



UNDER THE UMBRELLA

FEBRUARY 2016

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Bay Hill Club Staff

- Ray Easler
General Manager
- Jeanine Christoffersen
Human Resources Director
- Brian Dorn
Director of Golf
- Chris Flynn
Golf Course Superintendent
- Zach Ganger
Director of Tennis
- Todd Harris
Head Tennis Professional
- Leigh Anne Huckaby
Marketing Manager
- Carole Lasky
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- Robert Lee
Executive Chef
- Michael Moss
Assistant General Manager
- Terry McMullen
Director of Operations
- Bill Parrish
Controller
- Magie Pickens
Rooms & Spa Services Manager
- Roy Schindele
Director of Sales & Marketing
- Teresa Walls
Member Services Director

9000 Bay Hill Boulevard
 Orlando, FL 32819
 407-876-2429
 www.bayhill.com

FATHER-SON RESULTS



Dwight & Daniel Saathoff

OLDER KIDS – FLIGHT A

- 1st 67 Dwight & Daniel Saathoff
 2nd 68 Scott & Zack Justice
 3rd 69 Jason & Jake Rickard
 69 Tom Dennis & Alex Byrd
 69 Gary White & Max Baumer
 6th 70 Wade Jr. & Wade Oney III
 70 Joe & CJ Andriole



Jake & Jay Williams

OLDER KIDS – FLIGHT B

- 1st 67 Jay & Jake Williams
 2nd 68 Andy Warden & Frank Fillmann
 3rd 69 Matt & Nicholas Brown
 69 Mitch Burke & Adam Stephenson
 69 Paul & Michael Byrne
 69 Mark & Brad Hutton
 69 Larry & Drew Longenecker



Ian & Jamie Zwiefel

YOUNGER KIDS FLIGHT

- 1st 61 Jamie & Ian Zweifel
 2nd 66 Devon & Callaghan Crowley
 3rd 67 Joe & Palmer Haynes
 67 Don & Luke Howard
 5th 68 Joey & Joey Hodges III
 68 Bruce Walters & Jake Kehoe
 7th 69 Ed & Eddie Utz



Inside the White Stakes

By Brian Dorn

Jan 8: **Robert Damron** aced the 7th hole with his 190-yard 5-iron shot. It was Robert's 6th lifetime hole-in-one and his 2nd at Bay Hill (aced #2 last February).

Jan 9: **Jason Rickard** drained a 20' birdie putt on #18 to put an exclamation point on his round of 68. Jason had 5 birdies and an eagle (on #4) to more than offset his 3 bogeys and nearly match his Bay Hill-best score of 66 he shot last April.

CARE FOR THE COURSES: Recently there has been noticeable damage to the Charger course from "practice sessions" in the fairways. Please remember to extend the same courtesies to your fellow members who play the Charger as you do for those playing the Challenger/Champion. Repair your ball marks, and fill your divots and please refrain from using the golf course as a practice area. We have newly built tees and target areas on the Charger practice facility located between holes 4, 5, 6 – it is perfect for wedge and short-iron practice (please remember one must use and retrieve his/her own practice balls).

(CONT. ON PAGE 3)



Golf Tip of the Month

By Kevin Crawford

Escaping The Bunker

Hitting out of the greenside bunker seems to cause most amateur golfers problems. It's really not very difficult once you learn how to play the shot properly. So let's look at some key fundamentals:

- **Alignment:** You want to remember to keep an open stance (aligning feet, hips and shoulders to the left of the target for a right handed golfer). You want to make sure that you open the clubface so that you utilize the "bounce" of the club.
- **Ball position:** You want to play the ball just opposite your left heel. Playing the ball forward promotes a higher trajectory and also allows you to easily slide the club head through the sand.
- **The swing:** Club head speed is going to come from the hands and arms. You want to break your wrists early on the backswing and cock them all the way. This is a very "handsy" shot with very little movement from your legs and hips. Stay smooth and in tempo, but you want you to enter the sand about 1 inch behind the ball.
- **Finish your swing.** Enter the sand with power and finish with power. Too often golfers decelerate or stop their follow through once they enter the sand.
- **Remember** that during a bunker shot, the sand lifts the ball out, not the club.

