

The Strand

September 2015

eNewsletter for the Members of River Strand Golf and Country Club

H A P P Y

LABOR

DAY

**Connect with your
Clubhouse and Community**

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



VS.



Tampa Bay Buccaneers vs. New Orleans Saints

Sunday, December 13th

Game Time at 1:00 pm

\$100 per person includes transportation, tailgate party before the game at the stadium with all you can eat and drink, seat in lower level section 244 near Buccaneer Cove and \$10 food and beverage voucher.

Tickets are limited. RSVP by September 30th to tamp@riverstrandgolf.com or call 941-932-8669.



COMMUNITY MATTERS

Dan Arens, LCAM



The Strand

"The Association is in the process of adding a new Resident Only gate at the intersection of Port Harbor Parkway and Grand Estuary Trail."

We are in full swing of hurricane season! Please remember that shutters are not allowed to be put up prior to the National Weather Service issuing a hurricane watch for the County or Municipality. These shutters must be taken down within 72 hours after such hurricane watch expires. The Association does not hang residents shutters, so please be sure to have someone scheduled to do so if you are not residing in River Strand during this season.

We have installed 4 additional doggy depot stations in the community. Please feel free to grab a bag and use the trash can to

dispose of your pet waste. We will empty the containers on a regular basis.

The Association is in the process of adding a new Resident Only gate at the intersection of Port Harbor Parkway and Grand Estuary Trail. By adding this gate, we will require all guests of residents to enter through the guard house. Please be sure to report anyone you believe to be tailgating through a gate/barrier arm to Management. We have had several residents report such actions in the past and have seen a decline in the amount of gate strikes within the past month.

In the last few news articles we referenced www.nextdoor.com as great tool to communicate with your neighbors. Once again, this website is not managed by the club and the club has no affiliation with this website. However, this is a great place to ask for

advice, place classified ads, or get to know some of your neighbors.

A few quick reminders:

- There is no walking, biking, or exercising your pets allowed on the golf course.
- Single family owners - It is your responsibility to cut any palm tree over 15' tall, as well as pressure wash your roof.
- Please close umbrellas at the pool after you have used them.
- There is no street parking allowed at any time.

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



Did You Know...?

New Ice and Water Dispensers This Month

New water/ice dispensers will be installed at the 3 golf rest shelters on 6 Tributary, 4 Estuary, 4 Sanctuary in September.

Golf Course Closures

The Tributary, Estuary and Sanctuary courses and driving range will be closed from October 26-28 for maintenance.

Casual Dining Comes to River Strand

Come check out the new Wednesday night menu! It features multiple price points and casual fare, not to mention more appetizers! If things go well, we might feature this menu on Monday and Tuesday evenings over season. Support your club while we recognize your requests.

6...Count Them...6 Pools in River Strand! 2 More on the Way!

Did you know we currently have 6 swimming pools in our community with 2 more planned? Any member can visit any pool, it doesn't have to be the one closest to where you live. So find the one that feels the most comfortable and socialize while getting your dose of vitamin D.

Nice Day For a Walk?

If so, please utilize the sidewalks when walking rather than the roadways; for your own safety and the safety of the drivers and vehicles on the roadways.

Dining Reservations

Please remember to let us know when you plan to come for dinner by making an advance reservation. It allows us to have the staff and food prep on hand in accordance with the guest count to make your dining experience all it can be.

Reminder:

Yard debris pickup day is on Wednesday. Yard waste must be placed not more than three (3) feet from the road or curb and will be collected by Manatee County between the hours of 6am and 6pm. It must be tied, bundled or in 32 gallon trash bags or a 32 gallon trash container. Debris cannot be longer than 4 feet, no branches wider than 6 inches. Each bag cannot weigh more than 50 pounds and household waste cannot be co-mingled.

KITCHEN CONNECTION

Chef de Cuisine, Esteban Herrera



Red Wine Braised Short Ribs

"These short ribs are even better when allowed to sit overnight"

Servings: 6

Ingredients

- 5 pounds bone-in beef short ribs, cut cross-wise into 2-inch pieces
- Kosher salt and freshly ground black pepper
- 3 tablespoons vegetable oil
- 3 medium onions, chopped
- 3 medium carrots, peeled, chopped
- 2 celery stalks, chopped
- 3 tablespoons all-purpose flour
- 1 tablespoon tomato paste
- 1 750 ml bottle dry red wine (preferably Cabernet Sauvignon)
- 10 sprigs flat-leaf parsley
- 8 sprigs thyme
- 4 sprigs oregano
- 2 sprigs rosemary
- 2 fresh or dried bay leaves
- 1 head of garlic, halved crosswise
- 4 cups low-salt beef stock

Preparation

Preheat oven to 350°. Season short ribs with salt and pepper. Heat oil in a large Dutch oven over medium-high. Working in 2 batches, brown short ribs on all sides, about 8 minutes per batch. Transfer short ribs to a plate. Pour off all but 3 Tbsp. drippings from pot.

Add onions, carrots, and celery to pot and cook over medium high heat, stirring often, until onions are browned, about 5 minutes. Add flour and tomato paste; cook, stirring constantly, until well combined and deep red, 2-3 minutes. Stir in wine, then add short ribs with any accumulated juices. Bring to a boil; lower heat to medium and simmer until wine is reduced by half, about 25 minutes. Add all herbs to pot along with garlic. Stir in stock. Bring to a boil, cover, and transfer to oven.

