

Connect with your Clubhouse and Community

All the News from River Strand Golf & Country Club

COMMUNITY MATTERS

Dan Arens, LCAM

The Summer heat is here and in full affect! As a health advisory note, please remember to drink plenty of water and wear sunscreen.

In connection with the River Strand Community Compliance Committee and your management staff we have discussed several items. One of the continual issues is trash throughout the River Strand Community. We are requesting all owners that take their trash out to the end of their driveways on the day of pick up and please use a trash can with a lid. We have a lot of wild life that likes to go through bags of garbage left at the edge of the road leaving a mess to clean up.



We recently had the Manatee County Sheriff's office here to discuss Neighborhood safety issues. In conjunction with this event, your Neighborhood Watch Committee has been hard at work discussing issues within the community. Issues range from street lights in the community to discussions regarding the security team. Please know that the roving patrol officer is a Heritage Harbour employee and is only available from 6:00 pm - 6:00 am. If you should see something that is of a criminal offense, please call the local authorities first. You then can follow up with the roving patrol officers.

We have fully transitioned into having all guests enter through the main entrance off of River Strand Blvd. Please inform

your guests to use the main entrance, as we continue to have entry gates hit by vehicles. Please do not tailgate, and when approaching an exit gate use caution. We do have cameras on all gates and will expect payment from the individual that damages any gate.

The ARC Committee for River Strand Golf and Country Club meets on the third Tuesday of every month. We have updated the ARC Forms, which can be obtained either from the front desk or on our website. Please know that all plant and tree replacement is owner responsibility and is not part of your assessments.

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 RNOW

Dan Arens, the Community Association
Manager for River Strand Golf &
Country Club, has recently been awarded
the credentials of AMS, Association
Management Specialist from the
Community Associations Institute.

Chicks And Flicks

Wednesday, July 6th at Noon Meet at River House Reef & Grill 995 Riverside Drive, Palmetto, FL



Visit with your friends and neighbors at lunch and pick your movie from currently playing titles. New Faces are Always Welcome! Chicks And Flicks is held the first Wednesday of every Month, lunch location will vary per month.

Check out the movie listings for these theaters: Lakewood Ranch Cinema 941-955-3456, Royal Palm Cinema 941-752-3796 (cash only), Parkway 8 Cinema 941-360-6741, DeSoto 6 Colonia Cinema 941-405-9247, Regal Cinema 844-462-7342, Burns Court Cinema 941-955-3456, Regal Cinema—Hollywood 20 844-462-7342

RSVP to lhoppe@theiconteam.com by Tuesday, July 5th at Noon





June Luncheon at The Bone Fish Grill

The Strand

Important Reminders

• Dinner Service is available **Wednesday thru Friday**. Reservations are recommended. Seating on the 1/2 hour from 5:30 pm to 8:00 pm. There is no dinner service on Saturday, Sunday, Monday or Tuesday evenings.

• **Blue Plate Specials** are available in the Dining Room EVERY Wednesday Night in July. See Page 17 for a complete listing of dish specials.

- Interested in Starting a Men's, Ladies or Co-Ed Bible Study Group in River Strand? If you are or you want to start another type of group contact Lori Hoppe, Lifestyle Director by email at Ihoppe@theiconteam.com to reserve space for your group and advertise to the River Strand Community.
- Please keep your Envera Guest Listing Updated! You may login to www.myenvera.com using your login and password to add new guests or remove old ones. The regular maintenance of your guest list will help eliminate long lines at the guard gate entrance.
- Join us for the 4th of July Pool Party from 12pm to 3pm. There will be a Low Country Boil, Hamburgers and Hotdogs served with live music and drink specials. See page 13 for more information.
- Make your reservations now for our Murder
 Mystery Dinner on Tuesday, July 26th in the
 Dining Room. Come dressed in 1920s period
 costume and help solve the crime. See page 19
 for complete information.
- Did you miss the Cooking Demonstration in June? Reserve your spot for the Cooking Demo with Chef Radames on Saturday, July 9th.
- Mark Your Calendar for the a
 Painting Party on Tuesday,
 August 23rd. Watch for more information in next months "The Strand" newsletter. Instructors help you create your own masterpiece.



Please Come by the Clubhouse & Enjoy the New Lunch Menu



Ramsey Tanakatsubo, #5 Estuary on November 2, 2015

GOLF COMMENTS FROM COREY

PGA Head Golf Professional, Corey Pion



We have had good numbers for the golf camps so far and we are offering several more junior golf camps throughout the summer. If you have kids, grandkids, or have friends with kids and would like to enroll them into our summer golf programs please call the pro shop for more details.

We are doing a huge equipment sale in our pro shop at Cost plus 10% on all in stock golf equipment. Come check out this

great opportunity to pick up some new clubs at the lowest prices around. Also, we are doing 25% off your first item, 40% off your second item on all in stock tops, bottoms and headwear.



Golf Course Reminders:

- 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, biking or your own personal golf carts, etc. This is for your safety.
- Please park your personal golf cart 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.

If there is anything that we can do to enhance your member golf experience this summer, please do not hesitate to reach out to me. I look forward to seeing you around the club.

Jr. Golf Camp Program is a Big Hit with Campers



Junior Golf Camp participants take a break from the sun in front of the Pro Shop. Pictured from Left to Right, Avery, Lucas, Mallory, Adrianna, Coach Dave and Drew.

Golf Rules Tip of the Month PGA Head Golf Professional, Corey Pion

Missing greens is pretty much the norm for average golfers. In fact, statistical studies over many years prove that higher handicappers miss almost 16 greens each round and the majority of those misses are short of the green (a topic for another instructional piece). That's an overwhelming statistic. But it also reveals what area of your game you can improve the most, almost instantly, that will improve your scores without hitting any more greens than normal.



In other words, the chip shot is arguably the most important shot any golfer should master. Exactly what is a chip shot? The simple definition is a shot that has more "roll time" than "air time." The ball is hit with a lower trajectory, lands on the green and rolls itself to the hole utilizing as much of the green as possible.