If you can practice these fundamentals, I know that you will be able to escape the sand every time.

NEW YEAR'S EVE SHOOTOUT RESULTS



- 1st +20 John O'Leary / Jamie Gomas / Keith Kreigh / Dan Wadsworth / John Gomas
- 2nd +10 Robert Damron / Bruce Walters / Drew Florio / Pierre Marsan / David Bansmer
- 3rd +8 Patrick Damron / Brad Brewer / Hawk Harrelson / Jim Maynard / Dale Barger
- 4th +7 Dicky Pride / Jason Rickard / Hugh Thompson / Mike Wiggins / Glenn Blackburn

Pictured: John O'Leary, Jamie Gomas, Keith Kreigh, Dan Wadsworth, John Gomas

UPCOMING EVENTS:

- Feb 1,8,15,22,29..... API Prep Days (Mondays in February) 11:30am-1:20pm Double Tee Start
- Feb 3,4,11 BHWGA Member-Member
- Feb 9..... 9 Hole Member-Guest (9:30 a.m. shotgun, Charger)
- Feb 10..... Charger – holes 1 & 9 close (#8 shortened to a par 3)
- Feb 13-14 Men's Senior Club Championship
- Feb 14..... 9 Hole Sunday Scramble (3:00 p.m. shotgun, Charger)
- Feb 21 Mixed Golf (1:00 p.m. shotgun)
- Feb 25 BHWGA Shotgun/Luncheon (8:30 a.m. shotgun)
- Feb 26-28 Men's Match Play Championship
- Feb 29 Cart Path Only restrictions on all holes begin (unless conditions require earlier restrictions)

MEN'S ASSOCIATION SHOOTOUT RESULTS

Congratulations to **Glenn Blackburn** for outlasting the other 11 Men's Association finalists to claim victory over 2nd place finisher **Paul Byrne** on the final hole of the Men's Association Shootout.



Glenn Blackburn, Paul Byrne

2015 Final Men's Association Final Standings

1 st	Bill Zayas	\$181.25
2 nd	David Williams	\$176.25
3 rd	Glenn Stafford	\$174.15
4 th	Tom Hanus	\$172.07
5 th	Rashid Choufani	\$164.25
6 th	Don Engfer	\$156.50
7 th	John Heaton	\$147.91
8 th	John Michalski	\$132.50
9 th	Steve LaFreniere	\$126.00
10 th	Paul Byrne	\$120.00
11 th	Glenn Blackburn	\$118.16
12 th	Steve Snyder	\$117.50

INSIDE THE WHITE STAKES (CONT.)

CART PATH RESTRICTIONS: We appreciate your assistance as we manage golf cart traffic in an effort to minimize wear in traditionally challenging areas. We will continue to restrict cart traffic on holes 5 & 13 plus two other holes (on a rotation basis) Sunday through Wednesday each week in February. Unless circumstances dictate otherwise, our plan is to implement "cart path only" restrictions on all holes beginning Monday, February 29.

#10 TEE STARTS: Over the past few months we have been reversing the nines on the Challenger/Champion course once or twice per week. There are two reasons for this: by starting play on the 10th tee, our grounds crew is afforded more time to complete maintenance projects on the Challenger course. The first nine holes of any course will always receive more play than the last nine due to scheduled 9-hole rounds and late afternoon play when there is enough daylight for less than a full round of golf – by using the Champion as our first nine, we are able to spread the rounds more evenly over all 18 holes.



Keepin' It Green By Chris Flynn

As we draw closer to tournament time - our continued focus will be on greens management. Our TifEagle turf was only 4 months mature at the start of winter but fortunately mother-nature has been kind. But the threat of El Nino is still looming. With such immature turf – the need to be conservative (maintenance practices) is imperative during these winter months.

There are a variety of maintenance practices used to provide desirable playing conditions on putting greens. Sand topdressing is one of the most common and more misunderstood practices among golfers. Understanding it's benefits may help reduce frustration when you see the "silver sheen" of sand on the greens during your next round.

