



The MCC

*A Private LifeStyle Club for Residents or by Membership
A LifeStyle Destination for Health, Fitness, Racket Sports, Swimming, Boating, Bridge,
Discussion Groups, Shows, Parties, Dancing, Just Relaxing and Fine Dining
Without Leaving Los Angeles*



JANUARY 2017

4333 Admiralty Way • Marina del Rey, CA 90292 • 310.822.0611 • www.marinacityclub.net

Children's PLAY DAY

**Saturday, January 28
1 - 3 p.m.**



Tai Chi at MCC

Tuesdays @ 11:30am

Instructor: Sue Stohrer

**The Taijifit™ Experience –
East Meets West in Qi and Sweat**



1. You do not have to have any prior experience of Tai Chi to participate in this style of Tai Chi.
2. This class combines the best elements and benefits of Tai Chi with movement meditation, as well as, basic fitness concepts to unleash your inner energy which helps to heal the body.
3. You will learn the basic moves of Tai Chi in a more free flowing style emphasizing repetition so you don't have to learn a special "form" as in traditional Tai Chi.
4. We emphasize balance, coordination and the importance of breath, to keep you focused, centered, calm the mind and rejuvenate the body.

SAVE THE DATE

Valentine's Mixed Doubles Tennis

Saturday, February 11



Restaurant News

By Amber Claybourne, FWS
Food & Beverage Director

Happy New Year!

Thank you for all your patience and support during the Restaurant closure. I'm glad to see so many of you in the café for dinner each night. It's been a challenge, but I feel we've come through successfully. Remember to pay close attention to the elevator fliers for news about our re-opening and the Fabulous re-opening party your social committee has in store!



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

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MARINA LIFESTYLE MAGAZINE

Marina Lifestyle Magazine is a monthly publication of the Marina City Club.

Editor-in-Chief: Carole Barlin
Assistant Editor: Vivienne Versace
Committee Chairs:

Membership – Carole Barlin
Restaurant – Sandy Abouaf
Social – Maureen Hunt
Tennis – Maureen Hunt

For editorial information please contact
Carole Barlin at 310-822-7900;
e mail: CaroleBarlin@aol.com

Coming Soon

By Carole Barlin, Editor-in-Chief

We are in the process of formulating new and interesting things, and rules for their use, that will be coming to our Newsletter. We are working on expanding the newsletter, making it an even more happy publication that is relevant for MCC Members. Some things you can look forward to seeing are:

MCC Members' Exchange column

An Edited Exchange for MCC Members to express their positive views and responses about the MCC

We Need You

A place for MCC new and existing interest and activity groups to let Members know they exist, what they do, when and where they meet

I Want and/or You Have

A place for members who want to give away, sell or exchange among themselves.

Need an Expert?

A place to search for, share, or find the expert you need.

Looking for a Buddy?

A column for people seeking a movie buddy, card partner or even a travel companion.

Photo Page

A page devoted to photos submitted by members. We will have general posts as well as special photo topics from time to time - Wish You Had Been Here, Mr./Ms MCC, Mr./Ms Fitness, Mr./Ms. Racket Champion, Swimmer of the Month, etc. Perhaps judges for the best photos.

Advertisements

Services and products offered by vendors who have completed the necessary paperwork to work at the MCC, although their listing shall in no way mean that they are being recommended or have been vetted by any MCC entity or Management.

Since our present Newsletter and our upcoming New and Expanded version take a great deal of time to edit for distribution we are looking for staff to work on the Newsletter. Call me - 310-883-3378.

We are setting a two week pre-publication deadline, two weeks before the end of a given month, for the submissions of all matters that are to be included in a forthcoming News Letter.

