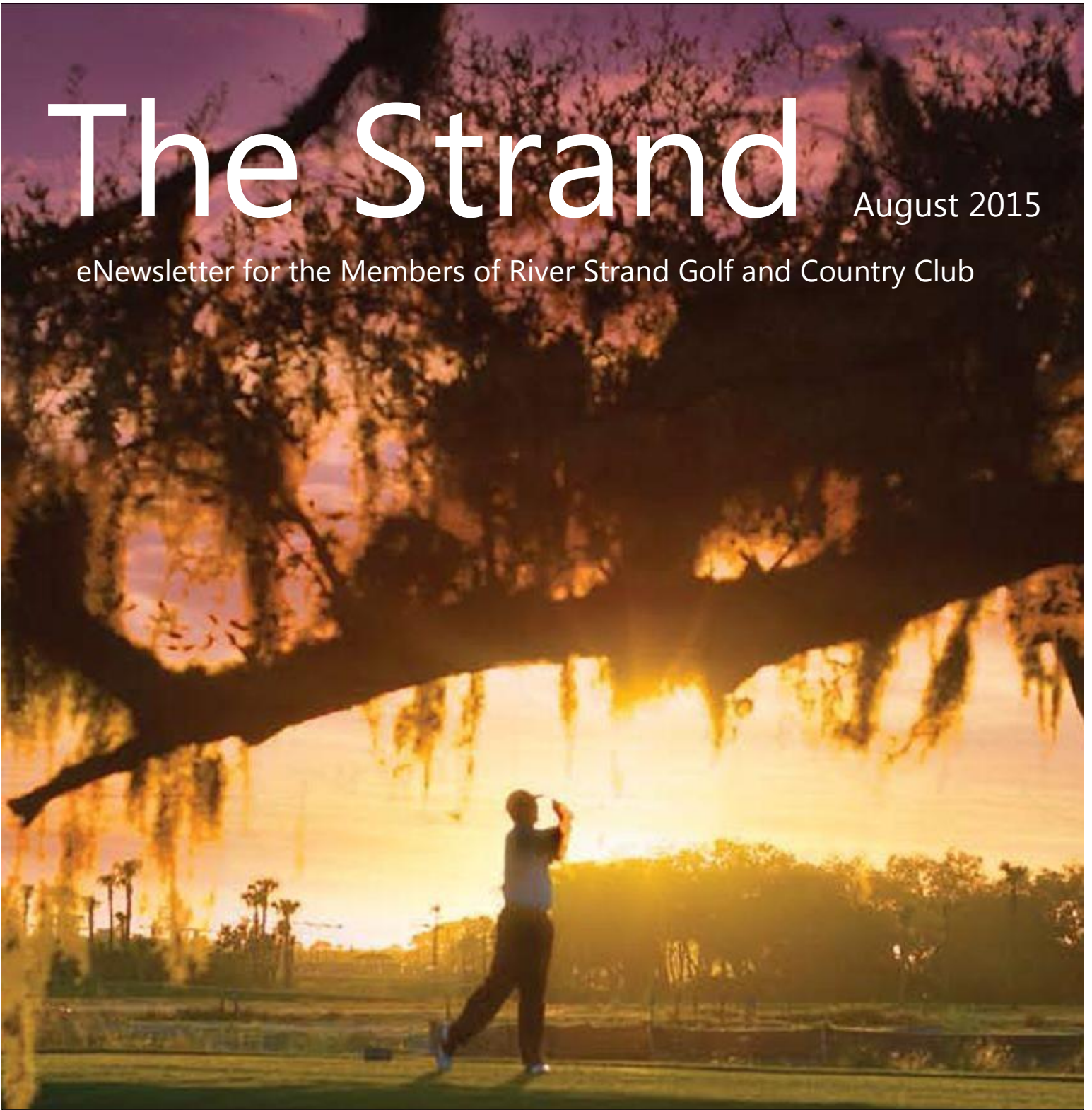


The Strand

August 2015

eNewsletter for the Members of River Strand Golf and Country Club



**Connect with your
Clubhouse and Community**

Read the latest & greatest from River Strand Golf and Country Club



Thursday, August 13th
Dinner: 5:30 PM
Comedy Show: 6:30 - 8:00 PM
River Strand Clubhouse
\$35 Per Person Dinner & Show
Buy tickets in the Clubhouse Grille

DINNER MENU

Greek Salad

Combination Entrée: Chicken Marsala and Balsamic Marinated Grilled
Flank Steak with Vidalia Onion Jam

Parmesan Potato Croquettes, Jumbo Asparagus

Pineapple Upside Down Cake

Laugh with two of the funniest nationally touring stand-up comedians in the country! H2O Refreshingly Clean Comedy stars Juanita Lolita and Bill Ohse have been featured in ABC Action News, Tampa Tribune and several other publications. They have been seen on CTN, NBC, Last Comic Standing, Fox, Nickelodeon and at Comedy Clubs and Resorts throughout the Southeast. The humor is fast paced and enjoyable for the whole family!



Be prepared to have your funny bones tickled as you join us for yet another River Strand entertainment and social venue.

COMMUNITY MATTERS

Dan Arens, LCAM



“Your Neighborhood Watch Committee has been hard at work discussing safety within the community. “

The summer weather is upon us! With the summer weather comes a lot of rain which can cause landscape deterioration, weed growth and will also affect the roads within the community. If you notice areas of concern, please do not hesitate to call or email me, and we will make the necessary repairs.

We continue to have issues with trash throughout the River Strand Community. We are requesting all owners who take their trash out to the end of their driveway to please use a trash can with a lid. We have a lot of wildlife that likes to go through bags of garbage left at the edge of the road leaving a mess to clean up. If you rent your property, please inform your tenants of the trash policy; trash may only go out the day of pick up and not the night before. The Association is issuing violation letters for those who do not follow the rules set forth in your Governing Documents.

