

FALL 2017

THE OFFICIAL NEWS MAGAZINE OF SANTA ROSA GOLF & BEACH CLUB

# LIFESTYLES

INSPIRED *Tradition*



11

Chef Gio  
Turns Up  
The Heat

13

Get Ready  
To Party

President's  
Letter

3

Membership  
Update

7

Getting  
Water Fit

16



# CONTENTS

## 9 The BPR's Of Golf



## 11 Chef Gio Turns Up The Heat



## 12 Working Out In Water



## IN THIS EDITION

- 3 President's Letter/Board Meeting Schedule
- 4 Meet The Board
- 5 General Manager's Letter
- 6 Staff Listing | Holiday Hours
- 7 Membership Update | New Members
- 8 Golf Course Maintenance Update
- 9 From The Lesson Tee
- 10 Golf Committe Update
- 11 Chef Gio Takes On Hell's Kitchen
- 12 Food & Beverage Update
- 13 Party Pronto
- 14 Upcoming Golf Events
- 15 Upcoming Social Events
- 16 Ten Reasons Why You Should Exercise In The Water
- 17-18 SRGBC Aqua Fitness
- 19 Havana Nights
- 20 HELL'S Kitchen VUE-ing Party.
- 21 Sassy Sisters
- 22 Tapas & Tango
- 23 Welcome Back

## 13 It's Time To **PARTY!**



# PRESIDENT'S LETTER

As all of you know SRGBC and the Florida Panhandle were quite blessed to have avoided any significant effect from the recent Hurricanes. Unfortunately, Texas, Louisiana and Florida were gravely impacted by Hurricane Harvey and Irma. Our thoughts, prayers and well wishes go out to our members, relatives and friends who were affected.

On a positive note, I am sure you have seen or heard of the major work going on at the golf course. These efforts will significantly improve both the appearance and playability of your golf course. A big thank you goes out to Carter, Kelly and their teams for making this happen.

Since having the pleasure of serving all of you as President of SRGBC I want to thank you for taking the time to communicate your suggestions for improvement, concerns about a recent experience which need attention or to recognize one of the many good things happening at your club.

As we continue to improve club facilities and work on behalf of the membership to create long term plans alongside achieving our short-term goals, it is vitally important the board and leadership team keep communication to the members at the forefront. In addition to many seasoned members at Santa Rosa, we have a growing number of new members. As we move through the process of planning, we want to ensure we articulate who we are as a club, how we operate and what our goals are.

Santa Rosa Golf & Beach Club is an equity owned, semi-private club. The club exists primarily for the benefit and enjoyment of club members and their guests. Our goals are aimed to improve our facilities and enhance our memberships experience. The general public has been granted the opportunity to utilize Vue on 30a (excluding beach and pool access), the golf course and Mulligans on a fee basis. This access to the general public has been granted for the sole purpose of ensuring

the financial security of SRGBC and reducing the cost to our membership. Additionally, the significant revenue generated by the general public enables investments to maintain and enhance club facilities and member services.

The Board of Directors and ClubCorp who manage SRGBC on behalf of its members understand the purpose and collaborative goals stated above and those desired by the membership. We will continue to work together, achieving positive momentum and becoming the finest golf, beach and dining experience on the Florida Panhandle. We are grateful to all of members and staff who continue to make SRGBC the beautiful club it is today.

This year, major projects being funded in addition to the leveling of the tee boxes and redo of the practice facility include an exciting interior refresh at Vue on 30a and a new storage facility at the Agronomy Center. All of these projects are being funded from operating income while we continue to reduce our long-term debt.

We also have been working on a five-year capital improvement plan based on the expressed needs and desires of the membership and management team. There are some really exciting

plans including complete refurbishment and expansion of the golf clubhouse, greens replacement, and expansion of the outdoor experience at Vue on 30a and pool. Early next year you will be invited to a meeting to review the options being considered and how these plans can be accomplished. We look forward to your attendance and open feedback.



*Bob Baird*

President  
Santa Rosa Golf & Beach Club

## BOARD AND COMMITTEE MEETING SCHEDULE 2017-2018

**Board Meetings** – 3rd Tuesday of each month @ 9:30am – Board Room

**Golf Committee** – 2nd Thursday of each month @ 8:30am – Board Room

**Green & Grounds Committee** – 2nd Tuesday of each month @ 1pm – Maintenance Building

**Membership Committee** – 2nd Tuesday of each month @ 2pm – Membership Office

**Social Committee** – 1st Tuesday of each month @ 4pm – Board Room

**Pool Committee** – Approximately every 6 weeks from March - December and once prior to beginning of season.

**Finance Committee** – 2nd Thursday of each month @ 2pm – Board Room

**Planning Committee & Policies Committee** – As needed

Equity members are encouraged to stay connected with committees and your board. If you have questions or would like join in meetings, you are invited. To submit topics for discussion and for consideration, please submit to the proper chairman prior to meetings.

Please note that during holidays, board and committee meeting schedules will adjust accordingly



# 2017-2018

## BOARD OF DIRECTORS



**BOB BAIRD**

President

The board of directors' key purpose is to ensure the company's prosperity by collectively directing the company's affairs, while meeting the appropriate interests of its shareholders and stakeholders. In addition to business and financial issues, boards of directors must deal with challenges and issues relating to corporate governance, corporate social responsibility and corporate ethics.



**DAVID KETTELL**

Vice President &  
Golf Chair



**ROBERT REEDER**

Secretary &  
Membership Chair



**MAC CLARK**

Treasurer



**STEVE TABOR**

Finance Chair



**EDEN  
COOPER-MILLSAP**

Social Chair



**SAM DALTON**

Green & Grounds Chair



**BILL WYROUGH**

Policy Chair



**JIM SHEPHERD**

Planning Chair



# GENERAL MANAGER'S LETTER

First and foremost, I want to say how grateful I am that our area was spared the path of Hurricane Irma earlier in September. While the path seemed uncertain at times, I am so very proud of the operations staff at this club for pulling together, having a plan and executing with confidence. While it's challenging to be prepared for a storm like Irma, our team was able to review our Hurricane Preparedness Plans far in advance to ensure the club, the staff and the members were safe during the storm. Great job again to the SRGBC operations team!

