

Marina Lifestyle

February 2012

Valentine's Day Dinner

Tuesday, February 14

Four Course Valentine Special

♥ FIRST COURSE

Antipasto Misto

Jumbo Shrimp, Olives, Grapes, Ham Serrano, Manchego Cheese

SECOND COURSE ♥

Organic Baby Mixed Greens Salad

Avocado, Grapefruit Segments, Cucumbers and Candied Walnuts

Walnut Raspberry Vinaigrette Dressing

or

Roasted Sweet Corn Bisque

~ Sorbet Intermezzo ~

♥ THIRD COURSE

(Choice of Entree)

Colorado Lamb Tenderloin

Roasted in a very fragrant Rosemary, Garlic, and Fresh Herbs

Served with Fingerling Potatoes and Pencil Asparagus

Tornados Rossini

Duo of Beef Tenderloin Broiled to perfection with Foie Gras and Truffle Sauce

Served with Fingerling Potatoes and Pencil Asparagus

Northern Alaskan Wild Salmon en Papillote

*Enclosed and baked in parchment paper with Fresh Herbs, Shallots, Pine Nuts
and topped with a Lime and Dill Aioli*

Served with Wild Rice Pilaf and Pencil Asparagus

Long Island Duck a l' Orange

Crispy half Duck, Orange Liquor Flamed

Served with Wild Rice Pilaf and Ginger Glazed Baby Carrots

FOURTH COURSE ♥

Chocolate Truffle Heart with Berries

Or Bread Pudding Cheesecake

featuring:
THE JAZZ MONKS
WITH
MITZI DAVIS

Sparkling Wine
and
Love-a-tini
Specials

RESERVATIONS REQUIRED
at Ext. 215
Credit Card Required
to Hold
Reservation

\$58.95
per person,
service and tax
additional

Restaurant News



By Candace Miller,
Food & Beverage Director

We want to thank everyone again for a great 2011 and a great New Year's Eve party. To view the photos taken from New Year's Eve at the restaurant, go to: <http://www.tommyjohnstudios.com>

At the top of the page, click on 'client login', the accesscode is: mcc2012. You are welcome to purchase prints through the website.

We will continue to bring you good food and service in 2012 and beyond!

Events for February are as follows:
Sunday, February 5th- SUPERBOWL!

Buffet cost is \$22.95++ with a cash bar. We will also have a build your Bloody Mary Bar and Buckets of Beer. Call today to get a spot in the dining room or the Ballroom.

Tuesday, February 14th- VALENTINE'S DAY!

Special Musical Guest: *The Jazz Monks featuring Mitzi Davis!* Chef has put together a delish 4-course menu for \$58.95++ and we will be serving a glass of Champagne, Red or White complimentary with each entrée.

Thursday, February 16th – Authors Corner, 8pm with Long time member Bob Ginsberg. He will go through his book "Microsoft Word 2010 made easy." Noted as "An 86-year old vet has broken the code to make Microsoft Word 2010 easy." Bob also invites all his friends to join him on March 2nd at 9pm in the dining for a Champagne Toast to celebrate his 87th birthday!!

Please remember **Reservations are Required** at Ext 215 for dining room seats in all the events above. Bars seats are first come, first serve. We will continue taking Credit Card Numbers to hold the reservations, and will require a 48 hour cancellation. If we do not receive a cancellation within the 48 hours, **a \$25 charge per person will be assessed for all "No-shows."** We have very limited amount of seats available, so please get your reservations in a.s.a.p.

St.Patrick's Day will be here soon, and we will be celebrating in style on **Friday, March 16th** with the return of *Kris Colt and the Black Rose Band* from the past two years. Kris is a very talented folk singer/songwriter. Last year was a sold out event, so again, make your reservations to ensure space and enough corned beef and cabbage for all!

~The Restaurant and Café Staff

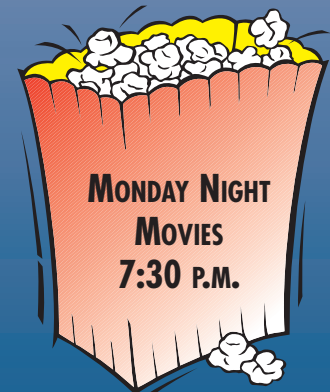
Author's Corner

Thursday, February 16th
8 p.m.