Your Neighborhood Watch Committee has been hard at work discussing safety the past few weeks. There have been sev-

eral resident garages broken into. Please be aware of your surroundings and if you see anything suspicious contact Management and/or the Manatee County Sheriffs Department.

In the last news article we referenced www.nextdoor.com as a great tool to communicate with your neighbors. Over the last month I have noticed several more residents joining the website, and I encourage everyone to join. Once again, this website is not managed by the club and the club has no affiliation with this website. However, this is a great place to ask for advice, place classified ads, or get to know some of your neighbors.

As always, it is my pleasure being your Community Association Manager, and if you should need anything please feel free to call or email me!

Did You Know...?

Member Dues Statements

We will begin sending member account billing statements electronically to all members who have elected to receive electronic communication from us and those members will no longer receive a paper statement. If you have not signed up for this service and would like to, please read below.

Email Communications Release Form

This form can be obtained from the Administrative Office and will allow us to send member communication to you via email: monthly newsletter, upcoming events, member account information, meeting notices, maintenance issues, etc. Completion of this form will only take a moment of your time and will keep you in the know.

Junior Golf Apparel

The Golf Pro Shop has received a shipment of Junior sized shorts, shirts and hats. Come on over and outfit your junior golfer. (But first read below!)

Member Pro Shop and Tennis Shop Discount

Did you know that members receive a 20% discount in the golf shop on the purchase of tops, bottoms and headwear as well as a 20% discount on the purchase of apparel and shoes in the tennis shop?

New Lunch Menu Favorites

Three top sellers on our new lunch menu are the Fried Green Tomato BLT, California Burger and Pesto Chicken Sandwich; which is a grilled breast of chicken with Applewood bacon, arugula, melted mozzarella and tomato-basil relish on rosemary focaccia bread with a balsamic drizzle. Yum! Make plans to head to the Grille Room for lunch (served 7 days per week) so you can discover your new personal favorites.



KITCHEN CONNECTION

Chef de Cuisine, Esteban Herrera



Pepper Blend Scallop Salad

Serves 4

Ingredients

- 1 cucumber
- 4 bunches Lola Rosa Lettuce (Spring Mix)
- 1 sliced onion
- 1 oz. olive oil
- 4 oz. goat cheese
- 4 strips pepper blend bacon
- 4 U-10 sized scallops
- 2 cups port wine
- 1/4 cup sugar

Instructions

Peel cucumber with small knife or peeler in alternating rows. Cut across into four 1 inch pieces. With small knife, hollow out center of each cucumber piece and stuff with spring mix. Chill well.

Place port wine and sugar in a sauce pan and reduce on medium heat by half. Chill well.

Slightly pre-heat oil in sauté pan, add onion and sauté until caramelized. Remove pan from heat and cool down for 5 minutes. Add goat cheese and mix well. Set aside to bring to room temperature. Wrap each scallop with pepper blend bacon and cook in a 400 degree oven until bacon is very crispy, approximately 10 minutes (depending on oven).

Divide goat cheese and onion mixture equally onto 4 salad plates. Top with pepper blend bacon wrapped scallop and drizzle with port wine reduction. Garnish with cucumber stuffed with spring mix. Serve immediately.



GOLF UPDATE

PGA Head Professional, Corey Pion

With efforts in helping pace of play, here are a few tips that we ALL should do;

Tee it forward: play from a set of tees where you are most likely to hit a lofted iron into the green instead of a wood or hybrid.

Minimize your time on the tee: On the tee it is usually honors, but "hit when ready" applies in the fairway, too.

Keep your pre-shot routine short: Strive to hit your shot in 20 seconds when it's your turn to play.

Be helpful to others in the group: Follow the flight of all tee shots, not just your own. Fill in a divot or rake a bunker for another player.

When sharing a cart, use a buddy system: Get out and walk to your ball with a few clubs while your cart mate hits. Or drive to your ball after your drop off your cart mate.

You will be amazed if we all try a little harder at pace of play how much more enjoyable the game we all love can be.



Season will be here before you know it!
Your Member Golf Events Schedule will be out sometime next month.



GOLF TIP OF THE MONTH

PGA Head Golf Professional, Corey Pion

Pre-shot Routine	
1	Pick a target (high is better than low)
2	Align ball to target and place with the logo indicating the path to the target
3	Step behind ball 5 ft or more to review target line
4	Grip the club and ground it a few times
5	Approach the ball looking at the target
6	Align your body to the target
7	Practice the swing that you are going to make
8	Address the ball
9	Relocate the target
10	Look at the ball
11	Make the shot

The next time you watch professional golfers, whether on TV or in person, be sure to pay attention to their pre-shot routine.

It usually consists of taking a few steps away then lining up directly behind the ball. You will notice this routine is the same every time. If the player is interrupted, he or she will re-group and start over with the routine.

The pre-shot routine serves a dual purpose. First, it is used for visualization and alignment but more important, it helps the player focus and get in "the zone".

Golf is a game of repetition: develop your own pre-shot routine and stick to it every time.

