

COMMUNITY MATTERS

Dan Arens, LCAM

Holiday season is rapidly approaching and I am beginning to see a lot of familiar faces back in the community! Please remember that we have updated the policy on the vehicle transponders. If you have not had your vehicle and transponder verified at the administration office your access has been disabled. Please stop by the administration office with your vehicle and your vehicle registration showing proof of ownership for us to update our system, and we can then reactivate your gate transponder.



I have noticed more and more homes up for sale. Please remember that the Association only allows for the green oval "For Sale" sign to be placed in front of your home. If you need the specifications for this sign it is available on the website or at the administrative office. Please inform your realtors that they can not place open house signs anywhere within the River Stand Community.

As you visit the different parts of the Community you will see we were busy completing our summer projects. We recently added digital speed limit signs, which will be moved around within the Community. We also moved the iron gate at the Community Center. We are currently investigating many other projects to enhance the community. If you have any recommendations that you would like to see completed, please feel free to contact me with your suggestions. The interior walls at the Clubhouse have been painted.

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

Mulch and pine straw will be placed in the common grounds throughout the community during the month of November.

Chicks And Flicks



Wednesday, November 2nd at Noon

Meet at the Waterlefe Golf & River Club

1022 Fish Hook Cove, Bradenton, FL

(No Cash Accepted, Please Bring Your Credit Card to Pay for Lunch)

New Faces & Friends are Always Welcome!

Meet & Mingle with your River Strand Neighbors & Friends
at Lunch and Select a Movie from Currently Playing Titles
or Simply Enjoy Lunch with the Ladies.

Car Pooling is Suggested!

Chicks And Flicks is Held the first Wednesday of Every Month, the Lunch Location Changes Every Month.

RSVP to LHoppe@ThelconTeam.com by Monday, October 31st





The October Luncheon at the Polo Grill & Bar.

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. **Dinner service will resume in the dining room on Tuesday evening beginning November 29th.**
- The popular **Lunch Buffet is back!** It will be offered weekdays from 11am to 3pm beginning **Monday, November 14th** and continue during season. Enjoy different delicious choices daily for \$11.95 plus tax & tip.
- **Blue Plate Specials** are available in the Dining Room **EVERY Wednesday Night** in November. See Page 19 for a complete listing of Blue Plate Specials.
- Get a jump start on your Holiday Shopping. Visit the River Strand Holiday Arts and Crafts Fair on Saturday, November 12th. Vendors will be selling various handmade arts and crafts. See page 7 for more information.
- Make Your Reservations Now for our Thanksgiving Buffet on November 24th. See the complete menu on page 17.
- Calling all Football Fans! Only a few tickets remain available for the Tampa Bay Buccaneers & New Orleans Saints Football game on **Sunday, December 11th**. Please call the Administrative Office to make reservations at 941-708-3837. See page 13 for more information.
- River Strand's Holiday Walkabout Progressive Dinner returns on Saturday, December 10th. Don't miss out on this great Holiday event. See page 21 for more information.
- New "Just Show Up" days and times have been established for meeting other residents to enjoy a **Pickleball** game at the courts by the Community Center. See the flyer on page 8 for complete details.
- Save the Date for the **Annual Charity Golf Event at River Strand**. It will be held on **March 13-15, 2017**. See page 16 for more details.
- Get Your Tickets Now for **Rudolph The Red-Nosed Reindeer**, **The Musical** on **Thursday**, **December 22nd** at Ruth Eckerd Hall. For more information see the flyer on page 13.

Complimentary Beginner Mah jongg Classes Held in the Community Center

Kathy Martin has offered to host complimentary beginner Mah jongg classes again this season. Classes meet on Monday evenings from 6:00 pm to 8:00 pm at the Community Center. Mah jongg also is a great way to exercise your mind and socialize with your neighbors. If you have any questions, please contact Kathy Martin at 719-238-9964.



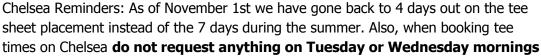
GOLF COMMENTS FROM COREY

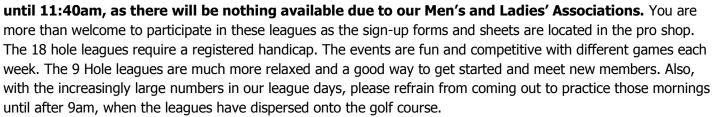
PGA Head Golf Professional, Corey Pion



First of all we would like to welcome back the members who have recently arrived and welcome to all the new homeowners as we look forward to meeting all of you. My door is always open, so please pop in and say hi or introduce yourselves if we haven't met. We hope that you all had a good summer away and are now enjoying the well needed cooler drier air that we

Floridians look forward to.





We are still getting new merchandise arrivals for the upcoming season, come check out some of hottest fashion lines in the industry today. Remember as members you get 20% off all tops, bottoms and headwear. If I don't have your size we can special order any item for you. Additionally, if you want to come look at any of our merchandise catalogs, we can do special orders that way as well.

