



# UNDER THE UMBRELLA

OCTOBER 2017

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**Bay Hill Club Staff**

Ray Easler  
Vice President, Hospitality

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  
Membership Director

Robert Lee  
Executive Chef

Terry McMullen  
Director of Operations

Carol Meyer  
Human Resources Director

Bill Parrish  
Controller

Magie Pickens  
Rooms & Spa Services Manager

Wes Rincon  
Food & Beverage Director

Roy Schindele  
Director of Sales & Marketing

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



## Family Pumpkin Patch!

Friday, October 13  
4:30 p.m. – 6:30 p.m.  
Bay Hill Pumpkin Patch  
(Grassy area at end of 2nd Lodge)

Parents, goblins and ghouls of all ages, join us for a stroll through the pumpkin patch and pick out your very own pumpkin to take home and carve or decorate! (costumes optional) Enjoy our complimentary “treats without tricks” and favorite fall refreshments!



Members only, please.  
RSVP required.  
Please call the Special Events  
Reservation Line at 407.876.8005.



# Inside the White Stakes

By Brian Dorn

**AUG 6:** Jason Rickard recorded his first lifetime hole-in-one when he aced the 211-yard 2nd hole with his 4-iron. The fact that this was his first ace was a surprise to many of us, including the Mulligans (Jason’s Saturday group) who have watched Jason shoot in the 60s numerous times. The 45 year old is now halfway to catching up to his son’s (19 year old Jake) pair of aces – the race is on!

**SEPT 2:** Ed Utz ended his 38-year quest for his first hole-in-one when he aced the 190-yard 2nd hole with his 5-iron shot. Way to go, Ed!

**“Monday Outing” Special:** A special guest rate of \$50 (including cart and range balls) will be extended to your accompanied guests on select Mondays after the scheduled outing. You may have up to 7 guests per member at this rate -- in effect October 2 & 9.

**EZ-Go RXV Golf Car Fleet Turnover :** Our annual golf car fleet turnover is scheduled for October 23. As in past years, EZ-Go is allowing our members the opportunity to purchase the one year-old golf cars off our lease – this year’s price will be \$4,550 + tax for the standard fleet cars. The deluxe cars (only 3 available @ \$4,850 + tax) have already been reserved and there is currently a wait list. If interested in purchasing one of the standard fleet vehicles, please contact me by phone (407-876-8030) or email (bdorn@bayhill.com).

**Private Golf Car Usage:** Please remember that private golf car usage on the golf course is only permitted for members registered for Trail Fees. This program is available to resident members for a fee of \$2,400 and to non-resident members only for a fee of \$1,440. Only

those members on the Trail Fee program with a current valid registration tag are able to use a golf car on the Challenger/Champion or Charger golf course. All other vehicles must be parked in the parking lot or left with our staff at the golf car staging area. For more details on the Trail Fee program, please contact our Golf Professional staff.

**Junior Club Championship:**

Sign your juniors up now for this event on Sunday, October 15. We will have 9 & 18 hole divisions (based on age). No entry fee. We will offer snacks and refreshments following the event.



Davis Hingtgen  
2016 Junior Club Champion

**November Overseeding:** We will oversee all areas of the Challenger/Champion course except for the greens on November 14-15 (Challenger) & 16-17 (Champion). The Charger course will not be overseeded. The overseeded nine will be closed the days of the procedure, however, we will still have 18 holes of golf available each day. Following this procedure we expect to be under “cart path only” restrictions until approximately December 7.

## UPCOMING EVENTS:

- Oct 2..... Outside Event (8:30 am shotgun) – Special guest rate available in the 2 pm shotgun
- Oct 8..... 9-Hole Sunday Scramble (3:00 pm – Charger)
- Oct 9 ..... Outside Event (8:30 am shotgun) – Special guest rate available in the 2 pm shotgun
- Oct 15..... Junior Club Championship
- Oct 16 ..... Outside Event (8:30 am shotgun)
- Oct 19..... BHWGA Guest Day (8:30 am shotgun)
- Oct 22..... Mixed Golf (1:30 pm shotgun)
- Oct 24..... 9-Holers Member-Guest (9:30 am shotgun)
- Oct 25-28 ..... Men’s Member-Guest
- Oct 30 ..... Outside Event (9:00 am shotgun)



## Keepin' It Green

By Chris Flynn

Looking back during the summer I can recount many a conversation with members asking about aerification. Why do we have to aerify? Why do we have to do it as often as we do? There is actually a science behind answering these questions and it's not just something that's left for subjective guessing.

