

# Marina Lifestyle

September 2012

## ROSH HASHANAH

Monday,  
September 17<sup>th</sup>

**Buffet opens at 6:00 p.m.**

Matzo Ball Soup with Chicken  
Challah Bread with Sweet Butter  
Chopped Salad, Chopped Liver Pate  
with Lavash Crackers,  
Gefilte Fish with Lemons and Parsley

### ENTREES

Slow Oven Roasted Brisket of Beef  
(Cognac Demi-glace Reduction Sauce)

Baked Filet of Salmon  
(Dill Caper Beurre Blanc Sauce)

Lemon Herb Roasted Chicken

Potato Latkes,  
Sour Cream and Apple Sauce  
Grilled Seasonal Vegetables

### DESSERTS:

Coconut Macaroons,  
Baklava,  
Variety Flavors of Gelato,  
Fresh Seasonal Fruit,  
Assorted Mini Pastries and  
Traditional Pastries,  
and much more...

\$28.95 per person  
(Tax and Gratuity Additional)

**Reservations:  
Ext 215**

Hold Reservation with  
Credit Card



## LABOR DAY CELEBRATION

**Music by MCC's  
newest Sensation:**

**A STACK  
OF 45s**

**1:30-4:30 p.m.  
and Henna &  
Face Painting**



**California Caesar Salad • Country Potato Salad  
Macaroni & Pineapple Salad  
Confetti Cole-Slaw Salad • Chips and Salsa**

**Grilled Black Angus Tri-Tip of Beef  
Sweet & Sour Baby Back Pork Ribs  
Finger Licking Barbecue Chicken  
Black Angus Ground Chuck Burgers  
Kosher Beef Hot Dogs & Turkey Dogs  
Baked Beans and Sweet Corn on the Cob**

**Fresh Fruit • Brownies & Cookies • Ice-Cream  
and Much More**

**Monday, September 3  
1-5 p.m. by the oval pool  
Reservations: Ext 215**

**Hold Reservation with Credit Card**

**CASH BAR**

**\$25 per person all inclusive • Kids \$15 (5-12 years old)  
Children under 5 - FREE**

# Restaurant News

By Candace Miller,  
Food & Beverage Director



**I** love fall, don't you?! Fall means FOOTBALL and the start to the Holiday season! Let's move right onto the great events happening on your 3rd Floor Restaurant.

Call us at Ext 215 to make your reservations and have your credit card ready to hold that reservation. We require a 24 hour cancelation or a \$20 per person fee will be charged.

**Monday, September 3rd, Labor Day BBQ** by the Oval Pool. \$25 all Inclusive. Henna, Face Painting, Dancing and Eating. Is there any other way to spend your last summer holiday?!! A Stack of 45s will be playing all your favorites!

We will celebrate **Rosh Hashanah on Monday, September 17th**. Buffet opens at 6pm for \$28.95 plus tax and tip, kids 12 to 6 \$15.95 and under 5 are free.

Menu's will be posted in the Elevators and in the Restaurant.

**Wednesday, September 26th will be the "Break the Fast" Yom Kippur Buffet.** We were unable to celebrate this holiday in the previous years due the Fast falling on weekends while we hosted Banquets, but lucky for us, we can celebrate on a weekday this year. Buffet opens at 6pm, Price is \$24.95 ++

**Monday night Football** returns on 9/10 with opening night Raiders vs. Chargers. We will be bringing back our Monday Night Sliders for \$3 each and Beer specials. Early Bird & Half Roasted Chicken specials will continue on Monday nights as well. All TVs will be showing the games, without volume.

We will continue our Early Bird Specials, Monday through Wednesday from 5pm-6:30pm and Prix Fixe dinner Tuesday and Thursday. Early Bird dinner for Dine-in Only.



~The Restaurant and Café Staff

## Club Council Meetings

These meetings will take place every other month and will be open to all MCC members (residents and non-residents). We will cover the activities going on in your club, follow-up on old business from previous meetings, discuss new business items and open the floor to you for your suggestions/ comments/concerns regarding your club.

These meetings will be held in the 3rd Floor Galaxy Room at 5:30pm on the up-coming dates:

**Tuesday, September 11, 2012**

**Tuesday, November 6, 2012**

**Tuesday, January 8, 2013**

Mark your calendars so we can look forward to your participation in these meetings regarding your club.

