

**RIVER STRAND
GOLF AND
COUNTRY CLUB**

**SPECIAL POINTS
OF INTEREST:**

- Daylight Savings Time begins on Sunday March 8th. Don't forget to turn your clocks ahead at bed time on Saturday.
- The Ladies Golf Association Charity Event is on March 16th and 17th. Proceeds benefit The Food Bank of Manatee. All lady golfers are invited to participate. Please review the flyer on Page 11 and then sign up in the Pro Shop.
- Bow Wow & Meow Mixer March 22nd. Bring four legged friends on a leash to join the fun and social time. Central Park Lighthouse. 12:00 - 4:00 pm.

**FEBRUARY
HOLES
IN ONE**

Stephen Clark

#2 Tributary - 02/01/15

Stephen will be added to the esteemed list of River Strand Aces.

HERING HANCOCK'S
RIVER STRAND
GOLF AND COUNTRY CLUB

THE STRAND

E-Newsletter for the Members of River Strand Golf and Country Club

THE STRAND

MARCH 2015

A Message From New River Strand General Manager, Pat Cattanach



Having completed my first month as your new General Manager, I want to express my thanks to the many residents who have taken the time to stop by and introduce themselves to me. Over the last 30 days I have been able to gain an appreciation for the support the residents have shown for your community. I ask that you continue to assist me in insuring that the continued growth of the community fulfills its potential.

Arriving in February has allowed me to see the community in full operation. Challenges have been identified and efforts will be continued to address those areas where positive changes can be made. The demand for usage of the various outlets and for parking has been duly noted. Initial conversations have taken place with staff on how to improve as we move forward. Over the summer months, staff will review their specific operations and seek to identify those areas that can be improved upon.

I do need your help in order to correctly direct the club as we move forward. This is your community and the staff is here to help insure that you receive the best efforts and use of the amenities as we possibly can. So, I would appreciate your taking time to schedule a visit or catch me as you can with ideas and thoughts on how to improve the community.

Before accepting the position as your General manager, I had heard that River Strand was a very active community. To date, I would completely agree with the input that I had received. What I didn't know or could not assess until I was on site was the sense of community that existed. I must applaud each of you that I have met or observed because you have impressed me with your commitment to making the community everything that it can be.

My hope is to work with you, through the River Strand staff, to accomplish the goals that you have.

Thank you again for the warm welcome,
Pat



**HELP US CELEBRATE
ST. PATRICK'S DAY ON
TUESDAY, MARCH 17TH.**

**GET YOUR IRISH ON AND
RESERVE NOW FOR OUR ANNUAL
ST. PATRICK'S DAY DINNER.**

"We have several residents that are dog owners. Please be sure to follow the rules as set forth in the Declaration and keep your dog on a leash."

Community News

from Dan Arens, LCAM

Community safety is a major focus of the River Strand Board of Directors. Beginning March 1st, all guests will be required to present a form of ID to the security guard on duty. They will then cross reference the name on the ID to the name in our computer system. Please remember to register all guests with Envera.

We are pleased to announce, we will have two new satellite pools opening in the near future off of Grand Estuary Trail. These pools will not be monitored, so please swim carefully.

The Enclaves have just finished the resurfacing project of their roads. If you notice any issues please feel free to contact me. We will also be paving additional areas throughout the community, so please be conscious if you see the asphalt company working. Please be on the lookout for our corresponding E-Blasts regarding areas that will be paved in the future.

As we are in season, amenities are being used a lot more. Please be courteous to your fellow members and limit your time

on the exercise equipment. We have also added some new equipment inside the fitness center.

We have several residents that are dog owners. Please be sure to follow the rules as set forth in the Declaration and keep your dog on a leash. Also, there are no fences, dog runs, or leads allowed in the community. The Heritage Harbour Dog Park is getting a small make over with some new benches, additional doggie stations, and a direct gate for small dogs. Please go out and enjoy this area with your four legged friend!

Please remember that trash is picked up on Tuesday and Friday, and recycled items are only picked up on Friday's. Please place all trash inside a receptacle. Placing trash bags on the street is not allowed.

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!

St. Patrick's Day Fun Facts



1. WE SHOULD REALLY WEAR BLUE. Saint Patrick himself would have to deal with pinching on his feast day. His color was "Saint Patrick's blue," a light shade. The color green only became associated with the big day after it was linked to the Irish independence movement in the late 18th century.

2. SAINT PATRICK WAS BRITISH. Although he made his mark by introducing Christianity to Ireland in the year 432, Patrick wasn't Irish himself. He was born to Roman parents in Scotland or Wales in the late fourth century.

3. IT USED TO BE A DRY HOLIDAY. For most of the 20th century, Saint Patrick's Day was considered a strictly religious holiday in Ireland, which meant that the nation's pubs were closed for business on March 17. (The one exception went to beer vendors at the big national dog show, which was always held on Saint Patrick's Day.) In 1970, the day was converted to a national holiday, and the stout resumed flowing.

4. COLD WEATHER HELPED SAINT PATRICK'S LEGEND. In Irish lore, Saint Patrick gets credit for driving all the snakes out of Ireland. Modern scientists suggest that the job might not have been too hard – according to the fossil record, Ireland has never been home to any snakes. Through the Ice Age, Ireland was too cold to host any reptiles, and the surrounding seas have staved off serpentine invaders ever since. Modern scholars think the "snakes" Saint Patrick drove away were likely metaphorical.

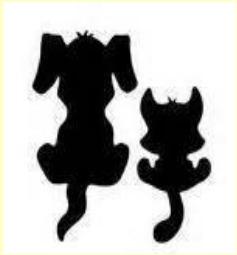
5. THERE'S NO CORN IN THAT BEEF. Corned beef and cabbage, a traditional Saint Patrick's Day staple, doesn't have anything to do with the grain corn. Instead, it's a nod to the large grains of salt that were historically used to cure meats, which were also known as "corns."

