



The Strand

March 2016

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

Connect with your
Clubhouse and Community

All the News from River Strand Golf & Country Club

Complimentary Bridge Classes To Be Held in the Community Center

Free bridge lessons will be available from 1:00 pm to 3:00 pm every Monday in the Community Center. Advance sign up is necessary. New players should plan to 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.

Men and women are welcome, as well as couples. You do not need to provide your own partner, even though bridge is played in pairs. There are many players at River Strand who are single or have a spouse who does not play bridge, plus the morning games on Mondays and Fridays are limited to women.

There will be two groups: beginner and intermediate. If you would like to receive more information, Please contact Vivienne at 941-251-7494 for beginner lessons or contact Vicki at 269-579-6127 for intermediate lessons.

Bridge is a lot of fun, a great way to meet more people and, while challenging, is not that difficult for people who like cards and want a terrific way to keep their minds exercised. Why not give it a try?

Complimentary Beginner Mahjongg Classes Held in the Community Center

Resident Kathy Martin has offered to host complimentary beginner Mahjongg classes again this season. Classes meet on Monday evenings from 6:00 pm to 8:00 pm at the Community Center. Mahjongg also is a great way to exercise your mind and socialize with your neighbors.

Please bring a personal beverage if you need one and if you wish, a snack to share. If you have any questions, please contact Kathy Martin at 719-238-9964.

Please Note: Don't forget to bring your Member Access ID Card (which you will need to access the multi-purpose room and rest rooms), when visiting the Community Center.

Chicks And Flicks



Wednesday, March 2nd at Noon
Meet at Waterlefe Golf and River Club
995 Fish Hook Cove, Bradenton

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.

RSVP to admin@riverstrandgolf.com



COMMUNITY MATTERS

Dan Arens, LCAM



We are in the full swing of season! It has been a pleasure seeing so many of you around the Community! We have the 2016 Annual Meeting scheduled for March 28th at 2:00 pm. We will be having an election at this meeting, and is extremely important for everyone to turn in their proxies for the Association to establish a quorum. If you are interested in being a member of the River Strand Board of Directors please send in your notice of intent to run.

We will be adding our final satellite pool this year off of Grand Estuary Trail. This will give the Community 6 Satellite pools along with our two larger resort-style pools. Please remember to follow all pool rules. Also please be sure to lower umbrellas when you are done using them.

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.

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

We are extremely close to finalizing the new entry gate to be open at the corner of Grand Estuary Trail and Port Harbor Parkway. Please note that once this gate is active it will be a "MEMBER ONLY" entrance. All guests will be required to enter through the main entrance off of River Strand Blvd. The gates at Heritage Sound, Grand Preserve, and Grand Estuary will be removed.

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

Important Reminders

- Dinner Service is available Monday thru Friday. Reservations are recommended. Seating on the 1/2 hour from 5:30 pm to 8:00 pm.
- **Daylight Savings Time** begins on Sunday, March 13th. Don't Forget to Spring Forward!
- Don't Miss the Spring Arts & Crafts Bazaar on Saturday, March 19th from 9am to 1pm at the Community Center in the Sanctuary.
- Don't Miss the St. Patrick's Day Dinner at in the Dining Room on Thursday, March 17th. See Page 11 for more details.
- Make Reservations for Our Easter Brunch Buffet on Sunday, March 27th. See details on Page 17.
- Join Mattie Watson for "Birds of River Strand on Wednesday, March 16th at the Community Center for this world famous event.

Did You KNOW

Our own Tennis Professional, Nate Griffin is playing in the Finals of the Boca Grande Tennis Exhibition Series at Boca Grande Club on Wednesday, March 2nd at 4:00p.m. Admission is free if you want to cheer him on.

A MESSAGE FROM YOUR PRO

PGA Head Golf Professional, Corey Pion

Over the course of the last couple weeks I've heard and noticed that many members are not taking care of our golf course. We are 100% member play and we can no longer use the excuse that "it's the public players". As you all know we do a lot of rounds daily which makes it even more important to take care of the courses that we love. I would like to see all of you make a better effort do the following things: Please take time to repair your ball marks or any that you see on the green. Make sure to take sand from your cart and fill any divots that you take out of the rough or fairway. If you have time, please fill other divots as well. The thing that bothers me the most is not raking your footprints in the bunkers. There's nothing worse than hitting your shot in a bunker and having it land in someone's footprint because someone was too lazy to take a few moments to smooth out the surface. When leaving the bunker please exit on the low side instead of trying to climb out the high sides and cave in the faces. The last thing, after you leave the bunker tap your shoes with you club to remove any sand that is on the bottom of your shoes to prevent tracking footprints all over the greens. If we all take a few extra moments to do the following things above, our beautiful courses and the superintendent will love us for it.

