

JUNE 2015

MONTAUK LAKE CLUB
& Marina

SUMMER VACA

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THIS MONTH

FATHER'S DAY DINNER

Sunday, June 21st

6:00pm – 10:00pm

Special Surf & Turf Dinner

Reservations Required: (631) 668- 5705



MEMBERS COCKTAIL PARTY!

Saturday, June 27th

6:00pm – 10:00pm

LIVE MUSIC from Danny Keane!

Reservations Required: (631) 668 - 5705



MONTH AT A GLANCE

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 PRICE FIX BEGINS every Monday Night Pool Open	2 Restaurant & Pool <u>Closed</u>	3 Restaurant & Pool <u>Closed</u>	4 Restaurant Open - MENU CHANGE - Pool Open	5 Restaurant Open HAPPY HOUR \$5 Bar Menu Pool Open	6 Restaurant Open Pool Open
7 Restaurant Open Pool Open	8 Restaurant Open PRICE FIX TONIGHT Pool Open	9 Restaurant & Pool <u>Closed</u>	10 Restaurant & Pool <u>Closed</u>	11 Restaurant Open Pool Open	12 Restaurant Open HAPPY HOUR \$5 Bar Menu Pool Open	13 Regular Lunch Dock Grillin' - Dinner Pool Open
14 Restaurant Open Pool Open	15 Restaurant Open PRICE FIX TONIGHT Pool Open	16 Restaurant & Pool <u>Closed</u>	17 Restaurant & Pool <u>Closed</u>	18 Restaurant Open Pool Open	19 Restaurant Open HAPPY HOUR \$5 Bar Menu Pool Open	20 Regular Lunch Dock Grillin' - Dinner Pool Open
21 FATHER'S DAY DINNER 6pm - 10pm Special Price Fix + a la carte menu	22 Restaurant Open PRICE FIX TONIGHT Pool Open	23 Restaurant & Pool <u>Closed</u>	24 POOL OPENS DAILY 6pm - 10pm RESTAURANT OPENS DAILY except Tues night	25 Restaurant & Pool Open Daily through Sept 14 th	26 Restaurant & Pool Open Daily through Sept 14 th HAPPY HOUR & LIVE MUSIC 5:30pm - 7pm \$5 Bar Menu	27 Hot Breakfast 8am - 10am YOGA BEGINS MEMBERS COCKTAIL PARTY 6pm - 10pm Fishing Tournament begins today!
28 Hot Breakfast 8am - 10am Brunch Begins! 10am - 3pm	29 PRICE FIX TONIGHT MARTINI MONDAY begins every Monday! ½ off menu!	30 SPA DAY BEGINS every Tuesday Purchase any spa service to receive ½ off any lunch item!				

CLUB PICS



Master Balloon Twister, Face Painting, and Princess Elsa!

Memorial Day BBQ Fun!!

CATCH OF THE MONTH



Name: **Joe DiBenedetto**

Fish Type: 6 Lb Fluke

Caught On: Echo

Date: May 30th, 2015

DON'T FORGET!!

The Fishing Tournament
Starts on June 27th !!

and goes until September 5th

DOCK CHAT

29th Annual Shark Tournament

With over \$485,000 paid out last year in cash, custom trophies and other prizes, this is one tournament the avid sportfisherman does not want to miss.

Ed Groppe aboard Capt. David Walters' "The Reel Deal" landed a 377-lb. Thresher, earning the crew top honors for the Heaviest Shark of the Tournament, the Heaviest Shark of Day 2, Heaviest Fish (Other) and the Heaviest Shark in its category. These awards earned the crew just shy of \$40,000 in cash prizes.

The Heaviest Blue Shark was caught by Paul Allegra, aboard Capt. Marshall Allegra's "Helena," weighing in at 250 lbs. Charles Maurer Jr. aboard Capt. Charlie Mayrer's "Alyssa Ann" hauled in a 281-lb. Mako, earning \$5,000 for Heaviest Mako.

Over the course of these two days, 117 boats and 702 anglers brought in 33 fish, including ten Makos, fourteen Threshers and nine Blue Sharks.

There are 12 tournament prizes, including \$30,000 for the Heaviest Qualifying Shark of the Tournament; \$5,000 each day for the Heaviest Qualifying Shark of the day; \$5,000 for the Heaviest Qualifying Mako; \$3,500 for the Heaviest Qualifying "Other" category Shark which includes Thresher, Hammerhead, and Tiger Shark; and \$2,500 for the Heaviest Qualifying Blue Shark of the tournament. In addition, there are seven Calcuttas ranging from \$200 to \$20,000 each.

CHEF'S CORNER

The Time Has Come Once Again... Summer!