Cook until short ribs are tender, 2–2½ hours. Transfer short ribs to a platter. Strain sauce from pot into a measuring cup. Spoon fat from surface of sauce and discard; season sauce to taste with salt and pepper. Serve in shallow bowls over mashed potatoes with sauce spooned over.



Our new summer Wednesday night dinner menu, that's what! Preview it on page 13 and then head over to the clubhouse for more appetizers and a wider range of pricing.

CHICKS AND TRIPS

September 16th, 11am

LUNCH AND SHOPPING
ON ST. ARMAND'S CIRCLE

SAVE THE DATE!

DETAILS COMING SOON!

GOLF UPDATE

PGA Head Professional, Corey Pion

Hopefully the rainy season has come to an end, or close to it. This was the rainiest stretch of weather in our club's history. Many thanks to Jamie and his maintenance crew for doing their best to keep up with the challenges of all that rain.

Our junior camps have come to an end with the start of the school year. We had great participation so thank you to all who attended or referred someone to us. We look forward to next summer and hopefully more kids as we look to expand and offer more for those who participate.

Season will be here before we know it and with that being said, if any of you are having problems with the Chelsea system, or have any questions about it, please let me or my staff know. This way we can get you more comfortable using our Tee Time System before season approaches.

GOLF TIP OF THE MONTH

PGA Head Professional, Corey Pion

Punch Shots: If you ever find yourself in the woods or playing in windy conditions you need to be able to hit a punch shot, or keep the ball low. With the proper technique, these shots can be very simple. You may even find yourself using them even when you aren't in trouble.

Use a technique similar to a long pitch shot. When setting up, place a little weight on your front foot, with your stance a little open. Place your feet so the ball is a little back of center. Keep your hands forward and the club face square. The motion of your swing should be much shorter than a full swing. As a rule of thumb, use three-quarters motion on both your back swing and follow-through.

Punch shots are well worth practicing. A well-executed punch shot is particularly useful in bad weather and on recovery shots. With time and practice, you will be able to make these shots with ease and save some critical strokes on your scorecard.



LABOR DAY in the United States is a holiday celebrated on the first Monday in September.

*Labor Day Parade,
New York's Union
Square, 1882*

It is a celebration of the American labor movement and is dedicated to the social and economic achievements of workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of their country.

Labor Day was promoted by the Central Labor Union and the Knights of Labor who organized the first parade in New York City.

The equivalent holiday in Canada, Labour Day, is also celebrated on the first Monday of September. In many other countries, "Labour Day" is synonymous with, or linked with, International Workers' Day, observed May 1.

The form for the celebration of Labor Day was outlined in the first proposal of the holiday: A street parade to exhibit to the public "the strength and esprit de corps of the trade and labor organizations" followed by a festival for the workers and their families. This became the pattern for Labor Day celebrations.

The holiday often marks the end of the traditional summer season (although summer doesn't officially end until September 21), as students normally return to school the following week.

To take advantage of large numbers of potential customers free to shop, Labor Day has become an important sale weekend for many retailers. Some buyers' retailers claim it is one of the largest sale dates of the year, second only to the Christmas season's Black Friday.

In high society, Labor Day is (or was) considered the last day of the year when it is fashionable to wear white or seersucker.

In U.S. sports, Labor Day marks the beginning of the NFL and college football seasons. NCAA teams usually play their first games the weekend of Labor Day, with the NFL traditionally playing their first game the Thursday following Labor Day. The Southern 500 NASCAR auto race was held that day from 1950 to 1983, and on the Sunday before from 1984 to 2003, set to return in 2015. At Indianapolis Raceway Park, the National Hot Rod Association hold their finals to the U.S. Nationals drag race. Labor Day is the middle point between weeks 1 and 2 of the U.S. Open Tennis Championships held in Flushing Meadows, NY.

In the United States, many school districts resume classes around the Labor Day holiday weekend. Most begin the week before, making Labor Day weekend the first three-day weekend of the school calendar, while others return the Tuesday following Labor Day, allowing families one final getaway before the school year begins.

RIVER STRAND TENNIS PROGRAMS

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

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

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

Nate's 3.0-3.5 Clinic- Monday, 6:30 – 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, 5:30-6:30 p.m. \$15.00 per clinic
Tiffany's Mixed Doubles Clinic – Thursday: 6:00 – 7:00 p.m. \$15 per class
Shot of the week – Saturday, 9:00 a.m.-9:30 a.m. (Free)
Scott's 3.5-4.0 Clinic- Sunday, 10:00 – 11:30 a.m. \$20.00 per class

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

Morning Doubles: Monday, Wednesday, Friday, and Saturday, 9:30 - 11:00 a.m., cost: \$2.00
Men's Night: Tuesday, 7:00-9:00 p.m. cost: \$2.00
Mixed Doubles Night: Thursday, 7:00-9:00 p.m. cost: \$2.00 (sign up with partner)
8.5/9.0 Mixed Doubles Night: Monday, 7:00-9:00 p.m. cost: \$2.00 (sign up with partner)

TENNIS PRO SHOP HOURS

Monday-Friday, 8:00 a.m. – 7:00 p.m.
Saturday and Sunday – 8:00 a.m. – 3:00 p.m.
Email: tennispro@riverstrandtennis.com 941.932.8680