## Welcome New Members

Svetlana Andryukhina	McCluskey
Barbara Brickman*	Susan McConnell*
Linda Cannon	Margaret Pleyn*
Regina & Ted Dardis*	Rory Reynolds
Amy Hammond*	Louisa Riccobona
Tom Hollander	James Richard
Didi Jacinto	Michael Rocque
Derek Johnson*	Farideh Rodd
Denis & Cindy	Victor Rudnov
Karpeles*	Rostislav Ruhge
Tali Khoshbin	Carlo Santiago
Pamela & Evyen	Perry Simowitz
Klean*	Cynthia Star
Nat & Victoria Kramer	David Sullivan
Didi Lody	Rachel Wood
James & Kellie	Charles Wyatt

\*non resident member



# Message from the President

By Nate Holden,  
President of the Marina City Club Condominium Owners Association  
[www.nateholden.com](http://www.nateholden.com)



Dear Homeowners:

**Automobile Accident Involving Seven Cars** - Our worst fears happened at Marina City Drive and Admiralty Way (at the entrance to the Marina City Club). Fortunately, there were no personal injuries caused by this seven car pileup.

In 1974, as the State Senator representing the 30th District including Marina del Rey, I cut the ribbon to dedicate the Center Tower. In 1988, I acquired my first condominium here at the Marina City Club and there was very little traffic.

Today, the 600 condominiums plus 101 promenade units generate a heavy flow of traffic onto Admiralty Way. When you add that additional traffic to all of the other traffic generated due to major construction in the



area, Admiralty Way becomes a secondary highway. Currently, Admiralty Way is used as a Marina bypass where traffic flows from Washington Blvd onto Admiralty Way bypassing the heavy traffic flow at Washington & Lincoln Blvd. With all the increase in traffic on Admiralty Way, it became increasingly unsafe for pedestrians and homeowners to ingress and egress at Marina City Drive. The traffic study showed that Marina City Drive and Admiralty Way were not safe and there were a number of traffic accidents occurring periodically. Some accidents were very severe, with personal injury. I prevailed upon the County Board of Supervisors to install the traffic control signal at Marina City Drive. Just recently I requested management to install caution signs at the west entrance, to look out for pedestrians and oncoming vehicles. Marina City Club should always be pedestrian friendly.

**Smoke Detectors** - The safety of our homeowners is our number one priority. In 2009, the Los Angeles County fire marshals required that we upgrade our fire protection system. Phase one was the fire alarm upgrade, and phase two was the fire pump replacement on the three towers. Phase three was to upgrade our fire alarm response in the laundry rooms and to install smoke detectors in each condominium unit. For that reason each homeowner has been notified to install smoke detectors in their unit. I agreed to be the first condominium owner to allow the installation. I feel safer and I am very pleased with how professionally the job was done. You should not wait; please make the arrangements with the management office to schedule a time for installation.

**Admiralty Way Street Improvement** - Los Angeles County Department of public works has given notice of intent to adopt a draft Mitigated Negative Declaration and Initial Study. Los Angeles County failed to give notice by mail to all of the property owners here at the Marina City Club. They also failed to provide a traffic mitigation plan which is necessary for safe ingress and egress to Marina City Club. The key term here is "Negative Declaration," which simply means that Los Angeles County does not intend to do an Environmental Impact Report study. There are many aspects of this project that the County has not shared with the homeowners. We will be impacted by the scope of this project; therefore, we should protest this project and demand a full EIR. **Do Not Wait! Act Now! This is very important!** The last day to protest is Sept 4th 2012. Visit [http://file.lacounty.gov/dbh/docs/cms1\\_181869.pdf](http://file.lacounty.gov/dbh/docs/cms1_181869.pdf) to see the scope of this project.

**Double Taxation** - The MCC homeowners have been complaining, and justifiably so, about being double taxed. We pay ground rent, we pay taxes on the units based on proposition 13, and we are required to pay a third tax known as Possessory Interest Tax. In the next newsletter I will give you a status report on what will be done to encourage the Board of Equalization to repeal the possessory interest tax here at Marina City Club!