MARCH GOLF EVENTS

Ladies' 18 Holes Tuesday at 8:30am Shotgun

Ladies' 9 Hole Tuesday at 9:00am Shotgun

Men's 18 Holes Wednesday at 8:30am
Shotgun

Men's 9 Holes Wednesday at 9:15 Tee Times

36 Hole Club Championship on March 5th
& 6th Tee Times

9 & Dine on March 7th at 3:30pm

1 Day Member-Guest on March 19th at 1pm

Couples Club Championship on March 26th
at 1pm

SATURDAY CLINICS

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

Juniors: Every Saturday at Noon
(Please call pro shop to sign up)

Golf Course Reminders:

- **If you are in a bunker especially a greenside one, please tap your shoes with your club before walking onto the green. Many people don't do this and put unnecessary sand and footprints all over the green.**
- 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 to the right of our parking lot even if you are coming out to practice.
- 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.

GOLF UPDATE

PGA Head Golf Professional, Corey Pion



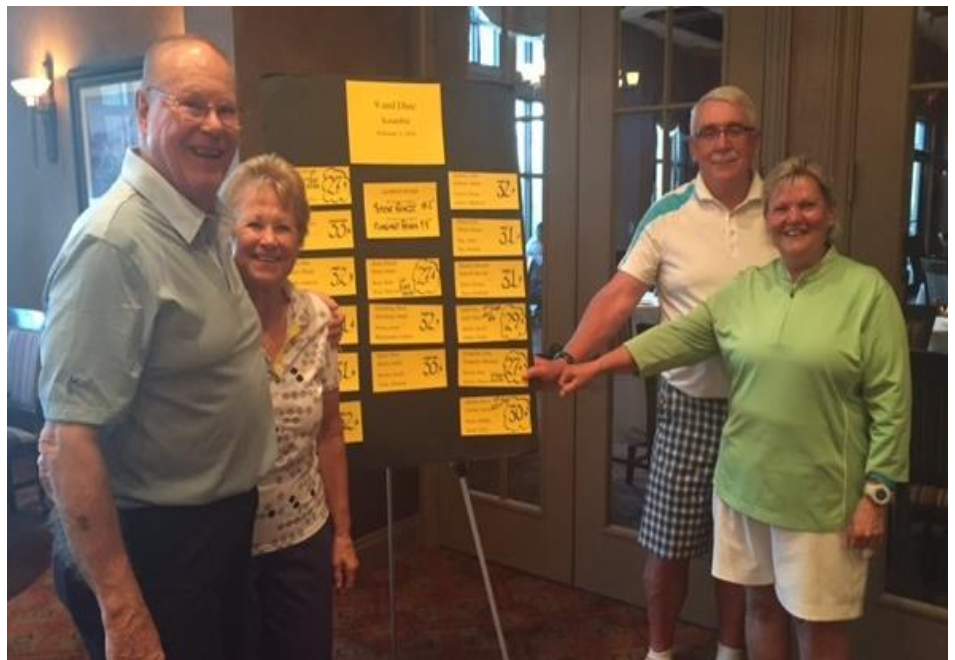
As season continues and the demands for tee times increases, follow these tips and you might be placed on overflow less. When you log into Chelsea, check your messages page. This will tell you when we have events and what times will not be available for booking. When you are putting in your requests,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

We had record turnouts in all events in February which is great to see with many new faces. Congratulations to the following couples for their first place showings in 9 & Dine. John & Marjatta Longston and their partners Ron & Renee Kniess.

Our couples "Cupid Classic" on Saturday February 13th had over 112 participants and they enjoyed a beautiful day of golf with a nice plated dinner provided by our new Head Chef Rademus and his staff. The following couples came in first place in Flight A: Chuck & Kay Gilch and their partners Tom & Sandra Delnickas. Flight B winners were Darv & Edith Easton and their partners Dave & Nancy White.

We have had a large number of range bags missing from the driving range over the last month or so. If you have any at home or in your car please return them to the golf shop.

This past weekend we had the Men's and Ladies' Member Member. Congrats to Andrew Grady and Tom Schuster for defending their title by shooting -5 for the 2 day event. Beatriz Niemeyer & her partner Sheila Kassel posted a -1 Under 71 to win the 18 Hole Ladies' event by 8 shots. Great score on our 2 toughest courses Sanctuary and Estuary.



9 & Dine Winners: John & Marjatta Longston and Ron & Renee Kniess.

CONGRATULATE YOUR GOLF TOURNAMENT WINNERS!



Men's Spring Member-Member Winners: Tom Schuster & Andrew Grady.