RIVER STRAND TENNIS PROGRAMS

Junior Clinics

(sign up on www.makeclubreservations.com)

Stars Clinic (ages 6-14)—Monday, Wednesday, & Friday, 5:00-6:30p.m. \$20 per class

Future Stars (ages 4-5)—Friday, 4:30-5:00 p.m. \$10 per class

Adult Clinics

(sign up on www.makeclubreservations.com)

Nate's Intermediate Doubles Clinic—Monday, 6:30-8:00 p.m. \$20 per class

Abdul's 90 Minute Drill and Play—Tuesday and Thursday, 8:30-10:00 a.m. \$20.00 per class

Gary's Beginner's 102 Clinic—Wednesday, 6:30-8:00 p.m. \$15.00 per clinic

Shot of the Week—Wednesday, 8:00-8:30 a.m.. (Free)

Scott's 3.5-4.0 Clinic—Sunday, 10:00-11:30 a.m. \$20.00 per class

Adult Social Play

(sign up on www.makeclubreservations.com)

Morning Doubles—Monday/Wednesday/Friday 8:30-10:00 a.m. cost: \$2.00

Men's Night—Tuesday, 7:00-9:00 p.m. cost: \$2.00

Mixed Doubles Night—Thursday, 7:00-9:00 p.m. cost: \$2.00. (sign up with partner)

8.5/9.0 Mixed Doubles Night—Monday, 7:00-9:00 p.m. cost: \$2.00 (sign up with partner)

TENNIS PRO SHOP HOURS

Monday-Friday - 8:00 am – 7:00 pm

Saturday and Sunday - 8:00 am – 3:00 pm

Email: tennispro@riverstrandtennis.com

Phone: 941.932.8680

TENNIS STAFF/LESSON FEES

Director of Tennis - Nate Griffin, USPTA

½ Hour Private: \$35, 1 Hour Private: \$70

Head Tennis Professional – Abdul Idi, USPTA

½ Hour Private: \$35, 1 Hour Private: \$70

1 hour hitting/playing session \$50.00

Assistant Tennis Professional – Scott Pothul

½ Hour Private: \$35, 1 Hour Private: \$70

Assistant Tennis Professional – Tiffany Davis

½ Hour Private: \$35, 1 Hour Private: \$70

Assistant Tennis Professional – Gary Coulter

1/2 Hour Private: \$30, 1 Hour Private: \$60



Junior Tennis Clinics

Week of August 16th

Stars Clinic (ages 6-13)

Monday, Wednesday, Friday

from 5:00 to 6:30 pm.

\$20 per player per class.

Pee Wee Clinic (ages 4-5)

Friday from 4:30 to 5:00 pm.

\$10 per player per class.

Sign up by emailing Scott at

spothul@hotmail.com



**RIVER
STRAND
FUN
AND
GAMES**

River Strand Ladies Bridge

Bridge meets at 9:30am every Monday and Friday and ends around noon. Lunch afterward is optional. To sign up to play call Pauline Tasler at 941-405-4733 or email ptasler@gmail.com or Vivienne Sivak at 941-251-7494 or viviennesivak@msn.com.

Bunco

Newcomers are welcome! This is a simple, fun game that anyone can play and is very easy to learn. The Bunco group meets the first Thursday of the month at 9:30am. Contact Judi Aharon at 336-407-7625 to play.

Texas Hold-Em Poker

Texas Hold-Em is held every Thursday from 5:00 pm to 8:00 pm. Group size is limited to 50 players. \$10 to Buy-In. Winners receive a gift certificate to River Strand, which can be used throughout the clubhouse. Visit the Golf Pro Shop to sign up each week.

River Strand Ladies Mahjong

Ladies Mahjong plays every Wednesday at 9:00am. Group plays until about noon, followed by lunch (optional). This is a fun, friendly group and players of all skill levels are welcome! Contact Lynne Monnell - 941-201-4253 or gmonnell@tampabay.rr.com.

River Strand Mixed Bridge (Men and Women)

Experienced players. Singles are welcome as the group will rotate partners. Wednesday evenings in the card room from 5:30pm - 8:00pm. Contact Larry Sivak at lesivak@msn.com or 941-251-7494.

**COMMUNITY
CENTER
UPDATE**



The initial coat of paint inside and out has been completed and the faux stone has been installed on the exterior.



Beautiful rich cabinets in the multi-purpose room kitchenette have been installed. The kitchenette has a nice sized layout that will work nicely for the many member functions that will be held there.



Pickle ball and half basketball courts are in. Also, restroom fixtures are nearly complete, the resort style pool continues to be developed and some of the ornamental and decorative touches are coming to life.



TRUSCAPES COMMUNITY LANDSCAPE UPDATE

- ◆ Continue weekly mowing, skipping saturated areas, revisiting following day.
- ◆ Bed weeds monthly spray, physical as needed.
- ◆ General trimming palm pods under 15', shrubs, oak canopies.
- ◆ Lawn weeds, monthly inspections, treatment as needed.
- ◆ Palms trimmed around Tennis Courts.
- ◆ Irrigation wet checks and filter cleanings.

JUST A LITTLE Reminder

- Range balls must be purchased before 6pm and the range closes at 7pm.
- Please remember the golf course is designated for registered golfers only. Please no jogging, walking, dog walking, biking or personal golf carts, etc. This is for your safety.
- Please park personal golf carts in the designated spots in our parking lot.
- No driving range balls or bags should ever leave the driving range area. Please do not take them home with you. If you see someone taking them please inform the golf shop.

Golf Course Maintenance Report

Jamie McCrosky, GCSA

"Greens will naturally slow down in putting speed this time of year as Bermuda grass peaks in growth now and we fertilize during this time after aerifications."

We are in the heart of the summer now and everything is growing wholeheartedly. We have stayed on schedule on our fertilizer applications to insure good growth of things to make the turf stronger and thicker for the amount of play we receive. Particularly in winter season there is concern about length and thickness of turf near lakes and greens to stop ball roll. This is the time of year to get after it and grow it to its fullest potential, because when it gets cooler during those winter month and it ensues semi dormancy, it will cease to grow. Right now after our mid-summer fertilization on entire golf course we are experiencing a great amount of grass clipping debris. A heads up we will be working hard with our turbine blowers and drag nets cleaning the courses to make them aesthetically pleasing and playable.