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

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

Assistant Tennis Professional – Scott Pothul

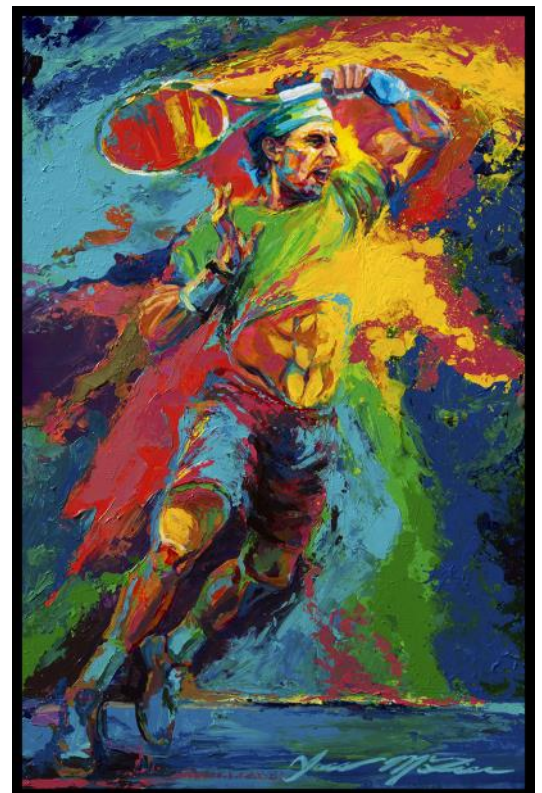
½ Hour Private: \$35, 1 Hour Private: \$70 (buy 5, get 1 free)

Assistant Tennis Professional – Tiffany Davis, PTR

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)



RIVER
STRAND
FUN
AND
GAMES



River Strand Ladies Bridge

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

Bunco

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

Texas Hold-Em Poker

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

River Strand Ladies Mahjong

Ladies Mahjong plays every Wednesday at 9:00am. Group plays until about noon, followed by lunch (optional). This is a fun, friendly group and players of all skill levels are welcome! Contact Lynne Monnell 941-201-4253 or 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. Wednesday evenings in the card room from 5:30pm - 8:00pm. Contact Larry Sivak at lesivak@msn.com or 941-251-7494.

COMMUNITY
CENTER UPDATE



Beautiful flooring is being installed in the fitness center.



Pavers are going in on the pool deck (above) and walkways (below).



Pickle Ball courts have been surfaced and are just waiting for their striping.

Golf Course Maintenance Report

Jamie McCrosky, GCSA

" This month, we will have new water/ice dispensers installed at the 3 golf rest shelters on 6 Tributary, 4 Estuary, and 4 Sanctuary. "

We have experienced very wet conditions on the golf course in the last 6-8 weeks. We have received 20+ inches of rain in July through the 3rd week of August. Mowing schedules, aerifications, spraying for pest management, and of course bunker maintenance have all been greatly affected. Our mowing practices have been sporadic at best and to update, we have had to raise the height of cut on fairways and rough to be able to cut it successfully and avoid scalping. Rough is currently at 2 inches and we hope to start working that down to 1 ½ inches over the next few weeks. 2 inches is pretty penal for Bermuda rough this time of year. Fairways are normally maintained at ½ inch and we raised them to .600 which is a very minimal difference but surprisingly enough to relieve stress off of the equipment and turf condition. Greens and tees have not been affected and we are mowing them normally.

During the last 2 closings of Estuary and Sanctuary we were only able to aerify all the greens and tees. We were not able to get to all the fairways or roughs. The ground was too wet and soupy to get the heavy machinery out there. Ideally we want to aerify everything each time a course is closed to relieve stress off compacted surfaces. We experience heavy play on the courses throughout the year and it is important for adequate turf conditions. We are playing catch up on weed control right now due to all the rain. We will be going through everything hard to clean up the weeds to become more aesthetically pleasing. The bunkers will need some good work too. We will be going through repairing some drainage and adding sand to traps needed. They are very wet now, but will dry out and improve once we get out of the rainy season.

This month we will have new water/ice dispensers installed at the 3 golf rest shelters on 6 Tributary, 4 Estuary, and 4 Sanctuary. This should greatly improve experience on the course for that need as we will continue to put out normal water coolers, however we will change locations so they are evenly placed throughout the course.

We are working on invasive grass replacement on the course to eradicate paspalum, zoysia grass, and common Bermuda. We have new sod areas on 3 Estuary currently and we will work on some tees and fairways on Tributary this month.

Upcoming events:

- August 31st through September 13th: **Tributary closed** for aerification.
- September 14th through September 27th: **Estuary closed** for aerification.
- September 28th through October 11th: **Sanctuary closed** for aerification.



Heart Walk.

2015 Sarasota/Manatee Heart Walk

Saturday, September 12, 2015

Nathan Benderson Park in Sarasota. Contact Tami at tamip@riverstrandgolf.com if you are interested in forming and joining a River Strand team of walkers. More details can be found at <http://sarasotamanateeheartwalk.kintera.org/faf/>



GOLF LEAGUES AND CLINICS

Ladies Day

8:00 am Shotgun Tuesday

Men's Day

8:00 am Shotgun Wednesday

Saturday Clinics

Adults:

Saturday at 10am

(Please call pro shop to sign up).

Juniors:

Saturday at 11am

(Please call pro shop to sign up).

JUST A LITTLE *Reminder*

- Range balls must be purchased before 6pm and the range closes at 7pm.
- Please remember the golf course is designated for registered golfers only. Please no jogging, walking, 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.

Condo Corner

Matt Koratich, CMCA

One of the biggest advantages of living in a Condominium Association is the ability of the Association to preserve, protect and enhance property values. But, just how does the Board of Directors guide the Association to perform those duties? Often, we think of the Association as a collection of rules and regulations limiting personal freedoms and individuality. But, it is those same rules and regulations that protect, preserve and enhance the investment each of us have in our home.