Long time MCC member
BOB GINSBERG
will go through his book
"Microsoft Word 2010 made easy"

At age 19 Bob Ginsberg was an Army Air Corps navigator. At age 38 he was a Senior Scientist at Hughes Aircraft Company where he helped perfect the lenses that the Surveyor spacecraft carried to the moon to photograph its surface before the Astronauts went there. At every stage of his life Bob has helped people communicate complicated ideas in simple terms. His new book is merely a continuation of that effort.





February 6
Arthur

February 13
Mr. Poppers Penguins

February 20
Soul Surfer

February 27
The Help

Welcome New Members

Gerry Black	Thu-Anh Hoang*
Audrey Clarke*	Steve Krantz
Jeffrey Coia	Michael Lang*
Roger Doggett	Babara Peck
Jacop Durkee	Andrew Scarona
Liz Fox*	Lara Shapiro
Rod Freed	David Telles
Bob Godfrey*	Nicholas Tsakas

* non-resident members



Message from the President

By Nate Holden,
President of the Marina City Club
Homeowners Association



www.nateholden.com

MARINA CITY CLUB
4333 Admiralty Way
Marina del Rey, CA 90292
(310) 822-0611

BOARD OF DIRECTORS

Nate Holden
President

Tony Lief
Vice President

Jerry Simonoff
Chief Financial Officer

Marie Rassman
Secretary

Elyse Filderman
Director

MCC CLUB COUNCIL

Elyse Filderman
President

Sue Lief
Fitness/Membership

John Marshall & Ernie Fino
Tennis

Sandy Abouaf
Restaurant Committee

Bill Berkovitz
Non-Resident Representative

MARINA CITY CLUB STAFF

Susan Larson
General Manager

Catriona McCarthy
Assistant Manager

Rose Judkins
Director of Resident Services

Gina Ammirato
Director of Property Services

Susan Stohrer
Director of Fitness Center

Gene Desrochers
Tennis Director

Diane Brooks
Tennis Coordinator

Mark Baldus
Director of Engineering

MARINA LIFESTYLE MAGAZINE

Marina Lifestyle Magazine
is a monthly publication of
the Marina City Club.
For editorial information,
please contact the
Executive Office:

phone:
(310) 822-0611, Ext. 236

fax:
(310) 578-4905

Dear Homeowners,

Fitness Center Renovation update:

The old ceilings, light fixtures, walls, floors, and support structures have been completely removed on schedule. Currently, we are in the second phase of reconstruction. The new support structures and beams have been replaced. The walls are being installed. The new ceiling and light fixtures are also in the process of being installed. The women's and men's Jacuzzis are being repaired and updated.

Following the pressure test, the plumbing in the women's fitness center was rerouted and connected to the Jacuzzi. The plumbing in the men's fitness center passed the pressure test and no adjustments were required. The overall renovation project is currently on schedule. Management Council and JW Construction Company are currently meeting deadlines to avoid any delay. The completion of the Fitness Center renovation program is on schedule.

Petition to Repeal Possessory Interest Tax:

In the January newsletter, I reported to the homeowners on the limited progress of their response to the petition to repeal the possessory interest tax. I'm glad to report that I am pleased about your overwhelming response to my request. The petition and the response letters are coming in. All the homeowners have not responded. If you are one of the homeowners who have not responded, I encourage you to do so. As they say, strength is in numbers. If we had 100% of homeowners participation in the repeal of possessory interest tax, that would be a real statement.

New Laws:

The Davis Stirling Act governs policy for condominiums in the State of California. The Act includes guidelines and procedures that homeowner associations are required to follow. The amendments, which are substantial, took effect January 1, 2012.

The Agenda for Executive Session will be posted each time. This is one of the more visible changes required by the new law. Although the agenda will be posted for all to see, Executive Session Meetings are closed. Items for discussion in Executive Session include but are not limited to: Personnel Matters, Contract Formation, and Assessments for governing document violations.

