

**SEPTEMBER 2015**

MONTAUK LAKE CLUB  
& Marina

# FALL SURF

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## THIS MONTH

### LABOR DAY BBQ

Sunday, September 6th

12:00pm – 3:00pm

**ELMO, COOKIE MONSTER, BALLON TWISTING, & GLITTER TATTOOS!!!**

-- Fishing Tournament Winners Presented --

Reservations Required: (631) 668- 5705



### PRICE FIX CONTINUES EVERY MONDAY

Through October 12<sup>th</sup>

6:00pm – 10:00pm

**3-Course Meal for the Price of Your Entree**

Reservations Required: (631) 668 - 5705



# MONTH AT A GLANCE

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 SPA DAY TODAY Restaurant Open Pool Open	2 50% OFF CLUB COCKTAIL MENU! All day Restaurant Open Pool Open	3 TACO DAY Special Taco Menu Margarita Specials! ½ price margaritas Restaurant & Pool Open	4 PRIME RIB NIGHT HAPPY HOUR & LIVE MUSIC 5:30pm- 7pm	5 Restaurant Open Pool Open YOGA TODAY   10am
6 LABOR DAY BBQ 12pm – 3pm Hot Breakfast (last) 8am – 10am <i>*No Brunch Today</i>	7 LABOR DAY PRICE FIX TONIGHT MARTINI MONDAY ½ off martini menu (last)	8 SPA DAY TODAY (last) Restaurant Open Pool Open	9 50% OFF CLUB COCKTAIL MENU! All day (last) Restaurant Open Pool Open	10 TACO DAY Special Taco Menu Margarita Specials! ½ price margaritas (last Thursday!) Restaurant Open Pool Open	11 PRIME RIB NIGHT (last Friday!) HAPPY HOUR & LIVE MUSIC 5:30pm- 7pm Restaurant Open Pool Open	12 Restaurant Open Pool Open
13 Restaurant Open Pool Open	14 PRICE FIX TONIGHT	15 Restaurant Closed Pool Closed	16 Restaurant Closed Pool Closed	17 RESTAURANT & POOL OPEN Thurs – Mon until Oct 12 <sup>th</sup> - MENU CHANGE -	18 HAPPY HOUR & LIVE MUSIC 5:30pm- 7pm	19 Restaurant Open Pool Open
20 Restaurant Open Pool Open	21 Restaurant Open PRICE FIX TONIGHT Pool Open	22 Restaurant Closed Pool Closed	23 Restaurant Closed Pool Closed	24 Restaurant Open Pool Open	25 HAPPY HOUR & LIVE MUSIC 5:30pm- 7pm Pool Open	26 Restaurant Open Pool Open
27 Restaurant Open Pool Open	28 Restaurant Open PRICE FIX TONIGHT Pool Open	29 Restaurant Closed Pool Closed	30 Restaurant Closed Pool Closed	Restaurant Open Pool Open	HAPPY HOUR & LIVE MUSIC 5:30pm- 7pm Pool Open	Restaurant Open Pool Open

## CLUB PICS

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# CATCH OF THE MONTH



Name: **Anthony**  
Caught: Thresher Shark  
Lbs: 130 lbs.  
Caught On: Sea Jeannie  
Date: August 31<sup>st</sup>, 2015

## Don't Forget!

The Fishing Tournament Winners will be presented with their trophies at the Labor Day BBQ on Sept 6<sup>th</sup>!

If you won and will not be attending, please email [judys@montauklakeclub.com](mailto:judys@montauklakeclub.com) to make arrangements to receive your award.

# MORE CLUB PICS...

Capt. Deadly  
170 lb Big Eye  
Aug 29<sup>th</sup>, 2015



2015 Snapper Tournament!!

August 29<sup>th</sup>, 2015

Congratulations to our Winners!  
**Luke Tyrrell and Hunter Wittman**

Hunter Wittman  
10.8 lb Mahi Mahi  
Caught on: Hydra  
Aug 27<sup>th</sup>, 2015



## CHEF'S CORNER

As the summer begins to slow down,  
fall slowly seeps through the seams and leaves wonder about changing.

Although Valentine's Day is in February, September is considering a month of great passion and of forget-me-nots which represent memories and great love. Perhaps this is a good time to make a date with the one you love. A romantic picnic on the beach would be perfect. Make sure to pack a blanket, 2 glasses, and an incredible bottle of wine for the occasion. As for the food, you can keep it simple with fruits and cheeses like a nice brie or goat cheese with black grapes, sliced pears, and array of berries. You can up the ante by adding a nice antipasti plate with sliced prosciutto or salami, black or green olives, and marinated artichokes. Add to the ambiance by going in just enough time to enjoy the food as well as one of the many beautiful sunsets Montauk has to offer.