When do you use a chip shot? Any time you miss the green, as well as when you are in trouble from an errant tee shot. The chip shot is your friend anytime you're looking to hit a more controlled shot

Club Selection — You can use any club in your bag after determining the amount of distance the ball needs to travel in the air versus the amount of green you have to work with to roll the ball as much possible. A simple rule to remember is the more loft, the less the roll.

Aim – When aiming pick a spot where you want the ball to land on the green that allows for the ball to release properly and roll to the hole. To avoid the ball from landing inconsistently, pick a spot approximately three to five feet on the green. Hint: As you make practice swings, look at that spot, imagining the ball landing there and releasing to the hole. Doing so makes it easier for your eyes and brain to calculate the size of your swing.

Set-Up – Four simple yet widely overlooked set-up positions will guarantee you hit a better chip shot every time:

- Place your Feet slightly "open" to your intended target, not pointing at the target.
- The ball should be slightly behind the middle of your stance.
- Your weight should be slightly into your forward hip (approximately 60-80 percent depending upon conditions).
- Your hands should be low on the grip/handle of the club.
- How to swing the club to hit a great chip? The chip shot swing motion is very easy to execute. It's a smaller than a normal swing that has little to no wrist hinge, made mainly from your shoulders and arms, with your lower body solid as you make your back swing, and moving slightly forward as you finish the swing.

These tips should help you become a better chipper. If you have any questions on this please email me or set up a lesson to go over these techniques.

JULY GOLF EVENTS

Ladies' Day Tuesday at 8:00am—Shotgun start **Men's Day** Wednesday at 8:00am—Shotgun start

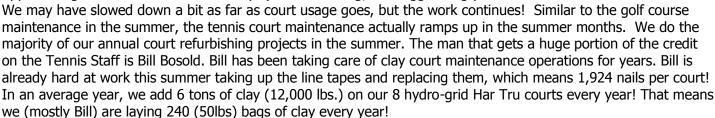
SATURDAY CLINICS

Adults: Every Saturday at 10-11am (Please call pro shop to sign up) **Juniors:** Every Saturday at 11am (Please call pro shop to sign up)

A Note from Nate

USPTA Director of Tennis, Nate Griffin

Appreciating the best staff in the country! (I'm not kidding, or exaggerating!)



While Bill is busy working the lines, the clay, the roller, the grooming, and all the day to day maintenance, our Head Tennis Pro, Abdul Idi, isn't afraid to get his hands dirty either, helping out in the early morning hours and checking all the line tapes on a daily basis and pounding any high lines back down. Meanwhile, our Mr. Everything – Gary Coulter, is using his electrician and handy man background. He can be seen with drills, his toolbox, ladder, measuring tape and all kinds of tools, I don't even know how to use! Gary will go from stringing racquets, to answering the phone, to fixing the ball machine, to hitting with a new player, to teaching the beginners, to organizing the Men's Night on Tuesday and the Mixed Doubles on Thursday night, to bringing in the cushions, to closing out the register every night, to doing Trivia for our mixers! All that and Gary will always find time to make conversation with the customers. They don't make many like Mr. Gary Coulter!

We also welcomed to the staff in the past few months our weekend crew. Our two high school employees are Nicole Caruso and Sebastian Espinel. Both Nicole and Sebastian have come through our junior tennis program and are quick learners as they handle the pro shop, the court maintenance, fill in when we need a player, and help us with the Pee Wees and Junior Summer Camp when needed.

If you are within a mile of the tennis courts, you will recognize the sound of our Director of Junior Tennis, Scott Pothul, encouraging and directing our junior tennis players. Scott does a great job with our junior's and has a strong following for the 3.5-4.0 Sunday Adult Clinic. Scott will go from Pee Wee's to Senior Tennis, to organizing the summer camp, organizing drills and supervising the kids in the pool during camp. Scott is famous for giving his students a well planned day and always goes the extra mile.

Everybody knows our Head Tennis Pro, Abdul Idi. Abdul is easily the most entertaining Pro in the county, and maybe in the country! He has all the tricks, one liners ("I think this ball was made in China", "the winner goes to Nationals in South Dakota," "my rules are in pencil." Abdul can make the ball spin from Siesta to Alaska, and will always give 110% to his students as the Tuesday and Thursday morning clinics have been very well attended.

Last, but certainly not least, everybody is finding time to take the lessons and the extremely popular Tuesday and Thursday evening clinics with our Assistant Pro, Tiffany Davis. In 7 years, I still have yet to see Tiffany have a bad day, she is always smiling and extremely positive with all of our members, guests, and students. Tiffany's energy is contagious and she makes everybody have a better day. Tiffany is also our personal trainer, nutritionist, licensed Dietician, and was a top 150 WTA player! She and her husband, Chris, enjoy spending plenty of time with their 18-month-old son, Grayson.





RIVER STRAND TENNIS PROGRAMS

Junior Clinics (sign up on www.makeclubreservations.com)

Pee Wee Clinic (3-5 years old) - Friday, 4:30-5:00p.m. \$10 per class Stars Clinic (5-14 years old) - Mon, Wed & Fri 5:00-6:30p.m. \$20 per class

Adult Clinics (sign up on www.makeclubreservations.com)

Nate's Cardio Tennis - Monday, 2:00–3:00 p.m., Saturday 8:00-9:00 a.m., \$15 per class Tiffany's Cardio Tennis - Thursday, 5:00-6:30 p.m. \$15 per class

Abdul's 90 Minute Drill and Play - Tues. & Thurs. 8:00-9:30 a.m. \$20.00 per class

Tuesday's with Tiffany Clinic – Tuesday: 6:00–7:00 p.m. \$15 per class

Tiffany's Mixed Doubles Clinic—Thursday, 6:00-7:00 p.m. \$15 per class

Tiffany's Cardio Tennis—Thursday, 5:00-6:00 p.m. \$15 per class

Gary's Beginner's 101 Clinic- Wednesday, 5:30-6:30 p.m. \$15 per class

Gary's Intermediate Clinic—Friday, 5:30-7:00 p.m. \$15 per class

Shot of the Week - Saturday, 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



Morning Doubles: Monday, Wednesday, Friday, and Saturday, 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)

Men's 4.0/4.5 Day: Sunday, 8:30-10:00 a.m. \$2.00

TENNIS PRO SHOP HOURS

Monday-Friday, 8:00 a.m. – 7:00 p.m.