Why do we aerify? The technical answer is — based on scientific results obtained by a soil test we know that our greens do not have enough air pores to support the oxygen needs of our grass. Therefore we must remove some organic matter and replace it with new material (sand) that will increase our air pore space and begin the process of providing more oxygen for our turf, enabling it to function in a more healthy state.

If excessive organic material is not managed properly it could seal off our greens and cause the turf to stress due to a lack of oxygen. This is the number one cause of green failure. So in having to decide what our aerification strategy will be, I need to answer the following questions:

1. How often should I aerify?
2. How deep should I go?
3. What size tines should I use
4. What should my spacing be between the tines?
5. Should I use Hollow or Solid tines?
6. Should I fill the holes or leave them open?

Until I know what the physical properties of the soil are, these questions can't be answered. Once we know what we have to deal with, then a prescribed aerification plan can be developed. Soil test recommendations are specified in terms of "displacement". How much material do I need to remove each year to get my greens from where they are now to where they need to be.

Most greens need to have a displacement of around 20% to keep up with the organic production of the plant (USGA Green Section). This is dependent on many factors such as, the soil type, turf type, and quality of irrigation water. Our goal is here is to displace 25% annually. The exception would be Greens 10 > 18 as they are new so our goal for now on those is 12%.

It does not matter how often you aerify, or how big the tine size is, or how close the spacing is between the tines. All that matters is that a strategy is created to achieve the desired annual goal.

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!



## Golf Tip of the Month

By Andrew Albert

As the hot summer months begin to wind down, our 2017-18 golf season is quickly approaching. We anxiously await the cooler, more comfortable days. Everyone will begin to prepare for leagues & associations, guest days, competitive member events, and countless good times with friends and family. However, many seem to overlook such an important part of the preparation that can have a major impact on our game – our grips!

The grip sits atop Mr. Palmer's list of core fundamentals (that alone should be an obvious indicator as to how important maintaining this piece of our equipment is!) and failing to replace our old and worn out grips will undoubtedly lead to inconsistencies around this key fundamental. Dirt, grime, sand, and sweat all play a part in deteriorating grips, and what you may not know is that climate can also play a big role as well. The heat and humidity here in Orlando can quickly cause rubber grips to lose elasticity and leather grips to lose moisture. In addition to the elements, how much we play also dictates how quickly our grips wear down. It is recommended that grips be replaced every 40 rounds, unless of course you are a range junky, then it is recommended that grips be replaced every 30 rounds. Signs that indicate it's time for new grips include dull appearance, slick feel, cracking, and wear marks. As grips wear down and become slick, they gradually get thinner; not only does this make it more difficult to hold onto the club, but it impacts grip pressure and positioning. Replacing your grips is the best way to maintain fundamental positioning without sacrificing feel.



Stop by the Golf Shop for help with determining if your grips are ready to be replaced; our entire professional staff is well-versed and experienced in grip installation and would be more than happy to assist with finding your next grip. Lamkin offers some innovative new options, including the Z5 series, which comes in a great variety of colors, including a sharp looking blue, white, & orange combo, perfect for Florida Gator fans!

The Golf Shop will be extending a "Welcome Back" Grip Sale, 40% off re-gripping your entire set throughout October and November.

# 9-HOLERS NEWS

By Diana Freund

The 9-Holers opened the season by welcoming old and new members at the Ladies' Season Kick-Off Coffee. Thank you, Bay Hill, for a great event! Members of the 9-Hole Executive Board were on hand to greet everyone and discuss the group's upcoming activities. The season always starts with the Kick Off Scramble and Luncheon. This year's theme was *A Trip to Italy*. Our event chair, **Linda Schumacher**, planned some challenging and fun features to reflect the theme. Our winners are listed below. Congrats to all and many thanks to Linda! We were so pleased to welcome 10 new members to our group, 7 of whom are pictured below. The tradition is to pair each girl with a member in the Big Sister/Little Sister Program. As of this writing, Hurricane Irma has come through and we hope that all our families survived safely and with minor damage.