Greens aerifications are still going well. Keep in mind that we fertilize greens with nitrogen to get them grown back in to prevent holes in greens when re-opening. With this, we raise height of cut to compensate for the amount of growth we experience after the aerification and fertility process. The tributary greens after round 2 got a little puffy on us from the rains near reopening. We experienced some scalping due to the height of cut on greens at .125 during this time. We want to keep height of cut there to keep greens at a decent speed and we will alleviate scalping with verticutting and growth regulators. Greens will naturally slow down in putting speed this time of year as Bermuda grass peaks in growth now and we fertilize during this time after aerifications. After about a week of reopening a course we tend to get them smoothed

out rolling true from the closed maintenance.

Other projects finished: We completed bunker renovations on #1 Tributary with new drainage and sand. These bunkers should be more playable moving forward. We also finished project on #4 Estuary mentioned last month. Goal here was to bring sod down further into shell so shell would no longer be close to green and get on surface. We created little bunker on left again to get shell away from green and provide sand to play from rather than shell.

Upcoming events:

- July 20 through August 9: Estuary closed for aerification
- August 10 through August 30: Sanctuary closed for aerification
- August 31 through September 13: Tributary closed for aerification

Condo Corner

Matt Koratich, CMCA



GOLF LEAGUES AND CLINICS

Ladies Day

8:00 am Shotgun Tuesday

Men's Day

8:00 am Shotgun Wednesday

Saturday Clinics

Adults:

Saturday at 10am (Please call pro shop to sign up)

Juniors:

Saturday at 11am (Please call pro shop to sign up)

Responsibility for the fire safety of your building lies with each and every resident. That's why it is so important that you plan together to keep your building as fire safe as possible and learn the right thing to do should fire break out. The first place to start is to learn the facts.

- Smoking is the #1 cause of all fatal multi-family fires. And, nearly a third of them are caused by someone smoking in bed.
- Most residential fires occur at night when condos are most heavily populated.

Know every possible exit. If hallways become smoky in a fire, your memory can help you find a way out. Remember never to use elevators in a fire. Keep exits clear of debris and storage. An ounce of prevention can save your life. Prevention is your best insurance against fire. Take these simple fire safety precautions in your own unit to prevent fire from starting.

- Check regularly for electrical hazards, such as worn electrical cords, overloaded extension cords and outlets, and broken appliances.
- Don't store flammable liquids in your home, car, or anywhere else inside your building.
- Don't use balconies or porches for storage. Fires starting in these areas can burn undetected.

As a reminder, **barbeque grills are prohibited on all Condominium property in River Strand (Coach Homes, Verandas and Terraces)**. The Fire Code defines barbeque grills as a cooking device that uses combustible material as fuel or has an open flame. *This excludes electric cooking devices.*

Be Prepared! Plan Ahead for Everyone's Safety! For more information on fire safety please visit <http://www.nfpa.org/>.



WALK-A-THON, ANYONE? If you may be interested in participating in a River Strand Member Walk-a-Thon, please send an email to Tami Prince at: tamp@riverstrandgolf.com.

We
our
MEMBERS!




Assistant Golf Professional, Dave Konopczyński instructs the Junior Golfers regarding the benefits of the proper putt.

GETTING TO KNOW YOUR TENNIS STAFF

ABDUL IDI, USPTA
HEAD TENNIS PROFESSIONAL

Abdul Idi began teaching at River Strand in June 2011. Prior to River Strand Abdul was a Tennis Pro at Read-Sweatt Tennis Center in Minneapolis, MN '98-'11. Prior to Read-Sweatt, Abdul was the Head Pro at the Mankato Indoor Tennis Center, MN '96-'98.

He was former Junior champion at the '85 National sports festival in Ilorin and won ITF juniors in both singles & doubles in Lagos, Nigeria '87.

Abdul also competed in the following:

- North African Junior Circuit, Casablanca, Morocco, '86.
- West African ITF juniors in Abidjan, Ivory Coast '87.
- Training tour of Sotchi, Russia '87.
- USTA 5.0 Nationals, Indian Wells, CA '10.
- Played #2 singles & #1 doubles at Livingstone College, NC on a full tennis scholarship.



He obtained an MS in Community Health from Minnesota State Uni -Mankato.

Abdul is married to Jennifer and they have a 10 year old son, Jaden.

SAVE THE DATE!



Casino Night
Wednesday,
September 30th
6pm

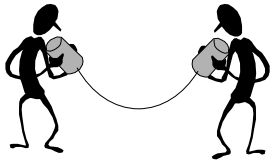
\$60 per person
Gourmet Food Stations
Gaming Tables and
Awesome Prizes

All attendees
will receive
“fun money” to play.

Just like Vegas,
but just for fun!



River Strand “Must Do” #329
Visit the white, sandy beaches of the Clubhouse Pool and Tiki Bar to relax an hour or two in one of our hammocks. One of the best ways to unwind and make the most of your summer.



ClubConnections

Membership & Communications Director, Tami Prince

"Comedy Night on Thursday, August 13th will have you laughing all evening. Buy your tickets now in the Grille Room. \$35 includes dinner and the show".

SAVE THE DATES

Casino Night on September 30 (See page 10) and the Inaugural River Strand Walkabout (See page 13).

A plug for the Bradenton Marauders this month and fun for our members. August 6th game is a golf themed night and they are giving away free rounds of golf and golf related merchandise. It's also a "Thirsty Thursday" with just \$1 select draft beer and \$1 sodas all night long. The Marauders are playing the St. Lucie Mets. Check out their website to purchase tickets (very inexpensive at \$8).