Saturday and Sunday – 8:00 a.m. – 3:00 p.m.

Email: ngriffin@TheIconTeam.com Pro Shop Phone: 941.932.8680

COURT HOURS

All days - 7 a.m. - 9:30 p.m.

TENNIS STAFF/LESSON FEES

Director of Tennis - Nate Griffin, USPTA

½ Hour Private: \$40

1 Hour Private: \$80 (buy 5, get 1 free)

Head Tennis Professional - Abdul Idi, USPTA

1/2 Hour Private: \$35

1 Hour Private: \$70 (buy 5, get 1 free)

Assistant Tennis Professional - Scott Pothul

½ Hour Private: \$35

1 Hour Private: \$70 (buy 5, get 1 free)

Assistant Tennis Professional – Tiffany Davis, PTR

½ Hour Private: \$35

1 Hour Private: \$70 (buy 5, get 1 free)

Assistant Tennis Professional – Gary Coulter

1/2 Hour Private: \$30

1 Hour Private: \$60 (buy 5, get 1 free)

River Strand Learn About Hurricane Safety and Play Games



River Strand Residents take part in a Spam Eating Contest during games held at the pool on June 20th.



River Strand Tennis Policies

Event Cancellation Policies: (Morning Doubles, Men's Night, and Mixed Doubles Night)

• All no show's to any of the events will get a written warning for 1st offense, the 2nd offense will be a 2 week suspension from club organized play.

- If you need to cancel Morning Doubles, players must cancel no later than 10:00 p.m. the night before the event. Men's night and Mixed night players must cancel no later than 2:00 p.m. the day of the event.
- Wait list players should be aware of their position on the wait list and check emails accordingly.

Guest Fee Policies:

- Guest fees are \$10 per player in season (Oct 1-May 31) and \$5 per player (June 1-Sept 30).
- Guests can play no more than 4 times per month, there is no limit on house guest play.
- House guest fees are \$5 per player.
- Members are responsible for reminding their guests to pay prior to play.

Court Reservation Policies:

- Social reservations can be made up to 3 days in advance.
- Club organized reservations can be made up to 7 days in advance.
- League match warm ups can be made 1 day in advance.
- Please check in with the pro shop prior to play to confirm your court reservation.
- Reservations are limited to 1.5 hours.
- Flex league reservations must be played during non prime time hours.

Ball Machine Policies:

- Ball machine reservations can be made 48 hours in advance.
- Ball machine reservations are limited to 1 hour.
- Ball machine may not be reserved outside of Pro Shop hours.
- Court 3 is the preferred court for ball machine reservations, courts 1,2,4, and 5 are available as well.

Court Rules/Etiquette:

- Soft/clay court shoes are required.
 No cross trainers, walking shoes, or running shoes.
- Please wear appropriate tennis clothing, no cut offs, running shorts, cargo shorts, bathing suits.
- Men shirts required.
- Please refrain from loud conversations that distract the adjacent courts
- Please close the gates and turn off the lights after play.

Residents Enjoy Themselves During Fire Alarm at the Clubhouse



River Strand residents pose for a picture during a fire alarm at the clubhouse, that turned out to be a malfunctioning smoke detector.

RIVER STRAND PICKLEBALL INFORMATION

Adult Clinics (sign up on

www.makeclubreservations.com)

Nate's Beginner Clinic: Wednesday 2:00 – 3:30 p.m.

cost (\$10.00 per player)

(This clinic will cover scoring, rules, match play strategy, fundamentals, positioning, and fun, fun, fun!)

Adult Social Play (sign up on

www.makeclubreservations.com)

Morning Pickleball:

Tuesday, Thursday, and Saturday, 9:00 a.m. – 10:30

a.m. (all levels)

Afternoon Pickleball:

Monday 2:00 p.m. - 3:30 p.m.

(all levels)

Evening Pickleball:

Wednesday 6:00 p.m. − 7:30

p.m. (all levels) Picblebal

Adult Competitive Play (sign up on www.makeclubreservations.com)

TBA – Adult Leagues

TBA – Adult Tournaments

Pro Shop Info (Pickleball equipment and information located in Tennis Shop)

Pro Shop Hours: Monday-Friday, 8:00 a.m. – 7:00

Saturday and Sunday: 8:00 am- 3:00 p.m..

The Tennis Shop does have Pickleball paddles and balls for purchase.

Pickleball Court Reservation System Information Go to www.makeclubreservations.com.

The facility code is "river1".

All residents please choose member type "annual". This system is a great way to meet other Pickleball players and get games.

Pickleball Court Hours and Information

The courts are open 7 days a week from 7 a.m. to 10:00 p.m. The lights are located next to the entrance gates and are four hour timers, please shut off after you leave. Players always welcome to play as "walk on's" but the online reservation system will guarantee you your court reservation.

Any questions regarding Pickleball can be answered by our Director of Tennis, Nate Griffin.

GOLF COURSE MAINTENANCE REPORT Renze Berg, GCSA

We have made it successfully through the first round of aerifications. We are going to open Sanctuary on July 1st and close Tributary on July 5th. During July, we will fertilize all 3 nines with a pre-emergent weed control fertilizer. We will be continuing to light groom and top-dress greens as needed throughout the summer months to help reduce grain. The overseed transition on the fairways is still healing, we are fertilizing and topdressing with an organic base sand to help fill in small areas. We are sodding the bigger spots throughout all 3 nines.

