

A BEND IN THE RIVER

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A NEW WORK OF ART AT RIVERBEND

We are pleased to announce that the RiverBend Golf Course is now home to a beautiful new piece of art. Thanks to local chainsaw carving artist, Robbin Wenzoski, the old elm tree on the 7th hole has been transformed into a native-themed totem. Approximately 98% of the piece was created by chainsaw carving, with the finishing touches of the sculpture completed using power carving techniques. This is Robbin's 31st carving in London.

With the advice of the Museum of Ontario Archaeology - Lawson Iroquoian Village Curator, Robbin carved a number of animals that fit the southwestern Ontario native theme, in progression from beneath the water to flight. The totem includes an eel, fish, turtle, wolf, bear, owl, hawk and heron. In addition to these animals, abstract earth symbols flow through the design including sun, moon and stars.

Robbin teaches his students to follow their hearts when carving, and to allow the subconscious to guide the hand. This very approach allowed Robbin to create a truly meaningful and inspirational work of art at RiverBend; we encourage all residents to take the trip down to the 7th hole to appreciate his work.



Experience. The Difference.™

BIRDS, BIRDS, BIRDS

Many migratory birds travel thousands of miles on their bi-annual journeys between southern wintering areas and northern breeding grounds. By maintaining habitat areas, RiverBend offers a great place for the birds to stop over or stay for the summer.

Birds comprise one of the most diverse species of animals. While enjoying their beauty and diversity, we can learn a great deal by observing them in our back yard and other natural areas.

By learning how birds are able to adapt throughout the world, we can begin to better understand how to work in harmony with the natural world.

As part of our Audubon initiative, the RiverBend Grounds Department has hosted a Bird Watching Open for the past six years. Bird watchers Barbara Yeo and Rick Hayman have been invited to tour the grounds and monitor birds that they see or hear. Monitoring birds year to year shows us that we are enhancing the valuable natural areas and wildlife habitats within our community to improve the quality of life and coexistence of both environments.

This year 52 different species of birds were seen and/or heard during the four hour period that the bird watchers roamed the grounds of RiverBend.

Wendy Harry

Horticulturalist / Stewardship Coordinator





COMMUNITY MANAGER'S MESSAGE



As I am writing this we are halfway through the summer and if June has been any indication of the weather to come, our Grounds crew will definitely be challenged to ensure our gardens and fairways are kept

green. I must congratulate the entire department as every time I drive through the gates I am amazed at how great our Community looks.

I would like to take this opportunity to comment on our Senior Men's Invitational that took place on Wednesday July 7th. The event was a tremendous success, showcasing RiverBend to 116 golfers from across the province. An event such as this does not just happen; it takes a great deal of work and planning from a number of people within the Community.

- Robert Kemble - As the Chairperson of this event the past three years, Mr. Kemble was instrumental in starting this tournament and now ensuring that it is one of the finest in the province.
- The Committee - Dave Shaw, Kerry Long, Peter Saxton and Dave Street each played an active role in planning the event.
- Volunteers - Although I cannot name you all, we had over 20 people within the Community (both golfers and non-golfers) who assisted with registration, set-up, photography, marshals and ball spotting throughout the day.
- ProShop team - Led by Debbie Stevens and Darren Brimson, the team did an excellent job with their preparation work, bag drop, scoring, prizing and gifting. They also ensured all players were hydrated throughout the hot day with water and wet towels.
- Grounds crew - Once again, we received a number of compliments regarding course conditions. Tedd Hopkins, Kevin Collier and their respective teams should be commended.

- Food and Beverage team - Food and Beverage Manager, Jackie Bell Jones; Executive Chef, Kirk Weiss; supervisors; servers; bussers; sous chefs; dish washers and kitchen staff are all to be commended for the meals and service we provided that day.
- Administration Office - Heather Olthoff was heavily involved with this event and her countless meetings with Mr. Kemble ensured that nothing was missed from an Administration aspect.
- Marketing - All of our printed material and videography was created by our very own Angela Siewert. The professionalism that was put into these pieces was noticed by all.
- Gatehouse- Ken Herniman and his team had a very hectic day and did a great job of welcoming players to our Community.
- Participants - We had over 30 RiverBend members play alongside our guests, allowing them to enjoy the day that much more. A total of 40 players had never visited our community before. Congratulations to our overall winner of the day; new resident, David Bedford.

As you can see it takes a great deal of effort by a number of people to ensure that all of our events are enjoyed by all. This event is just one of dozens that take place in our Community every year and without a dedicated staff and team of volunteers, we simply would not be able to have them. To all of you who contributed to not only this day, but all events, I would like to personally say; **THANK YOU FOR A JOB WELL DONE AND SUPPORTING YOUR COMMUNITY.**

Simon Bevan
Community Manager

HOLE'S IN ONE

Congratulations...

Steve Waugh

May 15, 2010 - Hole #14

Denise Abbott

May 24, 2010 - Hole #12

Barbara Motran

May 29, 2010 - Hole #5

Joan Butler

June 13, 2010 - Hole #14

Graham Long

June 25, 2010 - Hole #5

Sandy Sifton

July 2, 2010 - Hole #12

Bev Lacelle

July 18, 2010 - Hole #14

Mike Yurchuk

July 20, 2010 - Hole # 12



SUMMER FRESHNESS

Tis the season to be jolly! Now I know what you're thinking - it's a little early! But from my point of view the summer season brings a bounty that can be seen all around us. The availability of fresh local product is very exciting; from herbs to tomatoes, to watching the orchards and fields come alive with lush, inspiring colors.