Ladies' Spring Member-Member Winners: Beatriz Niemeyer & Sheila Kassel.



Cupid Classic Flight A Winners: Chuck & Kay Gilch and Tom & Sandra Delnickas.



Cupid Classic Flight B Winners: Darv & Edith Easton and Dave & Nancy White.

FEBRUARY HOLE IN ONE: DAVE COADY #4 SANCTUARY 2/16/16

RIVER STRAND TENNIS PROGRAMS

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

See Summer Camp Flyer (After school programs – August 24 to end of May)

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

Nate's 3.0-3.5 Clinic - Monday, 6:00 – 8:00 p.m. \$20.00 per class
Abdul's 90 Minute Drill and Play – Tues. & Thurs. 8:30-10:00 a.m. \$20.00 per class

Tuesday's with Tiffany Clinic – Tuesday: 6:00 – 7:00 p.m. \$15 per class
Gary's Beginner's 101 Clinic- Wednesday, 6:30-8:00 p.m. \$20 per class
Tiffany's Mixed Doubles Clinic – Thursday: 6:00 – 7:00 p.m. \$15 per class
Shot of the Week – Saturday, 8:00 a.m.-8:30 a.m. \$5 per player
Scott's 3.5-4.0 Clinic - Sunday, 10:00 – 11:30 a.m. \$20.00 per class

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

Morning Doubles: Monday, Wednesday, Friday, 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)

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

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: \$75
(buy 5, get 1 free)

Head Tennis Professional – Abdul Idi, USPTA

½ 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)

Asst. Tennis Professional–Tiffany Davis,

PTR
½ Hour Private: \$35, 1 Hour Private: \$70
(buy 5, get 1 free)

Assistant Tennis Professional – Gary

Coulter
½ Hour Private: \$30, 1 Hour Private: \$60
(buy 5, get 1 free)

MARCH TENNIS EVENTS

Saturday, March 5

941 Junior Tournament (1-4 p.m.)

Friday, March 18

Kids Night (Parent's Night Out!)
5-8 p.m. Cost \$20 per child, Tennis
Clinic, Pizza, Movie!!

Saturday, March 19

River Strand 1 day Adult Doubles
Tournament sponsored by USPTA

Saturday, March 26

Adult Beginner's Day (Free Clinic
and Play) 1:00-2:30 p.m.

Event Sign up at

www.makeclubreservations.com

TENNIS TIP OF THE MONTH

**Assistant Tennis Professional,
Tiffany Davis**

Tie Break Tip

The four rules of tie breakers to up your chances of finishing on top are:

- 1) Stay positive and optimistic regardless of the score or how you feel while maintaining good communication with your partner. Communicate with your partner if playing doubles, make sure you both are very clear about the game plan, which is absolutely within your control. If playing singles be very clear before each point begins as to what you want to do, and where you are going to hit your first shot.
- 2) Play point by point. Every point counts!
- 3) Stay aggressive. The aggressor usually finishes on top. This does not mean you have to hit flat winners, just try to keep the pressure in your opponents.
- 4) Have a high percentage of first serves, so you can start neutral or on offense.



AUSTRALIAN MIXER RIVERSTRAND JANUARY 30 2016

RIVER STRAND PICKLEBALL INFORMATION

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

Scott'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)



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 p.m.
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.

PICKLEBALL TIP OF THE MONTH

Assistant Tennis Professional, Scott Pothul

When learning how to play pickle ball try to use one universal grip on the paddle so that you can swivel from your forehand to backhand side and not have to spend time changing grips. As the speed of the game increases this will help you. The best grip is created by just shaking hands with the paddle. Allow the U or the V between you thumb and fore finger to line up with the side of the paddle. This grip will allow you to hit shots on both your forehand and backhand side with the bottom edge of the paddle leading the way. This will help you get underneath the ball and eliminate missing shots into the net. See you on the courts!



Members having a wonderful day playing Pickleball.

Golf Course Maintenance Report

Renze Berg, GCSA

The month of February sure had some tough weather patterns, but I think we managed well through it. The fairways are responding to the fertilizer and fungicide applications that we made in early February. We trimmed and thinned out an area on #1 and #7 Estuary to help with visibility and maybe speed up play. During the winter months, all types of Bermuda grass go into a dormant stage when you have temperatures in the 40's and 50's, so ball marks and divots do not recover very quickly. The flowers we just installed are Dusty Miller and SunPatiens, which will last till May. Please let us know of any concerns and enjoy this great golf course.