We will be replacing the rotted and splintered boards on a few of the bridges on Sanctuary and Estuary. During the next closures for Estuary and Sanctuary, we are scheduling the correction of the "on and off" ramps at some of the bridges that have severe bumps, making them a nice smooth transition. The left side of number 4 Sanctuary will be getting a new look over the next few weeks due to Lennar developing new home lots. Some trees and sod will be added to the backside of the course mound, the gravel cart path will be removed and a concreate path will be poured in its place. Enjoy the course and stay cool!

Residents Have Big Fun at Happy Days Night









Residents and staff enjoy many fun activities at Happy Days Night on June 11th. Activities included an Elvis look-a-like contest, Hula Hoop Contest & Awards for Best 50's Outfit and Best Vintage Car.

STRAND POND REPORT

George Colbath, Biologist, Pond Professional, LLC

Pond Professional, LLC would like to take this opportunity to thank all of the River Strand homeowners for their input and assistance in making the community and it's ponds a beautiful environment for the community. Our job is to keep all the community storm water ponds functioning and compliant with the Southwest Florida Water Management District for proper drainage, while also striving for great aesthetic appeal.

As your storm water representatives, we ask the community to be prepared for our coming summer months. In lite of last years' record temper-



atures, temperatures are projected to be higher than normal again this year. Throughout May, we may see water levels drop until we enter our rainy season in June and with added shallow water levels, increased nutrients and temperatures, filamentous algae will be on the rise. Rest assured that our highly trained field technicians are on the job and will address all concerns to the best of our ability.

We would also ask that homeowners be wary with your small pets as we are entering alligator mating season from April through July. Please notify management of any large nuisance animals and Florida Fish & Game will be notified. Our local Sandhill Cranes have also started hatching recently and may be seen throughout the community. Be aware of this when driving. For more information on the wildlife found within Heritage Harbour and River Strand contacts us or MyFWC.com for more information. Please feel free to contact us at (941)447-6030.

Residents Enjoy Cooking Demonstration with Chef Radames





Chef Radames held a Cooking Demonstration for a group of residents on June 7th.



COMMUNITY LANDSCAPE UPDATE Llomell Llorca, President & CEO, TruScapes Industries, Inc.

TruScapes Industries, Inc. wishes you a very warm welcome to our third quarter news article. Summer is here along with high humidity levels, hot temperatures and lots of rain. Our team continues to push forward in keeping your community looking nice during this very busy and active growing season.

This quarter (July – September) residents will continue to notice the weekly mowing events taking place throughout the St. Augustine and Bahia turf areas around the neighborhood. The service technicians will continue the frequent bed edging of your ornamental beds and suppressing the flower bed weeds via mechanical means and herbicide applications on a monthly basis.

By now, the flowering plants our team cut back during the second quarter of the year have come back with a vengeance, pushing a lot of green growth and many flowers for everyone to enjoy the colorful display and pleasant fragrance they have to offer. As our trimming crews make their rounds throughout the community, we will be doing light pruning on some shrubs and a bit more aggressive on those fast growing plants that attempt to take over most of the landscape. This will help us keep most ornamental plants under control and in doing so there will be some loss of blooms. It will only be temporary and within two to three weeks the shrubs will be full of flowers again but not looking as wild, which is what we are trying to achieve.

The irrigation technicians will be preforming the usual monthly inspections of the watering system and cleaning the VU flow filters. They will also make adjustments to the seasonal settings on the timer as we move deeper into the rainy season. For most, there will be a noticeable difference in the shorter irrigation run cycles and weeks of skipped irrigation cycles depending on the amount of precipitation experienced. We want to be mindful that too much water can be as bad as not enough water as this contributes to many aquatic lawn weeds and can lead to fungus down the road in the following months.

In preparation for the potential of aquatic lawn weeds and peak of the fungus activity, our pest control and fertilization department will be doing monthly inspections of the lawns and shrubs throughout the community. They will keep their eyes wide open looking for chewing insects, fungus, turf weeds etc. These spray techs are trained to identify areas of concern or activity and spot treat as needed.

For the residents that like to get their hands dirty working in their seasonal flower beds you may wish to look into planting Coleus (lots of color selection), Penta's and Caladiums as these flowers can tolerate the wet and hot weather.

We wish everyone in the community a safe summer, full of fun activities while our team members handle the needs of your landscape.





FOOD & BEVERAGE CALENDAR JULY 2016

No Longer Serving the Lunch Buffet

Dinner Reservations Accepted from 5:30pm to 8:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BLUE PLATE SPECIAL EVERY WEDNESDAY NIGHT \$11.95++ See Page 19 for a complete listing for the Month of July		hopy *40* July		1 Lunch 11am-4:30pm Dinner 5:30pm-8pm Live Entertainment	2 Lunch 11am-5pm Bar 11am-6pm	
3 Lunch 11am-5pm Bar 11am-6pm	4 Lunch 11am-5pm Bar 11am-6pm July 4th Pool Party 12pm-3pm	5 Lunch 11am-5pm Bar 11am-6pm	Lunch 11am-4:30pm Dinner 5:30pm-8pm	Lunch 11am-4:30pm Dinner 5:30pm-8pm	8 Lunch 11am-4:30pm Dinner 5:30pm-8pm Live Entertainment	Lunch 11am-5pm Bar 11am-6pm Cooking Demo w/ Chef Radames 3pm
10 Lunch 11am-5pm Bar 11am-6pm	11 Lunch 11am-5pm Bar 11am-6pm	Lunch 11am-5pm Trivia Night Buffet 5:30pm-8:30pm Reservations Required (No Regular Dinner Menu)	Lunch 11am-4:30pm Dinner 5:30pm-8pm	Lunch 11am-4:30pm Dinner 5:30pm-8pm	Lunch 11am-4:30pm Dinner 5:30pm-8pm Live Entertainment	Lunch 11am-5pm Vida Loves Donnie Duo Dinner Dance 6pm - 9pm Reservations Required (No Regular Dinner Menu)
17 Lunch 11am-5pm Bar 11am-6pm	18 Lunch 11am-5pm Bar 11am-6pm	19 Lunch 11am-5pm Bar 11am-6pm	Lunch 11am-4:30pm Dinner 5:30pm-8pm	Lunch 11am-4:30pm Dinner 5:30pm-8pm	Lunch 11am-4:30pm Dinner 5:30pm-8pm Live Entertainment	23 Lunch 11am-5pm Bar 11am-6pm
24 Lunch 11am-5pm Bar 11am-6pm 31 Lunch 11am-5pm Bar 11am-6pm	25 Lunch 11am-5pm Bar 11am-6pm	Lunch 11am-5pm Murder Mystery Dinner 5:30pm-8:30pm Reservations Required (No Regular Dinner Menu)	27 Lunch 11am-4:30pm Dinner 5:30pm-8pm	Lunch 11am-4:30pm Dinner 5:30pm-8pm	29 Lunch 11am-4:30pm Dinner 5:30pm-8pm Live Entertainment	30 Lunch 11am-5pm Bar 11am-6pm