6. THE WORLD RUNS UP QUITE A BAR TAB. All of the Saint Patrick's Day revelry around the globe is great news for brewers. A 2012 estimate pegged the total amount spent on beer for Saint Patrick's Day celebrations at \$245 million. And that's before tips on pubs' bartenders.

7. IT COULD HAVE BEEN SAINT MAEWYN'S DAY. According to Irish legend, Saint Patrick wasn't originally called Patrick. His birth name was Maewyn Succat, but he changed his name to Patricius after becoming a priest.

8. THERE ARE NO FEMALE LEPRECHAUNS. Don't be fooled by any holiday decorations showing lady leprechauns. In traditional Irish folk tales, there are no female leprechauns, only nattily attired little guys.

BOW WOW AND MEOW MIXER



**MARCH 22ND
FROM 12 TO 4**

Families (including both four-legged and two-legged members) are invited to attend our Bow Wow and Meow Mixer on Sunday, March 22 between 12 pm and 4 pm. Bring your family members and family pets (on mandatory leashes) to the lighthouse area at Central Park for a community get together and mingle. Light refreshments will be available for purchase.

Bow Wows and Meows alike will be represented by two highlighted area dog and cat rescue organizations. Gather up old towels and blankets, old newspapers, laundry and cleaning supplies, canned and dry cat food or treats, kitty litter, pet beds, canned dog food (especially Natural Balance Duck and Potato) and dry dog food or treats and bring those items if you wish for much needed donations.

Please watch your email for more details coming soon and contact Tami Prince at tamip@riverstrandgolf.com if you have any suggestions on ways we can make this event more fun. This will be a nice time outdoors at the park, talk a walk on over and meet your community neighbors and fellow pet lovers!

River Strand Golf & Country Club
 DINNER & DANCE
 MARCH 19, 2015

COME DANCE THE NIGHT AWAY TO YOUR FAVORITE MOTOWN CLASSICS PERFORMED BY ACT 3...

DINNER 5:30PM-8:00PM
 ACT 3 6:00PM-10:00PM

Purchase tickets @ the Grille Room Bar
 \$10 TICKET WILL BE ON SALE 3/02/15
 Does not include Dinner Service

Call 941-708-3837 or e-mail: admin@RiverStrandGolf.com.
 7155 Grand Estuary Trail, Bradenton, FL 34212

ST. PATRICK'S DAY
 at River Strand Golf & Country Club
 Tuesday, March 17th, 5:30pm-8:00pm

Shrimp Cocktail
 Ale Cheese Soup
 Spinach Salad with Dried Fruit
 Mixed Greens with Assorted Toppings
 Green Vegetables Crudites with Dip
 Cheese Display with Crackers

ENTREES

Chicken with Pasta Florentine
 Corned Beef and Cabbage
 Irish Lamb Stew
 Baked Salmon with Leeks
 Sheppard's Pie
 Dill Carrots
 Boiled Potatoes with Parsnips

Dessert Station

\$24.95++

For reservations, call 941-708-3837, or e-mail: admin@RiverStrandGolf.com.
 7155 Grand Estuary Trail, Bradenton, FL 34212

TRIVIA NIGHT
 at
 River Strand Golf & Country Club

**Thursday
 March 26th
 6:00pm-
 9:00pm**

Sunday Breakfast Hours:
 10 am to 12:30 pm

Omelet Station \$7.95, Breakfast Burrito \$8.25,
 Seasonal Fruit Plate \$7.95, River Strand Eggs Benedict \$9.95

Did You Know...?



- Property Management recommends that you turn your water off to your home when leaving for extended periods to help reduce the risk of water leaks or flooding.
- Beginning March 1st, we will use makeclubreservations.com for our tennis reservations. Members can obtain the facility pass code by contacting Nate Griffin at tennispro@riverstrandtennis.com.
- More Tennis notes: Racquets are available for rentals for only \$2 per racquet in the Tennis Pro Shop!
- During this pinnacle of our busy season, take opportunities to car pool to the clubhouse. It will save gas, promote camaraderie and streamline parking.
- The Bermuda grass that we have in some areas on the course is a warm weather grass. Because of the cold snap it has shown discoloration in certain locales. With the warmer weather and scheduled fertilization it is expected to respond fully.
- Did you know that you can download the MyEnvera App? It has all of the attributes and features of the myenvera.com website with the convenience of a mobile platform. It will allow you to make instant updates to your Envera security profile, update your visitor list and more. Download it today!
- Pool hours are from dawn to dusk. Please note that the current hours will change once Daylight Savings Time begins on March 8th.

Golf Tip of the Month compliments of John Chambers, PGA Assistant Golf Professional

There are a lot of things wrong with golf instruction today, of which, I think much of the emphasis is put on the parts of the swing that happen too fast. You've probably heard of the "impact area," or "impact zone" which is the point during the swing when the club head is reaching full velocity and bottoms out into the golf ball. Realistically, how are we supposed to make adjustments in the impact zone when, by the time you get there, you're in the middle of a motion that's over in less than the blink of an eye?

There's a way to improve your impact with the ball, as well as improve the rest of your swing. But it's not by focusing on impact. It's by looking at what happens before impact (when the club is moving slowly) and after impact (again, where you can manipulate the club freely). I call this the "L to L" concept. To start improving one's ball striking, look at where you are at the top of your swing. At the top of the swing the body has rotated away from the target, the left arm somewhat straight, and the club head and my right forearm form a perfect L shape. Once I get to this position, I don't think of anything else during my backswing!