August 5 – CHICKS AND FLICKS – NOON

For August, this movie watching social group we will meet at Polo Grill and Bar in Lakewood Ranch. Movie of your choice after lunch if you wish. RSVP to tamip@riverstrandgolf.com or stop in the clubhouse.

August 13 – COMEDY NIGHT – 5:30 PM

Two stand up comedians will bring on the laughs and the social camaraderie. Singles are encouraged to attend and will be seated with others. Enjoy Chef's wonderful combination entrée of Chicken Marsala and Balsamic Marinated Flank Steak and the comedy show for just \$35 inclusive per person.

August 22 – ROSA FIORELLI WINERY TOUR 11 AM – \$24.99 plus tax (\$26.61)

Tour the grape fields, learn the wine-making process in their winery and then enjoy a taste in your souvenir wine glass while nibbling cheese and crackers in the courtyard. Pick your own Muscadine grapes by the pound while you are there. RSVP to tamip@riverstrandgolf.com or stop in the clubhouse.



TENNIS PIC OF THE MONTH

A very nice group of smiling faces at the Wimbledon Mixer on July 11!!

FOOD & BEVERAGE CALENDAR

AUGUST 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>Note to Self: Sip a summer beverage at the Tiki Bar this month!</p>			<p>1 Lunch 11am-6pm Bar 11am-7pm</p>
<p>2 Lunch 11am-5pm Bar 11am-6pm</p>	<p>3 Lunch 11am-5pm Bar 11am-6pm</p>	<p>4 Lunch 11am-5pm Bar 11am-6pm</p>	<p>5 Lunch 11am-4:30pm Dinner 5:30pm-8pm</p>	<p>6 Lunch 11am-4:30pm Dinner 5:30pm-8pm</p>	<p>7 Lunch 11am-4:30pm Friday Dining 5:30pm-8pm</p>	<p>8 Lunch 11am-6pm Bar 11am-7pm</p>
<p>9 Lunch 11am-5pm Bar 11am-6pm</p>	<p>10 Lunch 11am-5 pm Bar 11am-6pm</p>	<p>11 Lunch 11am-5pm Bar 11am-6pm</p>	<p>12 Lunch 11am-4:30pm Dinner 5:30pm-8pm</p>	<p>13 Lunch 11am-4:30pm Dinner 5:30pm-8pm COMEDY NIGHT 5:30 pm Happy Hour Ends 4:30pm</p>	<p>14 Lunch 11am-4:30pm Friday Dining 5:30pm-8pm</p>	<p>15 Lunch 11am-6pm Bar 11am-7pm</p>
<p>16 Lunch 11am-5pm Bar 11am-6pm</p>	<p>17 Lunch 11am-5pm Bar 11am-6pm</p>	<p>18 Lunch 11am-5pm Bar 11am-6pm</p>	<p>19 Lunch 11am-4:30pm Dinner 5:30pm-8pm</p>	<p>20 Lunch 11am-4:30pm Dinner 5:30pm-8pm TRIVIA NIGHT 5:30 pm Happy Hour Ends 4:30pm</p>	<p>21 Lunch 11am-4:30pm Friday Dining 5:30pm-8pm</p>	<p>22 Lunch 11am-6pm Bar 11am-7pm ROSA FIORELLI WINERY TOUR</p>
<p>23 Lunch 11am-5pm Bar 11am-6pm</p>	<p>24 Lunch 11am-5pm Bar 11am-6pm</p>	<p>25 Lunch 11am-5pm Bar 11am-6pm</p>	<p>26 Lunch 11am-4:30pm Dinner 5:30pm-8pm</p>	<p>27 Lunch 11am-4:30pm Dinner 5:30pm-8pm</p>	<p>28 Lunch 11am-4:30pm Friday Dining 5:30pm-8pm</p>	<p>29 Lunch 11am-6pm Bar 11am-7pm</p>
<p>30 Lunch 11am-5pm Bar 11am-6pm</p>	<p>31 Lunch 11am-5pm Bar 11am-6pm</p>					

River Strand Departmental Telephone Extensions

Dial Main Clubhouse Number 941-708-3837 and Press Appropriate Extension

Extension 1 — Tee Times/Golf Shop

Extension 2 — Reservations/Administration Office

Extension 3 — Property Manager

Extension 4 — Food and Beverage Manager

Extension 5 — General Manager

Extension 6 — Grille Room

Extension 7 — Tennis Club

Extension 8 — Membership Director

- If routed to voice mail when attempting to make a dining reservation, please leave a detailed message with your name, date & time for reservation and number in party and your reservation will be noted. If you would like to receive a return phone call within 24 hours, please also state your telephone number and let us know.
- When calling to make a dining room reservation after normal business hours (Monday to Friday between the hours of 8am and 5pm), please dial Extension 6 for the Grille Room.
- Note: If you wish to dial any department directly, please refer to the back cover of this newsletter.

SAVE THIS DATE!

**The residents of
River Strand Golf and Country Club
are cordially invited to participate in**

The First Annual River Strand Walkabout

on

Saturday, December 12, 2015

Beginning at 4:30 pm

The River Strand Walkabout is a progressive party where you will have the opportunity to share appetizers and desserts with your neighbors at different homes with different groups of people. There will be three homes to visit for 90 minutes each. There's no cost, you need only make an appetizer or dessert and bring along your preferred beverage. Host homes will be needed and we'd appreciate it if you volunteered to host one 90-minute session, but it's not required to participate.

For now, just save this date and plan to join us in this First Annual River Strand Community event. For more specific information, feel free to contact River Strand members and event organizers, Stan and Pat Zimmer, at cstanleyzimmer@gmail.com.