Election of Board Members:

If you would like to place your name on the ballot, please submit a profile or resume to the Executive Office by February 11, 2012. Remember, only homeowners may be elected to the Board. The Board of Directors is elected to make decisions, set policy, and accomplish the association's goals and objectives. They enforce community rules and regulations, conduct regular board meetings and make the business decisions that affect the association. The Board has the fiduciary responsibility to act at all times in the best interest of the association.

Conservation of Energy:

Notice to the Homeowners and or their employees. The timing switch in the trash rooms where the trash chutes are located, may not return to zero and automatically cut off. I have discovered that the light remains on 24/7 which causes an increase in the electric bill. Each homeowner and their employees should manually turn switch to OFF POSITION prior to leaving trash area. Thank you for your cooperation.

Tennis Talk

Gene's Tip of the Month:

The weather's getting cold, so make sure you warm up before your matches during the winter months. Pre-match warm-up should consist of dynamic stretching, some light jogging around the court (3 laps is ideal), and some footwork exercises so you are ready to move from point one. Arm circles, trunk rotations, and knee bends are just some of the excellent dynamic stretches you can do. For a visual on these exercises, check out Gene's latest video on youtube called, "5 Dynamic Stretches for Tennis." See you on the courts!



La Jolla Beach & Tennis Club Trip (May 4-6, 2012)

LA JOLLA
BEACH & TENNIS CLUB

RESORT AMENITIES

- 98 Guestrooms, including 67 Oceanfront Rooms & Suites
- 12 Championship Tennis Courts
- Private Beach with Umbrellas & Lounges, Fire Pits & BBQ's
- Full service beach catering
- Heated Outdoor Swimming Pool
- 9-hole, Par-3 Golf Course
- Fitness Center & Massage Services
- Three Oceanfront Restaurants

If you'd like to sign up for the La Jolla Beach & Tennis Club Trip (May 4-6, 2012) please call Gene at Ext. 326. Then, after you've reserved your space with Gene for the tennis, call La Jolla at 800-237-5211 and refer to Marina City Club when making reservations. The first 10 men and 10 women to sign up are in for tennis on this trip! Keep in mind, Gene will keep an alternate list because people always drop out. Also, you are welcome to come even if you can't play with our group in the interclub and enjoy the beach, caves, and tennis on your own at this amazing facility. The cut-off date for getting into this room block at La Jolla Beach & Tennis Club is April 13, 2012.

Reminders:

*Don't forget to come out for the challenge court
with Hank Aboutaf on Court #1 on Sundays from 9-11am.*



*Gene offers free Live Ball on Court #3 Saturdays from 1-2pm
(please get on Gene's email list for occasions when he is not able to
give the class so you don't show up when there is no class!).*



*Please go to www.globaltennisnetwork.com and search for
Marina City Club Tennis Ladders to sign up for ladders.
So far Gene has formed a couple and will make more as interest rises.*



See you on the courts!



MCC Tennis Events Calendar

DATE	DAY	TIME	EVENT
February 11th	Saturday	1:00 p.m.	"My Valentine" Mixed Doubles
March 9th	Friday	6:30 p.m.	"Open House" Round Robin
March 17th	Saturday	1:00 - 3:00 p.m.	"St. Patty's Day" Mixed Doubles
April 14th-15th	Saturday-Sunday	9:00 a.m. - 3:00 p.m.	MCC Mixed Double Championships
April 21st	Saturday	1:00 - 3:00 p.m.	Junior Tennis Day
May 4th-6th	Friday-Sunday	WEEKEND	La Jolla Beach & Tennis Club Weekend
May 19th-20th	Saturday-Sunday	9:00 a.m. - 3:00 p.m.	MCC Doubles Championships
June 23rd-24th	Saturday-Sunday	9:00 a.m. - 3:00 p.m.	"Ringer" Tournament
July 27th	Friday	6:30 p.m.	Interclub
August 4th	Saturday	1:00 - 3:00 p.m.	Singles Challenger
August 11th	Saturday	1:00 - 3:00 p.m.	Junior Kids Day
September 8th	Saturday	1:00 - 6:00 p.m.	U.S. Open Super Saturday Potluck Party
September 15th-16th	Saturday-Sunday	9:00 a.m. - 3:00 p.m.	MCC Singles Championships
October 12th	Friday	6:30 p.m.	Calcutta Auction to Benefit Boys & Girls Club of Venice
October 13th-14th	Saturday-Sunday	9:00 a.m. - 3:00 p.m.	MCC Calcutta
November 2nd-4th	Friday-Sunday	WEEKEND	Palm Desert Trip
November 24th	Saturday	1:00 - 3:00 p.m.	Gerry Ramirez Invitational
December 7th	Friday	7:00 p.m.	Tennis Holiday Party
December 29th	Saturday	2:00 - 4:00 p.m.	New Year's Eve Doubles Member - Guest