RUNNER BEANS

### IN SEASON FOR SEPTEMBER

Fava Beans, Fennel, Watercress, Swiss Chard, Butternut Squash, Turnips, Runner Beans, Blackberries, Raspberries

"One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating."

~Luciano Pavarotti and William Wright

By: Sous Chef Amber Davis

## FOOD IN THE NEWS

### Broccotots Are A Genius Way To Get Your Kids To Eat Broccoli

In general, kids have a thing against broccoli. (At least American kids do -- in Japan, not so much.) Despite the fact that this green, tree-like veggie is often times covered in copious amounts of cheese, broccoli has one of the worst reputations amongst all the vegetables. But because it's good for us, many home cooks are constantly looking for ways to sneak it into their family meals. If this sounds like you, you can stop the search for that perfect dish because we've come across a broccoli recipe that will be a sure fire hit, no matter who you're serving it to. Let us introduce you to **broccotots**.

Don't those look good? The recipe blogger Gimme Delicious, who came up with this creation, made it out of practically only broccoli. Yes, there's some cheese in there, naturally, and bread crumbs help keep them together, but not one ounce of potato. Plus, they're baked. No question these are



the healthiest tots we've ever encountered. And the most delicious way to eat broccoli, too.

#### Ingredients

- 2 cups or 12 ounces uncooked or frozen broccoli
- 1 large egg
- ¼ cup diced yellow onion
- ½ cup cheddar cheese
- ½ cup panko breadcrumbs
- ½ cup italian breadcrumbs
- 2 tablespoons parsley ( or cilantro, rosemary,
- 1 teaspoon salt
- 1 teaspoon pepper

#### Instructions

1. Preheat the oven to 400°F. Grease a baking sheet with a thin layer of oil or line with parchment paper and set aside.
2. Blanch the broccoli in boiling water for 1 minute then remove and shock with cold tap water to stop the cooking process. Drain well.
3. Chop broccoli finely and mix thoroughly with the egg, onions, cheddar, breadcrumbs, and seasoning. Scoop about 1.5 tablespoons of mix using a ice-cream scoop or your hands and gently press between your hands into a firm ball then shape into a tater-tot shape. It helps to wash your hands after every few tots to keep them from sticking onto your hands. Next, Place on your prepared baking sheet.
4. Bake until golden brown and crispy, 18-24 minutes, turning half way. Remove from the oven and enjoy hot with ketchup, Sriracha, ranch dressing, or your favorite dipping sauce!

## SPA

### September in Montauk is “our” time.

The time to take a breath, and with these last couple of weeks of summer, to take time for ourselves.

As we leave summer behind and we ease into Autumn, **your spa is offering a “Summers End Deep Cleansing Facial Special” for adults, to be followed by a Fall Re-Surfacing 30% AHA facial.**

Make appointments for both and receive a bonus Rapid Repair™ sonic treatment- a ultra hydrating, calming, purifying and revitalizing service using ultrasonic technology or a LED red light rejuvenating treatment (with the fall facial). We are also offering a 10% discount on our line of TRC - Time Reversal Complexes, with multi-action Niacinamide, architectural peptides, and Plant Stem Cells - on sale now!



**For massage, if you have not made your appointments to see Robert make one today - time is limited!**

In September, we are open Thursday through Sunday by appointment Monday thru Wednesday by advanced appointment only

**For appointments call - 631.668.5705 ext 109 or text Maureen @ 772.925.9058**

By: Maureen Jacob

## FITNESS

### SEPTEMBER FITNESS IN MONTAUK & THE HAMPTONS

#### MightyMan Montauk– Oct 4 Sprint, Olympic, Half

**Sprint** : Distance: Swim 750 meter Bike 17K Run: 5K

Great beginner and veteran sprint distance course, calm water, mostly flat bike loop with one challenging climb. The run is beautiful and mostly flat with a 1 Kilometer rolling section around Fort Pond. Great weekend for any triathlon enthusiast, to be in Montauk at the best time of the year (after the crowds are gone yet all the restaurants, hotels, attractions are still open) and the weather is ideal.

**Olympic** : Distance: Swim 1.5 meter Bike 40K Run: 10K

3rd Annual Race! A spectacular course and an instant classic end of season race.