Officers: Diana Freund, Secretary; Cindy Blackburn, President; Susan Latorre & Becky Crowley, Co-2nd VP; Linda Schumacher, 1st VP; Marjean Lynch, Treasurer; Ede Nault & Jane Imfeld, Advisors



Big/Little Sister Pairs: Laurie Bingham/Joan Hutton; Paula Weber/Leslie Shassian; Sara Ball/Carol Lytle; Julie Thompson/Paula Hodges; Nancy Sedacca/Jane Imfeld; Vivian Hilmer/Susan Latorre; Cheryl Yager/Diana Freund



1st Team: Becky Crowley, Vivian Hilmer, Susan Latorre & Elaine Johnson



2nd Team: Bev Wood, Leslie Shassian, Marjean Lynch & Sara Ball

# 18-HOLERS NEWS

By Nicole Smith

The 18-Holers ended the summer with an exciting first place finish in the Southwest Orlando Women's Golf League. The team had a long hot summer of golf but prevailed against West Orange (2nd Place) and Keene's Point (3rd Place). Congratulations to the women who represented Bay Hill so well! The end of summer means the beginning of our 2017/2018 golf season.

Our Season Kick-Off Coffee always proves to be a fun event reconnecting with friends we might not have seen for a few months. The newly elected officers welcomed returning and new members and handed out the coveted pink books. One week later 9 teams were formed to compete in our Kick-Off Scramble, where we all wondered if it was still summer with the heat we experienced. It was a fun day regardless and the team of **Linda Cardilli, Setsi Day, and Terri Fishman** brought home the first place win. We are excited for what the rest of the season might bring, including cooler weather, no more hurricanes, and hopefully a few holes in one!



Bobbie Elbert, Treasurer; Paula Hodges, VP; Kathi Marinari, Secretary; Christina Korpinski, President



1st Team: Linda Cardilli, Setsi Day, Terri Fishman



Closest to Pin Winners: Nicole Smith, Kathy Burt, Martha Ward, Linda Cardilli



Bay Hill SWOGL Team



## Zach's Spin

By Zach Ganger

We hope that you had a great summer and are as ready for this heat to leave as we are! We have had an exciting start to our season with Irma blowing through. We hope that you and your loved ones are safe and no major damage was caused to your homes. I would like to personally thank **Todd, Doug and Kennedy** for their hard work and patience to get the tennis facility back up and running as fast as they did! THANK YOU!

### LADIES LEAGUE PLAY

We have begun league play and we hope everyone is as excited to be back competing as we are watching you compete. It is always fun to watch our teams fight their way back into matches, close out the easy matches and win the close ones! It is going to be a great year this year and all of our teams are capable of winning any given match. Below is a list of our home matches in October. We would love to have anyone come out and support our Bay Hill tennis teams. Match play begins at 9:30 am.

Wednesday, 10/4 .....B Home vs Ft. Gatlin  
 Friday, 10/6.....Classic Home vs OTC  
 Wednesday, 10/11.....A Home vs Lake Mary  
 Friday, 10/13.....Classic Home vs Red Bug  
 Tuesday, 10/17 .....C Home vs Azalea  
 Wednesday, 10/18.....B Home vs Sanlando  
 Wednesday, 10/25.....A Home vs Waterford  
 Friday, 10/27.....Classic home vs Lake Mary  
 Tuesday, 10/31 .....C Home vs Lake Cane

### UPCOMING SOCIALS

Tennis will be offering a **RACKET/PADDLE SOCIAL** on **Thursday, October 26** from 6:30pm-8:00pm. We will be playing tennis, pickleball and ping pong and will have a bar by signature. You do not need to play all 3 to attend. This will be a fun and exciting way to get the family out and enjoy the different sports offered at the Club.

This month we will also be offering our first ever **"KIDS NIGHT OUT"** here at Tennis. This event will be from 5:00pm- 8:00pm on **Friday, October 20**. We will have a variety of games for the kids to play, pizza, drinks, and a movie. The cost for this event is \$25 per child (includes pizza and drinks) and space is limited to the first 30 kids.

**Tuesday, November 14** is National Pickle Day! To honor this occasion, we will be having a **PICKLEBALL ROUND ROBIN** on the 14th from 6:00pm- 7:30 pm. A bar by signature and light Hors d'oeuvres will be offered.