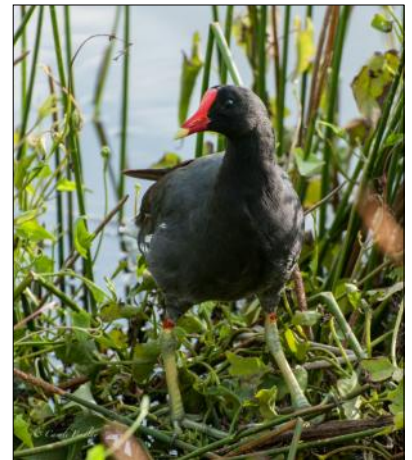
From the L at the top of the swing, the downswing is driven by thinking of where the body position is to be long after impact. This means I want to form another L, this time through the finish. (Those of you that have taken lessons from me know that I always want you to finish your swing.) Body weight has to be transferred to the left side, and hips have to be rotated and face the target. Finally, the right forearm and the club have again formed an L shape. This, is what I call the L swing. By not thinking or worrying about what happens during the swing, you're better able to concentrate on where you start your downswing and where you finish. Give this a try the next time you practice. Emulate the L in the forward and backward swing. You'll find it's easier to swing more freely, make a better body turn and hit straighter, longer shots more often.

River Strand Member Community Views



River Strand Wildlife—Photo of owls, above, was taken from the lanai and deer encounter during a bike ride, are compliments of Kathy Rome.

Osprey, Up Close and Personal. Photo courtesy of Tom Streck.



Golden Sunset. Courtesy of Sharon McAvoy



Wood Storks after the rain. Janet LeBlanc



Resident photographer, Rodney Grubiak, provided lighthouse and sunset photos above.



Red-shouldered Hawk in center, Common Gallinule and Yellow-rumped Warbler above were photographed by Carole Findlay.

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

LET THE GAMES BEGIN!

River Strand Ladies Bridge

Bridge meets at 9:30am every Monday and Friday and generally ends around noon. Lunch afterward is optional. Contact Pauline Tasler 941-405-4733 or ptasler@gmail.com or Vivienne Sivak 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 Thursday at 9:30am. Dates may vary. Contact Sharon Pretty 941-840-8441 or email her at sharon.pretty13@gmail.com

Texas Hold-Em Poker

Texas Hold-Em is held every Tuesday from 5:00pm to 8:00pm. 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! Lynne Monnell - 941-201-4253 or email her at: gmonnell@tampabay.rr.com.

River Strand Mixed Bridge (Men and Women)

Experienced players. Singles are welcome as the Group will rotate partners. Intermittent Thursday evenings in the card room from 5:30pm - 8:00pm. Contact Larry Sivak at lesivak@msn.com or 941-251-7494 for schedule and to sign up.

Complimentary Mahjong and Bridge Classes Offered By RS Members

MAHJONG—Complimentary Beginner Mahjong classes are now offered on Wednesday evenings in the Card Room from 6:00 pm to 8:00 pm. No need to sign up ahead of time, just show up a few minutes prior to start. Contact Kathy Martin at 719-238-9964 if you have any questions.

BRIDGE—Free bridge lessons are available from 1:00 pm to 3:00 pm every Wednesday in the card room. No advance sign up is necessary. Men and women are welcome. It is recommended that you make a commitment to attend most sessions (or arrange for makeup times) in order to learn the game in a few months. Self study can help speed the learning process. Resource materials will be provided and recommended.

If you would like more info, contact Vivienne Sivak at 941-251-7494 for beginner lessons. Intermediate lessons can be arranged by contacting Vicki Sherman at 269-579-6127.

MAHJONG AND BRIDGE are a lot of fun, a great way to meet more people and, while challenging, not that difficult for people who like dice games or cards and want a terrific way to keep their minds exercised. Why not give them a try?

We hope you did not miss our Asian Night Buffet that took place last month. Our new line cook, Aries, created a fantastic display! All Wednesday Buffets are themed buffets and present our amazing Executive Chef Esteban and his talented staff with opportunities to get creative with the menu. Be sure to make reservations for the Wednesday Buffet nights (as well as any other dinner night) for a nice evening out and more social time with us at River Strand. Preview the Wednesday Buffet menus on Page 15.

Golf Course Reminders

The driving range now closes at 6pm. If you would like to purchase range balls, it must be before 5:30pm.

Thanks for your understanding.

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.

Please help keep our course beautiful by filling your divots on the driving range and the course, also raking your tracks in the sand.

League and Clinic

Ladies' 18 Hole League
8:30 Shotgun—Tuesday

Ladies' 9 Hole League
9:15 Shotgun—Tuesday

Men's 18 Hole League
8:30 Shotgun—Wednesday

Men's 9 Hole League
9:15 Shotgun—Wednesday

Saturday Clinics—Adults:
Every Saturday at 10-11am, 11am-12pm
(Please call pro shop to sign up)

Saturday Clinics—Juniors:
Every Saturday at 12:00pm-1pm
(Please call pro shop to sign up)

Golf Update

by Corey Pion, PGA Head Golf Professional

As season continues and the demands for tee times are increasing, follow these tips and you might be placed on overflow less. When you log into Chelsea, check your messages page. This will tell you when we have events and what times will not be available for booking. When you are putting in your requests, increase the window for your times, especially now that it's getting darker later. If you do get placed on overflow, call our shop and we will try and get you on another course in the area.

We had record turnouts in all events this month which is great to see with many new faces. Congratulations to the following couples for their first place showings in 9 & Dine: Ralph & Monique Krusch with their partners Roy & Marti Dahl; Tom & Syd Zeni and their partners Gene and Fran Zegar.

On February 7th our Couples Member Guest produced double the participants of last year. I hope all the members and their guests enjoyed their tee gifts, the fun golf format and the wonderful plated meal that Chef Esteban and Nikki arranged for them. Congratulations to the following members and guests for coming in first place in their flights: Jim Moline & Krys Olson and their guests Bob & Rosie Levin. Mike & Kim Brady and their guests Walt & Pam Carlin.

Our couples "Cupid Classic" on Sunday February 15th had over 120 participants and they enjoyed a beautiful day of golf with a nice plated dinner to follow. The following couples came in first place in their flights: Jack & Lynn McCauley, Leo & Barbara Hogan, Don & Wendy Konoby, Bill & Cindy Cannon.