Join Chef Radames on Saturday, July 9th at 3pm for a Cooking Demonstration

Space is Limited, Only of 20 Spots Available!

\$20 per Person

Call 941-708-3837 or email lhoppe@theiconteam.com to Reserve Your Spot Today!



Low Country Boil (\$20.00 inclusive) Snow Crab Legs, Peel N Eat Shrimp, Clams, Mussels, Drawn Butter, Corn on the Cob & Red Potatoes Hamburger with Chips (\$8 inclusive) Kids Hotdog with Chips (\$3 inclusive) Rum Drink Specials Happy Hour from 11:30am to 5:30pm x Music by the Pool



Tuesday, July 12th

5:30pm-7:00pm Dinner Buffet 6:30pm-8:30pm Trivia



Buffet Dinner & Trivia - \$25 per person Trivia Game Only - \$10 per person

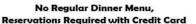


Teams of 8 are the maximum number recommended. If you do not have a team, you can be paired with one. Individuals are always welcome to attend fun event.

Call (941) 708-3837 to Make Your Reservations

BUFFET MENU

Breaded Pork Cutlets with Pomodoro Sauce Pasta, Broccoli, Chile & Lemon Oil Fresh Vegetables





By Member Request, Join us for Local Favorites

"Vida loves Donnie Duo"

Saturday, July 16th 5:30pm - 6:30pm Dinner Buffet 6:30pm to 9:30pm Music & Dancing \$40 per person Inclusive

Singing Hits from Motown, Oldies, 70p 40 & Country

Vida Kuhns is an accomplished singer from Pittsburgh, PA and has been blessed with a voice that has allowed her to sing in some amazing venues and stages. She has headlined at Casinos Nationwide and sung for the finest Country Clubs, Resorts, Corporate functions, weddings and nightclubs in the North East. She is also a recoding artist with four albums under her belt. Vida is also a worship leader and an inspirational speaker with a powerful testimony.

Her husband, Donnie grew up singing in the church choir and is delighted to team up with Vida for a dynamic, upbeat, beautifully blended duo! Donnie owns a highly respected construction company in Sarasota. He trades his hammer for a microphone at night and the result is musical magic for these two newly weds.







FITNESS & SOCIAL CALENDAR JULY 2016

*Denotes Clubs/Classes Meeting at the Community Center

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
			***		1 <u>Bridge</u> 9:30am <u>Zumba-Aqua</u> 11:30am <u>New Member</u> <u>Orientation</u> 2pm	2 <u>RS Striders</u> <u>Walking Club</u> 9am - Pavilion		
3	Bridge 9:30am Zumba 11:30am Mah jongg 6pm*	5 Tai-Chi 9am Walking Club 9am Zumba-Aqua 11:30am Texas Hold-Em 5:20pm*	6 Mah jongg 9am* Zumba Tone/Step 11:30pm Chicks and Flicks 12pm Neighborhood Watch 3:30pm* Mixed Bridge 5:30pm*	7 <u>Tai-Chi</u> 9am <u>Walking Club</u> 9am <u>Yoga Stretching</u> 9am <u>Golf Committee</u> <u>Meeting</u> 3pm <u>Book Club</u> 5:30pm*	8 <u>Bridge</u> 9:30am <u>Zumba-Aqua</u> 11:30am	9 RS Striders Walking Club 9am - Pavilion Wimbledon Mixer 9am - 1pm Mommy & Me Fitness 9:30am		
10	11 <u>Bridge</u> 9:30am <u>Zumba</u> 11:30am <u>Mah jongg</u> 6pm*	12 Tai-Chi 9am Walking Club 9am Zumba-Aqua 11:30am RSCCC 4:30pm Texas Hold-Em 5:20pm*	13 <u>Mah jongg</u> 9am* <u>Zumba Tone/Step</u> 11:30pm <u>Mixed Bridge</u> 5:30pm*	14 <u>Tai-Chi</u> 9am <u>Walking Club</u> 9am <u>Yoga Stretching</u> 9am	15 <u>Bridge</u> 9:30am <u>Zumba-Aqua</u> 11:30am	16 <u>RS Striders</u> <u>Walking Club</u> 9am - Pavilion		
17 <u>Girl's Night Out</u> 6pm*	18 Bridge 9:30am Zumba 11:30am Mah jongg 6pm*	19 Tai-Chi 9am Walking Club 9am Zumba-Aqua 11:30am Texas Hold-Em 5:20pm*	20 Mah jongg 9am* Zumba Tone/Step 11:30am Mixed Bridge 5:30pm*	Tai-Chi 9am Walking Club 9am Yoga Stretching 9am Book Club 5:30pm* Fitness 101 6pm*	22 <u>Bridge</u> 9:30am <u>Zumba-Aqua</u> 11:30am	RS Striders Walking Club 9am - Pavilion Mommy & Me Fitness 9:30am		
31	25 <u>Bridge</u> 9:30am <u>Zumba</u> 11:30am <u>Mah jongg</u> 6pm*	26 <u>Tai-Chi</u> 9am <u>Walking Club</u> 9am <u>Zumba-Aqua</u> 11:30am <u>Texas Hold-Em</u> 5:20pm*	27 Mah jongg 9am* Zumba Tone/Step 11:30am Mixed Bridge 5:30pm*	28 <u>Tai-Chi</u> 9am <u>Walking Club</u> 9am <u>Budget & Finance</u> <u>Committee</u> 6:30pm*	29 <u>Bridge</u> 9:30am <u>Zumba-Aqua</u> 11:30am	RS Striders Walking Club 9am - Pavilion Tampa Bay Rays Baseball Game Outing 4pm		



July Fitness and Social Activities

FITNESS

FITNESS 101: 6:00 pm on Thursday, July 21th. Learn the Basics of Exercise. See page 17 for

more information.