RIVER STRAND

MOTOWN
ACT 3

THURSDAY, MARCH 24TH, 2016

\$40 INCLUDES DINNER
TICKETS ON SALE
MARCH 3RD

★ River Strand ★

Rye Road

MARCH WEDNESDAY **TICKETS AVAILBLE**
2ND **FEBRUARY 11TH.**
2016
5:30PM
\$40 INCLUDES DINNER **DINNER & DANCING**

Lightning 2015-16 Season Presented By  FLORIDA HOSPITAL



24 / RYAN CALLAHAN

— THE TAMPA BAY LIGHTNING INVITE YOU TO —

JOIN THE RIVERSTRAND GOLF AND COUNTRY CLUB COMMUNITY

Join us in the CHASE Club, one of Amalie Arena's premium clubs that includes a buffet of hot appetizers and hor d'ourves, as well as beer, wine, liquor and sodas.



FRI, MAR. 25
7:30 PM - PUCK DROP

TICKET & BUS \$140
Bus arrives at RiverStrand at 5:15pm and departs at 5:30pm

For questions please contact Lori at 941-708-3837 or email admin@riverstrandgolf.com




FITNESS 101

- 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 proper equipment use and technique. No need to pre-register, just get here!

10:00 am
Thursday, March 24
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.



COMMUNITY LANDSCAPE UPDATE

Llomell Llorca, President & CEO, TruScapes Industries, Inc.

We thank all of the homeowners who made 2015 a great year for our team. Our crews, who's main focus is providing lawn maintenance services in the River Strand community, very much appreciated the positive comments many residents shared with them throughout the year being something that was encouraging to many of them helping keep the focus and the level of service quality each resident has come to expect from us.

During the first quarter of 2016 our team will continue mowing every-other week as the growing habit of the vegetation normally slows down with the cooler and dryer weather patterns. We will also be pruning the entire community at least twice by the end of this first quarter to include raising of the Oak tree canopies and trimming those palms below the height of 15'.

Our irrigation team will be cleaning irrigation filters and testing your system among adjusting the settings to what is appropriate this timer of the year to help conserve the precious resource and help keep your vegetation as healthy as possible, many of us know that too much water can be as harmful as not enough water.

Our fertilization and pest control division will be making a lawn fertilization application just before the month of March to include the ornamental shrubs shortly thereafter. At least three times during this first quarter they will also keep an eye out for lawn weeds and spot treat as needed with selective herbicide, they will also spot treat as needed any insects we may see in the lawn and or shrubs during our inspections.

Last winter and so far this winter have been very mild, this can be conducive to larger than number lawn and ornamental weeds to include a more active insect season since the temps are warmer. Our team will be making adjustments to compensate for this climate change in an effort to keep providing a satisfactory level of service for the residents. If anyone notices any areas that may appear to be problematic, we encourage them to communicate this to the management company in case any of this may have accidentally slipped the sights of the service techs and managers doing their inspections. Vegetation growing habits are also slightly faster than normal for this time of the year, we thank everyone for their patience through this rather unusually warm record setting winter.





River Strand St. Pattys Dinner

March 17th, 2016
5:30pm - 8:00pm

Call or e-mail for reservations
941-708-3837
admin@riverstrandgolf.com



PosterMyWall.com

THE BIRDS OF RIVER STRAND

2:00 PM ON WEDNESDAY, MARCH 16, 2016
THE SANCTUARY COMMUNITY CENTER

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



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 64 bird species right here in Heritage Harbour. Hope to see you there, bring a friend!



ST. PATRICK'S DAY

Thursday, March 17th, 5:30pm-8:00pm

Menu

- Potato Leek Soup
- Mixed Greens Salad
- Kale and Cranberry Salad
- Lamb Stew
- Gaelic Chicken
- Corned Beef & Cabbage
- Fish & Chips
- Bangers & Mash with Stout Onion Gravy
- Irish Bread Pudding with Chocolate Guinness Sauce

\$24.95++

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

Ladies Night Out

Sunday, March 20th
6pm to 9pm
Community Center
6835 Willowshire Way

Bring an appetizer to share, Bring a drink of choice, if desired.
Water and tea are provided.

New to River Strand? Come check us out!