This past weekend we had the Men's and Ladies' 36 hole Member Member. The weather finally warmed up and they had one of the best weather weekends of the year so far. This year's Men's low gross winners finished an impressive -10 under par: Andrew Grady & Tom Shuster! The following were also 1st place winners in their flights: Alan Place & Phil Lahm, Frank Kibbe & Phil Morgado, Cary Gran & Ken Willms. The Ladies' overall low gross winners were Christine Veator & Marla Flinn. The following ladies' were also first in their flights: Lynne Swindler & Jacque Wojcicki, Janet Coathup & Joan McFarlane, Susan Aucoin & Jana Bogelic.

FYI REGARDING THE DAYLIGHT SAVINGS TIME CHANGE:

When the time change goes into effect on March 8th, walking times will be moved from 3:32 to 4:28. This will still allow people to walk 9 holes and we will be able to accommodate more tee times and requests. Also, since it will be dark later in the morning, the first start time will be 7:32 until further notice.

March Golf Events:

9 & Dine

3/2 - 3:30pm

36 Hole Club Championship

2 Day - 3/7 and 3/8 - Tee Times

Titleist Custom Fit/Demo Day

3/14 - 10am to 2 pm

2 Day Member-Guest

3/21 and 3/22 - 1pm





"We have been able to keep up with light topdressings on the greens to keep them putting smooth. Again this year we are using kiln dried bagged sand for a smoother application that is playable day of and practically unnoticed."

Golf Course Maintenance Report by Jamie McCrosky, GCSA

February posed some very cold days. We experienced many nights in the 40's and had a stretch of a few days in the 30's. We still missed any major frosts thus far, and most likely won't incur any as we move forward. We can officially say the roughs are in a semi dormant phase. The course is quite different this year with the non over seeded roughs and ball roll out we are experiencing there. We are going to take advantage of warmer temps here and aggressively fertilize these key areas for hopefully fuller roughs as we move forward. We are also scheduled to fertilize all acreage of the golf courses this month inclusive of pre-emergent weed control for early spring and summer weeds. So, the high traffic areas and lake banks will get doubly fertilized.

We have received above normal rain fall in the winter months. It has helped us control our irrigation better and except for the days of rain, we have been able to maintain the course firmer, when it is not raining because we haven't had to regularly irrigate. As a result of the heavy rain events we've tried to pay more attention to the sand traps. We have been adding sand as well as keeping up with some full renovations. We are working on fairway bunkers on 6 sanctuary to fully complete that hole for drainage and liner renovation. We also secured contractor assistance for summer renovation to completely renovate 2 large bunkers on #1 Tributary. If we move away from these abnormal rains from now to May, we should see the bunkers soften up and play much better.

We have been able to keep up with light topdressings on the greens to keep them putting smooth. Again this year we are using kiln dried bagged sand for a smoother application that is playable day of and practically unnoticed.

Some new things on board this year to update you: We replaced the sand boxes at the par 3 tees. Also on the par 3 tees we are putting in new yardage stones at each tee to reflect the score card. That will be complete during March if not done by time of this published letter. A big one; we are putting in an artificial practice tee line at rear of driving range to supplement our grass tee. This has become a common item at a lot of clubs today to help maintain acceptable practice facilities. We will convene with golf operations on frequency of use and which days.

Upcoming events:

- Weather permitting: light grooming and topdressing of greens; TBA
- Fertilizer app on all golf courses with pre-emergent weed control
- Continued bunker sand replenishing and renovations

Congratulations to our River Strand February Employee of the Month - Charli Carlson



It says a lot about an employee who takes their job seriously. Also one who listens to advice on ways to improve productivity and their personal manner of performance. As an Administrative Assistant, Charli Carlson is faced each day with a wide range and heavy load of requests from members and department managers. She continuously finds a way to get through her busy day and then work late if need be to accomplish those tasks. All the while improving in many ways over the past few months. Coming to work with a "can-do", more positive approach has earned Charli the honor of Employee of the Month for March. She will be rewarded with a \$50 gift card and a round of applause and praise at our next managerial staff meeting. Thank you, Charli, for your dedication!

Tennis Tip of the Month compliments of Nate Griffin, USPTA Director of Tennis



Play Mini Tennis for a better workout!! One of the most widely kept secrets in tennis is a game called Mini Tennis, which is used even by the Davis Cup teams as a way to practice a variety of shot making, controlled shots, finesse, and footwork. For the average beginner or intermediate tennis player, going out with 3 tennis balls and rallying with each other from baseline to baseline is too difficult of a task. It is much better to rally back and forth from the service line where both players are much closer to each other. This teaches control and the objective at first is to hit as many balls back and forth without missing. The game is to actually play points with underhand feeds to start the point and use the two service boxes as a type of "four square" game. You will be amazed at how fun it is once you do it for a while and how much of a physical workout you get with this game. Feel free to email me for more variations of this game at tennispro@riverstrandtennis.com. See ya on the courts!!

River Strand Tennis Programs

Director of Tennis - Nate Griffin, USPTA

½ Hour Private: \$45 - 1 Hour Private: \$80

Head Tennis Professional - Abdul Idi, USPTA

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

Assistant Tennis Professional – Scott Pothul

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

Assistant Tennis Professional – Tiffany Davis, PTR

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

Assistant Tennis Professional – Gary Coulter

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

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

Nate's and Tiffany's 3.0-3.5 Clinic: Monday, 10:30 am -12:00 pm \$20.00 per class

Gary's Beginner's Clinic- Wednesday, 6:30-8:00 pm. cost: \$15.00 per class

Cardio Tennis (Tiffany): Wednesday and Friday, 6:00 – 7:00 pm. \$15 mem, \$18 non-mem

Abdul's 90 minute drill and play – Thursday, 10:00 – 11:30 am.\$20.00 per class

Shot of the week – Saturday, 8:00 – 8:30 a.m. (no charge)

Scott's 2.5-3.0 Clinic- Saturday, 10:00-11:30 am \$20.00 per class

Scott's 3.5-4.0 Clinic- Sunday, 10:00 – 11:30 am \$20.00 per class

Junior Clinics (beginning Sept 1st)