MOMMY & ME FITNESS: 9:30 am on Every other Saturday. Clubhouse fitness room. Classes are \$10.

RIVER STRAND STRIDERS: 9:00 am on Tuesday, Thursday and Saturday. Pavilion at Central Park.

TAI-CHI: 9:00 am on Tuesday & Thursday. Pavilion at Central Park. Classes are \$5.

YOGA STREACHING: 9:00 am on Thursday. See Denise Paska, Instructor for class fees. No Class July 28.

ZUMBA: 11:30 am on Monday. Classes are \$5/\$7 for First-time.

ZUMBA-AQUA: 11:30 am on Tuesday & Friday. Classes are \$5/\$7 for First-time.

ZUMBA TONING/STEP MIX: 11:30 am on Wednesday. Classes are \$5/\$7 for First-time.

SOCIAL

*PLEASE NOTE SOME SOCIAL GROUPS WHO HAVE PREVIOUSLY MET AT THE RIVER STRAND CLUBHOUSE, WILL RELOCATE TO THE COMMUNITY CENTER. PLEASE REVIEW THOSE AND THEIR START DATE BELOW:

BRIDGE: 9:30 am on Monday and Friday. Group will play at the River Strand Clubhouse.

BUNCO: Not Meeting for the Summer. Games will begin again in October.

CHICKS AND FLICKS: First Wednesday of every month. This month meet at the Riverhouse Reef & Grill at

Noon followed by a movie of your choice. See page 2 for more information.

GIRL'S NIGHT OUT: 6:00 pm on Third Sunday of the Month at the Community Center. See flyer on

Page 17 for more information.

MAH JONGG: 9:00 am till Noon on Wednesday. Group will play at Community Center. This is a fun,

friendly group for intermediate to experienced players. Contact Lynne Monnell

(941)201-4253 or gmonnell@tampabay.rr.com.

MAH JONGG: 6:00 pm till 8:00pm on Monday. Group meets at the Community Center.

MAH JONGG LESSONS: Group has suspended meetings for the Summer Months. Will be back in the Fall.

MIXED BRIDGE: 5:30 pm on Wednesday. Group will play at Community Center.

TEXAS HOLD-'EM: 5:20 pm-8:00 pm on Tuesday. Group will play at the Community Center.

VETERANS NETWORK: No Meeting in July or August.

NEIGHBORHOOD WATCH: 3:00 pm at the Community Center on first Wednesday of the month.

KNITTING CLUB: Meeting at homes for the Summer Months. Starting again in October.

BOOK CLUBS: 5:30 pm-8:00 pm at the Community Center meets first Thursday of the month. Full

5:30 pm-8:00 pm at the Community Center meets third Thursday of the month. Full

RIVER STRAND TRANSITION

BUDGET & FINANCE COMMITTEE: 6:30 pm on the Fourth Thursday of the month in the Community Center.

RSCCC MEETING: 4:30 pm on the Second Tuesday of the month in the Clubhouse Conference Room.

3:00 PM on the First Thursday of the month in the Clubhouse Conference Room.



River Strand Ladies Bridge

Bridge meets at 9:30am on Monday and Friday and ends around noon. To play contact Pauline Tasler: 941-405-4733 / ptasler@gmail.com or Vivienne Sivak at 941-251-7494 or viviennesivak@msn.com.

Bunco

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

Texas Hold-Em Poker

Texas Hold-Em is held Tuesday from 5:20pm to 8:00pm in the Community Center Space is limited. \$10 Buy-In. Winners will receive a gift certificate to River Strand, which can be used throughout the clubhouse. Visit the Golf Pro Shop to sign up each week. Sign up recommended.

River Strand Ladies Mah jongg

Ladies Mah jongg meets Wednesday at 9:00am in the Community Center. Group plays until about noon, followed by lunch (optional). This is a fun, friendly group for intermediate to experienced players. 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 from 5:30pm -8:00pm. Contact Larry Sivak at lesivak@msn.com / 941-251-7494.

Father's Day Ice Cream Social



Roxy Shaw, River Stand server welcomes Dad's to the ice cream sundae bar with endless toppings on June 19th.

TRANSITION COMMITTEE CHAIRMAN INFORMATION

<u>Committee Name</u> <u>Chairman</u>
Food & Beverage Phil Lahm
Email address: philclahm@gmail.com
Meetings held on a as Needed Basis

Tennis Janice McLeod Email address: janicebmmcleod@gmail.com Meetings held on a as Needed Basis

Golf Chuck Glasser Email Address: caglasser@aol.com Meetings held on the 1st Thursday of the Month at 3pm in the Clubhouse Conference Room.

Property Management Eddie Hicks Email Address: jeh0100@aol.com Meetings held on a as Needed Basis

Budget/Financing Bill Moritz
Email Address: number1nole23@gmail.com
Meetings held on the 4th Thursday of the Month
at 6:30pm in the Community Center.

Compliance Bob Walsh Email Address: RTW967@gmail.com
Meetings held on the 2nd Tuesday of the Month at 4:30pm in the Clubhouse Conference Room.

Girl's Night Out

Sunday, July 17th 6pm to 9pm Community Center 6835 Willowshire Way

Please bring six one dollar bills for a game, for a chance to go home with everyone's money. It's a very simple game called LCR (Left Center Right). Bring an appetizer to share and a drink of choice, if desired. Water and tea are provided.