The tee project for the driving range and golf course has been completed. Wow, what a difference! It has been fantastic to see the dramatic difference that the leveling and laying of zoysia sod has made to these areas. The tees that have been renovated were leveled and many times expanded to give Kelly and his maintenance staff more options for setting tee markers. The zoysia is also a tougher grass that will be able to withstand the amount of play we have, compared to the old Bermuda that was in place prior. The target greens on the driving range have been sprigged and should be fully grown in the next several weeks.

As many of you may know, our own Chef Gio is once again being featured on HELL'S KITCHEN. The season premiere aired on FOX, Sept. 29 at 7 p.m. cst. If you see Chef Gio, please give him your congratulations for this huge milestone with his professional career.

We hope everyone enjoyed the kick-off to our fun fall celebrations at the club with the Endless Summer Nights

Party – Havana Nights in September. Looking ahead, you won't want to miss what the social committee has in store! On Oct. 17 we will have our Tapas and Tango event which will feature dancing, food and wine inspired by South America. The first weekend in November will be one for the books as we will host our Annual Welcome Back Bonfire on Friday, Nov. 3 and the 2nd Annual Member Appreciation Golf Tournament & New Member Mixer on Saturday, Nov. 4. We are looking forward to these events and making new memories with all of you at the club.

As always, thank you for your continued support of Santa Rosa Golf & Beach Club and for being such wonderful members. Please feel free to reach out me with any questions. The staff and I are looking forward to a fun fall and winter season.



*Michael Bickett*

General Manager  
Santa Rosa Golf & Beach Club



facebook.com/santarosacub  
&  
facebook.com/vueon30a



@SRgolfclub  
&  
@vueon30a



instagram.com/santarosacub  
&  
instagram.com/vueon30a

**WELCOME BACK  
BONFIRE  
FRIDAY, NOV 3**





# STAFF LISTING

## ADMINISTRATION

**Michael Bickett**

General Manager  
Michael@santarosaclub.com  
850.267.1240 ext. 7

**Sarah Brazwell**

Membership &  
Marketing Director  
Sarah@santarosaclub.com  
850.267.2229 ext. 3

**Becca Lively**

Member Relations Coordinator  
Becca@santarosaclub.com  
850.267.2229 ext. 7

**Kristi Rustin**

Private Event Director  
Kristi@santarosaclub.com  
850.267.2305 ext. 4

**Lisa Wright**

Controller  
Lisa@santarosaclub.com  
850.267.1240 ext. 6

**Allison Ragan**

Accounting Office Manager  
Allison@santarosaclub.com  
850.267.1240 ext. 5

**Savannah Porter**

Accounts Payable  
Savannah@santarosaclub.com  
850.267.1240 ext. 4

**Carter Murchison**

Director of Golf  
Carter@santarosaclub.com  
850.267.2229 ext. 4

**Jacob White**

Golf Operations  
Jacob@santarosaclub.com  
850.267.2229 ext. 5

**Kelly Barker**

Superintendent  
Kelly@santarosaclub.com  
850.866.6011

**Jonathan Patronas**

Assistant Superintendent  
Jonathan@santarosaclub.com  
228.297.5714

**Stewart Meecham**

Food & Beverage Director  
Stewart@santarosaclub.com  
850.267.2305

**Chef Giovanni Filipponi**

Executive Chef  
Chef@santarosaclub.com  
850.267.2305

**Chad Nelson**

Assistant Restaurant Manager/  
Service Director  
chad@santarosaclub.com  
850.267.2305

**Carol Clausen**

Mulligan's Grille Manager  
Carol@santarosaclub.com  
850.267.1979

## GOLF OPERATIONS

## FOOD & BEVERAGE

We are so excited to welcome Rebecca Lively to our team! Rebecca, who was previously working at Mulligan's Grille, is our new Member Relations Coordinator for Santa Rosa Golf & Beach Club. Rebecca was born and raised in Destin, Florida and graduated from Florida State University with a degree in Professional Communication. With her passion in communication and marketing she plans on making the club, and its events, a delightful experience for all. We will host our Annual Welcome Back Bonfire on Friday, Nov. 3 and the 2nd Annual Member Appreciation Golf Tournament & New Member Mixer on Saturday, Nov. 4. We are looking forward to these events and making new memories with all of you at the club.



As always, thank you for your continued support of Santa Rosa Golf & Beach Club and for being such wonderful members. Please feel free to reach out to me with any questions. The staff and I are looking forward to fun fall and winter season.

## HOLIDAY HOURS & SPECIAL NOTICES FOR THE FALL/WINTER SEASON

**Nov. 5** - Daylight savings time change - set clocks 1 hr back

**Oct. 9 - Columbus Day**

Vue on 30a Closed, Administrative Offices Closed.

**Nov. 23 - Thanksgiving Day**

Vue on 30a closed for dinner / Sales & Administrative Offices closed  
Golf Shop & Mulligans - Closes at 2 p.m. / carts must be in by 3 p.m. / members must walk after 3 p.m.

**Dec. 24 - Christmas Eve**

Vue on 30a closed for dinner / Sales & Administrative Offices closed  
Golf Shop & Mulligans - Closes at 2 p.m. / carts must be in by 3 p.m. / members must walk after 3 p.m.

**Dec. 25 - Christmas Day**

Vue on 30a closed / Sales & Administrative Offices closed  
Golf Operations closed. Members may play but must walk

**Dec. 31 - New Year's Eve**

Golf Shop & Mulligans - Closes at 2 p.m. / carts must be in by 3 p.m. / members must walk after 3 p.m.

**Jan. 1 - New Years Day**

Vue on 30a closed / Sales & Administrative Offices closed  
Golf Operations are open all day

**POOL AT SANTA ROSA**

As in the past, the private pool at Vue on 30a will remain heated through the end of December and will be open 7 days a week from 8am - 8pm. The pool heater will turn off during the months of January and February and will turn back on March 1.