Tennis Resolution for 2012:

Make ONE of my shots significantly better by practicing it for 500 hits/month outside of regular matches, either with a pro, on the ball machine, or against the wall (serves can be practiced alone on a court). There is no substitute for time on the court. Focus on one shot and then focus on a particular aspect of that shot.

For example, concentrate on getting more spin on your forehand. Do not worry about hitting it in, after all, that is not the goal you've set in this example. Do that relentlessly and over the months you will see it improve slowly in your matches and eventually, the ball will start falling in with more spin. Remember, you cannot improve if you do not accept that initially you will be terrible at it. Just keep going. Keep track of how many balls you hit every month, and total that at the end of 2012. You should have hit at least 6000 practice shots on that one shot and will hopefully see a difference. If not, go see your pro and find out if you are practicing it correctly, then get back to work in 2013!

Fitness

Fitness Center Etiquette



Susan Stohrer, Fitness Director

The following is a list of behaviors that will make everyone's time in the fitness center more enjoyable.

- No talking on cellphone while in any area of Fitness Center, including locker rooms and the free weight room. Allow your time here to be free from all those outside distractions so you can really focus on your health and well-being.
- Wipe down the cardio machines and weight benches when you have finished.
- Please put back any accessory equipment you use so others can find them more easily (i.e. stability balls, stretching mats, tubing, dumbbells, medicine balls, noodles, foam rollers, etc...).
- Remove weight plates from the free weight machines you use so all participants (male and female) can utilize these facilities.
- Limit time on Cardio equipment to 30 minutes if others are waiting.
- Allow participants to work in a set on the weight machines if they are waiting.
- Return all MCC towels to Fitness Center Front Desk
- Please be courteous to other participants in group fitness classes by refraining from carrying on your own personal conversations during class.
- Arrive on time for group fitness classes so you are not a distraction while classes are going on.
- Walk quietly through the Aerobic Room when coming to and from the Free Weight Room. This situation is not ideal, but it is what it is. We need to make the best of the set-up and respect those participating in our various activities.

Thank you for your cooperation
2012 . . . Your Best Year Yet!



YOUR 2012 REVELATION AQUA FIT The Burdenko Method Exclusively offered at MCC in 2012

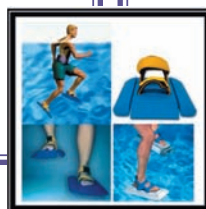


What: Burdenko Method

Developed by Dr. Igor Burdenko a leading authority in aqua therapy. This method is designed for swimmers and non-swimmers of all ages and physical conditions. Clients training on this method experience improvements in their range of motion, agility, joint pain, muscle strength, endurance, bone strength and density. This is also an excellent low impact way to burn lots of calories and lose weight.

Instructor: Bosmat Eynav (Aka . . . B.e.)

An Aqua Fitness & Rehabilitation Trainer since 2003. She is currently completing her Masters in traditional Chinese Medicine focusing on Sport and Joint Injuries.



Where: **OVAL POOL** (88 degrees)

When: **MONDAYS & FRIDAYS**

10:15am Conditioning Class:

Improve endurance, agility, speed and coordination for Tennis, Golf, etc...

11:15am Rehabilitation Class:

Reduce chronic pain, increase range of motion and relieve spinal compression.

