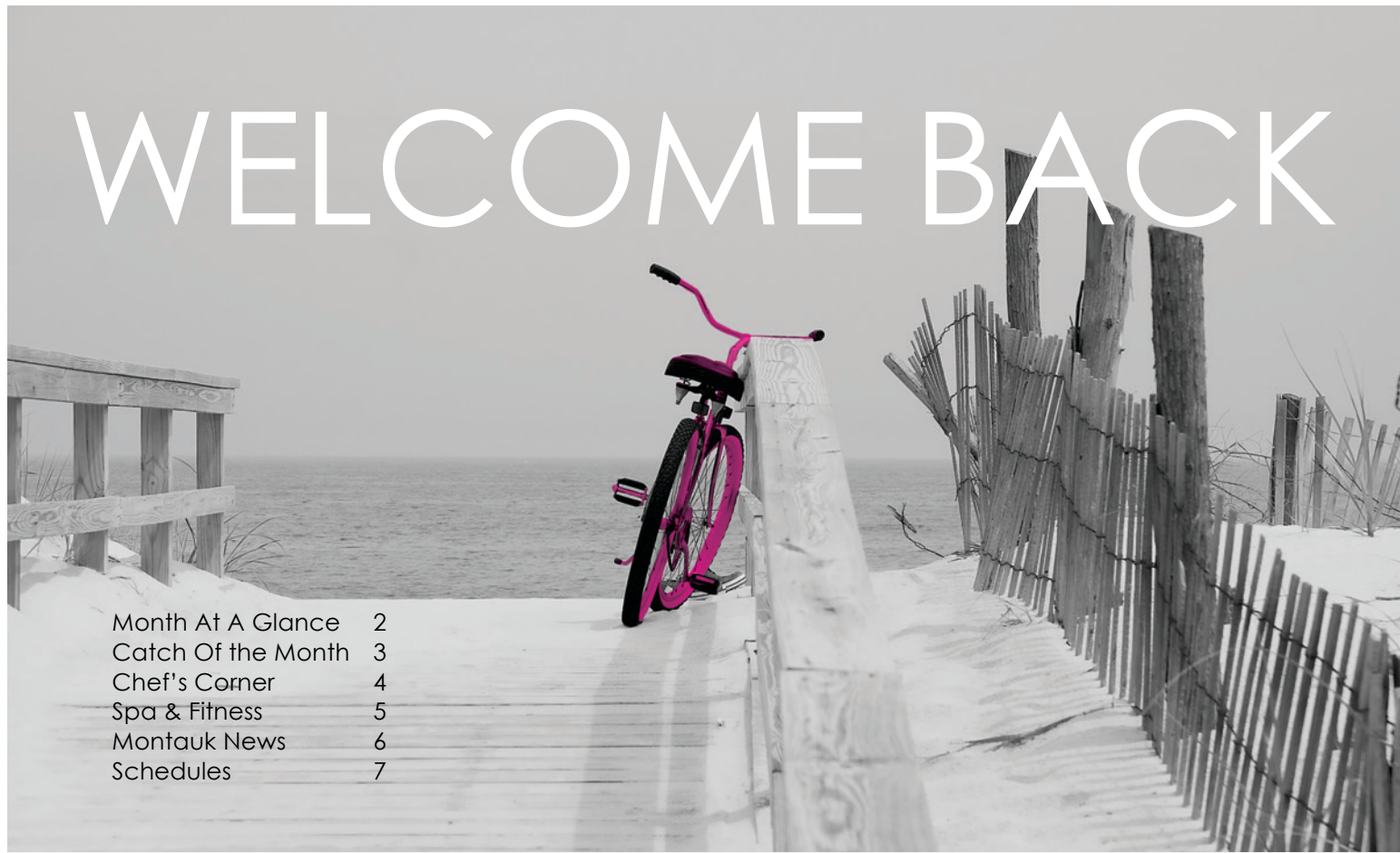


MAY 2015

MONTAUK LAKE CLUB
& Marina

WELCOME BACK



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THIS MONTH

MOTHER'S DAY BRUNCH

Sunday, May 10th

11:00am – 3:00pm

Dinner available | 3:00pm – 8:00pm

Reservations Required: (631) 668- 5705



MEMORIAL DAY BBQ

Sunday, May 24th

12:00pm – 3:00pm

FACE PAINTING, BOUNCE CASTLES, and More!