Welcome NEW MEMBERS

Madonna Bilauer*
Kai Craig
Frank Duke
Keith & Ya yue Dunker
Tom Evans*
Sandor & Ibolyka Fulkei
Alan Goodman

Patti Hoffman
Christopher Keeley
Debbie Koltun
Laurie Lang
Rocelle McAlpin
Uyen Nguyen
Kaveh Pajuhan

Jihun Park
Thomas Robinson
Dennis Romanov
Fin Saukkonen*
Kasey Snyder

* Non Resident Member

Tennis Talk

Tennis Holiday Party

This year we had another great Tennis Holiday Party, held on Friday, December 2, in our beautiful Galaxy Room. It was hosted by Gene, along with a wonderful tribute to the tennis staff by Richard Reinjohn, Maureen Hunt, Larry Brandis, Barbara Rubin, and Sean "Cookie" Cook. The food from Amber, Chef, and the entire staff of the MCC Restaurant was fantastic! Including desserts to die for (I particularly loved the coconut ice cream). We recapped the entire tennis season, including the winners of all our exciting events from the Ringer to the Gerry Ramirez Invitational where USC came out over UCLA for a third year. We also awarded various tennis honors to members who showed special diligence in particular areas. Here are the winners:

Courage Award:

Lea Wall – who kept playing despite taking five balls to the head this season!

I'll Bet on Any Match Award:

Joel Fleiss

I'm the Oldest & Still Fastest Award:

Mike Levitt & Ellen Travis

Comeback from Injury Award:

Jerry Tarlow & Susan Woodward

Deadliest Lobber Award:

Barb Fier & Hank Abouaf

Best Dressed Award:

Jim Puerner & Joani Stewart

Most Improved Player Award:

Linda Finn & Tony Cane

Sportswoman of the Year:

Sheelagh Boyd & Karen Dixon

Sportsman of the Year:

Robert Rudelius




Tennis staff with Santa at Holiday party.

Congratulations to Jim Puerner for winning the Best Dressed Award

Junior Play Day
 Saturday, January 28
 1 - 3 p.m.
 \$5 per player
 Bring your kids/grandkids to play tennis. Just show up on Court 5.
 Call ext. 326 or email gdesrochers@seabreezemgmt.com

Congrats to all the winners who received a brand new...can of tennis balls! Thanks for another wonderful season of tennis at MCC. See you on the courts, next year!

Court Cleaning

 Courts 1 & 2 Thursday, January 5 7 - 9 a.m.	 Courts 3 & 4 Thursday, January 12 7 - 9 a.m.	 Courts 5 & 6 Thursday, January 19 7 - 9 a.m.
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2016 Gerry Ramirez Invitational

Wow! What a match between SC & UCLA! After the first round of six matches, USC led four matches to two. Then, in the second round, UCLA turned the tables and won that round 4-2, so the matches were tied after two rounds 6-6, with some very close contests including a 9-7 match in the first round that USC eeked out on the backs of Casey and Cookie. So, the tension mounted as Gene had to count up the total games each team won in the eight-game pro sets. After counting up the total, USC edged out UCLA 70-65 in total games for the victory! This is USC third straight season winning the MCC Gerry Ramirez Invitational. Fight On!



MCC Tennis Events 2017

Saturday, January 28	Junior Play Day	1-3 p.m.
Saturday, February 11	"Valentines" Mixed Doubles	1-4 p.m.
Saturday, March 4	Singles Challenger #1	1-4 p.m.
Saturday, March 18 – Sunday, March 19	BNP Paribas Open Trip	WEEKEND
Saturday, April 8	MCC Mixed Double Championships	9 a.m.-4 p.m.
Saturday, April 15	Interclub	1-4 p.m.
Friday, May 5 – Sunday, May 7	La Jolla Beach & Tennis Club Trip	WEEKEND
Saturday, May 13	MCC Doubles Championships	9 a.m.-4 p.m.
Saturday, May 27	Singles Challenger #2	1-4 p.m.
Saturday, June 17	"Ringer" Tournament	9 a.m.-4 p.m.
Saturday, July 22	Singles Finals	1-3 p.m.
Saturday, August 5	Women's A-B Potluck	1-4 p.m.
Friday, October 6	Calcutta Auction to Benefit The Venice Boys & Girls Club (Galaxy Room)	6:30-8:30 p.m.
Saturday, October 7 – Sunday, October 9	MCC Calcutta & Barbeque	9 a.m.-4 p.m.
Saturday, November 18	Gerry Ramirez Invitational (USC vs. UCLA)	1-4 p.m.
Friday, December 1	Tennis Holiday Party	7 p.m.
Friday, December 8 – Sunday, December 10	Rancho Valencia Trip	WEEKEND