To register for any of these events or to learn more information, please contact the Tennis Pro Shop at 407-876-8027.

## • PICKLEBALL 101 CLINICS •

This month, we are offering 3 complimentary one-hour Pickleball Clinics geared especially for those new to the game. Come learn how to play the popular game that is sweeping the nation all while having fun.

**Tuesday, October 10 @ 5:00pm**  
**Wednesday, October 11 @ 3:00pm**  
**Friday, October 13 @ Noon**

The Bay Hill tennis professionals will take you through the basics, including:

- Overview of Rules and Boundaries
- Develop reliable and consistent forehand and backhand groundstrokes, volleys, overhead smash, and serves.
- Learn how to approach the net as a serve-and-return team.
- Learn proper footwork, grips, and the ready position.
- Learn how to move on the court while maintaining good balance.

All Bay Hill members are invited to participate. To sign up, please call the Tennis Shop at 407-876-8027.





## Health Matters

By Magie Pickens

If you have never stepped foot in group fitness class, here is what you are missing:

Not only are group classes energetic and motivating, they are also extremely effective. Attending a class can shake up a monotonous workout routine and help you build different muscle groups. Plus, the certified instructors can even provide personalized coaching to improve your form.

In a group exercise class, your heart rate will be up the entire time, you'll feel motivated to push yourself more than if you were alone.

If you are new to working out, there's no better place to start than a group fitness class. Because your class will have a certified instructor, you and your classmates will receive step by step instruction on the exercises and personalized feedback on your form. Even if you are already a gym rat, instructors can point out which areas or muscle groups you need to work on. They also ensure that you have a safe workout, no matter what your current fitness level may be.

Once you find a class you like, you'll have a daily or weekly workout date, making it more likely that you will attend. Also, the class will be structured to include everything you'll need, including the warm up, workout, and cool down so you won't have to think as much. Working out is hard enough, you just have to show up.

Check out our line-up of classes that we offer at the Spa and join today!



## Fitness News

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

Our hands are the gateway to interaction with our environment. The ability to touch, hold, and move objects helps us investigate the world around us. Studies have shown that grip strength and mortality can be closely related, when it comes to cardiac health.



What does this have to do with fitness? The hands are generally the main connection to the weight we use for exercise. Generally the limiting factor in an exercise is grip strength. When the grip gives out from fatigue the movement stops.

So how can you improve? Isolation exercises are nice but why not work the entire body for all around faster results. Total body movements such as deadlifts, pull ups, rows, pressing movements and loaded carries, along with their variations not only help strengthen the grip but the entire body (when done correctly). Do those "Big Bang for your Buck" movements, sound familiar? Remember, increasing strength not only improves performance but health as well.

### SPA & FITNESS CENTER Hours of Operation and Class Schedule

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.
	<b>IBurn Cardio</b> 7:30 a.m.  <b>Aqua Aerobics</b> 8:30 a.m.	<b>Rise &amp; Shine</b> <b>Yoga</b> 7:30 a.m.	<b>Full Body Circuit</b> 7:30 a.m.  <b>Aqua Aerobics</b> 8:30 a.m.	<b>Pilates</b> 7:30 a.m.  <b>Yoga</b> 4:30 p.m.	<b>U-Jam Cardio</b> 7:30 a.m.  <b>Aqua Aerobics</b> 8:30 a.m.	<b>Tai Chi</b> 9:00 a.m.

## CLUB NEWS & EVENTS

### “Fashions from Around the Club!”

Friday, October 6  
11:00 a.m.  
Palmer Terrace



Ladies, join us for a new event as we showcase new fall fashions and trends from our in-house retail outlets featuring Golf, Tennis and Spa & Fitness apparel. And perhaps, you'll recognize a model or two!

#### Menu

##### Autumn Salad

*chopped romaine lettuce surrounded by roasted vegetables and crowned with grilled marinated chicken julienne, drizzled with white truffle vinaigrette*

##### Pumpkin Cheesecake

*garnished with cinnamon infused fresh whipped cream and pirouette*

##### Club & Pretzel Rolls and Mini Muffins

##### Coffee & Iced Tea Service

\$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.