Golf Course Reminders:

- Range balls must be purchased by 4pm.
- 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.

NOVEMBER GOLF EVENTS

"Fall Fling" 18 Hole Couples Event
November 20th at 1pm—Shotgun Start
"Thanksgiving Day"—Tee Times until Noon
18 Hole Ladies Day

Tuesday at 8:30am—Shotgun Start

9 Hole Ladies' Day

Tuesday at 9am—Shotgun Start

18 Hole Men's Day

Wednesday at 8:30am—Shotgun Start

9 Hole Men's Day

Wednesday at 9am—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)

GOLF RULES TIP OF THE MONTH

LPGA Apprentice, Kristina Wagner

Warm Up Routine

A proper warm up is an essential component for a good round and healthy golf career but it is often overlooked. Many players choose to hit practice balls on the range, but neglect to stretch some of the important muscles and parts of the body that are used during the golf swing. Taking the time before your round to get these parts moving can positively impact certain aspects of your game such as score and technique. It is also important for injury prevention. Below are 9 exercises recommended by the LPGA for a total body warm up that incorporates stability, mobility, strength and power.

- **Step 1: Linear Leg Swings** (8 Reps)- Holding on to a club, stand on one leg and swing the other forward and back. This will help work our stability of the standing hip/leg and of hip mobility of the free swinging leg.
- **Step 2: Lateral Leg Swings** (8 Reps)- Holding the club out in front, now swing the leg laterally from side to side. This really challenges the standing leg/hip to maintain good stability. Make sure the torso stays stable and erect. Repeat Linear and Lateral Leg Swings with the other leg.
- **Step 3: Neck Rotations** (8 Reps)- Standing erect rotate your head over one shoulder and then other (from side to side)
- **Step 4: Arm Circles** (8 Reps)- Standing erect with arms extending straight out from shoulders, with palms up, rotate arms in a circle backwards. Then turn palms down and rotate 8 times forward.
- **Step 5: Shoulder Swims** (8 Reps)- Standing erect with arms extending straight out from the shoulders; clasp hands together out in front of your chest; with elbow up to shoulder height circle elbows alternately 8 times in a forward circle (freestyle pattern) and then circle elbows alternately 8 times in a backward circle (backstroke pattern).
- **Step 6: Side Bends** (8 Reps)- Standing erect with the arms over head and holding a club up with hands wider than shoulder width, bend down to one side laterally as far as you can and then to the other side for one repetition.
- **Step 7: Separation Swings** (8 Reps)- Get into a nice athletic stance with a wide base and arms out horizontal to the floor. Keeping the lower body still and quiet, swing the upper body from side to side. Maintain the separation of the upper and the very stable lower body. We are warming up the core, the oblique muscles, and rotators of the body.
- Step 8: 180 Degrees (8 Reps)- Now in a bigger movement pattern of the separation swing we are going incorporate the legs. We are going to turn our hips and shoulders together with the club swinging on the horizontal plane of 180 degrees in both directions.
- **Step 9: Loaded Swings** (8 Reps)- Swinging first on the opposite that you originally play (ex. left-handed for a right- handed player), stabilize your lower body into the backswing then fire the hips into the forward swing. The opposite side is done to have balance on both sides of the body or symmetry. Then repeat in the direction of your normal swing.

Follow these 9 steps to reach your full potential on the golf course! For any demonstrations on how to properly execute these movements, see Kristina in the golf shop.

Ladies Golf Opening Day November 1st



18 Hole is at 8:30am with a Shotgun Start 9 Hole is at 9:00am with a Shotgun Start

Sign up in the Pro Shop. Deadline to sign up for is Thursday, October 30th

TENNIS NOTES FROM NATE

USPTA Director of Tennis, Nate Griffin

Reducing Unforced Errors in Tennis

Generally speaking, most tennis matches aren't "won", they are "lost". What I mean by this is that for the average club player statistics (2.5-4.0 rated players) way more points are won by unforced errors than winning shots. The statistics show that 70% to 80% of points won at this level are from unforced errors. This is why most "pushers" and "retrievers" are so extremely effective at the club level. If you can run and get a high percentage of shots back in play, you will win a lot of matches. On the other side of that, if you have decent movement, and you like to go for the more difficult shots, and you can't make a high percentage of them, you will lose a lot of matches, even if you have more power than your opponent.

The game of tennis really hasn't changed that much over the years, other than the use of polyester strings which allows players to control the ball easier with spin. This has forced the higher levels of tennis players to be more physically conditioned as the points are now longer on average on the ATP and WTA tours.