The benefits of topdressing include:

- Improved Smoothness – Voids exist within the turf canopy between turfgrass leaves and stems, causing inconsistent ball roll. Topdressing helps fill these voids to provide smoother putts.
- Thatch Dilution – The layer of organic debris in the upper rootzone (thatch) – can encourage mower scalping and localized dry spots. Thatch should be diluted with sand through practices like topdressing.
- Improved Turf Recovery – Sand helps cushion leaf tips and crowns and reduces algae.
- Increased Firmness – Excessive thatch can create soft, spongy playing conditions. Regular topdressing improves surface firmness.
- Improved Rootzone – Topdressing over time will improve the soil's physical properties.

The amount of sand applied depends on the time of year and growth rate of the turfgrass. Here, greens can be top-dressed all year long. However, they are generally only "dusted" with lighter sand rates when turf growth slows as soil temperatures decrease.

Topdressing is vital for healthy, firm, fast greens that putt true. While at times (especially in summer when the topdressing rate can be heavy) it can impede short term playability – the result is what every golfer desires.

Our greens are in a gradual state of progression. We now have a quality "turf-type" that when given time will have the maturity to thrive given the proper maintenance practices are routinely performed. So when playing & you see that the greens have just been top-dressed – please know that it is meant to provide you with the best putting conditions possible.

As always, please do not hesitate to contact me or flag me down out on the course with any concerns or suggestions. Till then – Hit 'Em Straight!

9-HOLERS NEWS

By Elaine Axelrod

Full of holiday cheer, the 9-Holers competed in several events this month beginning with the Sunday Couples' Tournament, and capped off by the Holiday Scramble. Thanks to our chair, **Gina Rice**, and her elf **Kathy Burt**, for making this scramble such a fun-filled event. Moved by the spirit of the season, our members generously contributed over \$2,500 to Annabel's Closet after a moving presentation by the charity's president, **Lori Hutchinson**. Thank you, **Bev Wood**, for bringing this worthy organization to our attention.



9 Holers Holiday Scramble Players



Holiday Scramble Chairwoman Gina Rice & her elf Kathy Burt



1st Team: Jamie Lazzaro, Jackie Crane, Nicole Smith, Teri Zayas



2nd Team: Mary Maher, Jane Imfeld, Bobbie Elbert, Diana Freund



3rd Team: Debbie Hoffman, Joan Hutton, Cynthia Giamalva, Cheryl Nassau



4th Team: Lisa Baxter, Carolyn Dannen, Priscilla O'Donnell, Terri Fishman



Dec. Sunday Scramble Winners: Jeff & Kathy Burt; Jane & Matt Imfeld

18-HOLERS NEWS

By Beth Bagwell

Many thanks to Santa's helpers who brought gifts for the children who celebrated Christmas at the Arnold Palmer Hospital for Children. We had great participation this year and our coordinator **Sara Ball** made sure gifts were gathered for all ages.

The winning holiday scramble team was **Bobbie Elbert, Sharon Spears, Susie Keane and Julie Byrd**. A special thanks to **Pam DuPont** for coordinating a little holiday cheer during our round!

Congratulations to January's Mixed Golf winning team, **George & Sandy Helmsley and Jon & Diane Freund**.



BHWGA Holiday Shotgun Players with Toys



1st Team: Bobbie Elbert, Sharon Spears, Susie Keane & Julie Byrd



Sara Ball, BHWGA Donation Coordinator; Sheri Mosely, Arnold Palmer Medical Center Child Life Manager; Dena Pichardo, General Relations Manager; Drew Stochak, Foundation Coordinator, Arnie's March Liaison



Jan. Mixed Golf Winners: George & Sandy Kemsley; Jon & Diana Freund



Jan. Mixed Golf 2nd Place Team: Bill & Teri Zayas; Nancy & Lou Beasley



Zach's Spin

By Zach Ganger

Hello Tennis Fans! 2016 has been off to a rainy start, but we have still been able to get out and hit a few balls. We had a few rainouts in January and we are hoping for a dryer February so we can continue to get out on the courts!