*Please note that the pool menu is no longer available for the fall/winter season. Drink/food may be purchased by visiting the Vue on 30a hostess or bartender.*



# MEMBERSHIP UPDATE

All I can say is **WOW!** I continue to fall in love with this sweet club, the impact it makes on the community, the wonderful members and the growth track we continue to see. Many of you know that Santa Rosa Golf & Beach Club plays hosts to a select number of golf tournaments throughout the year – in fact, many of you join in the fun and support these wonderful events. I am proud that the club chooses to partner with so many tournaments that support wonderful, local causes.

Among many events, the club recently hosted the Sandcastle Charity Tournament on Sept. 23 which raised funds for children with cancer so that their families could vacation to the SRB/Destin area; FOREHer which was Sept. 29 – this tournament helps support women with breast cancer, assisting women both financially and physically during their healing process; the popular 30a Charity Tournament which benefits the Special Olympics of Walton County on October 21; and on Oct. 28. On Oct. 28, the club will host for the first time the South Walton Academy Charity Tournament which will help support a new school in our area that will specialize in growing and teaching children with autism and special needs. Again, what an honor it is for Santa Rosa Golf & Beach Club to play a part in supporting these wonderful local causes.

Also, I would like to officially announce that your club has less than TEN social memberships left available at this time! The club has a capacity level of 300 social memberships, once this capacity is met the club will begin a wait list for those desiring this membership type.



This club continues on its growth track and many times I feel as if I repeat myself by saying "this was the best month" the club has seen in years...well, that happened again this September. On Friday, September 15, the club hosted its Annual Prospective Member Tournament with 60 players. As a result, the club added 28 new members including 19 equity members, two social and seven juniors, making the total count of members at Santa Rosa Golf & Beach Club at 690.

I would like to give a special thank you to Robert Reeder, the club's membership chairman for his support and for participating in the festivities. In addition, thank you to the following members who also joined in to give prospective members a warm welcome on this day:

Jack McTigh, Jimmy Clarke, Larry Osborne, Larry Vines, John Burke, Hank White, Lee Dickerson, Bill Wyrrough, Dennis Abbott, Butch Webster, Mac Clark, Bill Burns, Charlie Hoffner, Michael Savage, Gerry House, Bob

Barnett, Patty Reeder, Gina Colbert, Chad Blasi, and Rick Schoonover.

Thank you again for everyone who helped support this important membership event. Also, please join me in welcoming our newest members to Santa Rosa Golf & Beach Club.

*Sarah Brazwell*

Membership & Marketing Director  
sarah@santarosacub.com  
850.267.2229 ext. 3

## EQUITY MEMBERS

John & Evie Morrow  
Kevin & Susan Flockton  
Henry Chappell  
Bill Montgomery  
Mike & Brenda Lewis  
Jerry & Lisa Frisard  
Kevin & Margarita Allen  
Brenda Martinek & Thomas Park  
Scott & Becky McCune  
Brad & Toni Durr  
Cindy Graham  
Jody Murphy & Norma Ford  
Michael & Hope Shannon

Michael & Barbara Galvin  
William & Freda Jahnke  
Jeff & Ginny Fowlkes  
Marty & Ann McDonnell  
Roger & Cam Price  
Tim & Charlene Burnham  
David & Amy Swart

## SOCIAL MEMBERS

Richard & Amy Olszewski  
Butch & Kay Lambert  
Debra Cervenka  
Mimi Hildreth  
Carol Daniel & Jeff Roman

Carl & Shanna Treichel  
Melissa Bartlett

## JUNIOR MEMBERS

Jay & Meredith Neese  
Joshua Vravick & Denae Holifield  
Josh Jimenez  
Hal & Laura Laird  
Carson Kohlmeyer  
Ross Burke  
Seth & Catherine Spears  
C.J. Adams  
Edward & Erin Lannon



# GOLF COURSE MAINTENANCE UPDATE

I am excited to share that the golf course renovation project is now complete and we are back on all tees. The golf maintenance team is continuing to bring down the height of cut on the new tees, as well as rolling them and topdressing them to smooth them out. The outcome of this project is a wonderful upgrade to our golf course and we hope you are enjoying them.

As many of you know, the golf course has healed nicely from aerification and we are looking forward to all of our northern members return in the coming weeks. As always, thank you for your continued support of your golf course maintenance department.

*Kelly Barker*

Golf Course Superintendent

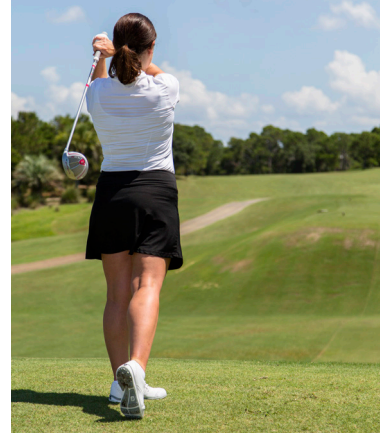




# From the Lesson Tee

by Carter Murchison  
SRGBC's Director of Golf

As Golf Instructors, we study the swings of the PGA and LPGA tour players and we look for qualities that are consistent throughout all tour players. Of those, balance at address, grip pressure/wrist flexibility and rhythm are constants with the great players. Fortunately, these three qualities are achievable for all players regardless of their individual levels of talent.



## BALANCE

Always check your **balance** positions on your feet at address. Your starting goal should be to establish equal weight distribution on your feet, left to right and to balance the pressure on your feet, toe to heel, on the balls/insteps of your feet. Additionally, with good balance comes good posture, both will have a positive effect on how a player swings the club.

## PRESSURE

Grip **pressure** should be enough to hold onto the club during the swing without the club moving around in the hands or letting go of the club at any point during the swing. In addition to the proper grip pressure make sure you allow the wrists to be free/flexible for mobility during the swing. The grip pressure should be firm enough to maintain support of the club.