Reservations Required: (631) 668 - 5705



MONTH AT A GLANCE

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Restaurant Opens! Lunch 11am – 3pm Dinner 6pm – 10pm	2 Restaurant Open
3 Restaurant Open	4	5		7	8 Restaurant Open	9 Restaurant Open
10 Mother's Day Brunch 11am – 3pm Dinner available 3pm – 8pm	11	12	13	14	15 Restaurant Open POOL OPENS! Thurs – Mon 10am – 6pm	16 Restaurant Open Pool Open
17 Restaurant Open Pool Open	18 Pool Open	19	20	21 Restaurant Open Pool Open	22 SPA OPENS! Restaurant Open Pool Open	23 Restaurant Open Pool Open
24 Memorial Day BBQ - 12pm – 3pm Pool Open	25 Memorial Day Restaurant Open Pool Open	26	27	28 Restaurant Open Pool Open	29 Restaurant Open Pool Open	30 Restaurant Open Pool Open
31 Restaurant Open Pool Open						

CLUB PICS



CATCH OF THE MONTH



Name:

Fish Type:

Caught On:

Date:

To be in the running for
"Catch of the Month"...

SUBMIT YOUR PHOTOS TO:
judys@montauklakeclub.com

Remember this? Isabella caught this 2lb Fluke on the Osprey in July of 2014!

DOCK CHAT

CAPTAIN'S REPORT FROM THE VIKING FLEET – APRIL 20th, 2015

April 17th - 38 Hour Tile/Hake/Wreck Express

"Capt Steven Sr. reports an excellent start to our 2015 Offshore Fishing Season! After losing a bunch of trips because of weather, we were very excited to get out there! We were welcomed with perfect conditions, and hungry fish from the deep waters! All day long we caught a good, steady pick of Golden Tilefish, mostly in the medium to large range class, and also had a mix of Pollack, Cod, Hake, Barrelfish, a few Blue Line Tilefish, Cusk, and even a few Rosies! We did have some dogfish in the mix also, but they weren't too bad. By day's end, some guys had a limit of golden tiles, and a mess of other deep water dwellers to bring home, and others had a couple tile and other species. Everyone on board went home with Golden Tilefish and more! Capt Carl, Capt Davey, and Capt Steve D cut fish for over 4 hours on the way home! It was a great trip once again, and we want to thank everyone who joined us! Joseph "Pennsylvania Joe" Gornik who has been fishing with the Viking Fleet for over 30 years offshore, and has won second prize in the pool a few times, finally took top honors with the largest Tilefish of the trip at 36 lbs! Way to go Joe! Sang Yoon was able to sneak away with the edible pool with a 22 lb Barrelfish... Just barely edging out a couple other 20+lb barrels!"

Best of luck to all MLC members, as you embark on a new season of fishing!

It seems that the spring weather has led to generous adventures – with plenty of fish to catch!

CHEF'S CORNER

THE TIME HAS COME ONCE AGAIN!

A new season is upon us and old man frost has melted away. It's time to shake off the cold and welcome in a new season at the Montauk Lake Club.

Here's to a great and wonderful season ahead. We hope that our food will entice your appetites and offer an unforgettable experience. We hope to offer you memories of delectable goodness and perhaps even inspire old memories of Mama's cooking. From all the kitchen staff here, we just want to say welcome back and here's to a wonderful season!

IN SEASON FOR MAY

ramps, rhubarb, fava beans, radishes, Swiss chard, strawberries



"Food responds to our soul's dream as to our stomach's appetite."

Joseph Delteil

By: Sous Chef Amber Davis

FOOD IN THE NEWS

4 OF THE MOST COMMONLY RECALLED FOODS (...and how to buy them safely)

BAKED GOODS -- **The Concern:** While it's been more than 10 years since the Food Allergen Labeling and Consumer Protection Act went into effect, unlabeled allergens—most often peanuts, tree nuts, wheat, soy, dairy, fish, shellfish and eggs—are still the number one cause of recalls for FDA-regulated foods. And they often crop up unannounced in bakery products. **Small Thing To Keep In Mind:** If you have an allergy, check the label each time you buy a product, because manufacturers sometimes change recipes and a trigger food may have been added.

CANTALOUPE -- **The Concern:** These orange-fleshed melons are different from honeydew and watermelon, since their "netted" exterior is more porous, so contaminants from soil, water, animals (and their manure) can get trapped in the rind. Plus, unlike other fruits, they're not acidic, so pathogens can grow more easily once you cut the melon open. **Small Thing To Keep In Mind:** As many of us already do, avoid buying cantaloupes that look bruised; and, if you purchase pre-cut cantaloupe, make sure it's refrigerated or on ice. Finally, don't let the sliced fruit sit out at room temperature for more than two hours.

CHICKEN -- **The Concern:** This popular meat (we buy about 86 pounds per capita annually) is one of the most common causes of foodborne illness. **Small Thing To Keep In Mind:** A good recommendation is to buy chicken last when you're grocery shopping, since keeping it cold can prevent bacteria overgrowth. Also, be sure to defrost frozen chicken safely and cook it to 165 degrees (use a meat thermometer).