Please RSVP to
Vicki Kotsaftis at vicki.colorado@yahoo.com
or call 719-422-9016



FOOD & BEVERAGE CALENDAR

MARCH 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Lunch 11am-4:30pm Dinner 5:30pm-8pm	2 Lunch 11am-4:30pm Rye Road Dinner & Dancing (Tickets Required) Happy Hour Ends at 4:30pm (No Regular Menu)	3 Lunch 11am-4:30pm Dinner 5:30pm-8pm	4 Lunch 11am-4:30pm Dinner 5:30pm-8pm	5 Lunch 11am-6pm Bar 11am-7pm Club Championship
6 Lunch 11am-4:30pm Bar 11am-6pm Club Championship	7 Lunch 11am-4:30pm Dinner 5:30pm-8pm 9 & Dine Golf Event	8 Lunch 11am-4:30pm Dinner 5:30pm-8pm	9 Lunch 11am-4:30pm Dinner 5:30pm-8pm	10 Lunch 11am-4:30pm Dinner 5:30pm-8pm	11 Lunch 11am-4:30pm Dinner 5:30pm-8pm	12 Lunch 11am-6pm Bar 11am-7pm
13 Lunch 11am-5pm Bar 11am-6pm	14 Lunch 11am-4:30pm Dinner 5:30pm-8pm	15 Lunch 11am-4:30pm Dinner 5:30pm-8pm	16 Lunch 11am-4:30pm Dinner 5:30pm-8pm	17 Lunch 11am-4:30pm Dinner 5:30pm-8pm St. Patty's Day Dinner (Reservations Suggested) (No Regular Menu)	18 Lunch 11am-4:30pm Dinner 5:30pm-8pm	19 Lunch 11am-4:30pm Bar 11am-7pm Member/Guest Golf Tournament
20 Lunch 11am-5pm Bar 11am-6pm	21 Lunch 11am-4:30pm Dinner 5:30pm-8pm	22 Lunch 11am-4:30pm Dinner 5:30pm-8pm	23 Lunch 11am-4:30pm Dinner 5:30pm-8pm	24 Lunch 11am-4:30pm Motown Night (Tickets Required) Happy Hour Ends at 4:30pm (No Regular Menu)	25 Lunch 11am-4:30pm Dinner 5:30pm-8pm	26 Lunch 11am-6pm Bar 11am-7pm
27 Easter Sunday Buffet Seating's at 10:30am, 12:00pm & 1:30pm (Reservations Required)	28 Lunch 11am-4:30pm Dinner 5:30pm-8pm River Strand Annual Meeting 2pm	29 Lunch 11am-4:30pm Dinner 5:30pm-8pm	30 Lunch 11am-4:30pm Dinner 5:30pm-8pm	31 Lunch 11am-4:30pm Dinner 5:30pm-8pm		



**Registration
Deadline:
last sign up
March 11!**

**The residents of River Strand
are cordially invited to participate in**

**The First Annual
River Strand Spring
Walkabout**

Saturday, April 2, 2016

starting at 4:30 in the afternoon

The Spring Walkabout is a progressive party where you will have the opportunity to share appetizers and desserts with your neighbors at three different homes with three different groups of people. There's no cost. You need only make an appetizer or dessert for one home and bring along your preferred beverage. We expect to need at least 30 host homes and we'd appreciate it if you volunteered to host one 90-minute session, but it's not required to participate. Register now: deadline March 11 for all registrations. None accepted thereafter.

Send questions and registrations to: Stan & Patti Zimmer using email rswalkabout@gmail.com or call 941-405-4321 – Include:
Participant name(s): Address: Phone: Host: Yes or No, Email:

FITNESS & SOCIAL CALENDAR

MARCH 2016

*Denotes Clubs/Classes Meeting at the Community Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Tai-Chi 9am Walking Club 9am Sports Yoga 9am Zumba Tone/Step 11:30am Texas Hold-Em 5:20pm*	2 Fit4Life 8am Mah jongg 9am* Aqua Fit 9:15am Zumba Tone 11:30am Chicks and Flicks 12pm Neighborhood Watch 3pm* Mixed Bridge 5:30pm*	3 Walking Club 9am Yoga 9am Bunco 9:30am Sports Yoga 5pm Veterans 6:30pm Book Club 5:30pm*	4 Yoga 9:00am Bridge 9:30am* Knitting Club 2pm* New Member Orientation 2pm	5 RS Striders Walking Club 9am - Pavilion Mommy & Me Fitness 9:30am Line Dancing
6	7 Fit4Life 8am Aqua Fit 9:15am Bridge 9:30am* Sports Yoga 10am Zumba 11:30am FLOW Yoga 4pm	8 Tai-Chi 9am Walking Club 9am Sports Yoga 9am Zumba Tone/Step 11:30am Texas Hold-Em 5:20pm*	9 Fit4Life 8am Mah jongg 9am* Aqua Fit 9:15am Zumba Tone 11:30am Mixed Bridge 5:30pm*	10 Walking Club 9am Yoga 9am Sports Yoga 5pm	11 Yoga 9:00am Bridge 9:30am*	12 RS Striders Walking Club 9am - Pavilion Line Dancing 2pm*
13	14 Fit4Life 8am Aqua Fit 9:15am Bridge 9:30am* Sports Yoga 10am Zumba 11:30am FLOW Yoga 4pm	15 Tai-Chi 9am Walking Club 9am Sports Yoga 9am Zumba Tone/Step 11:30am Texas Hold-Em 5:20pm*	16 Fit4Life 8am Mah jongg 9am* Aqua Fit 9:15am Zumba Tone 11:30am Birds of River Strand 2pm* Mixed Bridge 5:30pm*	17 Walking Club 9am Yoga 9am Sports Yoga 5pm Book Club 5:30pm*	18 Yoga 9am Bridge 9:30am* Knitting Club 2pm*	19 RS Striders Walking Club 9am - Pavilion Spring Arts & Crafts Bazaar 9am* Mommy & Me Fitness 9:30am Line Dancing 2pm*
20 Ladies Night Out 6pm*	21 Fit4Life 8am Aqua Fit 9:15am Bridge 9:30am* Sports Yoga 10am Zumba 11:30am FLOW Yoga 4pm	22 Tai-Chi 9am Walking Club 9am Sports Yoga 9am Zumba Tone/Step 11:30am Texas Hold-Em 5:20pm*	23 Fit4Life 8am Mah jongg 9am* Aqua Fit 9:15am Zumba Toning 11:30am Mixed Bridge 5:30pm*	24 Walking Club 9am Yoga 9am Bunco 9:30am Fitness 101 10am* Sports Yoga 5pm Transition Budget & Finance 6:30pm*	25 Yoga 9am Bridge 9:30am*	26 RS Striders Walking Club 9am - Pavilion Line Dancing 2pm*
27	28 Fit4Life 8am Aqua Fit 9:15am Bridge 9:30am* Sports Yoga 10am Zumba 11:30am River Strand Annual Meeting 2pm FLOW Yoga 4pm	29 Tai-Chi 9am Walking Club 9am Sports Yoga 9am Zumba Tone/Step 11:30am Texas Hold-Em 5:20pm*	30 Fit4Life 8am Mah jongg 9am* Aqua Fit 9:15am Zumba Toning 11:30am Mixed Bridge 5:30pm*	31 Walking Club 9am Yoga 9am Sports Yoga 5pm		



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.
FITNESS 101:	10:00 am on Thursday, March 24th. Learn the Basics of Exercise
FLOW YOGA:	6:00 pm Monday. Intermediate practice.
LINE DANCING:	2:00 pm on Saturday. Clubhouse fitness room.
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.
SPORTS YOGA:	Monday at 10 am, Tuesday at 9 am, Thursday at 5 pm. Classes are \$15.
TAI-CHI:	9:00 am Tuesday. Pavilion at Central Park.
YOGA:	9:00 am on Thursday & Friday.
ZUMBA:	11:30 am on Monday.
ZUMBA TONING/STEP MIX:	11:30 am on Tuesday.
ZUMBA TONING:	11:30 am on Wednesday.

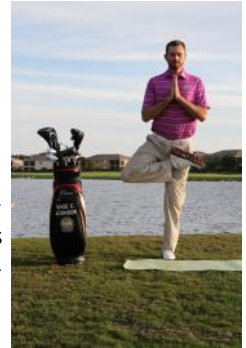
SOCIAL

***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:**

BIRDS OF RIVER STRAND:	2:00 pm on Wednesday, March 16th. Join Mattie for this world famous event at the Community Center. See page 11 for more information.
BRIDGE:	9:30 am on Monday and Friday. Group will play at the Community Center on Mondays and at the Club house on Fridays.
BRIDGE LESSONS:	1:00 pm to 3:00 pm. Complimentary at the Community Center.
BUNCO:	9:30 am the first and third Thursday of the month. River Strand Clubhouse.
CHICKS AND FLICKS:	First Wednesday of every month. This month meet at Waterlefe Golf & River Club at Noon followed by a movie of your choice. See page 2 for more info.
LADIES NIGHT OUT:	6:00 pm on Third Sunday of the Month at the Community Center. See Page 11.
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 LESSONS:	6:00 pm to 8:00 pm on Monday. Complimentary. Community Center. See page 2.
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:	6:30 pm on the first Thursday of the month in the conference room. Meet at the River Strand clubhouse.
NEIGHBORHOOD WATCH:	3:00 pm at the Community Center on first Wednesday of the month.
KNITTING CLUB:	2:00 pm on Friday. First and Third of the month at the Community Center.
BOOK CLUB:	5:30 pm-8:00 pm at the Community Center meets first Thursday of the month. Contact Paulette Gandel at 716-863-4248 for more information.
RIVER STRAND TRANSITION	5:30 pm-8:00 pm at the Community Center meets third Thursday of the month.
BUDGET & FINANCE COMMITTEE:	6:30 pm on the Fourth Thursday of the month in the Community Center.