Wedding bells are ringing and the season is in full swing! Celebrations of love, friends, and food dance in the air like the sprays off the ocean breeze...so take the time to enjoy the "bits" that life dishes onto your plate. Take the time to savor the goodness that moments spent with close friends and incredible food can bring to your table. Here at the Montauk Lake Club, there are memories to be made and plenty of food to go around, so go ahead and dig in!

IN SEASON FOR JUNE

Zucchini Blossoms, Ramps, Beets, Corn, Cabbage, Broccoli

"Food brings people together on many different levels. It's nourishment of the soul and body; it's truly love." ~ Giada De Laurentiis

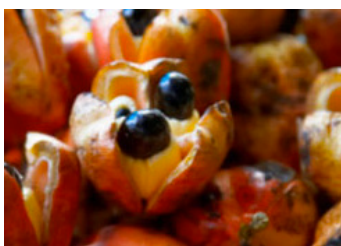


By: Sous Chef Amber Davis

FOOD IN THE NEWS

Banned Food In The U.S. – FROM THE STRICTLY CONTROLLED TO THE DOWNRIGHT ILLEGAL

BANNED



Ackee

Banned: Importation of the raw fruit is banned in the US.

Reason: This pear-shaped fruit — the national fruit of Jamaica — contains toxins that can suppress the body's ability to release an extra supply of glucose, plunging one's blood sugar level and potentially leading to death.



Japanese Puffer Fish

Banned: It is illegal to sell, harvest, or serve puffer fish in the US without a license.

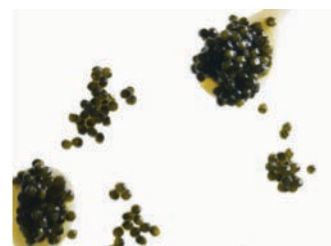
Reason: This fish has a killer taste – literally! Its skin and certain organs contain tetrodotoxin, an extremely poisonous toxin that can paralyze a human and lead to asphyxiation. However, it has been served as a delicacy by chefs in Japan for 100s of years.



Shark Fins

Banned: "Shark finning" is banned in the US. Fins can comprise of only 5% of a fisherman's total shark haul.

Reason: "Shark finning"-removing the fin and dumping the shark back into the ocean – is illegal in US waters. Consuming shark fins in legal – as in the Chinese dish shark fin soup – but the dishes are usually very expensive. Most fins gathered in the US are exported to Asia.



Wild Beluga Caviar

Banned: Prohibited in the US.

Reason: Wild Beluga caviar, which comes from the wild Beluga sturgeon, once achieved a popularity that led to dangerously low numbers of the eggs. In 2005, the U.S. Fish and Wildlife Service banned the caviar.

SPA

The Month Of June - Is The Month Of Moon. This month means many things to many people. June holds the beginning of summer, honors fathers and graduates, and brings luck to brides and grooms. This month is full of celebration and warm wishes. Our spa specials are celebrating with an all-natural **BEER FACIAL** for "Dads and Grads" - and our always popular Champagne Facials & Massage.

CHEERS!

The ingredients in beer have numerous anti-aging benefits and can help improve the symptoms of acne. There are antioxidants and B vitamins that help to keep skin smooth and supple. Barley is chock full of linoleic acids, and minerals – all necessary for healthy skin. Hops have exfoliating action to speed skin cell regeneration for a clear, vital complexion. After the skin is smoothed and hydrated, go up to the bar for a complimentary brew!

"Ideal Brew" facial \$110 w/ complimentary beer or ale..... add a deep massage - \$ 215



Try this Beer Masque at home :

½ cup of beer

1 egg white

2 tablespoons lime juice - whisk and apply - after 10 minutes rinse off

Beer contains B vitamins and antioxidants, hops, saccharides, and yeast which smooths and improves breakouts, and increases the skin's luminosity. When mixed with egg white, the yeast in the beer creates a filmy mask that hydrates and improves the elasticity of the skin. Adding a dash of lime, a source of vitamin C, helps fades discolorations.

FOR BRIDES AND GROOMS - celebrate with our **CHAMPAGNE FACIAL / MESSAGES** ... A luxurious facial combining the hydrating, exfoliating, and antioxidant properties of champagne grapes, that provide a large variety of phytonutrients and vitamins. This lavish facial will leave you feeling like champagne - "bubbly" ;) - relaxed, refreshed and sparkling! \$99

CHAMPAGNE MASSAGE - Drink in our most relaxing & indulgent massage - a traditional Effleurage massage with long, soothing strokes using champagne oil to nourish the skin, relax the body, and calm the senses. Ahhhhh! \$110 for both \$195!

CONTACT MAUREEN | TEXT or CALL @ 772.925.9058 | SPA: 631.668.5705 ext 109 | EMAIL: spa@montauklakeclub.com

By: Maureen Jacob

FITNESS & HEALTH

New Yoga Teacher at the Club!!