SPROUTS -- **The Concern:** Alfalfa, clover, radish and mung bean sprouts, which add crunch to salads and sandwiches, score well nutritionally. But since 1996, there have been at least 30 food-related illness outbreaks linked to raw and lightly cooked sprouts. FoodSafety.gov has an entire page devoted to awareness about these tiny vegetables. **Small Thing To Keep In Mind:** If you enjoy sprouts in salads, buy only ones with fresh, clean, white stems and roots that have been kept properly refrigerated.

SPA

From the Spa.... Welcome Lake Club Members!! Hope to see you soon!

Officially opening on Memorial Day Weekend, we will be offering a full range of massages, from gentle relaxation to medical and sports therapies. Special modalities that are offered will vary amongst the professional Licensed Massage Therapists and treatments given, which can be as individualized as these specialists are!

New This Year in Skincare! - Micro Current Lifting and Wrinkle Reducing Light sessions.

New products include the TRC skin care program - from acne to de-aging - facials are customized. Products are chosen for your concerns and designed with your active outdoor lifestyle in mind. **Did you know we offer a full range of waxing services, including expert brow styling?** We also have lash & brow tinting, and SunFX spray tanning. In addition to our a la carte menu, we will be offering monthly specials to encourage you to take the time to care for yourself or give a gift of health to someone you care about. *(Gift certificates are available for a Mothers Day!)*

Myself and our therapists look forward to seeing our clients, meeting the new members, and treating all members and their guests at the club, in this our fourth season.

To Contact Maureen | TEXT ME @ 772.925.9058

CALL: 631.668.5705 ext 109 at the Montauk Lake Club Spa - EMAIL: spa@montauklakeclub.com

By: Maureen Jacob

FITNESS & HEALTH

3 EXERCISES TO TRY ON THE BEACH

Want to look better in your bikini this summer—without leaving the beach to hit the gym? Throw on some sneakers and get moving! You burn almost twice as many calories working out on the sand as you would doing the same routine on a firmer surface.



The Beach Crawl

How to do it: On soft, dry sand, lower into a plank position. Then crawl forward on your hands and feet for 30 to 60 seconds. **Why it works:** The slippery sand destabilizes your hands and feet, activating your hamstrings and glutes. Try it sideways or backward for an extra challenge.

Sand Lunges

How to do them: Step forward with one foot. Keeping your front knee above your ankle, lower to the ground so that your back knee brushes the sand. Then push up through the front foot, lift your back foot off the ground and use it to step forward into a second lunge. Do six to 12 on each side. **Why they work:** Because the sand isn't perfectly level, you'll inevitably land on the inside or outside of your front foot. To keep yourself from keeling over, you'll activate the muscles in your entire lower body.

10 – 20 Drill

How to do it: On a stretch of soft, dry sand near the water, take 10 quick running steps, followed by 20 slower running steps. Then jog back to the starting point on the hard, wet portion of the sand right along the water. Repeat two to three times. **Why it works:** This simple-sounding drill activates your inner abdominal wall and works your feet, ankles, hamstrings, and glutes to steady each step and keep your body upright on soft sand. Go farther away from the water, where the sand is harder to walk on, to challenge yourself even more.

MONTAUK NEWS

SAG HARBOR

WHAT'S NEW FOR 2015?

Ever feel like you're on a rollercoaster that just won't stop? That's kind of the feeling I have had tracking the movement of new businesses in Montauk over the past few years. Fact is, in the past decade this small burg has seen more new entries into the business community than any other East End community. This year we've already seen a wave of new openings and announcements that are as tidal as any year to date.

GOODBYE OLD FRIENDS

As much as stability is the aim, Montauk's individual businesses come and go almost as regularly as the tide. This year we have a number of restaurants that have turned off the lights for the last time. Just north of Main Street, **O'MURPHY'S** had been feeding locals and visitors for more than two decades. An Irish themed restaurant and bar with food and drink to match it was a warm retreat on a cold winter night and a pleasant stop for a summer's repast.

Well, that's all over now. As we speak a new crew is ripping walls and hanging sheet rock all in preparation of a new eatery. Rumor had it **Sag Harbor's LT BURGER** was moving in, but I'm told by those who know that it is a different burger joint, a well-regarded entry from the City. I'm also told it will be a year-round operation that again locals and seasonals will find very hospitable.

So, we've seen the last of O'MURPHY'S? Not quite so fast my Guinness swilling Feinan. Word on the eatery street says they are in negotiations to reopen in another space soon. Expect an announcement by month's end that the crew has found a new home in the harbor, for a bigger, perhaps better second eatery act.