Tips to stay connected to your club

- ◇ Check out Club Connections in the Fitness Center lobby on a regular basis. All current and upcoming events and activities are posted there.
- ◇ Read your monthly newsletter.
- ◇ Read our regular River Strand emails that advertise upcoming events. Note that most can be attended by all: individuals, couples or whole groups!
- ◇ Reach out and say hi to everyone you meet while at the clubhouse or in the community. Our members like to make new acquaintances and enjoy lining up social opportunities with new friends.

FITNESS & SOCIAL CALENDAR

AUGUST 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>Note to Self: Go to the gym this month.</p> <p>No matter what.</p>			1
2 <u>Tai-Chi</u> 9:00 am Lighthouse at Central Park	3 <u>Bridge</u> 9:30 am <u>Zumba Aqua</u> 11:30 am <u>FLOW Yoga</u> 6:00 pm	4 <u>RS Striders Walking Club</u> 9:00am <u>Zumba Toning and Step Mix</u> 11:30 am	5 <u>Mahjong</u> 9:00 am <u>Zumba</u> 11:30 am CHICKS & FLICKS Noon <u>Mixed Bridge</u> 5:30 pm	6 <u>RS Striders Walking Club</u> 9:00 am <u>Yoga</u> 9:00 am <u>Bunco</u> 9:30 am <u>Texas Hold-Em</u> 5:00 pm	7 <u>Yoga</u> 9:00 am <u>Bridge</u> 9:30 am	8 <u>RS Striders Walking Club</u> 9:00 am Meet at Pavilion
9 <u>Tai-Chi</u> 9:00 am Lighthouse at Central Park	10 <u>Bridge</u> 9:30 am <u>Zumba Aqua</u> 11:30 am <u>FLOW Yoga</u> 6:00 pm	11 <u>RS Striders Walking Club</u> 9:00am <u>Zumba Toning and Step Mix</u> 11:30 am	12 <u>Mahjong</u> 9:00 am <u>Zumba</u> 11:30 am <u>Mixed Bridge</u> 5:30 pm	13 <u>RS Striders Walking Club</u> 9:00 am <u>Yoga</u> 9:00 am <u>Texas Hold-Em</u> 5:00 pm COMEDY NIGHT	14 <u>Yoga</u> 9:00 am <u>Bridge</u> 9:30 am	15 <u>RS Striders Walking Club</u> 9:00 am Meet at Pavilion
16 <u>Tai-Chi</u> 9:00 am Lighthouse at Central Park	17 <u>Bridge</u> 9:30 am <u>Zumba Aqua</u> 11:30 am <u>FLOW Yoga</u> 6:00 pm	18 <u>RS Striders Walking Club</u> 9:00am <u>Zumba Toning and Step Mix</u> 11:30 am	19 <u>Mahjong</u> 9:00 am <u>Zumba</u> 11:30 am <u>Mixed Bridge</u> 5:30 pm	20 <u>RS Striders Walking Club</u> 9:00 am <u>Yoga</u> 9:00 am <u>Texas Hold-em</u> 5:00 pm TRIVIA NIGHT	21 <u>Yoga</u> 9:00 am <u>Bridge</u> 9:30 am	22 <u>RS Striders Walking Club</u> 9:00 am Meet at Pavilion ROSA FIORELLI WINERY TOUR
23 <u>Tai-Chi</u> 9:00 am Lighthouse at Central Park	24 <u>Bridge</u> 9:30 am <u>Zumba Aqua</u> 11:30 am <u>FLOW Yoga</u> 6pm	25 <u>RS Striders Walking Club</u> 9:00am <u>Zumba Toning and Step Mix</u> 11:30 am	26 <u>Mahjong</u> 9:00 am <u>Zumba</u> 11:30 am <u>Mixed Bridge</u> 5:30 pm	27 <u>RS Striders Walking Club</u> 9:00 am <u>Yoga</u> 9:00 am <u>Texas Hold-Em</u> 5:00 pm	28 <u>Yoga</u> 9:00 am <u>Bridge</u> 9:30 am	29 <u>RS Striders Walking Club</u> 9:00 am Meet at Pavilion
30 <u>Tai-Chi</u> 9:00 am Lighthouse at Central Park	31 <u>Bridge</u> 9:30 am <u>Zumba Aqua</u> 11:30 am <u>FLOW Yoga</u> 6pm					

August Fitness and Social Activities

FITNESS

CARDIO TENNIS:	6:30 pm on Wednesday and Friday. \$15 members.
FITNESS 101:	August 26th at 10 am. Fitness Equipment/10:30 am Weights.
FLOW YOGA:	6:00 pm Monday. Intermediate practice.
TAI-CHI:	9:00 am Sunday at Central Park Lighthouse.
WALKING CLUB:	Tuesday, Thursday & Saturday at 9:00 am at Pavilion.
YOGA:	9:00 am on Thursday & Friday.
ZUMBA AQUA:	11:30 am on Monday. Pool fitness, great cardio!
ZUMBA:	11:30 am on Tuesday.
ZUMBA TONING AND STEP MIX:	11:30 am on Wednesday.

SOCIAL

BRIDGE:	9:30 am on Monday and Friday. To RSVP see page 7.
BUNCO:	9:30 am on the first Thursday of the month.
CHICKS AND FLICKS:	First Wednesday of the month. This month is Polo Grill for lunch at noon. Followed by Lakewood Ranch Cinemas movie.
COMEDY NIGHT:	Thursday, August 13, 5:30 pm. \$35 per person includes Comedy Show and dinner. Buy tickets at the clubhouse Grille Room.
MAHJONG:	9:00 am on Wednesday. To RSVP see page 7.
MIXED BRIDGE:	5:30 pm on Wednesday. To RSVP see page 7.
RIVER STRAND STRIDERS:	9:00 am on Tuesday, Thursday and Saturday, start at pavilion.
ROSA FIORELLI WINERY TOUR:	Saturday, August 22. 11 am. \$24.99 plus tax per person. (\$26.61). RSVP to tamip@riverstrandgolf.com . Flyer page 19.
TEXAS HOLD-'EM:	5:00 pm - 8:00 pm on Thursday.
TRIVIA NIGHT:	Thursday, August 20 from 6:00 to 9:00 pm. Singles welcome.
VETERANS NETWORK:	Meetings on hold for July and August, resume in September.