The other day I was informed that we have wild garlic growing right here on RiverBend property and upon closer inspection I also found wild blackberries and a couple other treasures. I definitely plan on exploring more.

I will keep you posted on my findings and share with you all the wonders that this season brings.

Have fun!
Chef Kirk



MID-SEASON UPDATE

We are now halfway through the season and are pleased to report that member events have been well attended with great feedback from our participants. In addition, the Charity events in June were very successful and have even generated some new RiverBend members! Participation in both the Men's and Ladies Leagues has been excellent and we are glad to see the groups having such great fun with the format and their teammates.

In the month of June we had an excellent Mixed Member Guest Day, a fun Asian themed Friday Night Social, and a hard-fought Battle of the Sexes Event with the Women coming away victorious this year.



In July, we celebrated Canada with a terrific Red and White Tee Event, welcomed visitors for the Senior Men's Invitational and Ladies' Member Guest Day, and enjoyed a fun-filled Caribbean Friday Night Social.

We have enjoyed meeting a number of new residents and non-resident members this year. Please remember that the ProShop staff is happy to help with any questions and to introduce you to golf at RiverBend. As always, we welcome all member feedback and encourage you to share your thoughts with us following each RiverBend event.

Please remember that the 48 hour rule is in effect for all events and sign ups; your cooperation is appreciated. The more information we have in advance, the better we are able to serve your needs.

Thank you to all participants and volunteers, and a heartfelt thank you to all of the member conveners and the Golf Committee whose assistance makes our job so much easier.

Debbie Stevens
Head Professional

SENIOR MEN'S INVITATIONAL WINNERS

Congratulations to the RiverBend
Winning Members!

TOURNAMENT CHAMPION:

LOW GROSS OF FIELD - DAVID BEDFORD 71 (R)
Brand new Resident Member

GROUP 1 55-59

1ST LOW NET - RUSS URLIN 63

GROUP 2 60-64

2ND LOW GROSS - ROBERT CHAPMAN 72
Brand new Resident Member

2ND LOW NET - BRIAN DUNBAR 67 (R)

GROUP 3 65-69

1ST LOW NET - BOB KEMBLE 67
3RD LOW NET - ALLAN DOERR 69
4TH LOW NET - DAVE SHAW 71

GROUP 4 70+

2ND LOW GROSS - JACK GERMOND 78
2ND LOW NET - MIKE YURCHUK 70 (R)



David Bedford

COMING UP AT RIVERBEND!

Club Championships - August 20 to 22 - come out for some great camaraderie and competition with your fellow members!

Men's Member Guest Day - September 8

Men's Ryder Cup and Women's Solheim Cup - September 11 to 12 - come out and cheer on your favourite team!

Watch for rotating sales in the ProShop! See your weekly Bend Bits and promotional flyers throughout the Club for more info. We are also happy to place special orders!

STAYING HYDRATED IN THE HEAT

The hot summer days have arrived! This year, the comfortable warmth of the sun has given way to heat and humidity. So what can we do when we still want to play our sport?



Staying hydrated is one of the most effective ways to maintain exercise capacity and enhance endurance and performance. On a 95-degree day in July or even in a climate controlled environment, an athlete who hasn't maintained hydration will wilt like a flower, while the player who has ingested adequate fluids will remain stronger. According to the Journal of the International Society of Sports Nutrition (2004 report), an athlete can lose from 0.5 to 2.0 litres of fluid per hour during

training or a competition. The exact amount would depend on the temperature, humidity, exercise intensity and the individuals sweat response. To make up for this lost fluid, a person must ingest at least that much fluid by drinking water or sports drink. Without replacing the fluid, the athlete will suffer a decrease in performance. Here are some tips to help you stay cool on the golf course and during other outdoor sports:

- Don't wait until you are thirsty to hydrate. By that point you have already lost excessive amounts of fluid.
- Always keep a water bottle with you and fill it up at every opportunity.
- Water and sports drinks are best, try to avoid sugary soft drinks that contain caffeine.
- Start hydrating before you leave home, well ahead of play.
- If you are prone to heavy perspiration, you may lose too much sodium. Add a little extra sodium (don't go overboard) to your meals prior to your play.
- Make sure you keep drinking throughout your round.
- Avoid alcohol - beer and liquor will only contribute to your dehydration.

Don't let dehydration hurt your ability to enjoy your round and perform at your best!

Kristen VanBerkel
Fitness Instructor

Source: sportsmd.com

MARK YOUR CALENDAR

AUGUST

Thursday, August 5
Ladies "Hooray for Hollywood"
Dinner

Thursday, August 12
Charity Golf Tournament
Course Closed

Friday, August 20 to Sunday, August 22
Club Championship Weekend

Friday, August 27
Friday Social

SEPTEMBER

Friday, September 10 to Saturday, September 11
Men's Ryder Cup
Ladies Solheim Cup

Tuesday, September 14
Ladies Closing Day

Wednesday, September 15
Charity Golf Tournament
Course Closed

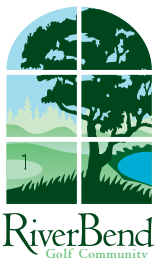
Thursday, September 16
Monthly Speaker Series

Friday, September 17
Last Friday Social

Tuesday, September 21
Ladies League Closing Dinner

Wednesday, September 22
Men's Closing Scramble & Dinner

Saturday, September 25
Member/Member Event
Annual Awards & Cocktail
Reception



A Bend in the River is produced bi-monthly for the residents and members of RiverBend Golf Community. We'd like to hear from you! Contact us with your comments or suggestions at:

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