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

#### BOARD OF DIRECTORS

*Nate Holden*  
President

*Marie Rassman*  
Vice President/Secretary

*Jerry Simonoff*  
Chief Financial Officer

*Tony Lief*  
Director

*David Raphael*  
Director

#### MCC CLUB COUNCIL

*Hank Abouaf*

*George Kabo*

*Carol Simonoff*

*Vivienne Versace*

*Julie Wamsley*

#### MARINA CITY CLUB STAFF

*Susan Larson*  
General Manager

*Catriona McCarthy*  
Assistant Manager

*Rose Judkins*  
Director of Resident Services

*Susan Stohrer*  
Director of Fitness Center

*Gene Desrochers*  
Tennis Director

*Margaret Skalski*  
Tennis Coordinator

*Mark Baldus*  
Director of Engineering

*Neil Collins*  
Director of Property Services

#### 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

# Tennis Talk

## Interclub with SMTCC

**M**CC tennis players enjoyed an exciting interclub event on a balmy Friday, July 20th with the Santa Monica Tennis Club out of Reed Park. The winds from the north blew softly through our green and blue courts, providing the perfect end to a tough work week. Matches of all levels of doubles were arranged from 4.0-3.0 levels. First we played a round of no-ad men's and women's pro sets (first team to 8 games). Marina City Club prevailed in all matches, with one default by Santa Monica. In other matches, Mike Levitt & Allan Bledstein had to rally from an early deficit to win 8-6. Adam Kaufman & Ron Hirji won handily 8-2, Lorri Mandekic & Barbara Fier won 8-1, Sheelagh Boyd & Edie Estrada won 8-2, and Wilky Lau & "Can't Miss" Denny Liss rolled 8-4. Julie Wamsley & Joan Hall won by default.

Then, the men and women's teams split up to form mixed doubles pairings for another round of social / competitive tennis. The scores were slightly more mixed with Santa Monica winning two matches of the six mixed. Adam & Lorri prevailed 8-0, Ron & Barbara emerged victorious 8-5, Denny Liss &

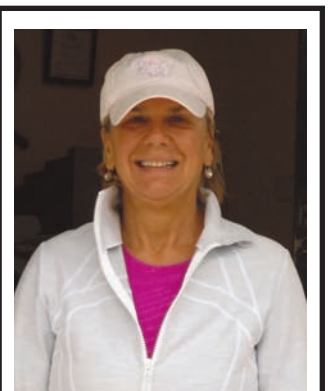
Sheelagh "See Ya" Boyd won 8-4, and Edie Estrada & Wilky Lau won 8-1. Congrats to MCC for a tough showing against a game club.

After the match, fifteen players went up to the restaurant for cocktails and delicious food from Jesus and Candace. We were excited to have some new players participating in our social tennis events and invite any other players hiding out here at the club to get on our email list so you too can be aware of and sign up for our future interclubs, trips, and tournaments. Send Gene an email at [gdesrochers@seabreezemgmt.com](mailto:gdesrochers@seabreezemgmt.com) to get on the mailing list. Please include your mobile phone number and your skill level if you think Gene or Margaret might not know your game. See you on the courts!

September 15-16  
**Singles Championships**  
Men's & Women's  
(2 divisions)  
\$20  
email Gene at  
[gdesrochers@seabreezemgmt.com](mailto:gdesrochers@seabreezemgmt.com)  
or call Margaret at ext. 223  
Gene at ext. 326



Women's Doubles



The smiling voice you hear on the weekends when calling in for games is our new tennis coordinator, **Margaret Skalski**. She is a former professor in Maine and is a 3.5 player. Please come by the tennis desk on the weekends or Friday and say "hello!"



## Gene's Tip of the Month:

### Play Tournaments

**W**ith our Mcc Singles Championship just around the corner on September 15-16, I'm in the tournament mood! Tournaments give players a chance to play against new players and against players of vastly different skill levels in a pressure-filled situation. As a junior, my first coach made me enter my first non-sanctioned tournament 2 days after I first picked up a racket. I played my first sanctioned (USTA) tournament four

weeks later. I played the #1 seed in two different age divisions and in four sets of tennis in one afternoon won 1 game on a net cord winner! I loved every minute of it, and totally expected to win. Why didn't I just give up? Two reasons: all the pressure was on him and I got to play someone who would never have stooped to play a set with me on any other occasion except for in a tournament where you have to play whoever you draw. We all know that playing better players is the best way to improve your game. The only time better players will play you without begrudging the experience is in a tournament. I highly recommend for those who want to get better at handling pressure (no substitute for the butterflies you'll feel when you check in at the tournament desk before a match), to play as many tournaments as you can handle. The matches tire you out more because of the adrenaline. The opponents look larger because of the moment. When you go to play regular recreational tennis, it'll be a walk on the court.

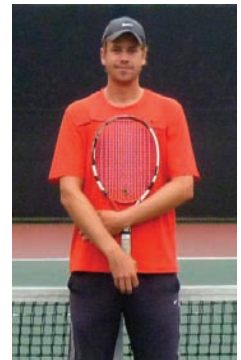
## Junior Kids Day at MCC

**W**e enjoyed another free Junior Kids Day on August 11th down on courts 1 & 2. It was a hot day and consequently only two kids turned out for the free t-shirt and two hours of gratis instruction from Jacek and Gene. Ethan and Jano worked hard on their grounds strokes and serves. Then they played games using the quickstart format endorsed by the USTA and taught to juniors here at MCC. We hope that you bring your youngsters out for our next Junior Kids Day.