Future Stars (ages 4-5) Mon., Wed., and Fri. (4:30-5:00 pm) \$10.00 per class

Stars (ages 6-9) Mon., Wed., and Fri. (5:00-6:30 pm. \$20.00 per class

Super Stars (ages 10-15) Mon., Wed., and Fri. (5:00-6:30 pm) \$20.00 per class

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

Morning Doubles: Mon., Wed., Fri., and Sat., 8:30-10:00 am cost: \$1.00 (new balls provided)

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

Mixed Doubles Night: Thursday, 7:00-9:00 pm \$2.00 (sign up with partner preferred)

A Warm Welcome To Our New River Strand

Kevin Banger & Kevin Flanagan
Paul & Karin Smith
Gabrielle Jeans & David Raimey
Darrel & Joyce Miller
Serge Montigny & Sylvie Emond
Joerg & Mette Rosenbach
Diane Dranow & Fred Aclander
Thomas Kovacic
Monica Wahl & Christopher Szymanski
Michael Busby



NEW MEMBERS: Sign up in the administrative offices at the clubhouse for our New Member Orientation. These informative sessions take place in the Board Room on the first Friday of every month at 2:00 PM.

TENNIS PRO SHOP HOURS

Monday-Friday - 8:00 am – 7:00 pm

Saturday and Sunday - 8:00 am – 5:00 pm

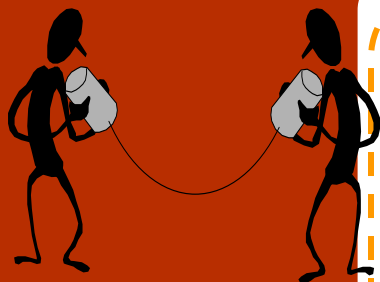
Email: tennispro@riverstrandtennis.com, **ph. 941.932.8680**



River Strand member Zach Bessette, left, will be looking to earn a High School State Championship trifecta state championship this year as the #1 player at St. Stephens High School. Bessette earned 2nd place in doubles at last year's tournament and is aiming for a team, individual and doubles title this year!



River Strand resident Cliff Holland, pictured right, prepares to crush a forehand during his Griffin Tennis League singles match on Feb 7.



*"Carmen from
Pinot Picasso
will be back to
host a painting
class on
Saturday, April
11th at 9 am."*

Club Connections

hosted by Tami Prince

Exciting events for this month feature the Tampa Bay Lightning vs. Buffalo Sabres hockey field trip on March 3rd. (I have ONE ticket left, please call!).

We had such a wonderful turnout for the first two "The Birds of River Strand" nature presentations via our fabulous member, Mattie Watson, that we decided to give it yet another go! Join us on March 23rd at 10 am at the Central Park pavilion. Mattie is a very interesting speaker and a bird walk may take place afterward.

The Tuesday Ladies Golf Association will host their 3rd annual charity golf event "Fifty Shades of Green" on March 16 & 17. Silent auction and other proceeds will benefit The Food Bank of Manatee. All lady golfers are invited to participate in the golf portion. All members are invited to bid at the auction. See the flyer on Page 11 for details. Sign up and make donations in the Pro Shop.

Dog and Cat owners alike will enjoy our "Bow Wow and Meow Mixer" on Sunday, March 22 from 12 to 4 pm. Bring your family and pets (on a leash) and meet up with other animal lovers. Help two local animal charities in the meantime. Please read the article on Page 3. More information coming soon.

SAVE THE DATE: Pinot Picasso will be back to host a painting class on Saturday, April 11th at 9 am. Carmen did such a wonderful job the last time she was here and those who attended were pleasantly surprised at the quality of their paintings! Unleash your inner Picasso and plan to come over for this fun, creative event.

Please remember that I am here to assist our members in any way. Please stop by, send an email, or call me if I can help you make the most of your club experience!



KITCHEN CONNECTION

RECIPES FROM RIVER STRAND GOLF AND COUNTRY CLUB
CHEF DE CUISINE, ESTEBAN HERRERA

Easy Crème Caramel

Serves 10 using 10 oz. Ramekins

Ingredients:

- 1 Quart Heavy Cream
- 1 Vanilla Bean, Split
- 1/4 Cup Sugar
- 8 Egg Yolks
- 8 oz. Caramel Candy Squares (10)

Garnish:

- 10 Sprigs of Fresh Mint
- 1/2 Pint Fresh Raspberries
- 1/2 Pint Fresh Blueberries
- 10 Tuile Cookies
- Whipped Cream

For Custard: Pre-Heat oven to 300°F. Simmer heavy cream with vanilla bean and sugar until sugar dissolves and mixture is heated through with small bubbles. Meanwhile, whisk egg yolks in large bowl. Remove vanilla bean from custard mixture and slowly whisk in to temper eggs. Arrange ramekins in a baking dish with deep sides. Place one caramel candy square each into each ramekin. Fill halfway with custard mixture. Slowly add water to baking dish to come half-way up the outside of the ramekins.

To Bake: Cover baking dish with foil. Bake in the water bath for 25 to 50 minutes or until just set, checking early as baking time may vary. Let cool, cover with plastic wrap and then chill thoroughly, at least 2 hours.

To Serve: Run a thin knife around the edge of ramekin. Invert onto serving dish, scraping any caramel from the ramekin onto the custard. Let come to room temperature. Garnish with whipped cream, fresh raspberries, blueberries, fresh mint sprigs and tuile cookie.

River Strand Ladies Golf Association

"Fifty Shades of Green"

March 16 & 17, 2015

3rd Annual Charity Golf Event to Benefit
The Food Bank of Manatee

\$75.00 Registration
(includes 18 holes of golf, lunch, \$50.00 tax deductible contribution receipt)

Silent Auction: March 16 and March 17
Bidding begins on Monday with music, light bites and cash bar from 6 pm to 7 pm and concludes during lunch on Tuesday. Contributed items, such as artwork, jewelry, wine, gift baskets, gift cards or services: manicure, oil change, massage, etc. are requested by March 10th and will be acknowledged with a tax deductible receipt. Please contact Arlene Silverstein: arlsil@tampabay.rr.com to arrange your donation.