Back in the harbor another loyal local's spot, **MANUCCI'S**, has bit the dust. This Italian themed spot has had three locations over its 10 year run. First, in the **Montauk Manor**, then moved to a larger space in the harbor where the current **Montauk Raw Bar** stands and finally into the **Tipperary Inn**. Common to all was the practice of serving well crafted continual cuisine at very reasonable prices. Could be that end of the economics got the better of the operation, in any case you'll have to look elsewhere this season for a \$10 dinner or \$8 Sunday breakfast buffet.

Just a short hop down the docks another waterside watering hole has been caught up in the rumor mill this winter. Some folks swear that **LYNN'S HULA HUT** at the **Montauk Marine Basin**, will not open this year. Not so fast, from what I hear the sound of blenders whirring will be heard again by Memorial Day. Meanwhile, **SAMMY'S** is another popular name has been in the news spin this off season. Fear not fans, the kitchens is already open weekends putting our great seafood and creative cuisine. More importantly, Sam's deluxe hotdog wagon will be serving those delicious treats at the Gosman's parking lot as soon as weather cooperates.

Meanwhile at the Montauk Manor **TRE BELLE** has closed its doors. A solid spot for authentic Northern Italian cuisine since its 2009 opening it seems the partners have decided to concentrate their considerable talents on their two, western Nassau rooms. Not to worry, another eatery has hung a "coming soon" on the door. **LA FINA** sounds good to me, expect more to come on this in the next edition.

montauklife.com

Written by:

MONTAUK Life
FOUR COMPLETE GUIDES TO MONTAUK

SCHEDULES & EVENTS

2015 SPECIAL EVENTS

- MAY 10** MOTHER'S DAY BRUNCH
11am – 3pm | Dinner 3pm – 8pm
- MAY 24** MEMORIAL DAY BBQ
12pm – 3pm | Face Panting!
- JUNE 21** FATHER'S DAY DINNER
6pm – 10pm + a la carte dinner menu
- JUNE 27** MEMBERS COCKTAIL PARTY
6pm – 10pm | LIVE BAND!
- JULY 5** FOURTH OF JULY BBQ
12pm – 3pm | Exotic Animals!
- JULY 25** LOBSTER BAKE
6pm – 10pm | LIVE REGGAE!
- AUGUST 21** GREENERY SCENERY
6pm – 9pm
- AUGUST 22** LOBSTER BAKE
6pm – 10pm | LIVE BAND!
- SEPT 6** LABOR DAY BBQ
12pm – 3pm |
- OCT 12** PUMPKIN PAINTING & Grillin'
11am – 1pm | Grillin' til 2pm
- OCT 31** HALLOWEEN PARTY
6pm – 10pm | LIVE DJ ENTERTAINMENT!
- NOV 26** THANKSGIVING DINNER
2pm – 8pm
- NOV 29** MEMBERS BRUNCH
11am – 2pm

DAY SPECIALS

(June 27th – September 12th)

- MONDAYS** PRICE FIX NIGHT
3 courses for the price of your entrée (June 1 – October 12)
MARTINI MADNESS
½ price martinis all day
- TUESDAYS** SPA DAY
Purchase any spa service to receive ½ off any lunch item
- WEDNESDAYS** 50% off COCKTAIL MENU
All day – receive ½ price
- THURSDAYS** TACO DAY
Special Taco Menu all day
MARGARITA SPECIALS!
½ price margaritas all day
- FRIDAYS** HAPPY HOUR - 5:30pm – 7pm
\$5 Bar Menu – ½ price drinks
LIVE MUSIC - 5:30pm – 9pm
PRIME RIB NIGHT
Special dinner available
- SATURDAYS** HOT BREAKFAST (ends Sept 5)
Available 8am – 10am
YOGA
10am Class
- SUNDAYS** BRUNCH (ends Aug 30)
10am – 3pm + a la carte lunch menu
HOT BREAKFAST (ends Sept 6)
Available 8am – 10am

RESTAURANT SCHEDULE

- May 1 – May 20 OPEN Fri, Sat Sun
- May 21 – June 23 OPEN Thurs, Fri, Sat, Sun, Mon
- June 24 – Sept 14 OPEN Daily (no dinner service Tues nights)
- Sept 15 – Oct 12 OPEN Thurs, Fri, Sat, Sun Mon
- Oct 13 – Nov 28 OPEN Fri, Sat, Sun

Lunch Service: 11am – 3pm | Dinner Service 6pm – 10pm

POOL SCHEDULE

- May 15 – June 23 OPEN Thurs, Fri, Sat, Sun, Mon
- June 24 – Sept 14 OPEN Daily
- Sept 15 – Oct 12 OPEN Fri, Sat Sun

Pool Hours 10am – 6pm
*10am-11am adult swim daily



MEMORIAL DAY BBQ

Sunday, May 24th | 12:00pm – 3:00pm

MONTAUK LAKE CLUB

P.O. Box 760
211 East Lake Drive
Montauk, New York 11954

& Marina