For the average club tennis player, the game is virtually the same as it always has been, and the laws of physics are the same. Most players attempt to hit the ball to close to the net, to hit the ball too hard, too close to the lines, and they try shots that they shouldn't try in the match. Frustration will continue to happen as the players scold themselves by misdiagnosing the problem. They tell themselves to "watch the ball," or to "bend their knees," or "take their racquet back farther." None of these are necessarily "bad ideas," but they aren't going to help you lower your unforced errors.

Here are a few tips:

To get the ball in play more often, you have to build patience and learn to be "ok" with just putting the ball back into a neutral position, over and over!

Learn how to either hit the ball slower and higher over the net, or learn how to hit more topspin so that you can swing aggressively and yet keep the ball inside the lines.

Get in better shape! Learn to do tennis specific workouts in the gym, or with running, biking, swimming, cross training or walking. Learn to eat healthier foods, so you have more energy and more confidence to stay

involved in the longer points. This will help you avoid trying to go for a winner too early in the point because you don't want to get fatigued.

Learn how to play "high percentage tennis." This means understanding hitting more balls cross court, not hitting too close to the lines, not trying to hit a ball hard when it is at your feet, hitting a lob when you are out of position, and using touch and spin to control the ball.

Want to learn more on how to play high percentage tennis? Come on over to the Tennis Shop and take a clinic or lesson from one of our pro's, we are happy to help out!

UPCOMING EVENTS

Friday, November 18th

Kids Night Out - \$20 per child (tennis, pizza, movie) 5pm - 9pm

Event Sign up at www.makeclubreservations.com



RIVER STRAND TENNIS PROGRAMS

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

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

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

Abdul's 90 minute drill and play – Tues. & Thurs. 8:00–9:30am, \$20 per class Monday Clinic – Monday, 11:00–12:00am, \$15 per class

Tuesday's with Abdul Clinic – Tuesday: 6:00–7:00pm. \$15 per class

Thursday's with Nate Clinic – Thursday: 6:00–7:00pm. \$15 per class

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

Gary's Intermediate Clinic - Friday, 5:30–7:00pm, \$15 per class

Shot of the week - Saturday, 8:00-8:30am (Free)

Scott's 3.5-4.0 Clinic - Sunday, 10:00–11:30am, \$20 per class

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

Morning Doubles: Mon., Wed., Fri., and Sat., 8:30-10:00am, cost: \$2

Men's Night: Tuesday, 7:00–9:00pm, cost: \$2 Mixed Doubles Night: Thursday, 7:00–9:00pm,

cost: \$2 (sign up with partner)

Men's 4.0/4.5 Day: Sunday, 8:00-10:00am,

cost: \$2

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 – Gary Coulter

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

(buy 5, get 1 free)

TENNIS PRO SHOP HOURS

Monday-Friday, 8:00am – 7:00pm Saturday and Sunday, 8:00am – 3:00pm Email: ngriffin@TheIconTeam.com Pro Shop Phone: 941-932-8680 Signing up for the 1st time at www.makeclubreservations.com, facility code: river1, member type: annual

COURT HOURS

All days - 7am - 9:30pm



Come shop for unique handmade Artwork and Crafts at a
River Strand resident artists and crafters fair in time for holiday gifts.
Featured gifts are jewelry of many types, photography, books,
original oil paintings, home décor items, handcrafted pens, quilted items
illuminated glass blocks, leather purses, ceramics, holiday items and more!

Some of River Strand's finest member artisans will showcase their handcrafted gifts and artwork. Residents can view and purchase the works of these talented artists and crafters of all types. Just in time for Christmas!

All those who make purchases will be entered to win one of four \$25 River Strand gift certificates.





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 6:00pm the night before the event. Men's night and Mixed night players must cancel no later than 1:00pm 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 (Nov 1-April 30) and \$5 per player (May 1-Oct 31).
- House guest fees are \$5 per player, regardless of season.
- 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.

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, midriffs, jerseys, cargo shorts or bathing suits. Men - shirts are required.
- Please refrain from loud conversations that distract the adjacent courts
- Please close the gates and turn off the lights after play.



"Just Show Up" Days and Times

This is for Pickleball players of all levels, just show up and find a game and play!

Monday and Wednesday
6:00pm — 7:00pm
Tuesday, Thursday & Saturday
9:00am — 10:00 am

No need to sign up, just come down to the courts, meet some new players, and play some Pickleball!

River Strand Breast Cancer Awareness Tennis Day Benefiting Susan G. Komen



October 7th was a wonderful day of tennis and these residents took advantage by participating in the River Strand Brest Cancer Awareness Tennis Day to benefit the Susan G. Komen for the cure.



Pictured right to left. Patricia Springer & Marti Salerni enjoy the tennis tournament on October 7th.



Jeff and Sandy Shallcross enjoy a round of doubles on October 7th.



Maresol Wehner concentrates on the match.



Dottie Wiencek and Tee Thomas prepare to receive a serve during a doubles match.