If you dust off your copy of the CC&R's (Covenants, Conditions & Restrictions) and reread them, you will see that the Board of Directors have a pretty precise blueprint on how to protect your investment. First and foremost, our Association is not just made up of the Board, Committees and a few interested owners. It was established as a corporation in which ALL owners are members.

What that means is the, as an owner, you have committed yourself to become business partners with every other owner in the community. But, in order to achieve the primary goal of the Association (to preserve, protect and enhance property values) certain Covenants, conditions and Restrictions had to be established in order to achieve that goal. In those CC&R's, the Board is given the authority to establish Rules & Regulations that complement the Association's purpose. When we follow the CC&R's and the Rules & Regulations, we are doing part of our duty as members of the Association.

Architectural controls and guidelines and procedures for gaining architectural approval were established in order to promote aesthetic conformity and eliminate architectural changes that threaten the investment other members have in the Association. By following the architectural guidelines and obtaining approval from the Association before any exterior architectural changes are made, we are doing part of our duty as members of the Association. Our Board of Directors is given the charge of overseeing the operations of the Association and to see to it that the CC&R's and Rules & Regulations are followed by the Association's members. The Board is made up of owners, other members just like you. They volunteer their time and energy to serve the Association because they care about the investment they have in it.

Monthly assessments are necessary to protect and maintain our community assets and to help provide professional management to assist our community. When owners fail to pay their assessment on time, the Association is unable to meet all of its financial obligations. The result: The degree of property value protection the Association provides is reduced. In other words, even one owner who does not pay their assessment on time can adversely affect how Association business is conducted. When you pay your assessment on time, you are doing part of your duty as a member of the Association.

Finally, the Board of Directors meet on a regular basis in order to make decisions, keep up-to-date on Association business and to hear from other owners in order to make proactive business decisions. As owners, keeping abreast of association matters and contributing during Open Forum is only good business. When you choose to attend the Board meetings, you are doing part of your duty as a member of the Association.

NATE'S TOP 10 FOR RIVER STRAND TENNIS

- #10. Ladies Tri Cities team and Men's Suncoast teams will be forming in the next month or so.
- #9. Junior Tennis Camp had over 100 players throughout the summer.
- #8. All 8 tennis courts received new bottom rails to help secure the existing fencing.
- #7. Bill resurfaced and put down new lines and clay on all 8 courts.
- #6. River Strand resident Mark Bucknam enrolls and will play tennis at Florida Southern College in Lakeland.
- #5. River Strand resident Tyler Zink (14 yrs) is ranked in the top 5 in the 14's and under in Florida.
- #4. River Strand resident Anastasia Nefedova (16 yrs) continues to do show progress on the WTA Tour.
- #3. River Strand resident Grant Goldin enrolls and will play tennis at Belmont Abbey College in North Carolina.
- #2. River Strand member Zach Bessette enrolls and will play tennis at Amherst College in Massachusetts.
- #1. The U.S. Open Mixer will be on Labor Day, Monday, Sept 7. from 9-11 a.m. Sign up today!!



Three Cheers for River Strand Resident Mark Bucknam, shown here with his parents, Steve and Lynn Bucknam.

Mark has enrolled and will play tennis at Florida Southern College in Lakeland.

SAVE THE DATE!



Casino Night Wednesday, September 30th

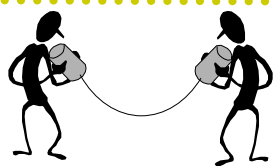
\$60 per person
Gourmet Hors d'oeuvres
Gaming Tables and
Awesome Prizes

All attendees
will receive
"fun money" to play.

**Just like Vegas,
but just for fun!**

Details Coming Soon.





ClubConnections

Membership & Communications Director, Tami Prince

"Chicks and Trips starts this month and will take place on the 3rd Wednesday of the month. We will take mini day trips and have lunch. Please send your sugges-

September brings Labor Day, where did the summer go? We look forward to a little cooler weather and the return of our seasonal members.

We have some fun planned for you this month and the months yet to come this year:

September 2nd

Chicks and Flicks: First Wednesday of the Month. Pinchers in Lakewood Ranch and movie of your choice. RSVP to tamip@riverstrandgolf.com. Page 18.

September 7

Labor Day BBQ at the Pool: Live music from 12 to 3 with a BBQ from 1 to 3. Bring the family and friends over for a fun time. Page 18.

September 16

Chicks and Trips (NEW!): Fun on the third Wednesday of the month. Lunch and shopping on St. Armand's this time with mini day trips each month. Details will be emailed soon, save the date!

September 23

Knot Awl Beads: Beading class where you will make a necklace of your choice. Nibbles and necklace just \$35. Page 18.

September 30

Casino Night: \$60 per person for the casino games, high end hors d'oeuvres, fun money and prizes. More info to come via email soon.

Upcoming Events

October 10, 17 and 24: Self Defense Class. \$40 per person for all 3 days. Time and details coming soon.

October Cruise, TBD: Did someone say "sunset dinner cruise"? Working out the details now, info soon.

November 21: Sarasota Ballet and Dinner at Roast. Grand Night Out! See inside back cover and RSVP now.

December 13: Inaugural River Strand Walkabout. Host homes needed. Page 18

December 13: Bucs vs. Saints. Tickets on sale now. See flyer inside front cover and RSVP now.