For those who have not heard, **Matt Rineberg** and **Zach Ganger** competed in the Orlando Citrus Classic Tennis Tournament over the Holiday break held at OTC (Orlando Tennis Center). The duo paired up to play Florida's #1 ranked junior doubles team (Kaden Funk and Ninan Kumar) in the championship, who are also coached by Matt. The match started out close, but then fell in favor of the "young guns." Despite losing the first set, Matt and Zach stayed tough and fought their way back. After a few early breaks and some of Matt's clutch serves, the Bay Hill pair won the 2nd set with ease. The 3rd set was played as a 10 point tie-breaker and in this case, "experience" outlasted "youth". Matt and Zach capped off a competitive weekend with a win and a few sore muscles. Thanks to those that came out and watched; we will keep you posted on the next tournament appearance.



2015 Christmas Round Robin Participants



Aris Harrelson and daughter, Krista, dressed as snowwomen.



Kaden Funk, Ninan Kumar,
Matt Rineberg & Zach Ganger



Citrus Classic Champions
Zach Ganger & Matt Rineberg

Just a reminder, due to preparations for the Arnold Palmer Invitational Presented By MasterCard, we will be losing courts #1 and #2 after our home match on Wednesday, February 24. Once the tournament concludes, the tent will begin to come down and our 2 clay courts will be resurfaced, with an anticipated reopening date the weekend of April 9.

Last but not least, team sign ups have begun! If you are interested in participating on a Bay Hill WAIT League team next season, please be sure to see the Tennis Staff for more details and to register.

Tennis Tip:

Everyone who has competed has experienced choking and we have definitely seen players choke during their matches. The feelings of nervousness, pressure or insecurity can overwhelm a player's performance, causing him or her to choke. Why does choking happen and what can we do about it? Most of the time, players' self-talk or the story they're telling themselves is what really gets them tense and unable to perform at their best under pressure. Players need to understand the thoughts they have regarding the event or performance can be modified or controlled with appropriate mental practice. Don't focus on the negative when you miss an easy shot, rather focus on what you did to set yourself up for the easy ball. Focus on breathing or a favorite trip you go on with the family. Try to take your mind off of the negatives and focus more on the positives! This will help you stay relaxed and in turn, playing your game.



Health Matters

By Magie Pickens

With Valentine's Day on the horizon, the question is... can chocolate be good for my health? Answers from Katherine Zeratsky, R.D., L.D.: Healthy chocolate sounds like a dream come true, but chocolate hasn't gained the status of health food quite yet. Still, chocolate's reputation is on the rise, as a growing number of studies suggest that it can be a heart-healthy choice.

Chocolate and its main ingredient, cocoa, appear to reduce risk factors for heart disease. Flavanols in cocoa beans have antioxidant effects that reduce cell damage implicated in heart disease. Flavanols, which are more prevalent in dark chocolate than in milk chocolate, also help lower blood pressure and improve vascular function. Some research has linked chocolate consumption to reduced risks of diabetes, stroke and heart attack. One caveat...more research is needed to confirm these results.

In the meantime, if you want to add chocolate to your diet, do so in moderation. Why? Most commercial chocolate has ingredients that add fat, sugar and calories. On the other hand, cocoa itself, unlike chocolate, is low in sugar and fat while offering potential health benefits. If you enjoy chocolate flavor, add plain cocoa to your low-fat milk or morning oats.



Fitness News

By Tim Shuman, C.S.C.S.

RESOLVE 2016

How do you keep on track for your fitness goals? Focus. It's such a simple word, isn't it? It's a mind set. The more you focus on something, the more it grows. This is a law of the universe, like inertia. Think of the last goal you achieved. How did you do it? You focused on it, correct? You set the goal, broke it down into steps, took action, made course corrections (as life kicked in) to achieve the end result.

So how do you stay focused? Plan the work, work the plan. Only do things that help you achieve your goals. If you stray from your path remember, no need to be good at something that isn't worth doing. It's not worth doing if it doesn't benefit your goal. Life will get in the way. Expect it. Plan for it; so when it does happen, simply reset and get back to working the plan.