Cost: **\$15 members**
\$25 non-members

Discounts available for those interested in multiple sessions

Sign-up at the Fitness Center Front Desk

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SAVE THE DATES: Friday, March 16 St Patrick's Day Party</p>			<p>1 <i>Early Bird Specials</i> \$11.95++ 5-6:30 p.m.</p>	<p>2 <i>Prix Fixe Dinner Specials</i></p>	<p>3 Dining & Dancing w/ DJ Tom Foley <i>Happy Hour</i> 5-7 p.m.</p>	4
<p>5 Super Bowl Party </p>	<p>6 <i>Cardio Tennis</i> 9 a.m. Movie Night Arthur <i>Early Bird Spec.</i> \$11.95++ 5-6:30 p.m.</p>	<p>7 Bridge Night <i>Prix Fixe Dinner Specials</i> <i>Early Bird Spec.</i> \$11.95++ 5-6:30 p.m.</p>	<p>8 <i>Early Bird Specials</i> \$11.95++ 5-6:30 p.m.</p>	<p>9 <i>Prix Fixe Dinner Specials</i></p>	<p>10 Dining & Dancing w/ Michael Forbes <i>Happy Hour</i> 5-7 p.m.</p>	<p>11 </p>
<p>12 Free Demo Day Aqua Fit Burdenko Method 1:00pm West Pool</p>	<p>13 <i>Cardio Tennis</i> 9 a.m. Movie Night Mr. Poppers Penguins <i>Early Bird Spec.</i> \$11.95++</p>	<p>14 </p>	<p>15 <i>Early Bird Specials</i> \$11.95++ 5-6:30 p.m.</p>	<p>16 <i>Prix Fixe Dinner Specials</i> Author's Corner Bob Ginsberg</p>	<p>17 Dining & Dancing w/ Hot Dog Dave & the Mel Tones <i>Happy Hour</i> 5-7 p.m.</p>	18
19	<p>20 <i>Cardio Tennis</i> 9 a.m. Movie Night Soul Surfer <i>Early Bird Spec.</i> \$11.95++ 5-6:30 p.m.</p>	<p>21 Bridge Night <i>Prix Fixe Dinner Specials</i> <i>Early Bird Spec.</i> \$11.95++ 5-6:30 p.m.</p>	<p>22 <i>Early Bird Specials</i> \$11.95++ 5-6:30 p.m.</p>	<p>23 <i>Prix Fixe Dinner Specials</i></p>	<p>24 Dining & Dancing w/ The Belmont Bettys <i>Happy Hour</i> 5-7 p.m.</p>	25
26	<p>27 <i>Cardio Tennis</i> 9 a.m. Movie Night The Help <i>Early Bird Spec.</i> \$11.95++ 5-6:30 p.m.</p>	<p>28 Bridge Night <i>Prix Fixe Dinner Specials</i> <i>Early Bird Spec.</i> \$11.95++ 5-6:30 p.m.</p>	29			

Massage Special



1 hr = \$50

30 min = \$25

Choose from:
Swedish, Deep Tissue
Body Scrub or Combo



For appointment call: 310-578-4924
Offer extended thru Locker Room Remodel
*Cannot be combined with any other discount offers



Salon Phone Number:
310-305-4009

Hours: Tuesday-Saturday 10-5

Introducing
25% off Tuesdays!

Call to book your appointment with **Ari**

First time clients only

Happy Valentine's Day!

Super Bowl XLVI Party

February 5, 2012



SUPER BOWL XLVI
INDY



Reservations Required at Ext. 215

\$22^{.95} per person

Service and Tax Additional



– MENU –

White Albacore Tuna Salad
Traditional Caesar Salad
Cold Sandwiches & Wraps
Black Angus Burgers
Mild Italian Sausages and
Kosher Hot Dogs
Roasted B.B.Q. Chicken
Chili Beans
Assorted Pizzas
Nacho Bar
Popcorn Machine
Brownies and Cookies
Ice Cream
Fresh Seasonal Fruit
And Much More

**Build Your Own
Bloody Mary Bar
and
Buckets of Beer
Specials**



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