Ladies Golf: March 17, 8:00 am Shot Gun Scramble
All River Strand ladies, friends and family (not just league members) are invited for a day of golf, lunch and games. Registration forms are now available at the Pro Shop. Please sign up no later than Friday March 13th and wear your favorite shade of green.

Contributions: All Month
All River Strand residents may contribute to our goal to feed the hungry. Please drop your tax deductible checks made payable to The Food Bank of Manatee to the River Strand administration office. In addition, a barrel will be placed in the pro shop during March to collect non-perishable food items.

Please help us make this charity event a great success again this year.


For more information
Carol Budd...cbudd0752@gmail.com
Fran Beauman...fran@beaumanconsulting.com



LINE DANCING

**SATURDAY'S FROM 2:00 PM TO 3:30 PM
BEGINNING JANUARY 3RD
FITNESS CENTER AEROBICS ROOM**

If you have always wanted to learn to line-dance, this is your chance! Classes start on January 3rd and all levels of experience are welcome. A second class may be introduced for those who are intermediate to advanced. This is a great source of exercise, a whole lot of fun and just \$5 per class!




To participate, just show up a few minutes before the class begins each week to sign in. Please wear shoes that will not mark the fitness center floor. The instructor plans to cover many dance styles and genres of music.

Hope to see you all here!

THE BIRDS OF RIVER STRAND


10 AM ON MONDAY, MARCH 23, 2015
THE PAVILION AT CENTRAL PARK

Back by popular demand for those who may have missed it!




Have you ever seen an unfamiliar bird here at River Strand and wondered, "What IS that?" If so, you are invited to attend this presentation on bird recognition.

Many of the birds we have in our community will be identified and some simple tips and a handout to help identify unfamiliar birds will be provided.



The presenter will be River Strand resident Mattie Watson, who has identified over 56 bird species right here in Heritage Harbour. Hope to see you there, bring a friend!



HWA-YU TAI CHI CLASS

10:00 AM SUNDAYS – THE LIGHTHOUSE AT CENTRAL PARK
11:15 AM SUNDAYS – FITNESS CENTER AEROBICS ROOM

Renew and Refresh your Body, Mind and Spirit through the Healing Art of Hwa-Yu Tai Chi.

This gentle art is beneficial for all ages, regardless of physical ability.

This art, if practiced, will influence your daily life in a positive and lasting way for yourself and those you encounter.

Tai Chi will bring you to a new elevated understanding of physical, mental and spiritual life.

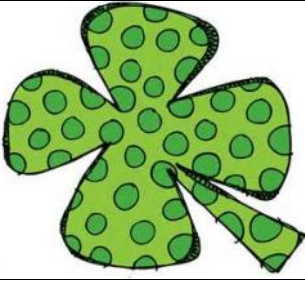
Health Benefits of Tai Chi.

- Reducing anxiety and depression
- Improving balance, flexibility and muscle strength
- Reducing falls in older adults
- Improving sleep quality
- Lowering blood pressure
- Improving cardiovascular fitness
- Relieving chronic pain
- Increasing energy, endurance and agility
- Improving overall feeling and well being

Gentle and suitable for everyone. \$5 per class.



The Chinese have known for centuries that the daily Practice of Tai Chi manifests dynamic and powerful changes to physical, mental and spiritual well-being. Allow the Peace, Power and Purpose of this art to begin transforming you!