GOLF COURSE MAINTENANCE REPORT Renze Berg, GCSA

The cooler weather is upon us and the courses have healed from all the cultural practices needed to provide a healthy playing surface. During the month, we will fertilize all three of the courses, add sand to most of the greenside traps and then move onto fairway traps. We will have the pine straw applied during the first week

in November which will take three to four days to complete. The flowers we had installed are salmon sunpatiens and bordered with lavender cuphea which should last us into February. Remember that since we are not overseeding tees and fairways this season, we all need to do our part by avoiding worn down and staked off areas of the golf course. Please repair your ball marks and fill your divots for the benefit of the other golfers playing behind you. If you have any concerns please let us know. Enjoy the courses.

NEWS FROM THE DINING ROOM Food & Beverage Manager, Wendy Wallis

The **Lunch Buffet** will return on Monday, November 14th weekdays from 11am to 3pm during season. Enjoy our delicious daily dish choices! \$11.95 plus tip & tax.

The Grill Room will be open for Dinner Service on **Tuesday Evenings** beginning November 29th. Hours of operation will be 5:30pm to 8:00pm.

Thanksgiving Week Hours:
Wednesday, November 23rd,
11am-5pm
Thursday, November 24th,
11am-5pm
(Buffet Service Only, See Page 17.)
Friday, November 25th,
11am-7pm

A reminder that 2 for 1
Happy Hour is from
11am to 7pm daily in
the Clubhouse!



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

The smell is in the air telling us autumn is around the corner and with that TruScapes Industries, Inc. wishes to welcome everyone to our fourth quarter news article. As our plants are preparing for the cooler drier weather quickly approaching our team members are also preparing and below we explain what everyone can expect concerning our services during the fall months and start of winter.

This quarter (October – December) most will notice that we go from weekly mowing events to every-other-week mowing event throughout St. Augustine and Bahia turf areas around the community. The bed edging frequencies will also be reduced to keep from enlarging your plant beds further than desired during the slow growing patterns of the turf. Our ornamental bed weeding frequency will remain the same at monthly service intervals of mechanical means and herbicide applications for the smaller less noticeable weeds.

Our trimming technicians will be more nurturing of the ornamental plants being a bit more selective and less aggressive during the pruning events. We want to make sure we leave enough leaf tissue on the plants to help preserve them during the cooler months and start of the winter later this quarter. We will also be allowing for some blooms to be enjoyed by many residents returning to their winter homes. All that in mind plays a huge role for the curb appeal of the community combined with a fresh coat of mulch historically applied during the month of November/December to really freshen the look of all the yards.

The irrigation technicians will be preforming the usual monthly inspections of the watering system and cleaning the VU flow filters where it applies. They will also make adjustments to the seasonal settings on the timer as we move deeper into the drier and cooler season. For most, there will not be a noticeable difference in the shorter irrigation run times and weeks of skipped irrigation cycles depending on the amount of precipitation experienced and or cool temperatures. We all know the cooler the temperature the less likely we would need to water for long periods of time. As I am sure we've read before, we want to be mindful that too much water can be as bad as not enough water as this contributes too many aquatic lawn weeds and can lead to fungus in the following months especially if we experience a very cold winter.

As we leave the heavy rains and hot weather in our rearview mirror we come out of our fertilizer black out period also known as the nitrogen fertilizer ban months in our county. Many will notice our techs busy at work the month of October making granular applications of turf fertilizer followed by the ornamental plant bed fertilization. This process will be repeated in December. By doing this, it will preserve the green appearance of the already established lawns and provide the energy and color to the younger lawns are in need of by also driving roots deep into the ground. It is critical and important to us that we strengthen the turf grass for any potential freeze we may experience before the end of the year. Our trained technicians will also be looking for any fungus activity in the lawns following fertilization applications when it's more common to occur.

In walking, driving and meeting with residents on occasions I know that there are allot of green thumbs in the community that like to keep busy around their gardens digging their seasonal flower beds. With that in mind, you may wish to look into planting Geraniums, Impatiens, Begonias, Pansies and or Petunias...winter for us in Florida gives us a wide range of annual flowers to splash lots of color around our gardens.

We wish everyone in the community a joyful fall and winter surrounded by friends and family as the holidays quickly approach.