## Jacek's Homework for this Month:

*I hope you all had a chance to enjoy the beautiful weather and to hit some tennis balls this summer!*

*This month, the main focus during our lessons was to learn the backhand slice and to incorporate it in our game.*



**You can think of the slice as a backhand volley with a backswing. To slice the backhand, you need to:**

- use the continental grip and prepare the racquet high (support the racket with the left hand while taking it back)
- swing down at the ball and visualize how your strings slice the tennis ball in half
- finish high and out in front, above your waist

**Why using slice:**

- to reach for difficult shots
- the slice stays low after it bounces forcing the opponent to bend his/her knees
- it is an excellent weapon as an approach shot. The opponent will most likely need to lift the ball up from the ground and you will get an easier volley
- the slice adds variety to your game and can disrupt your opponent's rhythm

**Make sure you do your homework this month and use your backhand slice!**

# Fitness

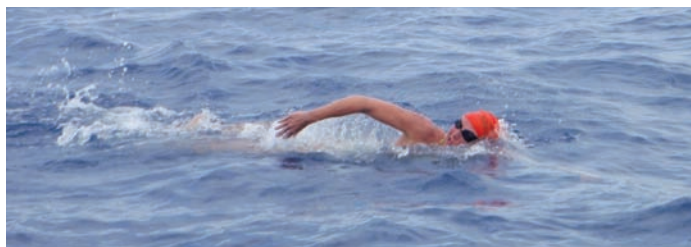
## Health Fair

The **Health Fair** scheduled for Saturday, September 8th from 10:00am – 2:00pm has been **cancelled** due to vendor participation. It will be rescheduled for spring 2013.

If you have a health/nutrition/beauty/fitness product you would like to provide information on at the spring health fair, please contact Sue Stohrer – Fitness Director at 310.578.4922 for information on how to be a part of this event.

## Refer a Friend

When a new non-resident member joins the club from your referral you will receive up to \$100 in MCC vouchers (depending on type of membership). Be sure to have them mention your name when they join.



Susan Stohrer, Fitness Director

### Private Swim Lessons & Group Clinics Now available at MCC.

Adults & Children (3 yrs and older) All levels

\$30/half hour \$60/hour

(\*multiple session discounts available)

**For more information and to set up an appointment, call Sue Stohrer**

**(310) 822-0611 x222**

## GROUP CLASSES - September 2012\*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:10AM LEVEL I YOGA Tara		7:00-8:10AM LEVEL I YOGA Tara	7:00-8:10AM LEVEL I/II YOGA Mike	7:00-8:10AM LEVEL I YOGA Tara	7:00 - 8:15AM LEVEL I/II YOGA Tara	
8:15-9:00AM HOOP FIT CLASS Jackie	8:15-9:00AM CARDIO & SCULPT Sue	8:15-9:00AM BODY SCULPT Joy	8:15-9:00AM CARDIO & SCULPT Sue	8:15-9:00AM BODY SCULPT Sue	9:00AM WATER EXERCISE** Elaine	8:00AM RESIST-A- BALL Elaine
9:00AM ZUMBA® DANCE Kay	9:00AM GROUP CYCLE Sue	9:00AM STEP & KICK-BOXING Fari	9:00AM STEP & SCULPT Vicki	9:00 - 10:30AM CARDIO & SCULPT Sue	9:00AM GROUP CYCLE Genie	9:00-10:30AM STEP & SCULPT Elaine
10:00-10:30AM Abs, etc.- Sue	10:00AM CORE CLASS Alfonso	10:00-10:30AM Abs, Etc. - Elaine	10:00AM CORE CLASS Alfonso		10:00-11:30AM YOGA LATTE Rose	
10:30AM STRETCH CLASS Sue	10:15AM WATER EXERCISE** Sue	10:30AM WATER Bosmat	10:15AM WATER EXERCISE** Sue	10:30AM STRETCH CLASS Sue		10:30AM WATER EXERCISE** Elaine
11:30AM CHAIR EXERCISE Sue	11:00AM TAI CHI Larry <i>*starts 9/11/12</i>	10:30AM STRETCH Elaine	11:00AM GROUP CYCLE Vay	11:30AM CHAIR EXERCISE Sue	11:30AM ZUMBA® DANCE Allison	10:30-NOON LEVEL I & II YOGA Rose
		4:30PM INTRO TO YOGA Renee				
		5:30PM PILATES Rose				
5:30PM GROUP CYCLE Genie						
6:30PM HOOP FIT CLASS Jackie	6:30PM GROUP CYCLE Lori	6:30PM GROUP CYCLE Vay	6:30PM ZUMBA® DANCE Allison			