TRUSCAPES COMMUNITY LANDSCAPE UPDATE

- ◆ Continue general trimming palm pods under 15 feet, shrubs, oak canopies.
- ◆ Trimming of palms over 15 feet around clubhouse.
- ◆ Bed weeds—monthly spray and spot treatments as needed.
- ◆ Lawn weeds—monthly inspections with treatment as needed—throughout community.
- ◆ Fertilizer spot treatment throughout community.
- ◆ Change out of landscape plants at clubhouse breezeway.
- ◆ Change out of annuals in common areas.
- ◆ Regular mowing schedule: skipping saturated areas and revisiting the following day.
- ◆ Mulch application scheduled for Fall.



FOOD & BEVERAGE CALENDAR

SEPTEMBER 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Lunch 11am-5pm Bar 11am-6pm	2 Lunch 11am-5pm Dinner 5:30pm-8pm	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
6 Lunch 11am-5pm Bar 11am-6pm	7 Lunch 11am-5pm Bar 11am-6pm LABOR DAY BBQ	8 Lunch 11am-5pm Bar 11am-6pm	9 Lunch 11am-4:30pm Dinner 5:30pm-8pm	10 Lunch 11am-4:30pm Dinner 5:30pm-8pm	11 Lunch 11am-4:30pm Friday Dining 5:30pm-8pm	12 Lunch 11am-6pm Bar 11am-7pm
13 Lunch 11am-5pm Bar 11am-6pm	14 Lunch 11am-5 pm Bar 11am-6pm	15 Lunch 11am-5pm Bar 11am-6pm	16 Lunch 11am-4:30pm Dinner 5:30pm-8pm	17 Lunch 11am-4:30pm TRIVIA NIGHT 5:30 pm Happy Hour Ends 4:30pm	18 Lunch 11am-4:30pm Friday Dining 5:30pm-8pm	19 Lunch 11am-6pm Bar 11am-7pm
20 Lunch 11am-5pm Bar 11am-6pm	21 Lunch 11am-5pm Bar 11am-6pm	22 Lunch 11am-5pm Bar 11am-6pm	23 Lunch 11am-4:30pm Dinner 5:30pm-8pm	24 Lunch 11am-4:30pm Dinner 5:30pm-8pm	25 Lunch 11am-4:30pm Friday Dining 5:30pm-8pm	26 Lunch 11am-6pm Bar 11am-7pm
27 Lunch 11am-5pm Bar 11am-6pm	28 Lunch 11am-5pm Bar 11am-6pm	29 Lunch 11am-5pm Bar 11am-6pm	30 Lunch 11am-4:00pm CASINO NIGHT			



Wednesday Night Dining Menu

STARTERS

- FRIED RAVIOLI** *GF 9~
CHICKEN AND KALE STUFFED RAVIOLI DRIZZLED WITH A TUSCAN TRUFFLE OIL
- CALAMARI** 11~
LIGHTLY DUSTED, FLASH FRIED, WITH MARINARA
- SHRIMP COCKTAIL** *GF 11~
GULF JUMBO SHRIMP WITH ZESTY HORSERADISH KEY LIME SAUCE
- SESAME AHI -TUNA** *GF 12~
SESAME CRUSTED AHI TUNA ON A BED OF ASIAN SUPER SLAW, WASABI AIOLI, WITH AN ORANGE GINGER SAUCE
- FLATBREAD SPECIALS** 9~
DAILY CREATION OF FRESH INGREDIENTS ON A HAND-ROLLED THIN CRUST FLATBREAD
- PANAMANIAN CRAB CAKES** 13~
SAUTÉED PREMIUM JUMBO LUMP CRAB WITH A CAJUN AIOLI
- FRIED GREEN TOMATOES** 7~
SERVED WITH A CAJUN AIOLI
- PORK BELLY NACHOS** 10~
PORK BELLY, GHOST PEPPER GUACAMOLE, SUPER SLAW, COTIJA CHEESE AND A CILANTRO LIME CRÈME
- MAHI-MAHI JAMMERS** 11~
BLACKENED MAHI-MAHI, WRAPPED IN A CRISP LEAF LETTUCE, WITH AVOCADO, JICAMA SLAW, LIME CREMA, AND FIRE ROASTED SALSA.
- CHICKEN WINGS** 12~
BUFFALO, BBQ, TERIYAKI, SWEET CHILI

SOUP & SALADS

- SOUP OF THE DAY** CUP 4~ BOWL 5~
CHEF'S INSPIRED CREATION PREPARED DAILY
- BBQ SALMON SALAD** 14~
GRILLED CHILEAN SALMON FILET, MIXED GREENS, CRANBERRIES, EDAMAME, CUCUMBERS, TOMATOES AND CANDIED WALNUTS
- CAESAR SALAD** 9~
ROMAINE LETTUCE, CAESAR DRESSING, FRESH GARLIC CROUTONS AND PARMESAN CHEESE
CHICKEN 4~ SHRIMP 5~ SALMON 5~ MAHI 5~
- PEAR AND WALNUT SALAD** *GF 10~
SLICED PEARS, CARAMELIZED WALNUTS, GORGONZOLA CHEESE, LOCAL FIELD GREENS, DRIZZLED WITH AN ORANGE VINAIGRETTE
CHICKEN 4~ SHRIMP 5~ SALMON 5~ MAHI 5~