## RHYTHM

The thought and feel of **rhythm** should be part of every player's routine when swinging the club, regardless of what the player might be focusing on with respect to a swing thought or a swing mechanic. Players might accomplish rhythm by focusing on the pace of the swing by counting one-two or even by humming a song that has a smooth sound.

All golfers should work on these variables during their practice sessions so that they become a consistent part of their on course swing habits. By improving in these three areas, you will find that your game will improve and become more consistent.



# GOLF COMMITTEE UPDATE

In conjunction with the Greens Committee and support from the Board of Directors, we have completed the practice facility project. The club is both excited and proud to present a vastly improved practice facility! The improvements include: 1) improved hitting mat area with a new foundation and new mats. 2) new laser leveled tee surface with Zoysia sod (same sod used on the new tee boxes on the golf course). 3) Newly re-designed target greens. 4) clearing of unsightly vegetation around the perimeter of the range. 5) a new parking area for the golf carts which will ease congestion and improve safety around the practice tee. 6) new bag stands and amenities to enhance the visual perception.

As a side note...when practicing off the mats, tees (brown) are provided which can be used in the mats to tee up the golf balls when using drivers and metal woods. When practicing is limited to "mats only" we request that all players stay on the mats and DO NOT practice on the grass.

Please take the time to review the Fall/Winter tournament schedule. The tournament schedule is continually updated and posted on the club's communication monitor in the club house, weekly fast facts, the club's website and the quarterly newsletter. Additionally, please take note of any of the events that might affect standing tee times and check with the golf staff for available tee time options.

We encourage all members to participate in the club tournaments. Pertinent information for each event will be posted in the tournament sign up book prior to each event.

## Member Fall tournaments include:

- November 4th – Member Appreciation Tournament
- November 10th-12th – NFL
- December 2nd – Santa's Scramble
- December 8th-10th – Challenge Cup Matches

As always, the Golf Committee appreciates and encourages member input with the goal of continually improving our club. The Golf Committee meets on the 2nd Thursday of each month. If you'd like to submit a topic for the committee's discussion, please do so prior to the meeting so it can be added to the meeting agenda.

We look forward to an exciting and successful 2017/2018 season!

*Committee members: David Kettell-Chairman, Jane Rogers/Donna Pierson-LGA, Jerry Lancaster and Casey Joiner*

## MEN & WOMEN OPEN TEE TIMES NO TEE TIME NEEDED!

Join SRGBC's Open Member Play each week. For more information, contact the golf shop at 850.267.2229.

### TUESDAY

Ladies Golf 10 a.m.  
Men's 9-Hole Golf 1 p.m.

### FRIDAY

Men's Open Golf 10:40 a.m.  
Men's 9-Hole Golf 1 p.m.

### WEDNESDAY

Men's Open Golf 10:40 a.m.

### SATURDAY

Men's Open Golf 7 a.m.

### THURSDAY

Ladies Golf 9 a.m.  
Ladies Golf 11 a.m.

### SUNDAY

Couples Golf 12 p.m.  
Couples 9-Hole Golf 2 p.m.



# CHEF GIO TAKES ON HELL'S KITCHEN

Giovanni Filippone (Gio), executive chef at Vue on 30a, one of South Walton's awarded Gulf front dining restaurants, is competing on Season 17 of HELL'S KITCHEN which premiered Friday, Sept. 29 on FOX.

Celebrity Chef Gordon Ramsay invited 16 all-star contestants back for a second chance at proving they have what it takes. Chef Gio was among those invited back on the show after nearly 10 years since his last appearance on season five. The winner of Season 17 will earn a head chef position at Gordon Ramsay Hell's Kitchen Restaurant at Caesar's Palace in Las Vegas.

Working his way to top six in Season Five was extremely challenging but rewarding all at the same time. When the call came from Chef Ramsay earlier in the year to come back as an All-Star cast member, chef didn't hesitate. "This time around, I wanted to do this for my kids," Gio said. "My kids and my wife mean the world to me and this was an opportunity of a lifetime to show them that I still have what it takes."

Join in the fun and support Chef Gio this season by using hashtag #TEAMGIO.

## About Chef Giovanni Filippone

Giovanni Lucio Filippone was born in 1970 in Givet, France and when he was 10, immigrated to Bayonne, NJ where he grew up. The strongest memories of his youth were always about family meal time and cooking together. "We never ate fast food and rarely ate out," says Filippone. Filippone learned the essentials of cooking as a teenager. Later that culinary introduction led him to pursue formal training where he attended the Culinary Institute of America in Hyde Park, New York and completed their chef program in 1997.

Chef Filippone is currently the Executive Chef for Vue on 30a located in Santa Rosa Beach, Fla. Before joining Vue on 30a, Chef Filippone's career began at the Sheraton and Wyndam hotels where he served under experienced chefs and was able to fine-tune his skills and gain an understanding of his own abilities leading to his quick promotion to sous-chef. "When working in the hotels, I was surrounded by great talent each day which pushed me to work hard and do my absolute best," says Filippone. "The hotel industry helped me gain a great deal

of experience and was hard work, but helped me confirm cooking was always what I knew I wanted to do."

After his five years in the hotel industry, Chef Filippone took an opportunity for an internship at Beach Walk in Destin, Fla., and moved to the Emerald Coast shortly after in 2012.

Chef has incorporated all of his experiences into a refreshed menu which blends his twist of 'American northern cuisine-meets American southern cuisine-meets southern Italy,' with the fresh ingredients available in the area. Dishes like Pistachio Grouper have become a favorite for guests as well as his Fruits de Mer. These menu items plus others have reinvented Vue on 30a as a notable place to dine on 30A and has gained it notoriety by Florida Travel + Life Magazine naming Vue on 30a as "Best Waterfront Dining."