TENNIS

KIDS NIGHT:	(AKA Parents night out!!) on Friday, August 21st, from 5-8 p.m. \$20 per child, tennis clinic, pizza, and movie (movie inside the Tennis Pro Shop). Parents can register by emailing the Director of Junior Tennis, Scott Pothul, at spothul@hotmail.com .
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**RIVER STRAND STAFF MEMBER
RECOGNITION**



Thank you to River Strand Member Craig Springer who submitted these photos of Director of Tennis, Nate Griffin and Assistant Tennis Professional, Tiffany Davis with the following caption:

“I would like to give Nate Griffin and Tiffany Davis credit for all they do. The attached photos are of Tiffany and Nate during a demonstration held during the French Open at River Strand”.

All staff members enjoy a thumbs up now and again and appreciate when members recognize our goal to create the best club experiences possible.

Join Us In Welcoming Our Newest River Strand Members!

Just for Fun!



**NEW MEMBER?
HAVE QUESTIONS?**

Sign up today in the Administrative offices at the clubhouse for our New Member Orientation.

These informative sessions take place in the clubhouse Board Room at 2 pm on the first Friday of every month.

Meet other new members and get your River Strand bearings.

RSVP required.

- Roy & Mary LaMarte
- James Burns & Lorna McMullen
- Orin & Carole Montgomery
- Soli & Jo Ann Dastur
- Philip & Marjie Charbonneau
- Michael & Oralia Rushing
- Gary & Janice Bader
- Brent & Brandy Hamilton
- David & Tina Barnett
- Gordon & Katherine Skead
- Joe Ricci
- Jeffery Stuart & Christine Eiserlo
- Richard & Marsha Haddad
- Mary Beth Lang
- Norman & Carol Fournier
- Farhad & Nilou Navab
- Mark Savage & Annika Klint
- Gary & Julie Napper
- Paul & Pamela Martin
- Sean Bryson & Geanoula Courlas
- Paul & Cathy Kelley
- David & Emily Hosey
- Michael & Michel Callahan
- Robert & Susan Cottrell
- Rolf & Ann Quisling
- Steven Converse & Beverly Majewski
- Diane Mathe

- August 1
- National Girlfriends Day
- Respect for Parents Day
- August 2
- American Family Day
- National Friendship Day
- National Sisters Day
- August 4
- National Chocolate Chip Day
- August 6
- National Wiggle Your Toes Day
- August 8
- National Happiness Happens Day
- National Sneak Some Zucchini Into Your Neighbor's Porch Day
- August 10
- National Lazy Day
- August 16
- National Tell a Joke Day
- August 17
- National Thrift Shop Day
- August 24
- National Waffle Day
- August 25
- National Kiss and Make Up Day
- August 26
- National Dog Day
- National Just Because Day
- August 29
- National Chop Suey Day

River Strand Clubhouse, Community and World Views



Gamble Creek Band was amazing and everyone had a great evening! We plan to have them back again, don't miss it!



"Roseate Aglow" above and "New Sheriff in Town" below were shared by Christopher Szymanski.



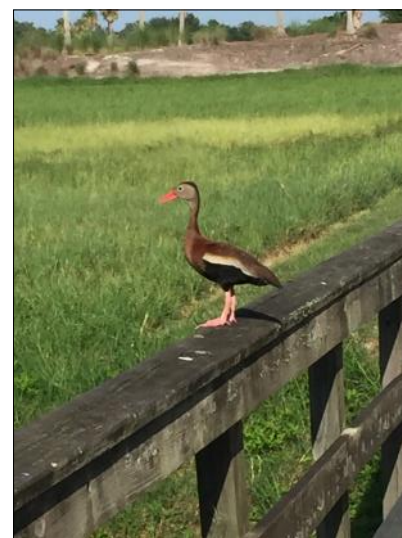
Don Smith submitted this photo of the practice area after four days of rain.



Right: "Walking Bridge" photo compliments of Phil Lahm.



Left: Mattie Watson enjoyed playing the 2nd hole (par 3) at Royal Hawaiian Golf Club. Beautiful!



Email your photos to tamp@riverstrandgolf.com for possible inclusion in an upcoming newsletter.

CHICKS AND FLICKS



Wednesday, August 5th at Noon
Meet at Polo Grill and Bar
10670 Boardwalk Loop, Lakewood Ranch

Visit with your River Strand friends at lunch and then pick your movie from those currently playing at Lakewood Ranch Cinemas. Show times begin at approximately 1:30 pm.

Movie tickets are \$8.

First Wednesday of every month, lunch locations will vary.
Email tamp@riverstrandgolf.com to reserve.