**Half** : Distance: Swim 1.2 mi. Bike 56mi. Run: 13.1mi.

Eighth Annual Race! A spectacular course and an instant classic end of season race. Hailed as one tough course. Triathlete Magazine's must do ½ distance triathlon.



**For More Information: [www.tri-guy.com](http://www.tri-guy.com)**

#### Pilates in the Hamptons – Sept 11-13

\$687.00 - \$967.00

Included in the package:

- 3 days/2 nights hotel accommodations in beachfront resort in Amagansett/Montauk
- 1-2 daily workouts with Coach Kelly
- Group excursion ie: biking in Montauk
- Access to beach, pool, and other hotel amenities
- Daily light breakfast, and 2 lunches

**For more information: [www.ketangafitness.com](http://www.ketangafitness.com)**

# Montauk 's Identity Crisis

## Got A Minute?

If like me you love Montauk, I hope you'll read the following lines and give them some thought. The fact is Montauk is going through an identity crisis that threatens its economic and social fabric. Long thought the step child of the Hamptons, Montauk is now the belle of the ball. Record crowds flow into town and bring issues of civility, traffic, trash, noise, and public conduct. Some feel assaulted. Others insulted. Most agree that something has to be done to tame the wilder aspects of this summer. How that happens is of paramount concern to the locals, business owners, and ultimately, you.

## What To Do?

Confronting these issues Montauk has fallen into three camps. The first, and I think largest, wanted to see some clamps put on the most outrageous behavior that's giving the Montauk brand a black eye. Those included overcrowding of houses and businesses, excessive noise, traffic, trash, and unruly behavior. Most local businesses agree vigorous enforcement of existing laws will go a long way to control all of this. A pragmatic approach that acknowledges that with their own economic survival at risk, a Montauk restrained is better than a Montauk enchained.

After all, they suffer as much if not more if the party is closed down. So they choose to self-regulate to preserve their own rights and urge others to follow suit. Joining them the local Chamber of Commerce acknowledges that reasonable enforcement is not just the right thing. In the end it is the only sane thing to do.

Locals, and that's about as loaded a word as you can throw around town these days, feel particularly caught in the cross-fire. On the one hand most understand tourism and the crowds it brings is how we survive. After all, almost no one fishes for a living anymore, farming went the way of the Model T and few of us can sing or dance for a living. Still, if you love this village you can't just stand by and watch anyone disrespect it, its traditions or culture. So you slap a bumper sticker on your truck, wear a provocative T-shirt, join an association, build a blog or slug the next guy who drops and empty PBR can on your lawn. Been there, almost done that, bub.

On the other end of the spectrum are those who think "anything goes!" Sure, we are in the fun business and business has been real, real good for a while. So why, some ask, slow down the merry-go-round? Who's getting hurt anyway? Or as a smug Goldman Sacks exec tried to explain to me at a Fourth of July buffet, "what's wrong with you people in Montauk? Why are you upset about friends and I having a good time in your town? Don't we pay you enough"

That kind of attitude fuels the "shut it down" camp. The close 'em down, lock 'em up, drive them out of town contingent. And believe me many individuals and some civic groups have exactly that agenda in mind. If it were up to them downtown would be devoid of bars and restaurants and the harbor would be a shell of it's current food & beverage lot.

## Today's Reality

What's changed in the past few years is the sheer size of the party. We are bigger, louder, more aggressive and infinitely more visible. Many a summer night seems to cross between Mardi Gras and St. Patrick's Day. With larger crowds come larger problems. A perception that control has been lost. A reality fueled by the mischief and malfeasance of a few, magnified by the press, that labels the whole village as a bunch of drunken frat boys on spring break. That perception poisons our brand and eats into the patience of the overall community.

I know most of you have a reasonable plan to blow off steam. So I count most of you as nio being part of the problem. As for those who think this proud community is their personal door mat I more than politely ask them to put this issue down and head for the nearest exist west.

# SCHEDULES & EVENTS

## 2015 SPECIAL EVENTS

- 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 27<sup>th</sup> – September 12<sup>th</sup>)

- 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

## POOL SCHEDULE

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

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

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



# LABOR DAY BBQ

**Sunday, September 6<sup>th</sup>** | 6:00pm – 10:00pm

**ELMO, COOKIE MONSTER, BALLON TWISTING, & GLITTER TATTOOS!!!**

- Fishing Tournament Winners Presented -

## MONTAUK LAKE CLUB

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

& Marina