## About the Show

Season 17 of HELL'S KITCHEN will welcome the newest batch of determined chefs who will brave Chef Gordon Ramsay and his fiery command of the kitchen as he puts them through an intense culinary academy. Throughout the season, the competitors will face a series of Ramsay's grueling challenges to prove they possess the right combination of ingredients to win a life-changing grand prize. The chefs will leave the pleasantries at the door as the pressure to impress Chef Ramsay will reach a boiling point. Before Chef Ramsay determines which individual chefs are worthy of a black jacket, the contestants must prove their ability to work in teams. The rewards for winners of upcoming challenges will be lavish and memorable, while the punishments will be hellish. Over the course of the competition, the number of contestants will be whittled down until only two chefs are left to compete head-to-head for the ultimate prize and fulfill their dreams of working the culinary industry as the winner of HELL'S KITCHEN.

HELL'S KITCHEN is produced by ITV Entertainment in association with A. Smith & Co. Productions, Inc. Arthur Smith, Kent Weed, Gordon Ramsay, Kenny Rosen and David Eilenberg serve as executive producers. "Like" HELL'S KITCHEN on Facebook. Follow the series on Twitter @HellsKitchenFOX and join the discussion using #HellsKitchen.



HELLS KITCHEN  
CHEF GIO  
WATCH HIM FRIDAY'S ON FOX



# FALL HAS IT ALL!

Having now completed our first summer together, I am excited to see what the fall and winter will bring. This summer, I have had the pleasure of meeting and getting to know so many of you.

Summer and spring were packed full of fun member events and we are finishing the final touches on our fall and winter events as we move into October. For anyone interested, we encourage you to be involved in the social committee as this particular committee helps set the stage for future events. Or, you can always email me your thoughts and ideas at [stewart@santarosaclub.com](mailto:stewart@santarosaclub.com) – we love all of the feedback we can get!

Save the date as Christmas and New Year's Eve 2018 are just around the corner and we are going to embark on a new year and new beginnings. Stay tuned for more detail on the club's Annual Holiday Open House Party in addition to the Annual NYE Dinner at Vue on 30a.

Thank you all for welcoming me to Santa Rosa Golf & Beach Club with open arms and being so kind. It's fun to see the team here at Vue on 30a all striving to make this the best club in Northwest Florida – while serving some of the best club members in Northwest Florida.

*Stewart Meecham*

Food & Beverage Director, Vue on 30a



Try Chef Gio's top fall menu pick: Zuppa de Clams. Clams sauteed in olive oil, garlic, cayenne pepper with white wine.





# Party Pronto

The last four months of the year is the season for parties. Whether it is a simple football watch party, homecoming game "mocktail" and photo reception, Halloween party, Thanksgiving feast, Hanukah, Christmas, Kwanza or New Year's Eve - these are all reasons to celebrate with family and friends!

You can be the perfect host of hospitality with just a few staples on hand for quick appetizers, drinks and dessert. Some pantry items to consider are gourmet crackers, pita chips and pretzels, olives, nuts, honey, dried fruit, pickled veggies and dry herb dip mixes. Some refrigerated items that have longer consumed by dates are: gourmet cheeses for slicing or crumbling, sour cream, hummus, carrots, celery, grape tomatoes, salami, summer sausage and prosciutto. From these items you could create a beautiful display board for most any pop-up gathering or planned occasion.

Drinks, even if you haven't had time to stock the bar, you want to keep a few bottles of wine on hand. You can mix wine with some flavored sparkling water, for light cocktails in a snap, or serve the sparkling water alone with a fun garnish to add to the festivities.

Be creative with non-typical household items to make your display. To add to the fun, keep a drawer of fun humorous cocktail napkins, with some stir sticks or straws to garnish.

For dessert, if you haven't had time to make ahead and freeze, one of my favorite go-to desserts is fresh berries with cream. Your first step is to run by the market and select a variety of fresh ripe berries and a pint of fresh whipping cream. Clean and dry the berries. With a mixer make the fresh whipping cream in just a few minutes then add a drop or two of pure vanilla. Serve in a wine glass, or champagne glass and sprinkle with a bit of cinnamon or powdered sugar and you have a beautiful homemade dessert in minutes.

Ahh!! Now you can relax and enjoy your Party Pronto!

*Kristi Rustin*  
Private Event Director





# UPCOMING GOLF EVENTS

## OCTOBER

10.06-07.17 FRI-SAT - GBO

10.21.17 TUE - 30a Charity Tournament

10.28.17 SAT - S.W. Academy Charity/Autism

## NOVEMBER

11.02.17 THU - LGA 9 hole & Lunch

11.04.17 SAT - Member Appreciation Tournament  
and New Member Mixer

11.10-12.17 FRI-SUN - NFL Tournament

## DECEMBER

12.02.17 SAT - Santa Scramble

10.07.17 THU - LGA 9 Hole & Lunch

10.08-10.17 FRI-SUN - Challenge Cup Matches



## FANTASTIC SHOTS & ROUNDS

### AUGUST 2017:

1. Hank White -  
HIO - #16, 8 iron
2. Lyn Pitchford -  
Age 89, shot an 82
3. Rick Sroufe -  
Age 70, shot a 69

### SEPTEMBER 2017:

1. Sally Webster -  
5th Hole in One on #2



# UPCOMING SOCIAL EVENTS

## OCTOBER

10.04.17 WED - Book Club, West Wing, 3-5pm

10.05.17 WED - LGA Luncheon, WW, 11:30am-1:30

10.17.17 TUE - Tapas and Tango, Terrace, 6-9pm, MEMBER EVENT (Vue Closed for Regular Dining on this Day)

10.18.17 WED - Aqua Fit Lunch, WW, 11:30am

10.19.17 THU - Sassy Sisters- Lets Play Cards, WW, BR , 1-4pm, Private

10.26.17 THU - Sassy Sisters, OFF SITE EVENT Forgotten Coast Tour

## NOVEMBER

11.01.17 WED - Book Club, West Wing, 3-5pm

11.02.17 THU - LGA Luncheon, WW, 11:30am

11.03.17 FRI - Welcome Back Bonfire, Entire Club, Member Event

11.04.17 SAT - Member Appreciation Golf Tournament, & New Member Mixer @ Golf

11.08.17 WED - Aqua Fit Lunch, WW, 11:30am

11.10.17 FRI - NFL Tournament-Draft Party, Entire Club - MEMBER EVENT (Vue Closed for Regular Dining on this Day)

11.12.17 SUN - NFL Tournament-Awards Party, Terrace - MEMBER EVENT - Private

11.16.17 THU - Sassy Sisters-Lets Play Cards, WW, BR, 1pm-4pm

11.23.17 THU - Thanksgiving Brunch 10am-2pm, Open to Public (Vue Closed for dinner)

11.27.17 MON - Holiday Décor Day at Vue and Golf - CLOSED

## DECEMBER

12.01.17 FRI - Aqua Fit Lunch, WW, 11:30am

12.06.17 WED - Ladies Holiday Gala, Lunch and Fashion Show, Vendor Fair, Entire Club,  
10:30am-Members and Guests (VUE CLOSED for lunch)