A Letter from Your Golf Yoga Instructor

Sage C. Johnson, PGA



Dear River Strand Members,

A very warm and cheerful greeting to everyone in 2016. To those I have not yet had the pleasure of meeting, I am a Class A member of the PGA and a Certified Yoga Instructor. I teach golf/sports yoga classes right here at your beautiful facility 3 days a week. River Strand Golf and Country Club is a wonderful facility with an extremely qualified and attentive staff that I am honored to be a part of.

River Strand is always looking to provide its members with the highest levels of service, golf course conditions, cuisine and activities for an incredibly active membership. River Strand's intention for bringing my yoga classes to its membership are simple, to offer an innovative golf fitness program that will help keep its members happy, healthy and playing better golf, injury and pain free, for years to come. GolfYoga does just that with a different theme for every class. GolfYoga, using yoga asanas (or poses) and yoga pranayama (or breath work) will increase your strength, flexibility, core stability, coordination (golf swing timing), cardiovascular health, stamina, focus and most importantly, balance. This is all done simultaneously in every pose and every class.

In the February 8th issue of GolfWeek magazine, Beth Ann Nichols wrote an article 'Flex Time – Yoga Takes Hold Among Golfers' about yoga, golf and how yoga has been increasingly practiced among PGA and LPGA tour players, NCAA golf programs and golfers of every skill level. "It's no stretch to say that yoga, with its mental and physical benefits, has taken hold at all levels of golf" says Nichols. Brad Faxon, a PGA Tour Veteran and Champions Tour player said, "Yoga helps you handle stress, no question. It puts you in position to learn how the body moves and how to work balance, focus and concentration into your game." The article goes on to include statistics about the increasing number of adults practicing yoga in America, up to 36 million in 2016, 74% practicing for 5 or fewer years, and the increase of men practicing by 40%*. Nichols also mentions the dramatic increase in yoga strength and flexibility conditioning for NCAA golf programs and all NCAA competitive athletic sports. The more research I do, the more and more examples of athletes across every sport and at every level, I find practice yoga to reap the benefits of its mental and physical tools, injury prevention and an athletic edge in competition.

Using my PGA Certified knowledge of the biomechanics of the golf swing, paired with my certification in Yoga, I have developed a form of yoga, called GolfYoga, over 8 years of teaching golf and golf fitness. I have witnessed first hand the incredible fitness benefits that yoga provides for golfers of all levels. GolfYoga is one of the easiest ways to restore, improve, and maintain optimal functional movement patterns and maximize golf performance. This is a one of a kind yoga fitness program, and River Strand Golf and Country Club is one of the few locations in the world to offer such a program. I am one of only three Class A PGA Certified Yoga Instructors in the country, with the other two residing in California and Arizona. My GolfYoga program is focused on yoga poses and breathing that directly improve your golf game, tennis game, or overall health. This is what one of my students had to say – "A couple months ago, I took my first yoga class in my life; I was looking for improved flexibility to make me feel better and improve my golf game. After just a little over one month, I had definitely improved flexibility, but was also surprised at the improvement in my breathing, balance, and muscle tone. All of this makes me feel better and has, in fact, improved my golf game. Sage is a great instructor and allows each participant to achieve at his/her own physical limits. You feel great after each workout." – Robert Bean, River Strand Golf and Country Club Member.

For those who think yoga is reserved for svelte women wearing tight pants, balled up like pretzels chanting funny noises, think again. I invite you to come try out one of my classes or even just watch and see what you think. There is a maximum number of participants we can have in the exercise room, so please email me, visit my website or download the 'MindBody' application for your smartphone or tablet to make a reservation. Yoga is not for everyone, however in my opinion, yoga is THE BEST form of exercise for the long-term benefits of your overall health and performance in your golf/tennis game. Oh and by the way, yoga also improves digestion, posture, blood pressure, depression & stress. Yoga helps you sleep better, increases your lung capacity, prevents injury, improves blood circulation and is one of the best cures for back pain. The list goes on and on. Please feel free to contact me directly with any questions. Namaste.



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 in the Community Center. 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 Mahjong

Ladies Mahjong meets Wednesday at 9:00am in the Community Center. Group plays until about noon, followed by lunch (optional). This is a fun, friendly group and players of all skill levels welcome! 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 le-sivak@msn.com / 941-251-7494.