### *Ladies' Annual* **Holiday Fashion Show & Luncheon**

Friday, November 10  
11:00 a.m.  
Palmer Terrace

*Fashions presented by*

**bloomingdale's**

Mark your calendar and start the holiday season early by joining us for a morning of food, fashion and flair.

#### Menu

##### Brie & Shiitake Soup

##### Club & Pretzel Rolls and Mini Muffins

##### Salad Maria

*chopped romaine lettuce, Roma tomato, capers, roasted red pepper, Spanish olives, Manchego cheese and toasted slivered almonds, crowned with grilled marinated shrimp and champagne vinaigrette*

##### Coffee and Tea Service

##### Chocolate Mousse Crunch Torte

*with raspberry coulis*

\$25.95++ per person

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



# DINING NEWS



## DINING HOURS OF OPERATION

### Grill & Classic Rooms

Breakfast ..... 6:30am to 11am

Lunch ..... 11am to 2pm

### Bay Window

2pm to 10pm

### Terrace Café

Monday-Thursday ..... 11am to 4pm

Friday-Sunday ..... 11am-7pm

### Members Lounge

5pm to 10pm



## Beer Corner by Wes Rincon



Oktoberfest is a German festival dating from 1810, and Oktoberfest beers are beers that have been served at the festival since 1818. Traditionally Oktoberfest beers were 5.5 to 6 ABV called Märzen, brewed in March, and allowed to ferment during the summer months. Originally these would have been dark lagers, but in 1872 a strong version of an amber-red Vienna lager became the favorite Oktoberfest beer. The color of Oktoberfest beer has become even lighter since the late 20th century, with all Oktoberfest beers brewed in Munich since 1990 being golden in color.

To celebrate the tradition of Oktoberfest and the delicious beers it has created, we will be showcasing Coppertail Brewery's Oktoberfest beer on tap in the Bay Window throughout the month of October.



## On the Front Burner By Executive Chef Robert Lee



### Pan-Seared Sea Scallops



- 1 lb. sea scallops
- 2 tbsp. flour
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 2 tbsp. olive oil

- 4 tbsp. butter
- 1/4 cup white wine
- 1 tbsp. lemon juice
- 2 tbsp. chopped parsley
- salt and pepper to taste

Dredge the sea scallops in flour. Sear the scallops in olive oil & 1 tbs. butter in a large sauté pan over med heat for 2 minutes on each side. Remove scallops. Add remaining butter, lemon juice, parsley, salt & pepper and heat and blend with a wire whip. Serve scallops over rice and top with sauce.



# OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Outside Event 8:30am shotgun	3 9-Holers Play Day	4	5 BHWGA Play Day	6 "FASHIONS FROM AROUND THE CLUB" 11:00am	7
8 Sunday Scramble 3:00pm	9 Outside Event 8:30am shotgun  Ladies' Bridge 12:45pm	10 9-Holers Play Day  Pickleball Clinic 5:00pm	11 Pickleball Clinic 3:00pm	12 BHWGA Play Day	13 FAMILY PUMPKIN PATCH 4:30pm-6:30pm  Pickleball Clinic Noon  	14
15 Junior Club Championship	16 Outside Event 8:30am shotgun	17 9-Holers Clinic & Play Day 8:30am	18	19 BHWGA Guest Day & Luncheon 8:30am	20 "Kid's Night Out" at Tennis 5:00pm-8:00pm  -	21
22 Mixed Golf 1:30pm shotgun	23 Ladies' Bridge 12:45pm	24 9-Holers Member-Guest 9:30am	25 Men's Member-Guest	26 Men's Member-Guest  Racket/Paddle Social 6:30pm-8:30pm	27 Men's Member-Guest	28 Men's Member-Guest
29	30 Outside Event 9:00am shotgun	31 9-Holers Play Day  				

*Welcome New Members*

*Please join us in welcoming the following new members to the Bay Hill Club:*

**Jim & Trish Dean**  
Social



**John & Virginia Rigsby**  
Social



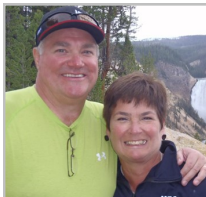
**Brad & Sue McDonald**  
Resident Golf



**Dr. David & Katherine Shepperly**  
Non-Resident Golf



**Ken Haubein & Susan Pintado, M.D.**  
Non-Resident Golf



**Mark & Kim Holt**  
Social