12.07.17 THU - LGA Holiday Luncheon, WW

12.10.17 SUN - Members Holiday Open House, Entire Club, 4-6pm -  
MEMBER EVENT - Private- (Vue Closed for Regular Dining on this Day)

12.31.17 SUN - New Year's Eve Dinner, Vue, Open to Public, Reservations taken at Vue





# 10 REASONS WHY YOU SHOULD EXERCISE IN THE WATER

*By Karen Angelosante, Volunteer Aqua Fitness Instructor for SRGBC*

## 1) BUOYANCY - REDUCED IMPACT

- Buoyancy reduces effects of gravity and lessens joint impact
- A body immersed to chest level bears around 25-35% of body weight
- A body immersed to neck level bears around 10% of body weight
- A body immersed to waist level bears around 50% of body weight

## 2) ZERO GRAVITY - ZERO IMPACT

- Deep water fitness is more challenging because you expend more energy staying afloat & vertical
- A zero gravity workout offers unique exercise opportunities
- Decompression of spine occurs in deep water

## 3) WATER IMMERSION – IMPROVED CIRCULATION

- Hydrostatic pressure – fluid pressure exerted equally on all surface area of a body at rest in any given depth
- Hydrostatic pressure also puts pressure on rib cage; simply breathing immersed in water can improve respiratory function
- Immersion helps improve heart function - allowing for exercise at a reduced heart rate. It also helps improve blood flow return to heart
- Aquatic exercise is often recommended for people with circulatory issues
- This pressure helps circulate blood from the legs to the heart, reducing feet and ankle swelling. A decrease in swelling may decrease joint tenderness and increase range of motion
- Decrease in swelling helps to improve arthritic conditions

## 4) EXERCISE IN WATER - SLEEP BETTER

- Improvements in circulatory and respiratory function, as described above, can translate into a more restful slumber
- Water temperature is much cooler than body temperature. Because of this, heat dissipation through conduction and convection is facilitated, lowering body core temperature
- Exercising in the water fatigues muscles and fatigued muscles require rest
- Exercise reduces stress

## 5) RESISTED MOVEMENT – MUSCULAR BALANCE

- Viscosity – the friction of molecules makes water more viscous or “thicker” than air
- Water is 784 times more dense than air and provides 12 times more resistance than air
- Submerged movement is resisted in all directions - working muscles in pairs.

- Muscular imbalances are one of the biggest reasons joints, such as the shoulder or the hip or the knee become compromised.
- Exercising in water helps improve joint integrity because you work muscles all around the joint in submerged resistance

## 6) WEIGHT LOSS – SAFE EXERCISE

- Research studies have shown that caloric expenditure in water is similar to land
- 9.8 calories are burned per minute
- A typical 35-minute cardio session would burn 343 calories
- A 60-minute class would typically burn 400-500 calories
- Obese participants can exercise more safely in water due to buoyancy

## 7) ENHANCED RESULTS – FUNCTIONAL FITNESS

- Endurance: Reduced impact encourages harder & longer exercise activity
- Balance: Water’s viscosity provides support – enabling increased ROM
- Mobility: Exercising with bigger movements improves muscular strength
- Your body doesn’t have an expiration date

## 8) MORE FROM CORE – SPINAL HEALTH

- Aquatic Environment allow for vertical core training
- Properties of water & equipment allow changes in body position
- Vertical alignment with flotation belt allows for maximal core recruitment
- Safer environment to exercise in with an existing back injury

## 9) CROSS TRAINING – EXERCISE VARIABILITY

- Change activities frequently
- Cross train and do water exercise a couple of days a week
- Run harder and jump higher
- Use all out force against the water’s resistance
- Try different activities and classes – HIIT, kickboxing or Pilates, yoga

## 10) FEELS GOOD – EXERCISE ADHERENCE

- All life begins in water
- Enjoying exercises increases adherence
- Aquatic fitness is a sport
- Discover your inner athlete

### References

1. Aquatic Exercise Association. 2010. Aquatic Fitness Professional Manual, Sixth Edition. Human Kinetics: Champagne, IL.
2. U.S. Census Bureau. An Aging Population: The Older Population in the United States. 2014. <http://www.census.gov/prod/2014pubs/p25-1140.pdf>
3. AARP. Aging Population a Source of Growth; Not Drain. 2014. <http://states.aarp.org/aging-population-source-of-economic-growth-not-adrain/>
4. Aquatic Exercise Association. 2015. Benefits of Aquatic Exercise. <http://www.aeawave.com/ArticlesMore/BetterHealth/tabid/355/ctl/DetailView/mid/453/itemid/1511/spot/false/Default.aspx>
5. Aquatic Exercise Association. Featured Research: How Many Calories? June M.Chewning, <http://www.aeawave.com/Portals/2/PDF/HowManyCaloriesUpdated>



# SRGBC AQUA FITNESS

## PROGRAM DESCRIPTION

Classes are led by Member Volunteers. SRGBC and Its Member Volunteers cannot assume responsibility for any accident or injury you might incur while participating. Please consult your physician to determine which classes are best suited to your health and fitness level. Intensity and impact can be varied by the individual as needed. **For ALL classes**, we recommend you bring a towel, bottled water, hat, sunglasses, sunscreen and a BIG smile.