TRIVIA NIGHT

**Thursday
August 20**

6:00pm-9:00pm

TEAMS OF 8

**Singles are
Welcome!**

at
River Strand Golf & Country Club

FITNESS 101	Hand Weight	Learn the basics. Take a guided tour through the fitness center with a certified fitness instructor and learn proper equipment use and technique. No need to pre-register, just get here!	
	Barbell		
	Weighted Ball		
	Foam Roller		
	Stability Ball		
	Bosu Ball		
	Ab Roller	10:00 am Wednesday, August 26 FITNESS EQUIPMENT 101	
	Bands	Learn how to use the miscellaneous equipment and machines to get a cardio and heart pumping total body workout.	
	Kettlebell		
	Elliptical		
	Treadmill		
	Recumbent Bike		
	Leg Press		
	Stretch Cage		10:30 am Wednesday, August 26 FREE WEIGHTS 101
	Abdominal		Learn the proper form and technique for using hand weights to strength train and improve each area of your body.
	Hip Abductor/Adductor		
Leg Extension			
Seated Leg Curl			
Lat Pull			
Overhead Press			
Chest Press			

Sign Up for Trivia by calling
941-708-3837 or stop by
the Administrative Office.
It's always a fun night!

**KIDS NIGHT AT TENNIS CENTER:
(AKA Parents night out!!)**

Friday, August 21st, 5-8 p.m. \$20 per child includes tennis clinic, pizza, and movie inside Tennis Pro Shop.

Parents can register by emailing
 Director of Junior Tennis, Scott Pothul,
 at spothul@hotmail.com



Rosa Fiorelli Winery & Vineyard
4250 County Road 675 E
Bradenton, FL 34211

Rosa Fiorelli Winery & Vineyard Vineyard & Winemaking Tour

11:00 AM on Saturday, August 22
\$24.99 Plus Tax Per Person

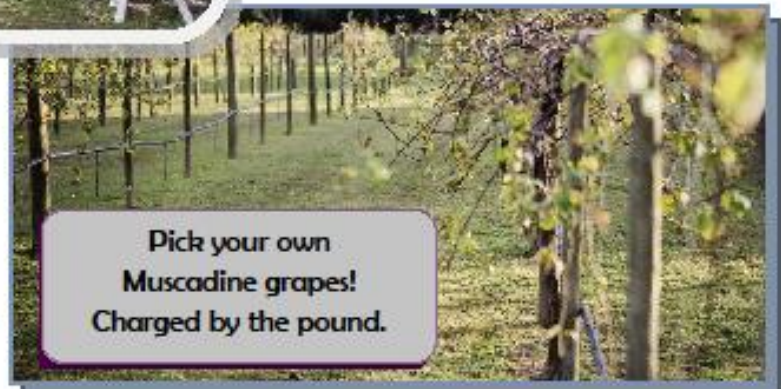
Walk through the vineyard, where you will receive information about the growing season, pruning, harvesting times and the different varieties of their Florida grown grapes.

You will also learn the art of the wine making process located in their winery, how grapes are crushed, pressed, fermented, and bottled.

Last but not least, you will finish your tour by enjoying a wine tasting in your souvenir wine glass while nibbling cheese and crackers in the pavilion by the Conquistador vineyard.

RSVP to tamp@riverstrandgolf.com or 941-932-8669.

Transportation is on own. Wear a hat, sunscreen and comfortable shoes.



Pick your own
Muscadine grapes!
Charged by the pound.

RIVER STRAND GOLF AND COUNTRY CLUB

7155 Grand Estuary Trail
Bradenton, FL 34212
941-708-3837 Phone
941-708-3785 Fax
www.riverstrandgolf.com

Lennar Customer Care
866-226-4057

Icon Management Services
941-747-7261 Phone
941-526-3283 After Hours

Clubhouse General Office
Mon-Fri, 8:00am-5:00pm
Phone: 941-708-3837

Golf Shop
Every Day, 6:00am-6:00pm
Phone: 941-708-3617

Tennis Shop
Monday-Friday, 8:00 am-7:00 pm
Saturday & Sunday, 8:00 am-4:00 pm

Grille Room
941-932-8667
Check calendar for seasonal hours of operation.

Fitness Center
24 Hours, every day
Member photo id card needed for access.

Swimming Pools
Open from dawn until dusk.

Gate Attendant
Phone: 941-746-2167 (gatehouse)
E-Mail: gatehouse@riverstrandgolf.com
Envera (Gate Company): 941-556-0732 (24-hours)
Nightly Security Patrol: 941-549-9637

Property Managers - River Strand/Heritage Harbour
Dan Arens, LCAM, Single Family Homes
Phone: 941-932-8663
E-Mail: darenstheiconteam.com
Matt Koratich, LCAM, Condominiums
Phone: 941-932-8671
E-Mail: mkoratich@theiconteam.com

General Manager
Pat Cattanach, PGA, LCAM
Phone: 941-708-3837
E-Mail: pcattanach@theiconteam.com

River Strand Master Association Board Member
Terry Lyons
Phone: 941-896-7525
Email: ternalyons@aol.com

Golf Course Superintendent
Jamie McCrosky, GCSA
Phone: 941-748-8626
E-Mail: jamiem@riverstrandgolf.com

Head Golf Professional
Corey Pion, PGA
Phone: 941-708-3617
E-Mail: corey@riverstrandgolf.com

Director of Tennis
Nate Griffin, USPTA
Phone: 941-932-8680
E-Mail: tennispro@riverstrandtennis.com

Executive Chef
Esteban Herrera
Phone: 941-932-8665
E-Mail: estebanh@riverstrandgolf.com

Food & Beverage Manager
Nicole Resner
7155 Grand Estuary Trail
Bradenton, FL 34212
941-708-3837 Phone
941-708-3785 Fax

Membership & Communications Director
Tami Prince
Phone: 941-932-8669
E-Mail: tamip@riverstrandgolf.com

Administrative Assistants
Charli Carlson: charlic@riverstrandgolf.com
Bianca Johnson: reception@riverstrandgolf.com
Phone: 941-708-3837

Concession Supervisor
Laura Kommick
Phone: 941-708-3837, ext. 110