ENTREES & SANDWICHES

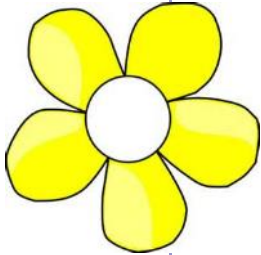
- GROUPEL SANDWICH** 14~
GROUPEL CHIPOTLE BEER BATTERED, GRILLED OR BLACKENED. SERVED ON A MULTIGRAIN BUN WITH JICAMA SLAW.
- STEAK SANDWICH** 12~
BLACKENED PRIME RIB, CARAMELIZED ONIONS, ON FOCACCIA BREAD WITH CREAMY HORSERADISH, ARUGULA, MELTED SWISS AND A TOMATO BASIL RELISH.
- PESTO CHICKEN SANDWICH** 12~
GRILLED BREAST OF CHICKEN, APPLEWOOD BACON, ARUGULA, MELTED MOZZARELLA, TOMATO BASIL RELISH, ON ROSEMARY FOCACCIA
- WAYGU BEEF BURGER** 15~
CHAR-GRILLED WITH YOUR CHOICE OF CHEESE AND ONION STRAWS, SERVED ON A TOASTED BRIOCHE BUN
- TUSCAN BURGER** 10~
THE PORTOBELLO BURGER WITH MELTED MOZZARELLA, FIRE ROASTED PEPPERS, MICRO GREENS, ROASTED GARLIC AIOLI
- FILET MIGNON** 8OZ 28~ 6OZ 24~
- SLOW ROASTED PRIME RIB (12OZ 24~ 10OZ 21~**
BASED ON AVAILABILITY)
- POT ROAST** 17~
SLOW ROASTED WITH TRADITIONAL HERBS SERVED WITH GARLIC MASHED POTATOES AND FRESH GARDEN VEGETABLES
- FLORIBBEAN MAHI-MAHI** *GF 19~
GRILLED PANAMANIAN SPICE RUBBED MAHI-MAHI SERVED WITH PINEAPPLE RISOTTO AND A MANGO COULIS
- FISH AND CHIPS** 15~
GOLDEN BEER BATTERED ALASKAN COD SERVED WITH CRISPY FRIES AND TARTAR SAUCE
- PORTOBELLO NAPOLEON** 16~
GRILLED PORTOBELLO MUSHROOM, EXTRA VIRGIN OLIVE OIL, FRESH GOAT CHEESE, RED ONIONS, ROASTED RED BELL PEPPER, WILTED BABY SPINACH, OVER PARMESAN RISOTTO WITH FRESH TOMATO BASIL VINAIGRETTE
CHICKEN 4~ SHRIMP 5~ SALMON 5~ MAHI 5~
- CHICKEN TUSCANO** 18~
CHICKEN BREAST SAUTÉED WITH A CLASSIC ARRABIATA SAUCE

SIDES

- BAKED POTATO ~ GARLIC MASHED POTATO
- JASMINE RICE ~ TRUFFLE FRIES
- WILD MUSHROOM RISOTTO 2~
- PINEAPPLE RISOTTO 2~
- * GF=GLUTEN FREE

FITNESS & SOCIAL CALENDAR

SEPTEMBER 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <u>Tai-Chi</u> 9:00 am Lighthouse <u>Walking Club</u> 9:00 am—Pavilion <u>Zumba Toning/Step</u> 11:30 am	2 <u>Fit4Life</u> 8:00 am <u>Mahjong</u> 9:00 am <u>Aqua Fit</u> 9:15 am <u>Zumba Toning</u> 11:30 am CHICKS & FLICKS Noon	3 <u>Walking Club</u> 9:00 am <u>Yoga</u> 9:00 am <u>Bunco</u> 9:30 am <u>Texas Hold-Em</u> 5:00 pm	4 <u>Yoga</u> 9:00 am <u>Bridge</u> 9:30 am	5 <u>RS Striders</u> <u>Walking Club</u> 9:00 am Meet at Pavilion
6	7 <u>Bridge</u> 9:30 am <u>FLOW Yoga</u> 6:00 pm LABOR DAY BBQ	8 <u>Tai-Chi</u> 9:00 am Lighthouse <u>Walking Club</u> 9:00 am—Pavilion <u>Zumba Toning/Step</u> 11:30 am	9 <u>Fit4Life</u> 8:00 am <u>Mahjong</u> 9:00 am <u>Aqua Fit</u> 9:15 am <u>Zumba Toning</u> 11:30 am <u>Mixed Bridge</u> 5:30 pm	10 <u>Walking Club</u> 9:00 am <u>Yoga</u> 9:00 am <u>Texas Hold-Em</u> 5:00 pm	11 <u>Yoga</u> 9:00 am <u>Bridge</u> 9:30 am	12 <u>RS Striders</u> <u>Walking Club</u> 9:00 am Meet at Pavilion
13	14 <u>Fit4Life</u> 8:00 am <u>Aqua Fit</u> 9:15 am <u>Bridge</u> 9:30 am <u>Zumba</u> 11:30 <u>FLOW Yoga</u> 6:00 pm	15 <u>Tai-Chi</u> 9:00 am Lighthouse <u>Walking Club</u> 9:00 am—Pavilion <u>Zumba Toning/Step</u> 11:30 am	16 <u>Fit4Life</u> 8:00 am <u>Mahjong</u> 9:00 am <u>Aqua Fit</u> 9:15 am <u>Zumba Toning</u> 11:30 CHICKS & TRIPS 11 am <u>Mixed Bridge</u> 5:30 pm	17 <u>Walking Club</u> 9:00 am <u>Yoga</u> 9:00 am <u>Texas Hold-Em</u> 5:00 pm TRIVIA NIGHT	18 <u>Yoga</u> 9:00 am <u>Bridge</u> 9:30 am	19 <u>RS Striders</u> <u>Walking Club</u> 9:00 am Meet at Pavilion
20	21 <u>Fit4Life</u> 8:00 am <u>Aqua Fit</u> 9:15 am <u>Bridge</u> 9:30 am <u>Zumba</u> 11:30 <u>FLOW Yoga</u> 6:00 pm	22 <u>Tai-Chi</u> 9:00 am Lighthouse <u>Walking Club</u> 9:00 am—Pavilion <u>Zumba Toning/Step</u> 11:30 am	23 <u>Fit4Life</u> 8:00 am <u>Mahjong</u> 9:00 am <u>Aqua Fit</u> 9:15 am <u>Zumba Toning</u> 11:30 am <u>Mixed Bridge</u> 5:30 pm KNOT ALL BEADS 6:30 pm	24 <u>Walking Club</u> 9:00 am <u>Yoga</u> 9:00 am Fitness 101—10 am <u>Texas Hold-Em</u> 5:00 pm	25 <u>Yoga</u> 9:00 am <u>Bridge</u> 9:30 am	26 <u>RS Striders</u> <u>Walking Club</u> 9:00 am Meet at Pavilion
27	28 <u>Fit4Life</u> 8:00 am <u>Aqua Fit</u> 9:15 am <u>Bridge</u> 9:30 am <u>Zumba</u> 11:30 <u>FLOW Yoga</u> 6:00 pm	29 <u>Tai-Chi</u> 9:00 am Lighthouse <u>Walking Club</u> 9:00 am—Pavilion <u>Zumba Toning/Step</u> 11:30 am	30 <u>Fit4Life</u> 8:00 am <u>Mahjong</u> 9:00 am <u>Aqua Fit</u> 9:15 am <u>Zumba Toning</u> 11:30 am CASINO NIGHT			