## EQUIPMENT/ GEAR FOR CLASSES

Please see the class instructor if you have questions about equipment used in her class. Instructors often have extra equipment you may try before making a purchase if you are unsure what might best suit your needs.

## EQUIPMENT RESOURCES

### ONLINE:

- Amazon.com
- SwimOutlet.com
- Nekdoodle.com
- Aquajogger.com
- Zappos.com

### LOCAL: (Often stocked seasonally so you may want to call first before going):

- **Dick's Sporting Goods** (belts, gloves, resistance weights, shoes)
- **Target** (water shoes, gloves, noodles, yoga mats)
- **Best Buy** (yoga mats, also has a package that includes gloves, belt, resistance 'shoes')
- **WalMart** (gloves, noodles, shoes, yoga mats)
- **Sunset Shoes** (water shoes)

\*\*Noodles can be found at most tourist locations, drugstores, grocery stores and dollar stores\*\*



# SRGBC AQUA FITNESS CLASS DESCRIPTIONS & SCHEDULE SEP/DEC 2017

## MONDAYS:

### CLASS: NOODLES & NEKDODDLES® (NN)

TIME: 8:00 – 9:00

LEADER: EDEN COOPER  
(Dianna Owings & Sue Bryant backup)

DESCRIPTION: Build muscle tone, improve balance & burn calories as you engage all muscle groups through a series of guided movements & exercises with the water noodle. The Nekdoodle® will be used for floatation, for neck support during abdominal work & as a kickboard for a series of exercises laps across the pool to keep your heart rate up & your core engaged.

EQUIPMENT NEEDED: Noodle & NekDoodle®; Water Shoes recommended

### CLASS: TERRACE YOGA (TY)

TIME: 8:30 – 9:45 \*\*please note change in time\*\*

LEADER: KELLI MOORE  
(Karen Angelosante Yoga & Barbie Goins Tabata backup)

DESCRIPTION: Spend the hour on the Vue Terrace or on the beach (class preference) engaged in a continuous flowing sequence of movement designed to improve strength & flexibility of the muscle groups. No prior Yoga experience required. Class will be geared toward the level of participants. Namaste...

EQUIPMENT NEEDED: Yoga Mat

### CLASS: BELLS-N-BANDS (BNB)

TIME: 9:00 – 10:00

LEADER: DIANNA OWINGS  
(Barbie Goins, & Eden Cooper backup)

DESCRIPTION: This moderate level workout to music will utilize resistance water weights (bells) and a variety of resistance bands to focus primarily on strengthening & toning upper body. Some exercises engage the legs, gluts & core. Not recommended for persons with shoulder issues.

EQUIPMENT NEEDED: Resistance Water Weights (bells); variety of bands provided by instructor

## TUESDAYS:

### CLASS: SANTA ROSA RUNNERS (& WALKERS)

TIME: 8:00 – 9:00

LEADER: BETH SCHWARTING  
& SARAH BRAZWELL

DESCRIPTION: This training program is for all fitness levels as there are both walking and running groups. Some participants have goals of becoming more fit while others are training to participate in upcoming 5K charity events that are popular in our local area. Training is based on the Hal Higdon Training Program which includes information for participants to follow other days of the week. Go Get 'Em!!

EQUIPMENT NEEDED: Good running or walking shoes

## WEDNESDAYS:

### CLASS: AQUA ZUMBA® (AZ)

TIME: 8:00 – 9:00

LEADER: KAREN ANGELOSANTE  
(In Karen's absence another class will be led by a backup instructor)

DESCRIPTION: Wake up to some high energy, high volume music choreographed to a variety of aqua movements. This IS the Ultimate Pool Party!!

EQUIPMENT NEEDED: NONE (water shoes recommended; aqua gloves optional)

### CLASS: MERMAID YOGA (MY)

TIME: 9:00 – 10:00

LEADER: MARY HUNT  
(Karen Angelosante backup)

DESCRIPTION: This in-water Yoga class focuses on holding a sequence of standing poses which flow from one to the next. Holds, transitions, flow & breathing principles are based upon techniques borrowed from Bikram Yoga and are modified to be done in water. This mind/body connection should improve balance, core strength, flexibility and envelop you in a total feeling of relaxation. Ahhhhhh...Namaste...

EQUIPMENT NEEDED: NONE

## FRIDAYS:

### CLASS: WATER WARRIORS HALF & HALF (WWHH)

TIME: 8:00 – 9:00

LEADER: GINA COLBERT & KAREN ANGELOSANTE - Alternating  
(Sue Bryant backup)

DESCRIPTION: The first half of this class is a fast-paced water 'boot camp' to music changing moves on the minute while remaining in a stationary location in the pool. The second half of this class is a Tabata Style class where aqua "work" is alternated with periods of rest.

EQUIPMENT NEEDED: NONE (aqua shoes recommended; aqua gloves optional; buoyancy belt if working out in deep water for Tabata portion of class)

### CLASS: AQUA AEROBICS (AA)

TIME: 9:00 – 10:00

LEADER: BARBARA YOUNG & GINA COLBERT - Alternating  
(Eden Cooper backup)

DESCRIPTION: This class utilizes the unique properties of water with resistance & buoyancy to make for a great low to moderate level aerobic workout encompassing all muscle groups and is suited to all fitness levels. Some classes include music. Others do not.