FOOD & BEVERAGE CALENDAR NOVEMBER 2016

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

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BLUE PI EVERY WEDNES See Page 17 for a c for the Month of	omplete listing	1 Lunch 11am-5pm Bar 11am-7pm	Lunch 11am-4:30pm Dinner 5:30pm-8pm	3 Lunch 11am-4:30pm Dinner 5:30pm-8pm	Lunch 11am-4:30pm Dinner 5:30pm-8pm Live Entertainment 6:30pm - 8:30pm	5 Lunch 11am-5pm Bar 11am-7pm
6 Lunch 11am-5pm Bar 11am-7pm Fall Back Daylight Savings Time	7 Lunch 11am-5pm Bar 11am-7pm	8 Lunch 11am-5pm Bar 11am-7pm	9 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 6:30pm - 8:30pm	12 Lunch 11am-5pm Bar 11am-7pm
13 Lunch 11am-5pm Bar 11am-7pm	Lunch 11am-5pm Lunch Buffet Returns 11am to 3pm Bar 11am-7pm	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 6:30pm - 8:30pm	19 Lunch 11am-5pm Bar 11am-7pm
Lunch 11am-5pm Bar 11am-7pm Fall Fling Golf Outing 1pm	Lunch 11am-5pm Bar 11am-6pm New Year's Eve Tickets Go on Sale at Noon	22 Lunch 11am-5pm Bar 11am-7pm	23 Lunch 11am-5pm Bar 11am-5pm	24 Bar 11am-5pm Thanksgiving Buffet 11am-3pm Reservations Required (No Regular Dinner Menu)	Lunch 11am-4:30pm Dinner 5:30pm-7pm Live Entertainment 6:30pm - 8:30pm	26 Lunch 11am-5pm Bar 11am-7pm
27 Lunch 11am-5pm Bar 11am-7pm	28 Lunch 11am-5pm Bar 11am-7pm	29 Lunch 11am-5pm Dinner 5:30pm-8pm	30 Lunch 11am-4:30pm Dinner 5:30pm-8pm	Than	tappy ksgiv	ing



Sunday, December 11, 2016

Pregame Tailgate Party & 1:00pm Game \$120 per person



VS



Join your fellow River Strand football fans to a trip to Raymond James
Stadium! You will be picked up by a First Class Coach bus at the
Clubhouse prior to the game. A ticket to the Pre-game Tailgate party with an
all-you-can-eat buffet along with water, soda, beer and wine, plus live band
performances. And finally, a ticket to the Buccaneers game located in the
200 lower level section near Buccaneer Cove and the end zone.



Don't Miss Out!!

Call the 941-708-3837 or email LHoppe@theiconteam.com to reserve your tickets today!



Thursday, December 22, 2016 At Ruth Eckerd Hall \$85 Per Person

Performance begins at 7:30pm Bus Departs River Strand at 3:30pm sharp Tickets are limited!

Price includes coach bus trip to performance and a dinner buffet with your choice of two entrees and one beverage at 5:30pm.

For Reservations Call 941-708-3837 or email LHoppe@theiconteam.com

Are You Interested in Discovering Your Family Tree?



BEGINNING GENEALOGY

"How to start researching your ancestors"