River Strand Golf & Country Club

BREAKFAST ITEMS

FRESH FRUIT, MUFFINS, DANISH AND CROISSANTS
 OMELET STATION
 BACON & SAUSAGE
 HASH BROWNS,
 BISQUITS AND CHORIZO GRAVY
 RICOTTA PANCAKES WITH ORANGE MARMALADE
 WAFFLES WITH A FRESH BERRY COMPOTE & CRÈME FRAICHE

SOUP

SWEET PEA SOUP WITH HAM
 ROASTED TOMATO AND FENNEL

PASTAS & SALADS

FUSILLI PASTA WITH CRAB, LOBSTER, SWEET PEAS, TARRAGON
 PENNE WITH CARMELIZED ONIONS, ROASTED RED PEPPERS SPINACH,
 FETA AND TOASTED WALNUTS, EVOO
 SPRING PANZANELLA ASPARAGUS SALAD
 GARDEN SALAD
 SMOKED SALMON PLATTER
 ANITPASTO PLATTER

SHRIMP & SUSHI

MAKI, SASHIMI, NIGIRI, WASBI, SOY SAUCE
 WITH LEMONS AND COCKTAIL SAUCE

ENTREES

HERB CRUSTED LEG OF LAMB WITH MADEIRA MUSHROOM SAUCE
 SPICY PINEAPPLE AND HONEY GLAZED HAM
 SEARED SALMON WITH WHOLE GRAIN DIJON SAUCE
 TOMATO CAPER CHICKEN
 SAUTEED ASPARAGUS
 HONEY GLAZED BABY CARROTS
 BUTTERED RED BLISS POTATOES
 RICE PILAF

DESSERT

LEMON BITES, MACAROONS, CHOCOLATE MARSHMALLOW,
 TOFFEE BLONDIE, OREO BROWNIE

Please Join Us In Welcoming Our New River Strand Lifestyle Director, Lori Hoppe!

Lori was born and raised in the Southern Illinois area and resided the last 15 years in the Western Suburbs of Chicago. She has a Bachelors degree in Marketing from Eastern Illinois University and an Associates Degree in Graphic Arts.

Lori recently relocated with her family from Geneva, Illinois and has a background in Marketing and Graphic Design. Her last position was as a Marketing Coordinator for a Environmental Remediation Company in Chicago. Additionally, she has experience in event coordination working with the Illinois State Bar Association, The Society of Actuaries and other private companies in Illinois. She also spent 5 years working for a local area newspaper in Bartlett, Illinois as a Production Manager.

Lori is excited to become a part of the River Strand Golf and Country Club and looks forward to helping members plan and organize social events in the community.



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 board room at 2 pm on the first Friday of every month.

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

Robby & Connie Odom

Janet DeCostro & Judith Sahayda

David & Darlene Napora

Brian & Kathleen McMillan

NEWS FROM THE KITCHEN:

**New & Exiting Farm that we
are starting to work with**



PREMIUM BLACK ANGUS BEEF

ALL-NATURAL PORK

The Creekstone Farms legacy began over a decade ago with one simple idea: provide superior beef products to satisfy the most discerning of palates. Upon this vision, they began a beef program based on Black Angus cattle. Why Black Angus beef? Because Black Angus is known as the gold standard for premium beef-consistently tender and delicious.

Spring Arts & Crafts BAZAAR

Come shop for unique handmade Artwork and Crafts at a River Strand resident artists and crafters fair in time for Spring. Featured gifts are jewelry of many types, photography, books, quilted items, original oil paintings, acrylic landscape and wildlife paintings, fine art, illuminated glass blocks, knitted, felted and crocheted items, and more!

Some of River Strand's finest member artisans will showcase their hand-crafted pieces. Residents can view and purchase the works of these talented artists and crafters of all types. Just in time for Spring! All those who make purchases will be entered to win one of four \$25 River Strand gift certificates.

SATURDAY, MARCH 19

9 AM TO 1 PM

**THE COMMUNITY CENTER
IN THE SANCTUARY**

RIVER STRAND GOLF AND COUNTRY CLUB

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

Lennar Customer Care
866-226-4057

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

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

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

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

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

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
Kasey Dick, LCAM, Condominiums
Phone: 941-747-7261
Email: kdick@TheIconTeam.com

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

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

Golf Course Superintendent
Renze Berg
Phone: 941-748-8626
E-Mail: renzeb@riverstrandgolf.com

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

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

Executive Chef
Radames Febles
Phone: 941-932-8665
E-Mail: radamesf@riverstrandgolf.com

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

Lifestyle Director
Lori Hoppe
Phone: 941-708-3785
E-Mail: admin@riverstrandgolf.com

Administrative Assistant
Bianca Johnson
Phone: 941-708-3837
E-Mail: reception@riverstrandgolf.com

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