**SET GOAL.
MAKE PLAN.
GET TO WORK.
STICK TO IT.
REACH GOAL.**



February Specials at the Salon & Spa



Looking for the perfect Valentine's Day gift for your special someone?

Throughout February, The Spa at Bay Hill is offering a 50-minute **CHOCOLATE CHERRY SWEDISH MASSAGE** complete with a flute of champagne for \$110 (including member discount; reg. \$145.) This luxurious scented oil is rich with oils and vitamin E that nourish and hydrate the skin. Call at 407-876-8011 to book your appointment today; be sure to specify you wish to book this service.

In The Salon at Bay Hill, pamper yourself or someone you love with a **CHOCOLATE CHERRY PEDICURE** complete with champagne for \$57.20 (including member discount; reg. \$65.) Call at 407-876-8010 to book your appointment today; be sure to specify you wish to book this service. Offer valid through February 29.

SPA & FITNESS CENTER Class Schedule and Hours of Operation

SUNDAY 7 a.m. - 7 p.m.	MONDAY 6 a.m. - 8 p.m.	TUESDAY 6 a.m. - 8 p.m.	WEDNESDAY 6 a.m. - 8 p.m.	THURSDAY 6 a.m. - 8 p.m.	FRIDAY 6 a.m. - 8 p.m.	SATURDAY 7 a.m. - 7 p.m.
	IBurn Cardio 7:30 a.m. Active Body 8:30 a.m.	Rise & Shine Yoga 7:30 a.m.	Full Body Circuit 7:30 a.m. Hole In One Fitness 8:30 a.m.	Pilates 7:30 a.m. Arnie's Army Bootcamp 8:30 a.m. Yoga 5:30 p.m.	U Jam Cardio Circuit 7:30 a.m. Grand Slam Fitness 8:30 a.m.	Strength Endurance Conditioning 8:30 a.m.

CLUB NEWS & EVENTS



Kids in the Kitchen!

Saturday, February 20
11:00 a.m. – 1:00 p.m.
Palmer Room

Our chefs will be on hand to demonstrate the art of brownie making. Children can enjoy making, baking and eating their own creation! Lunch will be provided for each child.

\$12.95⁺⁺ per child (ages 4-10 only)

Seating is limited. Reservations are required. 24-hour cancellation policy applies. Please call the Special Events Reservation Line at 407-876-8005.

Marina Project Update:

The construction of the new seawall is currently underway. Once this phase is complete, work will begin to replace the existing docks and bridge.



In Memoriam
Therese Reilly

Join us for a new event!

Ladies' Lunch & Learn...

FASHION ACCESSORIES

Presented by

bloomingdale's

Friday, February 19
10:30 a.m.
Palmer Terrace

Bloomingdale's presents its Spring Trend Report featuring REISS London

Discover REISS, from its history to celebrity following; indulge in iconic looks that reflect quality and detail. Join us while REISS brand ambassador and stylist, Zachary Fifer, shares insider tips that will help you curate a spring wardrobe that inspires confidence and iconic elegance. Plus, be the first to shop the new spring collection!

Menu

Mediterranean Salad
chopped romaine lettuce, roasted vegetables, Kalamata olives and Feta cheese, crowned with Bay Hill shrimp salad and champagne vinaigrette

Club & Pretzel Rolls and Scones

Coffee & Iced Tea Service
Lemon Sorbet

\$18.95⁺⁺ per person

Reservations are required. Seating is limited. 24-hour cancellation policy applies. Please call the Special Events Reservation Line at 407.876.8005.



CLUB DINING



DINING HOURS OF OPERATION

Terrace Café

11:00 a.m. - 3:00 p.m.

Members Lounge

5:00 p.m. - 10:00 p.m.

Grill & Classic Rooms

Breakfast & Lunch Daily
6:30 a.m. - 2:00 p.m.

Bay Window

2:00 p.m. - 10:00 p.m.

Please also join us on
Saturday, February 13 for

St. Valentine's Day in the Bay Window

This Valentine's Day, enjoy spending a little quality time with your special someone with dinner in the intimate atmosphere of the Bay Window. From 5:00 p.m. to 10:00 p.m., food & drink specials will be available in addition to our regular menu.