Presented by Carolyn Grinton

Thursday, November 10, 2016 at 2:00pm in the Clubhouse Card Room



Trivia

Tuesday, November 15th

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

Beef Tips with Mushrooms, Garlic Mashed Potatoes and Roasted Vegetables

No Regular Dinner Menu,
Reservations Required with Credit Card

FITNESS & SOCIAL CALENDAR NOVEMBER 2016

*Denotes Clubs/C	Classes Meeting at the	Community Center				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <u>Tai-Chi</u> 9am <u>Walking Club</u> 9am <u>Bible Study</u> 10am* <u>Bands & Butts</u> 10:30am <u>Zumba-Aqua</u> 10:30am <u>Texas Hold-Em</u> 5:20pm*	2 Fit 4 Life 8am Mah jongg 9am* Aqua Fit 9:15am Golf Yoga 9:30am Zumba Tone/Step 10:30pm Chicks and Flicks 12pm Neighborhood Watch 3:30pm* Mixed Bridge 5:30pm	3 <u>Tai-Chi</u> 9am <u>Walking Club</u> 9am <u>Yoga Stretching</u> 9am <u>BUNCO</u> 9:30am <u>Bands & Butts</u> 10:30am <u>Golf Committee</u> <u>Meeting</u> 3pm <u>Book Club</u> 5:30pm* <u>Veterans</u> 6:30pm	4 <u>Yoga</u> 9am <u>Bridge</u> 9:30am <u>Zumba-Aqua</u> 10:30am <u>Knitting Club</u> 2pm*	5 <u>RS Striders</u> <u>Walking Club</u> 9am - Pavilion <u>Golf Yoga</u> 11:15am
6 Fall Back Daylight Savings Time Ends	7 Fit 4 Life 8am Aqua Fit 9:15am Golf Yoga 9:30am Bridge 9:30am Zumba 10:30am Yoga 4pm Mah jongg 6pm*	8 Tai-Chi 9am Walking Club 9am Bible Study 10am* Bands & Butts 10:30am Zumba-Aqua 10:30am RSCCC 4:30pm Texas Hold-Em 5:20pm*	9 Fit 4 Life 8am Mah jongg 9am* Aqua Fit 9:15am Golf Yoga 9:30am Zumba Tone/Step 10:30pm Mixed Bridge 5:30pm*	10 Tai-Chi 9am Walking Club 9am Yoga Stretching 9am Bands & Butts 10:30am Beginning Genealogy Seminar 2pm	11 Yoga 9am Bridge 9:30am Zumba-Aqua 10:30am New Member Orientation 2pm	12 <u>RS Striders</u> <u>Walking Club</u> 9am - Pavilion <u>Holiday Arts & Crafts</u> <u>Bazaar</u> 9am* <u>Mommy & Me</u> <u>Fitness</u> 9:30am <u>Golf Yoga</u> 11:15am
13	14 Fit 4 Life 8am Aqua Fit 9:15am Golf Yoga 9:30am Bridge 9:30am Zumba 10:30am Yoga 4pm Mah jongg 6pm*	15 Tai-Chi 9am Walking Club 9am Bible Study 10am* Bands & Butts 10:30am Zumba-Aqua 10:30am Texas Hold-Em 5:20pm*	16 Fit 4 Life 8am Mah jongg 9am* Aqua Fit 9:15am Golf Yoga 9:30am Zumba Tone/Step 10:30pm Mixed Bridge 5:30pm* Fitness 101 6pm*	17 Tai-Chi 9am Walking Club 9am Yoga Stretching 9am BUNCO 9:30am Bands & Butts 10:30am Book Club 5:30pm*	18 Yoga 9am Bridge 9:30am Zumba-Aqua 10:30am Knitting Club 2pm* Kids Night Out Tennis Event 5pm	19 RS Striders Walking Club 9am - Pavilion Golf Yoga 11:15am
20 Fall Fling Golf Outing 1pm Girl's Night Out 6pm*	21 Fit 4 Life 8am Aqua Fit 9:15am Golf Yoga 9:30am Bridge 9:30am Zumba 10:30am Yoga 4pm Mah jongg 6pm*	22 Tai-Chi 9am Walking Club 9am Bible Study 10am* Bands & Butts 10:30am Zumba-Aqua 10:30am Texas Hold-Em 5:20pm*	23 Fit 4 Life 8am Mah jongg 9am* Aqua Fit 9:15am Golf Yoga 9:30am Zumba Tone/Step 10:30am Mixed Bridge 5:30pm*	24 Tai-Chi 9am Walking Club 9am	25 Yoga 9am Bridge 9:30am Zumba-Aqua 10:30am Budget & Finance Committee 6:30pm*	26 RS Striders Walking Club 9am - Pavilion Mommy & Me Fitness 9:30am Golf Yoga 11:15am
27	28 Fit 4 Life 8am Aqua Fit 9:15am Golf Yoga 9:30am Bridge 9:30am Zumba 10:30am Yoga 4pm Mah jongg 6pm*	29 <u>Tai-Chi</u> 9am <u>Walking Club</u> 9am <u>Bible Study</u> 10am* <u>Bands & Butts</u> 10:30am <u>Zumba-Aqua</u> 10:30am <u>Texas Hold-Em</u> 5:20pm*	30 Fit 4 Life 8am Mah jongg 9am* Aqua Fit 9:15am Golf Yoga 9:30am Zumba Tone/Step 10:30am Mixed Bridge 5:30pm*	Ciro (The	DES





November Fitness and Social Activities

FITNESS

AQUA FIT: 9:15 am on Monday and Wednesday at the Clubhouse Pool. Classes are \$7

BANDS & BUTTS: 10:30 am on Tuesday and Thursday at the Clubhouse Fitness Room. Bands & Butts is full body

strength training for a stronger, leaner, fit body. Classes are \$10.

FIT 4 LIFE: 8:00 am on Monday and Wednesday in the Clubhouse Fitness Room. Classes are \$7. FITNESS 101: 6:00 pm on Wednesday, November 16th in the Community Center Fitness Room.

Learn the Basics of Exercise. See page 19 for more information.

GOLF YOGA 9:30 am on Monday & Wednesday. 11:15 am on Saturday in the Clubhouse Fitness Room.

Classes are \$15. (Attendees must register in advance at sagejohnson@comcast.net)

MOMMY & ME FITNESS: 9:30 am on Every other Saturday in the Clubhouse Fitness Room. Classes are \$10. RIVER STRAND STRIDERS: 9:00 am on Tuesday, Thursday and Saturday at the Pavilion in Central Park. TAI-CHI: 9:00 am on Tuesday & Thursday at the Pavilion in Central Park. Classes are \$5.

YOGA: 4:00 pm on Monday & 9:00 am on Friday in the Clubhouse Fitness Room with Kathy Rome

YOGA STREACHING: 9:00 am on Thursday in the Clubhouse Fitness Room with Denise Paska.

ZUMBA: 10:30 am on Monday in the Clubhouse Fitness Room. Classes are \$5 or \$7 for 1st time.

ZUMBA-AQUA: 10:30 am on Tuesday & Friday at the Clubhouse Pool. Classes are \$5 or \$7 for 1st time.