September Fitness and Social Activities

FITNESS

- AQUA FIT: 9:15 am on Monday and Wednesday. Starts back up September 14.
- CARDIO TENNIS: 6:30 pm on Wednesday and Friday. \$15 members.
- FITNESS 101: September 24th at 10 am for Fitness Equipment instruction and 10:30 am for Weight Training instruction.
- FIT 4 LIFE: 8:00 am on Monday and Wednesday. Starts back up September 14.
- FLOW YOGA: 6:00 pm Monday. Intermediate practice.
- RIVER STRAND STRIDERS: Walking Club meets three times per week. 9:00 am on Tuesday, Thursday and Saturday, start at pavilion at Central Park.
- TAI-CHI: NEW DAY of the WEEK !! 9:00 am Tuesday at Central Park Lighthouse.
- YOGA: 9:00 am on Thursday & Friday.
- ZUMBA: 11:30 am on Monday, back September 14.
- ZUMBA TONING/STEP MIX: 11:30 am on Tuesday.
- ZUMBA TONING: 11:30 am on Wednesday.

SOCIAL

- BRIDGE: 9:30 am on Monday and Friday. To RSVP see page 7.
- BUNCO: 9:30 am on the first Thursday of the month.
- CHICKS AND FLICKS: First Wednesday of every month. This month is Pinchers for lunch at noon. Followed by a Lakewood Ranch Cinemas movie of your choice.
- CHICKS AND TRIPS: NEW! 3rd Wednesday of the month! 1st event is coming September 16, 11 am departure. Lunch and shop on Anna Maria. Details emailed soon. Mark your calendars!**
- CASINO NIGHT: Wednesday, September 30th. Save The Date. More info on way!
- KNOT ALL BEADS: Wednesday, September 23rd at 6:30 pm. Learn to bead by making a necklace of your choice while socializing with fellow members. RSVP to tamp@riverstrandgolf.com. \$35.
- LABOR DAY POOLSIDE BBQ: Monday, September 7th. 1pm to 3pm. Mingle at the pool with your friends while enjoying a special menu of goodies.
- MAHJONG: 9:00 am on Wednesday. RSVP see page 7.
- MIXED BRIDGE: 5:30 pm on Wednesday. RSVP see page 7. No Mixed Bridge on 9/30.
- TEXAS HOLD-'EM: 5:00 pm - 8:00 pm on Thursday.
- TRIVIA NIGHT: Thursday, September 17 from 6:00 to 9:00 pm. Singles welcome.
- VETERANS NETWORK: Meetings on hold for summer, will resume soon.

TENNIS TIP OF THE MONTH

NATE GRIFFIN, USPTA DIRECTOR OF TENNIS

Just getting started in tennis?? Use low compression tennis balls! One of the challenges that tennis will always face is finding a good way to practice, and finding the right practice partner. Most recreational tennis players will hit the tennis courts from time to time, grab 3 tennis balls, and try to rally back and forth from baseline to baseline and the average rally won't get past 2 or 3. Most of the time will be spent fetching the balls at the fence and continuing this process until the players get frustrated that the other player can't perfectly put the ball right back in the strike zone and sustain a rally.

There is a solution!! Use lower compression balls and rally from half court instead of all the way back. Don't try to take a full swing in the beginning, just focus on making good contact, and try to sustain a rally of 10 plus shots before you attempt to move back any farther. The lower compression balls will slow the ball down and make it easier to control the ball. This is the same advice I have for parents and adults who attempt to go out on the courts with beginner junior players.

As always, I highly recommend that everybody starts with at least a 30 minute lesson from a River Strand Tennis Professional. This is a great way to make sure you get a good start in the game and that you don't injure yourself by developing tennis elbow with faulty technique. Our staff will also be able to give you an evaluation and give you tips on which clinics and programs are right for you, as well as putting you into contact with other players your ability level that are looking to play and practice.