New to River Strand or been around awhile and looking for a chance to meet other women in the neighborhood? Leave your men at home and come check us out!





Hand Weight

Barbell

Weighted Ball

Foam Roller

Stability Ball

Bosu Ball

Ab Roller

Bands

Kettlebell

Elliptical

Treadmill

Recumbent Bike

Leg Press

Stretch Cage

Abdominal

Hip Abductor/Adductor

Leg Extension

Seated Leg Curl

Lat Pull

Overhead Press

Chest Press

Learn the basics.

Take a guided tour through the fitness center with a certified fitness instructor and learn prope equipment use and technique. No need to pre-register, just get here!

6:00 pm

Thursday, July 21

Community Center at the Sanctuary Fitness Room

EQUIPMENT 101

Learn the proper form and technique for using hand weights to strength train and improve each area of your body.





orly opening

July 6th - Chicken Parmesan

July 13th - Beef Stroganoff

July 20th - Shepard's Pie

July 27th - Chicken & Dumplings









VS.



Saturday, July 30, 2016

Tampa Bay Rays vs. New York Yankees

1st pitch @ 6:10pm

Bus leaving River Strand Clubhouse at 4:00pm Seats in Lower Box, Section 127 \$65.00 per person

Includes Transportation, Ticket and a Free Rays Hat!

Limited to first 40 members who reserve & pay.

Email Ihoppe@theiconteam.com or stop by the administrative office to make your reservations.

ONLY 5 TICKETS AVAILABLE - RESERVE YOUR SEATS TODAY!

Bicycle and Pedestrian Safety >>>>>

- 1. Follow the law and obey all traffic signs and signals. Bicycles must follow the rules of the road like
- any other vehicle. This includes stopping for stop signs and red lights.

 2. Go with the flow. Never ride against the flow of traffic. Motorists aren't looking for bicyclists on the wrong side of the road.
- Stay visible. If drivers can see you, they are less likely to hit you. Use lights when biking at night and in low light conditions. The law requires a white headlight visible from at least 500 feet ahead and a rear reflector or taillight visible from 600 feet behind.
- 4. Protect your head. Always wear a helmet. Additionally, the law requires a bicycle rider or passenger under 16 years of age must wear a bicycle helmet that is properly fitted, fastened securely and meets the federal safety standard.
- ur bicycle is "ride ready." A bicyclist must use a fixed, permanent seat. Every bicycle must be equipped with breaks that enable the rider to stop within 25 feet from a speed of 10 miles per hour on dry, level, clean pavement.

 6. Stay in your lane. Follow lane markings. Don't turn left from the right lane and don't go straight in a
- lane marked "right turn only."
- 7. Don't get distracted. Never ride with headphones or talk on the phone while riding. It blocks out the sounds of what is going on with the traffic around you.
- ok again. Hand signals tell motorists and pedestrians what you intend to do. Signal as a matter of law, courtesy, and protection. Look, make eve contact, and don't ever assume drivers will
- stop.

 9. Act like a car. When a lane is too narrow for a bicycle and a car to share safely, the cyclist is entitled to the use of the entire lane. Ride on the right half of the lane to be visible for overtaking motorists, but far enough left to discourage motorists from squeezing past within the same lane.
- 10. Be a responsible parent and guardian. No parent or guardian may knowingly authorize or permit a minor child to violate any provisions of this section. Additionally, a child under 4 years old, or who weighs 40 pounds or less must be in a seat or carrier designed to carry a child of that age or size. The bicycle.











At some time, everyone fits in the category of pedestrian. This can include walking to and from your vehicle. Here are some important safety reminders for pedestrians.

- ➤ Always use a sidewalk or path if one is available.
 ➤ If there is no sidewalk or path, walk facing traffic, on the shoulder, as far away from traffic as possible.
 ➤ Keep alert at all times. Don't get distracted by electronic devices, such as smartphones, that take your eyes and ears off what is going on around you.
- > Never assume a driver sees you. He or she could be under the influence of alcohol/drugs or distracted by
- something else.
 Be predictable. Cross streets at crosswalks or intersections whenever poss
- Be predictable. Cross streets at crosswalks or intersections whenever possible.

 Stay off of freeways, restricted access highways and other pedestrian prohibited roadways.

 Where bright clothing during the day and reflective materials at night
- Be visible at all times. Wear bright clothing during the day and reflective materials at night or use a flashlight.
 Avoid alcohol and drugs while walking; they impair your abilities and judgment.



f you are a motorist, you should also be familiar with the law and practice good safety

- Look out for bicyclists and pedestrians everywhere, at all times.
 Be especially vigilant for bicyclists and pedestrians in hard-to-see conditions, such as night time or bad weather.
 Be patient when passing a bicyclist. Slow down and pass only when it is safe and do not squeeze the bicyclist off the road. If space permits, allow a clearance of three feet when passing.
 Look carefully for bicycles before turning right, merging into bicycle lanes and opening vehicle doors next to receiver set for the properties of th
- moving traffic.

 Respect the right-of-way of bicyclists because they are entitled to share the road with you
- Slow down and be prepared to stop when turning or entering a crosswalk.
 Never pass vehicles stopped at a crosswalk. They are stopped to allow pedestrians to cross the street.
 Follow slower speed limits in school zones and in neighborhoods where there are children present.















Crime Prevention Unit -600 301 Blvd. West-Bradenton. FL 34205 - (941) 747-3011 Ext.2500

Residents Rave About Big Z Band Dance







FOOD & BEVERAGE NEWS:

Reasons to Make Dinner or Special Event Reservations

As we strive to improve efficiency in dining services, it is interesting to understand what happens behind the scenes.

Timely ordering results in timely delivery. Reservations are taken for menu service for approximately 30 guests per every ½ hour. Reserved tables are held for the patrons based on the time reserved. The table will be ready when the patrons show. No wait.

Receiving 30 orders per half hour in the kitchen is doable. Keep in mind, each of those 30 orders has multiple courses – appetizers, salads, entrees and desserts - so an average of approximately 100 items produced every 30 minutes.