ZUMBA TONING/STEP MIX: 10:30 am on Wednesday in the Clubhouse Fitness Room. Classes are \$5 or \$7 for 1st time.

SOCIAL

*PLEASE NOTE SOCIAL GROUPS MEETING AT THE COMMUNITY CENTER. PLEASE REVIEW THOSE AND THEIR START DATE BELOW:

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

719-238-9964 if you have questions.

BIBLE STUDY 10:00 am on Tuesday at the Community Center. "Journey Thru the Bible" w/Dr. J. Michael Ramage.

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)

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

BUNCO: 9:30 am the first and third Thursday of the month in the Clubhouse Card Room.

CHICKS AND FLICKS: First Wednesday of every month. This month Wednesday, November 2nd meet at Waterlefe Golf

& River Club at Noon followed by a movie of your choice. See page 2 for more information.

GIRLS' NIGHT OUT: 6:00 pm on Third Sunday of the Month at the Community Center. See flyer on Page 17

for more information.

GOLF COMMITTEE MEETING: 3:00 pm on the First Thursday of the month in the Clubhouse Conference Room.

KNITTING CLUB: 2:00 pm-4:00 pm at the Community Center meets first & third Friday of the month. **If you are**

interested in Free Beginner Knitting Lessons, please call Shirley Goss at (941)251-6416 to

schedule a time.

LADIES 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.

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

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

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.

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 Clubhouse Conference Room.



IMPORTANT ANNOUNCEMENT! IMPORTANT ANNOUNCEMENT!

IMPORTANT
ANNOUNCEMENT!

In the River Strand September Newsletter, an announcement was posted regarding a change in policy respective to the food minimum at River Strand. The newsletter stated that the end date for use of your food minimum was being moved.

KEY POINTS FOR RESIDENT TO KNOW REGARDING THE CHANGE IN POLICY FOR THE FOOD MINIMUM

- If you have not used all of your required food minimum for 2016 by December 31, 2016, your remaining balance for 2016 will need to be used by March 31, 2017.
- All River Strand resident accounts will have a one time food minimum of \$125, that covers the 1st quarter (Jan.— March 2017). This minimum should be used by March 31, 2017.
- If there is a food minimum balance remaining from either 2016 or the 1st quarter of 2017, that remaining balance will be charged to the unit owners account on March 31, 2017.
- The new food minimum requirement of \$500 will run from April 1, 2017 thru March 31, 2018.







River Strand Ladies Bridge

Bridge meets at 9:30am to Noon on Monday and Friday and ends around noon. To play contact Kathy Merucci at 248-361-6409 /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.

Save the Date

Holiday Buffet & Social at River Strand with a Performance by the Diane Partington Studio of Classical Ballet on December 14, 2016

> Swan Lake Ballet at Van Wezel Performing Arts Hall on February 28, 2017

Tampa Bay Lightning Game vs. Edmonton Oilers on February 21, 2017

TRANSITION COMMITTEE CHAIRMAN INFORMATION

Committee Name Chairman
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.



November Specials

November 2nd - Creole Jambalaya

November 9th -

Fried Pork Chop with Mashed Potatoes

November 16th-

Beef & Broccoli over Jasmine Rice

November 30th -

Chicken Enchilada Casserole



Girl's Night Out

Sunday, November 20th

6pm to 9pm Community Center 6835 Willowshire Way



Please bring six one dollar bills for LCR game.

Bring a hearty appetizer or small covered dish 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!

Due to the number of holiday activities in December this group will not be meeting in December. Girl's Night Out will meet again the 3rd Sunday in January.

A River Strand Resident Event!



October Girl's Night Out Event

Food & Beverage News

Member Charge Accounts:

To insure accurate billing and application of your food minimum, please present your member identification card at all outlets, when charging to your member account.

Thank you!



FITNESS 101

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!

EQUIPMENT 101

Wednesday, November 16th at 6:00 pm Fitness Room at the Community Center

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

Hand Weight Recumbent Bike Barbell Leg Press Weighted Ball Stretch Cage Foam Roller **Abdominal** Stability Ball Hip Abductor/Adductor Bosu Ball Leg Extension Ab Roller Seated Leg Curl Lat Pull Bands Kettlebell **Overhead Press** Elliptical **Chest Press** Treadmill

Residents Enjoy Free Pickleball Clinic

River Strand residents gather together for a group photo during the Pickleball clinic that was held on Saturday, October 15th.





Residents review rules and procedures before they pair up and play a quick game at the Pickleball courts.

Club **Connections**

Lifestyle Director, Lori Hoppe

Welcome to our newest members!

Stop by the Conference Room at the clubhouse for our New Member Orientation.