If you mention this article when purchasing low compression tennis balls in the Tennis Pro Shop, we will give you 50% off!!



NEW MEMBER? HAVE QUESTIONS?

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

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

Meet other new members and get your River Strand bearings.

RSVP required.

Join Us In Welcoming Our Newest River Strand Members!

Robert & Susan Cottrell
Rolf & Ann Quisling
Steven Converse/ Beverly Majewski
Diane Mathe
Thomas & Gayle Lister
Ron & Paola Holcomb
Dong & Ho Kim (Robin Kim)
Viacek Valcav & Gabriela Viackova
Gerald & Cathy Steele
Mark & Kathleen Terpin
Linda Thebeau & Diana Musto
Jeffrey & Laure Weissman
Carl & Jennifer Cameron
Marc Benoit/ Viviane Riopel
Cathy Beehan/ Michael Dempsey
Robert & Barbara McLaughin
Stephen & Grace Thomas
Mike & Carla Fox

Michael & Jennifer Dicecco
Ron & Jean Cooper
Hugo & LuLu Lopez
George & Kristy Redd-Hachey
William & Erin Colbert
Stephen Rothschild
Thomas & Joanne DiNapoli
James Warren Toms
Drew & Jennifer Lindsay
Maria Russo
Carol & Gregory Bjorklund
& James Turchi
George & Clarissa Hardman
Rein & Elizabeth Alasi
Preston & Chennie Wright
John Knox
Donald & Katherine Dixon

River Strand Clubhouse, Community and World Views



Jan Nissen captured the amazing eagle photos at right.

Have you noticed the new flag-pole at the clubhouse? We are flying the United States of America flag as well as the POW/MIA flag. We thank the Veteran's Networking Group for assisting us with maintaining it.



Resident Tyler Zink, pictured below, is ranked number 4 in Florida in Boys 14 and under. Very impressive!



Congratulations to our Facebook photo contest winner! The winning photo was of Joshua at left, enjoying the view from underwater in the clubhouse pool. Photo was submitted by his mom, Diane. They won a \$50 River Strand gift card.

Thank you to everyone who participated in this event. "Like" our River Strand Golf and Country Club Facebook page so you can be sure to receive notice of our next photo contest or event!

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

CHICKS AND FLICKS



Wednesday, September 2nd at Noon
Meet at Pinchers
10707 Rodeo Drive Lakewood Ranch



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

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



SAVE THIS DATE!

The residents of River Strand
are cordially invited to participate in

The First Annual River Strand Holiday Walkabout

on

Saturday, December 12, 2015

starting at 4:30 in the afternoon

The Holiday 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 appetizers or desserts and bring along your preferred beverage. We expect to need a number of host homes and we'd appreciate it if you volunteered to host one 90-minute session, but it's not required to participate. For now, just save this date and plan to join us in this annual kick-off of the holiday season at River Strand. More specific information will be available in the October newsletter.



JEWELRY BEADING CLASS

Wednesday, September 23, 6:30 pm
River Strand Clubhouse

\$35 PER PERSON

Includes bead kit and supplies to make your own beaded necklace of your choice. Selection made at sign up.
Nibbles provided, beverages additional.

RSVP to tamp@riverstrandgolf.com or stop in the clubhouse.
Payment at sign up via cash or check made payable to River Strand.

Knot Awl Beads is located in Lakewood Ranch

River Strand Golf & Country Club



MONDAY, SEPTEMBER 7TH
BBQ POOLSIDE 1:00pm-3:00pm

Cheeseburger	\$8
Chicken Sandwich	\$9
Chicken Wings (5)	\$5

Served with Potato Chips

\$5 Drink Special \$5
SANGRIA

Live Music 12:00-3:00



R.S.V.P
Phone: 941-708-3837



Sarasota Ballet

director · IAIN WEBB

PERFORMANCE: MacMillan, Wright & Ashton Ballet

DATE: Saturday, November 21, 7:30 pm

VENUE: Sarasota Opera House, Seating in Balcony Prime

PRICE: \$65 Per Person Includes Transportation and Ballet

A pre-performance group dinner reservation (if you choose) in a private room has been made at Roast Restaurant, adjacent to Opera House. Dinner expense on own.

RSVP by September 30th for ballet and dinner. Ticket quantities limited. tamp@riverstrandgolf.com or 941-932-8669.

Depart River Strand 4:30 pm.



MacMillan, Wright & Ashton—Three Company premieres by Sir Kenneth MacMillan, Sir Peter Wright and Sir Frederick Ashton pay tribute to three Knights of the British Ballet, 20 - 21 November 2015 at the Sarasota Opera House.

MacMillan's *Concerto* is set to Dimitri Shostakovich's exuberant second piano concerto. Wright's *Summertime*, receiving its American premiere with The Sarasota Ballet, is an abstract expression of Felix Mendelssohn's mesmerizing Piano Concerto No. 2. *Marguerite and Armand*, created by Ashton for Dame Margot Fonteyn and Rudolf Nureyev, was inspired by Alexandre Dumas' 19th century novel *La Dame aux Camélias*. Ashton chose Franz Listz's Sonata and elegant designs by Cecil Beaton to capture this timeless story. The Sarasota Ballet is honored to be the first American company to bring this prestigious ballet into its repertoire. *Presented with live music by the Sarasota Orchestra.*



RIVER STRAND GOLF AND COUNTRY CLUB

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

Lennar Customer Care
866-226-4057

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

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

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

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

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

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

Swimming Pools
Open from dawn until dusk.

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

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

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

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

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

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

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

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

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

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

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

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