The practice of reservations on the half hour helps create a smoother dining process for all which results in better service and more timely food delivery.





SPAGHETTI WITH BASIL PESTO & TOMATO GUAZETTO

FETTUCCINI ALFREDO WITH CHICKEN & BROCCOLI

NO REGULAR DINNER MENU WILL BE SERVED THIS EVENING

Club Connections

Lifestyle Director, Lori Hoppe

Welcome to our newest members!

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

These informative sessions take place in the clubhouse conference room at 2pm on the first Friday of every month. This month it will take place on July 1st.

Attending the Orientation is a great way to meet other new members and get your River Strand bearings.

Philip & Sandy Lepkowski
Joseph & Nillian Ferrara
Eugenie Sorgen
David & Kelly Archinal
Graham Jones
Charles (John) Jerrehian
Gerrianne Whybrew
Peter & Cheryl Mudek
Jacob & Susan Brach
Mike & Kathryn Cavender
Michael & Tracy Stakes
Ronald Cleveland
Troy & Jean Clarke
Madeline & Joseph Ouellette
Arthur & Karen Rozzi
Donna Welke
Desmond & Susan Patton
Jeff & Kim Graham
Mahomed Suliman
John & Pam Lewis
Albert Mieczakowski
Tommy & Florence Clark
Thomas & Mary Gierich
Robert & Ava Wood
Raymond & Valerie Reid
Karen & Bob Kontout
Richard Bigler
Robert Adams
Richard & Tiffany Barnhouse
John & Lori Key



EAST MANATEE FIRE RESCUE

Fire Prevention Division 3200 Lakewood Ranch Blvd Bradenton, FL 34211

www.emfr.org General e-mail: admin@emfr.org Office 941-751-5611 Fax 941-751-5910 Fire Chief, Byron Teates

It is recommended that Portable Generators NOT be used in your building Some Generator safety tips with my comments.

Downed utility lines, power company blackouts, or summer storms and hurricanes can all lead to power outages. Many people turn to a portable generator for a temporary solution without knowing the risks.

• Generators should be operated in well ventilated locations outdoors away from all doors, windows and vent openings. With the situation you have presented the generator will be too close to the building for everyone's safety from carbon monoxide. The surrounding units will have the possibility of exposure to CO depending on the wind direction.

<u>It will also block the required width of the</u> outside hallways.

- Never use a generator in an attached garage, even with the door open. This includes inside a garage, carport, basement, crawlspace, or other enclosed or partially-enclosed area, even with ventilation. Opening doors and windows or using fans will not prevent CO buildup in the home. The CO from generators can rapidly lead to full incapacitation and death, but CO can't be seen or smelled. Even if you cannot smell exhaust fumes, you may still be exposed to CO. If you start to feel sick, dizzy, or weak while using a generator, get to fresh air RIGHT AWAY DO NOT DELAY.
- Place generators so that exhaust fumes can't enter the home through windows, doors or other openings in the building. **Safety first.**
- Make sure to install carbon monoxide (CO) alarms in your home. Follow manufacturer's instructions for correct placement and mounting height. NONE of the units in your building have any carbon monoxide (CO) alarms in them, as they were not required.
- Turn off generators and let them cool down before refueling. Never refuel a generator while it is running. *Code does not allow any storage of gasoline in your building at any time.*
- Store fuel for the generator in a container that is intended for the purpose and is correctly labeled as such. Store the containers outside of living areas. Again code does not allow any storage of gasoline in your building at any time.

W. Troy Toman Fire Inspector, East Manatee Fire Rescue 941-751-5611

River Stand Residents Remember Memorial Day













River Stand Residents enjoy a Memorial Day Cookout and activities at the pool. The River Strand Veterans Networking Group provided a color guard and short presenta-

tion for the residents.

Residents enjoyed burgers, hot dogs, pulled pork sandwiches and picnic sides by the pool. Additionally, live music and games were held for their enjoyment.

RIVER STRAND GOLF AND COUNTRY CLUB

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

<u>Lennar Customer Care</u> 866-226-4057

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

Clubhouse General Office Mon-Fri, 9:00am-5:00pm Phone: 941-708-3837

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

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

<u>Grille Room</u> 941-932-8667 Check calendar for seasonal hours of operation.

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

<u>Property Managers - River Strand/Heritage Harbour</u> <u>Dan Arens, LCAM,</u> Single Family Homes

Phone: 941-932-8663

E-Mail: darens@ThelconTeam.com Matt Koratich, LCAM, Condominiums

Phone: 941-747-7261

E-Mail: mkoratich@ThelconTeam.com Kasey Dick, LCAM, Condominiums

Phone: 941-747-7261

Email: kdick@ThelconTeam.com

General Manager

Pat Cattanach, PGA, LCAM Phone: 941-708-3837

E-Mail: pcattanach@ThelconTeam.com

River Strand Master Association Board Member

Terry Lyons

Phone: 941-896-7525 Email: ternanlyons@aol.com

Golf Course Superintendent

Renze Berg

Phone: 941-748-8626

E-Mail: rberg@ThelconTeam.com

<u>Head Golf Professional</u> Corey Pion, PGA

Phone: 941-708-3617

E-Mail: cpion@ThelconTeam.com

Director of Tennis

Nate Griffin, USPTA Phone: 941-932-8680

E-Mail: ngriffin@ThelconTeam.com

Executive Chef
Radames Febles

Phone: 941-932-8665

E-Mail: rfebles@ThelconTeam.com

Food & Beverage Manager

Wendy Wallis

Phone: 941-932-8664

E-Mail: wwallis@ThelconTeam.com

Lifestyle Director

Lori Hoppe

Phone: 941-932-8669

E-Mail: lhoppe@ThelconTeam.com

Administrative Office

Angela Duncan & Denise Amato

Phone: 941-708-3837

E-Mails: rsreception@ThelconTeam.com &

admin@riverstrandgolf.com

Concession Supervisor

Laura Kommick

Phone: 941-708-3837, ext. 110