Make 2017 the YEAR of YOU

By Fari Eskandari,
Certified Personal Trainer & Life Coach at MCC

Will your 2017 New Year's Resolutions be different from your previous years? Do you manage to start every year with good intentions to get fit and improve your health; then by February realize you have fallen off the tracks? Or, you are that person who participates in the fitness center day in and day out religiously but are not seeing the results you were expecting for all the dedication and hard work you have been putting in.

If you struggle with making resolutions and/or keeping your resolutions, 2017 may be the year to get better without actually being sick.

WHAT DOES GETTING BETTER WITHOUT BEING SICK MEAN?

It means you are not waiting until you are sick or injured to take steps to get better. Hiring a Personal Trainer is a great way to get instructions on WHY you are doing what you are doing. The trainer puts meaning and purpose to the activities you are doing. This, as opposed to, going through the motions because we are told we should be more active, or we want to look and feel a certain way. A Personal Trainer performs initial and ongoing assessments with you. They incorporate exercise science and methodology to provide you the best routine for you to reach your overall fitness goals.

As a Personal Trainer gets more time with you, as their client, they then have the ability

to incorporate elements of the mind/body/soul union to give you more of a purpose to becoming healthier, stronger and fitter. In order to achieve this, the trainer must get deeper into your mindset/psyche to make a connection to your barriers for success, habits and your self-sabotaging behaviors, etc... that might ultimately keep you from discovering your ultimate true healthy self.

WHAT IS YOUR TRUE HEALTHY SELF?

When you take your personal training to the next level through focusing on more than just pumping your heart and muscles. By put value or accountability to why you want to be healthy. Most of the time our own self fears can and do block us from achieving our goals. In order to embrace your fears (sometimes recognized as excuses) you may need to seek out a professional who can help you recognize not only your fitness goals but your life goals as well. Face it, life tends to get in the way of a lot of things including our fitness goals. To truly reach our fitness goals we need to take into account our life habits, routines, responsibilities, etc . . . before we can set realistic healthy goals that will stand the test of time. How many times have you found yourself changing your eating habits; you increased your exercise time; you reached your immediate goals and then realize you could not

keep up these behaviors for any length of time to maintain the results. So, you end up falling right back into your old habits and end up back to square one. The main reason for this is because we don't take into consideration all the internal and external distractions that get in the way of making permanent lifestyle changes. So how does one resolve this revolving door? There is a new trend in fitness and it incorporates adding a Life Coach into the mix.

WHAT IS A LIFE COACH?

A Life Coach is someone who goes beyond basic nutrition and fitness to help you really transform to your healthy self. They are trained to get a little under your skin, ask the tough questions and then design a plan that will work with your current lifestyle commitments, health concerns, likes and dislikes, time constraints and motivations. They coach you until you are comfortable with what has been agreed upon as a sensible, real-life, all-encompassing plan for positive life changes. Then when your life takes a turn (job, family, relationship, health, etc...) they continue to assist you in figuring out how you can best maintain this healthy lifestyle through these constant changes that life brings our way.

Will this be the year you take that next step to your TRUE HEALTHY SELF?

HAPPY NEW YEAR!

Health & Fitness BINGO Has Arrived

BINGO cards will be available for pick-up at the Fitness Center desk starting January 2, 2017. Complete the activities in the different squares by any of the various ways: down, across or diagonal. The more blue squares you complete, the more value when turning them in to get your name into the drawing. You can enter as many times as you are able to during the months of January and February.

- Drawing will be held March 2
- Lucky winner will receive a \$100 VISA CARD.