FITNESS & ACTIVITY CALENDAR MARCH 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 <u>Tai-Chi</u> 10:00 am Lighthouse 11:15 am Aerobics Room</p>	<p>2 <u>Fit 4 Life</u> 8:00 am <u>Aqua Fit</u> 9:15 am <u>Bridge</u> 9:30 am <u>Zumba Gold</u> 11:30 am 9 & Dine 3 pm FLOW Yoga 6:00</p>	<p>3 <u>Walking Club</u> 9:00am <u>Zumba Step</u> 11:30 am <u>Zumba</u> 4:00 pm <u>Texas Hold-Em</u> 5:00 pm</p>	<p>4 <u>Fit 4 Life</u> 8:00 am <u>Mahjong</u> 9:00 am <u>Aqua Fit</u> 9:15 am <u>Zumba Toning</u> 11:30 am</p>	<p>5 <u>Walking Club</u> 9:00 am <u>Yoga</u> 9:00 am <u>Bunco</u> 9:30 am</p>	<p>6 <u>Yoga</u> 9:00 am <u>Bridge</u> 9:30 am <u>Zumba</u> 4:00 pm</p>	<p>7 <u>Walking Club</u> 9:00 am <u>Line Dancing</u> 2:00 pm <u>36 Hole Club</u> Championship</p>
<p>8 <u>Tai-Chi</u> 10:00 am Lighthouse 11:15 am Aerobics Room <u>36 Hole Club</u> Championship</p>	<p>9 <u>Fit 4 Life</u> 8:00 am <u>Aqua Fit</u> 9:15 am <u>Bridge</u> 9:30 am <u>Zumba Gold</u> 11:30 am FLOW Yoga 6:00</p>	<p>10 <u>Walking Club</u> 9:00am <u>Zumba Step</u> 11:30 am <u>Zumba</u> 4:00 pm <u>Texas Hold-Em</u> 5:00 pm</p>	<p>11 <u>Fit 4 Life</u> 8:00 am <u>Mahjong</u> 9:00 am <u>Aqua Fit</u> 9:15 am <u>Zumba Toning</u> 11:30 am</p>	<p>12 <u>Walking Club</u> 9:00 am <u>Yoga</u> 9:00 am <u>Veterans</u> <u>Network</u> 6:30pm</p>	<p>13 <u>Yoga</u> 9:00 am <u>Bridge</u> 9:30 am <u>Zumba</u> 4:00 pm</p>	<p>14 <u>Walking Club</u> 9:00 am <u>Line Dancing</u> 2:00 pm MENS/LADIES DOUBLES CLUB CHAMPIONSHIP Titleist Demo Day</p>
<p>15 <u>Tai-Chi</u> 10:00 am Lighthouse 11:15 am Aerobics Room MENS/LADIES DOUBLES CLUB CHAM- PIONSHIP</p>	<p>16 <u>Fit 4 Life</u> 8:00 am <u>Aqua Fit</u> 9:15 am <u>Bridge</u> 9:30 am <u>Zumba Gold</u> 11:30 am FLOW Yoga 6:00 pm Ladies Charity Golf Event</p>	<p>17 <u>Walking Club</u> 9:00am <u>Zumba Step</u> 11:30 am <u>Zumba</u> 4:00 pm <u>Texas Hold-Em</u> 5:00 pm ST. PATRICKS DAY Ladies Charity Golf Event</p>	<p>18 <u>Fit 4 Life</u> 8:00 am <u>Mahjong</u> 9:00 am <u>Aqua Fit</u> 9:15 am <u>Zumba Toning</u> 11:30 am</p>	<p>19 <u>Walking Club</u> 9:00 am <u>Yoga</u> 9:00 am <u>Bunco</u> 9:30 am ACT III Dinner</p>	<p>20 <u>Yoga</u> 9:00 am <u>Bridge</u> 9:30 am <u>Zumba</u> 4:00 pm</p>	<p>21 <u>Walking Club</u> 9:00 am <u>Line Dancing</u> 2:00 pm GOLF MEMBER-GUEST</p>
<p>22 <u>Tai-Chi</u> 10:00 am Lighthouse 11:15 am Aerobics Room BOW WOW & MEOW MIXER GOLF MEMBER- GUEST</p>	<p>23 <u>Fit 4 Life</u> 8:00 am <u>Aqua Fit</u> 9:15 am <u>Bridge</u> 9:30 am <u>Zumba Gold</u> 11:30 am FLOW Yoga 6:00 pm <u>BIRDS OF RS</u> 10am</p>	<p>24 <u>Walking Club</u> 9:00am <u>Zumba Step</u> 11:30 am <u>Zumba</u> 4:00 pm <u>Texas Hold-Em</u> 5:00 pm</p>	<p>25 <u>Fit 4 Life</u> 8:00 am <u>Mahjong</u> 9:00 am <u>Aqua Fit</u> 9:15 am <u>Zumba Toning</u> 11:30 am</p>	<p>26 <u>Walking Club</u> 9:00 am <u>Yoga</u> 9:00 am <u>Trivia Night</u> 6-9pm</p>	<p>27 <u>Yoga</u> 9:00 am <u>Bridge</u> 9:30 am <u>Zumba</u> 4:00 pm</p>	<p>28 <u>Walking Club</u> 9:00 am <u>Line Dancing</u> 2:00 pm MIXED DOUBLES TENNIS CLUB CHAMPIONSHIP</p>
<p>29 <u>Tai-Chi</u> 10:00 am Lighthouse 11:15 am Aerobics Room MIXED DOUBLES TENNIS CLUB CHAMPIONSHIP</p>	<p>30 <u>Fit 4 Life</u> 8:00 am <u>Aqua Fit</u> 9:15 am <u>Bridge</u> 9:30 am <u>Zumba Gold</u> 11:30 am FLOW Yoga 6:00 pm</p>	<p>31 <u>Walking Club</u> 9:00am <u>Zumba Step</u> 11:30 am <u>Zumba</u> 4:00 pm <u>Texas Hold-Em</u> 5:00 pm</p>				

STAY CONNECTED TO YOUR CLUB. VISIT CLUB CONNECTIONS ON A REGULAR BASIS AND READ YOUR RIVER STRAND EMAIL REGARDING UPCOMING EVENTS AND ACTIVITIES. SOME MAY NOT BE ARRANGED IN TIME FOR PROMOTION IN YOUR MONTHLY NEWSLETTER.

MARCH FITNESS AND SOCIAL ACTIVITIES

FITNESS

AQUA FIT:	9:15 am on Monday and Wednesday
CARDIO TENNIS:	6:30 pm on Wednesday and Friday. \$15 members
FIT 4 LIFE:	8:00 am on Monday and Wednesday
FLOW YOGA:	6:00 pm Monday. Intermediate practice.
LINE DANCING :	2:00 pm on Saturdays in the Aerobics Room.
TAI-CHI:	10:00 am at Central Park and 11:15 in Aerobics Room on Sunday
WALKING CLUB:	Tuesday, Thursday & Saturday at 9:00 am at Pavilion.
YOGA:	9:00 am on Thursday & Friday
ZUMBA:	4:00 pm on Tuesday and Friday
ZUMBA GOLD (Beginner):	11:30 am on Monday
ZUMBA STEP:	11:30 am on Tuesday
ZUMBA TONING:	11:30 am on Wednesday

SOCIAL

ACT III MOTOWN DINNER:	Thursday, March 19.
BIRDS OF RIVER STRAND:	10 am on Monday, March 23 at the Pavilion.
BOW WOW & MEOW MIXER;	12 pm to 4 pm Sunday, March 22. Walk the family to the park.
BRIDGE:	9:30 am on Monday and Friday
BUNCO:	9:30 am - March 5th and 19th
MAHJONG:	9:00 am on Wednesday
TAMPA BAY LIGHTNING TRIP:	March 3rd. Tampa Bay Lightning vs. Buffalo Sabres.
TEXAS HOLD'EM:	5:00 pm - 8:00 pm on Tuesday
TITLEIST DEMO DAY:	Custom fit your next set of clubs. March 14. 10 am—2 pm.
TRIVIA NIGHT:	Thursday, March 26 from 6:00 to 9:00 pm. Singles welcome.
VETERANS NETWORK:	6:30 pm on Thursday, March 12 in the Card Room. Join other veterans in our community for informal coffee, conversation.

GOLF

9 & DINE:	3:00 pm on March 2. Couples sign up in golf shop.
36 HOLE CLUB CHAMPIONSHIP:	Tee times on March 7 and 8.
LADIES GOLF CHARITY EVENT:	March 16 and 17. Proceeds benefit The Food Bank of Manatee.
MEMBER-GUEST:	March 21 and 22. Sign up in the golf shop.