Yoga starts Saturday, June 27th | 10:00am – 11:00am

Joy Hear is a full time Montauk resident, who has a passion for Yoga. She has been teaching yoga in Montauk since 2007, and has taught everyone from experienced yogi's to beginners! Her classes range from vinyasa flow, to gentle, to an Ashtanga mix... The class determines the plan!

She comes from a fitness and massage background with 25 + years of experience. Bringing her knowledge of anatomy and fitness to the class, there will always be something for everyone. During a Thai Yoga training at Kripalu in 2001, Joy became interested in yoga. She has studied under Beth Shaw, for her 200 hr RYT, Nancy Delucia (therapeutic touch), and Jean Duncan of Sedona as her mentor. Joy loves teaching as well as taking classes in every realm of well-being.



Join us on June 27th at 10am! To sign up for class, email judys@montauklakeclub.com.

MONTAUK NEWS

GONE WITH THE MONTAUK WIND

Since Montauk is a village consumed with eating opportunities we begin with who's left the dining scene lately. That means we respectfully doff our hat and lower the flag to half-staff for Ciao by the Beach, the Harbor Raw Bar and Tre Bella. Of that group the most surprising to me at least is the apparent closing of Ciao. Only a season old this Italian influenced restaurant seemed to be making waves with its oversized portions of authentic meals your Momma would approve and a bar that seemed well attended late into the evening. Now closed rumors circulate someone will use the room this season. Ah, but who, that's the unanswered question as of this writing.

Down on the harbor the Harbor Raw Bar has become **THE HARBOR**. Now under the umbrella management of the Randolph Group, the same folks who run The Randolph at Broome, Randolph Beer and Randolph Brooklyn. If you've frequented any you already know the kind of understated, eclectic, retro-50's, rough around the edges establishments they build. A "been here" vibe fused with innovative cocktails, hard to find brews and simple but satisfying menus. Expect much of the same here.

Meanwhile the Montauk Manor has a new restaurant. **LA FINE (483-5888)** moves into the historic hotel's lobby as restaurant in residence with a new, casual/rustic look and classic Italian menu. An expansion of NYC's famed MME Catering, this is their first restaurant. With two decades experience creating memorable evenings for the cream of the corporate and social set they come to Montauk with culinary credentials few can compare.

Ready to open later this month they've expanded the lobby space into a free flowing room that takes full advantage of the Manor's large patio and garden for a stars under the stars dining experience. Their menu is crafted with classic fare that emphasis fresh seafood, local ingredients and exquisite craftsmanship. Expect a fine dining experience like few in this area, reservations are suggested.

KEEP THE LIGHTS ON

Although our fleet of motels and hotels are a relatively stable lot this year we see a few changes that are more than worth noting. Let's begin with the largest hotel operation in Montauk and their newest expansion. For a half century the **ROYAL ATLANTIC (631-668-5103)** has set the standard for overnight accommodations here. With a total of 220 units spread over three building in the heart of the village they offer travelers studio, one and two bedroom units on and just off the ocean.

This season they welcome the first new rooms not just in their system but to be built in Montauk for the past 30 years. Located overlooking Lake Montauk on West Lake Drive they are busy putting the finishing touches on seven, oversized townhouses. Each offers 2 large bedrooms, a full kitchen, water view decks and great views.

A project literally a decade in the making these large housekeeping units will be ready for occupancy by late June early July. Available for weekly rentals only, with limited housekeeping they are perfect for a large family or extended stays. Set just a short walk from the heart of the harbor you'll enjoy access to the trendiest restaurants in town as well as the boats and marinas that line the harbor.

Meanwhile on the other side of Lake Montauk the folks at Rick's Crabby Cowboy Café have transformed their 20 motel units into the all-new, **MONTAUK BOUNGALOWS (631-806-9660)**. Totally redone from wall to wall these large, airy studios are perfect for a couple looking to spend a week, month or season. Each comes with full bath, a frig or mini-kitchen, and outdoor BBQs. Of course who needs to cook when you're just steps from Montauk's favorite family restaurant!

EPILOGUE

It'd be comforting to write that with Memorial Day in our rearview mirror that Montauk was all buttoned down and ready for the heart of the summer of 2015. But knowing what I know but can't yet disclose, I know that's just not true. There is still at least a few more major moves on this commercial chessboard, daring ventures that promise in their own way to keep on shaking that snow ball we call Montauk. Check back next month and I'll dish the dope on that then.

montauklife.com

Written by:



SCHEDULES & EVENTS

2015 SPECIAL EVENTS

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



MONTAUK LAKE CLUB

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

& Marina