MCC's Health & Fitness BINGO

Name: _____ Contact Info: _____

Strength Class	Eat 2-3 Fruits 3-5 Veggies	30 min Treadmill	Drink (8) 8oz. Water	Cardio Class
Drink (8) 8oz. Water	Cardio Class	20 min Stretch	30 min Treadmill	Eat 2-3 Fruits 3-5 Veggies
20 min Strength Circuit	30 min Elliptical	10,000 Steps	30 min Stationary Bike	20 min Stretch
Eat 2-3 Fruits 3-5 Veggies	30 min Stationary Bike	20 min Strength Circuit	Flexibility Class	Drink (8) 8oz. Water
Cardio Class	Drink (8) 8oz. Water	30 min Swimming	Eat 2-3 Fruits 3-5 Veggies	Water Class

- Complete any **BLUE** combination = your name will be entered 3 times into the drawing (down, across, diagonal)
- Complete any **BLUE/YELLOW** combination = your name will be entered 1 time into the drawing

**All completed entries must be received by
Wednesday, March 1, 2017**

No limit on the #of entries you can complete from January 2nd through February 28th
Have Fun & Good Luck!!

GROUP CLASSES - January 2017*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:10AM LEVEL III YOGA Maria		7:00-8:10AM LEVEL III YOGA Mike	7:00-8:10AM LEVEL III YOGA Mike	7:00-8:10AM LEVEL VII YOGA Maria	7:15-8:30AM YAMUNA BALL ROLLING Lupe	8:30AM MAT PILATES Vicki
8:15-9:00AM CARDIO & SCULPT Sue	8:15-9:00AM CARDIO & SCULPT Sue	8:15-9:00AM BODY SCULPT Genie	8:15-9:00AM CARDIO & SCULPT Sue	8:15-9:00AM BODY SCULPT Sue	9:00AM WATER EXERCISE** Elaine	9:30AM STEP & SCULPT Elaine
9:00AM ZUMBA* DANCE Genie	9:00AM GROUP CYCLE Sue	9:00AM CARDIO & SCULPT Genie	9:00AM CARDIO & PILATES Vicki	9:00 - 10:30AM CARDIO & SCULPT Sue	9:00AM GROUP CYCLE Genie	10:30AM - NOON WATER EXERCISE** Elaine
10:00-10:30AM Abs, etc. - Sue	10:00AM CORE CLASS Alfonso	10:00-10:30AM Abs, Etc. - Genie	10:00AM CORE CLASS Alfonso		10:00-11:10AM CORE YOGA & PILATES Rose	10:30AM - NOON VINYASA YOGA & MEDITATION Rose
10:30AM STRETCH CLASS Sue	10:15AM WATER EXERCISE** Sue	10:30AM STRETCH CLASS Genie	10:15AM WATER EXERCISE** Sue	10:30AM STRETCH CLASS Sue		
11:30AM CHAIR EXERCISE Sue	11:30AM TAI CHI Tijini** Sue	11:30AM CHAIR EXERCISE Fari		11:30AM CHAIR EXERCISE Sue	11:30AM ZUMBA* DANCE Nargis	

6:30PM GROUP CYCLE Vay	7:00PM CARDIO DANCE & Conditioning Iku
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6:00PM ZUMBA* DANCE Nargis
7:00 - 8:15PM YOGA LEVEL I & II Michele

► New class, time or instructor	
**Water Exercise held at West Pool	
Afternoon/Evening Classes	
FITNESS CENTER HOURS	
WEEKDAYS	5:30AM - 10:00PM
WEEKENDS	7:00AM - 8:00PM
*schedule is subject to changes ≥6 to maintain class on schedule	
Group Cycle - Limited space, sign-up at front desk required	

MCC Massage Special

1 hr. \$45

(value \$65)

4 pack = \$160

(\$40 per massage)

What is NEW at Waters Edge Spa?

Aromatherapy

Deep Tissue w/ Tiger Balm

Inspired with the Massage Therapist for special details on these services.

For appointment call 310-578-4924

*Cannot be combined with any other discount offers

Happy New Year
from
Bella Mar Salon!

Salon Phone Number:
310-305-4009

We are located
just down the hall
from the Gym

We look forward
to serving you
in 2017.



2016 Gerry Ramirez Invitational participants



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