Reservations may be made by calling the Bay Window at 407-876-2429 ext. 654.

Note: Outside tables will be filled on a first-come, first-served basis.

THIS MONTH'S CRAFT BEER SELECTIONS



Southern Tier Brewing Co.

Lakewood, NY
"ZXPRESSO"

Milk stout brew with coffee beans and lemon peels



Tomoka Brewing Co.

Port Orange, FL
"Twist of Cane"

Double IPA made with Florida sugar cane

Available now at all dining locations; try a craft beer today!

On the Front Burner Executive Chef Robert Lee



JALAPEÑO HUSH PUPPIES

- | | |
|----------------------------|-------------------------------|
| 3/4 cups yellow cornmeal | 1 egg, beaten |
| 1/4 cup flour | 1 tablespoons salt |
| 1/2 teaspoon baking powder | 1/2 tablespoon black pepper |
| 1/2 teaspoon salt | 1/2 tablespoon onion powder |
| 1/2 teaspoons hot sauce | 1/2 tablespoon cayenne pepper |
| 2 tbs minced onions | 2 tablespoons garlic powder |
| 1 fresh jalapenos, minced | 6 cups shortening |
| 1/4 cup buttermilk | |

Directions:

Preheat shortening over medium in a large pot. In a mixing bowl, combine the dry ingredients, hot sauce, onions, and jalapenos. Stir in the eggs and milk. Mix until fully incorporated. Carefully place 1 tbs. of batter into the hot shortening frying approx. 5-6 at a time. Fry the hushpuppies for 2-3 minutes or until they are golden brown. Remove from the oil and drain. Repeat until all the batter is finished.

FEBRUARY 2016

SUN	MON	TUE	WED	THU	FRI	SAT
	1 API Prep Day 11:30am-1:20pm double tee start	2 9-Hole Play Day	3 BHWGA Member- Member	4 BHWGA Member- Member	5 Beginner's Bridge Class 1:00pm Intermediate Bridge Class 3:00pm	6
7	8 API Prep Day 11:30am-1:20pm double tee start Ladies' Bridge 12:45pm	9 9-Hole Member-Guest	10 Charger Holes #1 & #9 Close	11 BHWGA Member- Member	12 Beginner's Bridge Class 1:00 p.m. Intermediate Bridge Class 3:00 pm	13 Senior Club Championship
14 Senior Club Championship Sunday Scramble 2:00pm <i>Happy Valentine's Day!</i>	15 API Prep Day 11:30am-1:20pm double tee start	16 9-Hole Play Day	17	18 BHWGA Play Day	19 LADIES' LUNCH & LEARN... FASHION ACCESSORIES 10:30am Beginner's Bridge Class 1:00pm Intermediate Bridge Class 3:00pm	20 KIDS IN THE KITCHEN! 11:00am
21 Mixed Golf 1:00pm	22 API Prep Day 11:30am-1:20pm double tee start Ladies' Bridge 12:45pm	23	24	25 BHWGA Shotgun & Luncheon	26 Men's Match Play Championship Beginner's Bridge Class 1:00pm Intermediate Bridge Class 3:00pm	27 Men's Match Play Championship
28 Men's Match Play Championship	29 API Prep Day 11:30am-1:20pm double tee start "Cart Path Only" Restrictions on all holes begin					
<p><i>Welcome New Members</i></p> <p>Please join us in welcoming the following new member to the Bay Hill Club:</p> <p>Rebecca Lee-Bentham LPGA Golf</p>						



9000 Bay Hill Boulevard
Orlando, FL 32819



2015 Champion, Matt Every



March 14-20, 2016

TICKETS ON SALE NOW!

NEW THIS YEAR! – Members can now purchase member badges, member guest badges and all other tournament tickets via the Bay Hill Members Only website at www.bayhill.com. Badges include access to tournament grounds and Clubhouse as well as on-site parking, if space allows.

For more information, please email BHmember@arnoldpalmerinvitational.com or call 407-876-2888.