**► NEW CLASS &/OR TIME**

**\*\*Water Exercise held at West Pool**

**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**

# September 2012

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

 <b>MARINA CITY CLUB</b>						1					
2	<i>Cardio Tennis</i> 9 a.m. <b>LABOR DAY CELEBRATION</b> A Stack of 45s	3	Bridge Night <i>Prix Fixe Dinner Specials</i>  <i>Early Bird Spec.</i> \$11.95++ 5-6:30 p.m.	4	<i>Early Bird Specials</i> \$11.95++ 5-6:30 p.m.	5	<i>Prix Fixe Dinner Specials</i>	6	Dining & Dancing w/ Hound Dog Dave and the Mel Tones <i>Happy Hour</i> 5-7 p.m.	7	8
9	<i>Cardio Tennis</i> 9 a.m. <b>Monday Night Football</b> <i>Early Bird Spec.</i> \$11.95++ 5-6:30 p.m.	10	Bridge Night <b>Club Council Meeting</b>  <i>Prix Fixe Dinner</i> <i>Early Bird Spec.</i> 5-6:30 p.m.	11	<i>Early Bird Specials</i> \$11.95++ 5-6:30 p.m.	12	<i>Prix Fixe Dinner Specials</i>	13	Dining & Dancing w/ Michael Forbes <i>Happy Hour</i> 5-7 p.m.	14	Oval pool closed  <i>MCC Singles Championship</i>
16	 <i>MCC Singles Championship</i>   <b>Rosh Hashanah</b>	17	Bridge Night <i>Prix Fixe Dinner Specials</i>  <i>Early Bird Spec.</i> \$11.95++ 5-6:30 p.m.	18	<i>Early Bird Specials</i> \$11.95++ 5-6:30 p.m.	19	<i>Prix Fixe Dinner Specials</i>	20	Dining & Dancing w/ Summerwind  <i>Happy Hour</i> 5-7 p.m.	21	22
23	<i>Cardio Tennis</i> 9 a.m. <b>Monday Night Football</b>  30 <i>Early Bird Spec.</i> \$11.95++ 5-6:30 p.m.	24	Bridge Night <i>Prix Fixe Dinner Specials</i>  <i>Early Bird Spec.</i> \$11.95++ 5-6:30 p.m.	25	 <b>Break the Fast Buffet</b>	26	<i>Prix Fixe Dinner Specials</i>	27	Dining & Dancing w/ A Stack of 45s  <i>Happy Hour</i> 5-7 p.m.	28	29



Waters  
Edge  
Spa

Come and Enjoy the Benefits of . . .

**Swedish Massage, Shiatsu Massage and Deep-Tissue Sports Massage**

Located inside the Fitness Center  
2nd Floor, Center Tower

**Call for appointment (310) 822-0611 x224**



**Salon Phone Number:  
310-305-4009**

Hours: Tuesday-Saturday 10-5

**Attention MCC Men!**

It's time to spruce up!

**\$20** for the Old Fashioned Barbering experience with **Paula**

**\$35 & up** if you prefer an appointment with stylist **Ari or Tony**

We are located down the hall from the Gym

# YOM KIPPUR

"BREAK THE FAST"

**Wednesday,  
September 26<sup>th</sup>**

Buffet opens at  
6:00 p.m.

\$24.95 per person  
(Tax and Gratuity Additional)

**Reservations:  
Ext 215**

Hold Reservation with Credit Card



Challah and Sliced Apples with Honey,  
Chicken Vegetable Soup,  
Chopped Salad (Tomato, Cucumbers and Onions),  
Chopped Liver Pate with Lavash Crackers,  
Chopped Butter Salad,  
Creamed Herring Salad in Wine

Smoked Salmon  
with Lettuce, Sliced Tomatoes & Red Onions  
Assorted Bagels and Cream Cheese  
Herbed Roasted Chicken Breast  
Red Parsley Potatoes  
Fresh Garden Vegetables

**DESSERTS:**

Mini Pastries  
Honey Cake  
Variety Flavors of Gelato  
Fresh Seasonal Fruit



4333 Admiralty Way  
Marina del Rey, CA 90292  
310.822.0611