These informative sessions take place at 2pm on the first Friday of every month. However, this month it will take place on November 11th. Attending the Orientation is a great way to meet other new members and get your River Strand bearings.

your raver outline bearings.
Stanley & Linda Nachimson
Amber & Ted Thomsen
Christopher & Wendy Hays
Carol Monville
George & Julia Henry
Albert & Susan Kinal
Mohammed & Jody Rayan
David & Ruby Wicklund
Kirk & Monika Gustie
Paul & Denise Henne
Ralph & Mary McIntyre
Paul & Susan Lula
Mark Mahoney
Kathleen Cooke
Kathleen Cooke
John Iacobelli
Douglas & Mary Becker
Sujay & Roopa Maniktala
John Drysdale
William & Cynthia Cannon
Kristal Meisinger
John La Due & Karen Kivelin
Larry & Lynn Finck
Tracy Whitehouse

STRAND POND REPORT

George Colbath, Biologist, Pond Professional, LLC

We would like to update the residents regarding the record high temperatures we have experienced this summer and what that may mean for the community retention ponds and options we have for successive summers. First of all, we have experienced 13 straight months of record highs and in the course of our activities through August, I have taken water samples in excess of 85-90 degrees F. What does that mean for the pond health? First of all, as air temperatures rise so to does the water temperatures. When they get above about 80 degrees Fahrenheit, numerous species of algae and cyanobacteria thrive and exponentially multiply and release. As water tempera-



tures exceed 87 degrees, numerous species of bacteria begin to increase and thrive. High water temperatures also mean that the water holds less dissolved oxygen as well, making for a more stressed environment for the fish. Algae further reduces the dissolved oxygen as well.

With worsening weather conditions within the state and our water bodies, it is ever more crucial that we try and limit our fertilizer usage, debris runoff and try and maximize the aquatic plant health and propagation. Aeration is another way we may enhance the overall water quality and dissolved oxygen levels and minimize fish kills. This will keep fish kills such as we are currently seeing at our beaches to a minimum. Monitoring the fish populations over successive years is also another way to limit stress and minimize fish kills. native aquatic plants can help shield the shallow areas from the heat and list where algae can thrive as well as utilize nutrients that may otherwise be used by nuisance weeds or algae.

When we are experiencing high temperatures above 90 degrees, please avoid submerging any mucus membrane within the water of a retention pond so as to avoid any bacterial infections. While we have not documented any reported incidents such as this in the area, they are increasing statewide and we will keep you updated on further occurrences. As fall approaches and temperatures more normalize, we should see a decline in algae and bacterium throughout Manatee County.



The Second Annual River Strand Holiday Walkabout

Saturday, December 10, 2016 starting at 4:30 in the afternoon

Residents of River Strand are invited to the second annual Holiday Walkabout. On this very special occasion, many residents open their homes to share appetizers and desserts with other residents of River Strand. The event will begin at 4:30 on Saturday afternoon, December 10th. It's a day-into-evening affair. If you want to participate, please sign up at email <u>rswalkabout@gmail.com</u> with your name(s), address, phone and host-yes or no.

Sign-up will begin on Monday, October 17rd and end on Monday, November 28th.

We expect a large turn out this year. So, please, if you can, it would be very helpful if you could sign up early. This event is open to residents only. However, singles are welcome to invite a guest. Also, if two singles want to be assigned together, please be sure to sign up together. When you sign up, please indicate whether you want to be a host home. We need at least 60 host homes again this year. Shortly after Thanksgiving, you will receive more information about where you will be enjoying your appetizers and desserts and what you will be asked to contribute to one of the homes — appetizers or desserts. If you have any questions about this event or special circumstances that are important to you, please contact Stan Zimmer by email rswalkabout@gmail.com or call 941-405-4321.



HOST HOMES

- The primary function of the host home is to provide a place for 10 to 14 people to gather for ninety minutes.
- Participants from three households (including the host home) will be assigned to bring enough food (appetizers or desserts) for 14 people at one of the homes.
- Each guest supplies his/her own beverage of choice throughout this event.
- A host home needs to make available glasses, small plates, napkins, forks and spoons, as needed. Paper goods are very acceptable.

We expect to need at least 60 host homes again this year. Please, consider opening your home to your neighbors for this event.

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

Tennis Shop Monday-Friday, 8:00 am-7:00 pm Saturday & Sunday, 8:00 am-3:00 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

Community Association Managers

<u>Dan Arens, LCAM</u>, River Strand

Phone: 941-932-8663

E-Mail: DArens@ThelconTeam.com

Matt Koratich, LCAM, Condominiums/Heritage Harbour

Phone: 941-747-7261

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

Phone: 941-747-7261

Email: KDick@ThelconTeam.com

<u>General Manager</u> 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

<u>Director of Tennis</u>
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: 941-932-8671

E-Mail: LHoppe@ThelconTeam.com

Administrative Office

Angela Duncan & Tara Scheid

Phone: 941-708-3837

E-Mails: RSreception@ThelconTeam.com &

admin@riverstrandgolf.com

Concession Supervisor

Laura Kommick

Phone: 941-708-3837, ext. 110