EQUIPMENT NEEDED: NONE (aqua shoes and aqua gloves optional)





# Havana Nights

*Et Clark, Mary Andrulot & Jimmy Clark*



*Bob & Gretchen Nichols*



*Adrian & Linda Powell*



*James Jones, Sam Dalton, Trish Dalton, Richard Schoonover & Robert Reeder*





# Chef Gio's HELL'S KITCHEN™ VUE-ing Party

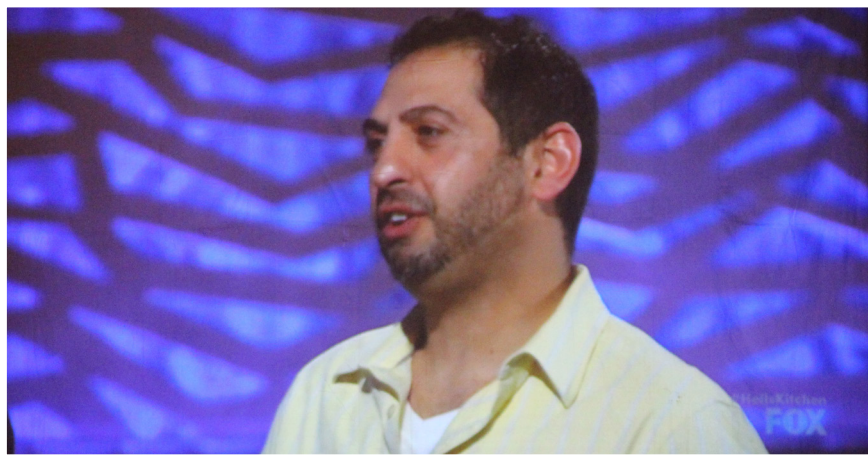
Joyce Pittman and  
Judy Heninger



Debbie Murray and  
Cathy Catellier



Chef and Charlie Hoffner



Gio's Family Came to Support







# Sassy Sisters

## KEEPING IT SASSY, BUT CLASSY

### 2017 SEASON EVENTS

#### SEPTEMBER 12 | 4 – 6 P.M.

“Improv Comedy” with the Emerald Coast Theatre Company at Vue on 30a

#### SEPTEMBER 14 | 5 – 9 P.M.

Happy Hour at Tommy Bahamas followed by the Emerald Coast Theatre production of “I Love You, You’re Perfect, Now Change” at Grand Blvd.

#### SEPTEMBER 26 | 8 A.M. – 3 P.M.

“Ecotour and Water Adventure” Holmes Creek/Cypress Springs paddleboard, kayak, canoe trip (inclement weather makeup day is Thurs. Sept 28)

#### OCTOBER 19 | 1 – 4 P.M.

“Let’s Play Cards” West Wing; Mahjong play in the Board Room

#### OCTOBER 26 – 27

“Apalachicola & St. George Island: The Forgotten Coast Tour”; charter bus and overnight with tour of historic sites, sunset cruise, and more!

#### NOVEMBER 8

Dinner followed by the production of “Elf” at Mattie Kelly Arts Center

#### NOVEMBER 16 | 1 – 4 P.M.

“Let’s Play Cards” West Wing; Mahjong play in the Board Room

#### NOVEMBER 30 | TIME TBD

Pot Luck on the Porch at Eden’s to craft Christmas items for donation to a local nursing home

***Please note that space is limited for most events.***

For member information and to register, email [edencooper78@gmail.com](mailto:edencooper78@gmail.com).

# TAPAS & TANGO

TUESDAY, OCTOBER 17

ADULTS-ONLY EVENT

**6 – 9 p.m. | Main Terrace**

**\$48++ per person** *(Confirmed by October 7)*

---

**Come enjoy a fun evening of South American flair featuring fine wine, delicious tapas and the sizzling tango.**

6 p.m. | Registration and full bar opens (individual member charge applies)

6:15 - 7:30 p.m. | Program begins with presentation of wines and tapas

7:30 – 9 p.m. | Latin Dance demonstration and lessons

## TAPAS

Pork Tamale in Husk

Papas Rellenas

Yucca Fries

Chicken Empanada

Guava and Cheese Pastry

## WINES

Rose: Vines del Vero Lucas Rosado

Whites: Torres Vina Esmeralda Moscato and Ramon

Bilbao Albarino

Reds: Campos De Luz Garnacha Reserva, Torres

“Ibericos” Crianza and Toro Loco Superior Red

*After learning about and sampling all of the featured wines, attendees will be able to purchase bottles of their favorite selections for special event-only pricing.*

---

**After October 7, cost is \$58++ per person.**

**Reservation Required by contacting:**

850.267.2305 | [events@santarosaclub.com](mailto:events@santarosaclub.com)

\*Reservations valid only after confirmation and must be submitted no later than October 11, 2017. **48 hour cancellation policy, must obtain a written cancellation confirmation.** Members may bring up to 2 guests. Some restrictions and exclusions may apply. Call for details. © ClubCorp USA, Inc. All rights reserved. 0917 CB





# Annual WELCOME BACK BBQ

## and BONFIRE

AT SANTA ROSA GOLF AND BEACH CLUB

FRIDAY, NOVEMBER 3



**5 – 10 P.M.**

**Adults | \$45++ per person**

**Kids (13 and under) | \$15++ per person**

*(Before October 23)*



Bring your hats, boots and plaid galore! Come dressed in your country best as we say 'howdy' to our northern Members with a good old-fashion beach barbeque.

***Kick up your heels with a fun night for the whole family, including:***

- Music by Luke Langford Band
- Dance demonstrations, including lessons at 5:30 p.m.
- Bonfire and s'mores on the beach
- Dinner selections include: Smoked pork-butt, pulled chicken, beef ribs, fried-green tomatoes and more

After October 23, cost is \$55++ per person for adults and \$20++ per person for kids 13 years and under.

**This popular event sold out last year, so make your reservations today.**

850.267.2305 | [events@santarosacub.com](mailto:events@santarosacub.com)

\*Reservations valid only after confirmation and will be accepted until October 29, 2017 or event capacity is met. 48 hour cancelled policy, must obtain a written cancellation confirmation. Some restrictions and exclusions may apply. Call for details.  
© ClubCorp USA, Inc. All rights reserved. 0817 CB



Golf Club  
334 Golf Club Drive  
Santa Rosa Beach, FL 32459  
850.267.2229  
[www.santarosaclub.com](http://www.santarosaclub.com)

Vue on 30a  
4801 Highway 30a West  
Santa Rosa Beach, FL 32459  
850.267.2305  
[www.vueon30a.com](http://www.vueon30a.com)

Beach Club  
4801 Highway 30a West  
Santa Rosa Beach, FL 32459  
850.267.2305  
[www.santarosaclub.com](http://www.santarosaclub.com)