TENNIS

MENS AND LADIES DOUBLES:	Club Championship. March 14 and 15.
MIXED DOUBLES:	Club Championship. March 28 and 29.



FOOD & BEVERAGE CALENDAR MARCH 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Breakfast 10am-12:30pm Lunch 11am-5pm Bar 11am-6pm	2 Lunch 11am-4:30pm Bar 11am-6pm	3 Lunch 11am-4:30pm Tues. Dining 5:30pm-8pm	4 Lunch 11am-4:30pm Buffet 5:30pm-8pm	5 Lunch 11am-4:30pm Thurs. Dining 5:30pm-8pm	6 Lunch 11am-4:30pm Friday Dining 5:30pm-8pm	7 Lunch 11am-6pm Bar 11am-7pm
8 Breakfast 10am-12:30pm Lunch 11am-5pm Bar 11am-6pm	9 Lunch 11am-4pm Bar 11am-4pm	10 Lunch 11am-4:30pm Tues. Dining 5:30pm-8pm	11 Lunch 11am-4:30pm Buffet 5:30pm-8pm	12 Lunch 11am-4:30pm Dinner 5:30pm-8pm	13 Lunch 11am-4:30pm Friday Dining 5:30pm-8pm	14 Lunch 11am-2:30pm Bar 11am-2:30pm CLUB EVENT
15 Breakfast 10am-12:30pm Lunch 11am-5pm Bar 11am-6pm	16 Lunch 11am-5 pm Bar 11am-6pm	17 Lunch 11am-4:30pm Tues. Dining 5:30pm-8pm ST. PATRICKS DAY DINNER	18 Lunch 11am-4:30pm Buffet 5:30pm-8pm	19 Lunch 11am-4:30pm Thurs. Dining 5:30pm-8pm ACT III Dinner Happy Hour Ends 4:30pm	20 Lunch 11am-4:30pm Friday Dining 5:30pm-8pm	21 Lunch 11am-6pm Bar 11am-6pm
22 SUNDAY BRUNCH 10-2 Lunch 11am-5pm Bar 11am-6pm	23 Lunch 11am-5pm Bar 11am-6pm	24 Lunch 11am-4:30pm Tues. Dining 5:30pm-8pm	25 Lunch 11am-4:30pm Buffet 5:30pm-8pm	26 Lunch 11am-4:30pm Thurs. Dining 5:30pm-8pm TRIVIA NIGHT 6pm-9pm Happy Hour ends 4:30pm	27 Lunch 11am-4:30pm Friday Dining 5:30pm-8pm	28 Lunch 11am-6pm Bar 11am-7pm
29 Breakfast 10am-12:30pm Lunch 11am-3pm Bar 11am-3pm CLUB EVENT	30 Lunch 11am-5pm Bar 11am-6pm	31 Lunch 11am-4:30pm Tues. Dining 5:30pm-8pm				



**JOIN US FOR SUNDAY BRUNCH ON MARCH 22 FROM 10 AM TO 2 PM
\$16.95++ ADULTS, \$8.95++ CHILDREN 10 AND UNDER. \$3 BLOODY MARY'S & MIMOSA'S**

MARCH WEDNESDAY DINNER BUFFET'S

Prime Rib Buffet
March 4th, 2015

Soup du Jour—TBD

Salad Bar

Entrees:

Carved Roast Prime Rib with Horseradish Sauce and Au Jus

Grilled Salmon with Cucumber Dill Relish

Chicken Divan

Pork Normandy

Scalloped Potatoes

Dessert Station

\$26.95

Mardi Gras Seafood Night
March 11th, 2015

Soup du Jour— Louisiana Gumbo

Salad Bar:

Crab Pasta Salad, Mixed Greens Salad, Classic Caesar Salad, Black-Eye Pea Salad, Cajun Potato Salad, Fresh Fruit, Peel & Eat Shrimp

Entrees:

Snow Crab

Catfish Etouffee

Oysters Casino

Stuffed Flounder with Cajun Lobster Stuffing

Blackened Red Fish

Louisiana Style Mussels & Pasta

Mardi Gras Chicken

Dirty Rice

Okra & Tomatoes

\$34.95

Turkey Night
March 18th, 2015

Soup du Jour— Navy Bean & Ham

Salad Bar

Entrees:

Roasted Tom Turkey, Gravy & Cranberry Sauce

Baked Lemon Pepper Grouper

Sliced Pork Loin with Pears & Caramelized Onions

Chopped Steak with Wild Mushroom Sauce

House Made Stuffing

Garlic Whipped Potatoes

Green Beans and Stewed Tomatoes

Dessert Station

\$21.95

Tuscan Night
March 25th, 2015

Soup du Jour— Beef Minestrone

Salad Bar

Entrees:

Herb Roasted Pork Steamship

Grilled Mahi Mahi with Cilantro Lime Pesto

Chicken Prosciutto

Shrimp Alfredo with Cheese Tortellini Pasta

Baked Lasagna

Bistro Medley

Herb Roasted New Potatoes

Dessert Station

\$24.95

River Strand Contact Information and Hours of Operation



RIVER STRAND GOLF AND COUNTRY CLUB

7155 Grand Estuary Trail
Bradenton, FL 34212
941-708-3837 Phone
941-708-3961 Fax
admin@riverstrandgolf.com
www.riverstrandgolf.com

Lennar Customer Care
866-226-4057

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

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

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

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

Grille Room
941-932-8667
Check calendar for hours

Fitness Center Hours
24 Hours, every day
Gate card needed for access from 6:00pm-6:00am

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

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

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

Administrative Assistants
Phone: 941-708-3837
Meghan LeMon: Admin@RiverStrandGolf.com
Charli Carlson: Charlic@RiverStrandGolf.com

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

Food & Beverage Manager
Nicole Resner
Phone: 941-932-8664
E-Mail: nicoler@RiverStrandGolf.com

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

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

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

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

Find us on the web!
www.riverstrandgolf.com