



LAKE CLUB NEWS

ISSUE 03 | SEPTEMBER 2020 | VOLUME IX

Hi Lake Club Members-

OMG, we are already entering September... "how the time flies!" We still have a few weeks left of summer so we're planning on making the most of them. The restaurant is open daily through Monday, Sept 7th. Starting Tuesday, Sept 8th, we are closing Tuesdays and Wednesdays through Columbus Day. Starting Thursday, Sept 10th, we will begin our **AUTUMN PRIX FIXE SPECIAL** every dinner service from 5pm-9pm on Thursday, Friday, Saturday, Sunday, and Monday. See pricing details in **THE MENU** write up on Page 3. The Chowder House menu is also available Thurs-Mon from 11am-9pm. **FALL BEGINS** on Tuesday, September 22nd - with that comes many fire pit reservations, warm soups, and crisp fall air. Online ordering for **TO GO FOOD + DRINKS** is still available for those of you who want to stay home. Boaters, please read the **MARINA** section of this newsletter on page 2. The fall brings weather that can affect your boat and if you are not frequenting it as much as you have been in the summer, several things can help to prevent damage to your vessel. Lastly, the pool begins to close on Tuesdays and Wednesdays starting Tuesday, Sept 8th. Thank you for continuing to have your masks on you at all times, and covering your face when indoors and when within 6' of others.

COMING EVENTS...

LABOR DAY BBQ

SUNDAY, SEPT 6TH | 12-3PM | **INNER ROOTS BAND**

COLUMBUS DAY BBQ

SUNDAY, OCTOBER 11TH | 12-3PM

IF YOU HAVE ANY QUESTIONS OR WOULD LIKE TO MAKE A RESERVATION,
PLEASE EMAIL US AT RESERVATIONS@MONTAUKLAKECLUB.COM



SPA

IT'S BEEN THE MASKED SUMMER. TAKE A BREATH NOW...

AT THE SPA@MLC, WE WANT TO BE A PART OF YOUR "NEW NORMAL" AND CONTINUE TO CONTRIBUTE TO YOUR HEALTHY, ACTIVE LIFESTYLE. SOON, WE HOPE TO ANNOUNCE FRESH AIR SERVICES WITH OUR "OCEAN BREEZE" MASSAGES - USING A PRIVATE CABANA OVERLOOKING OUR WATERS. IN THE MEANTIME, MASSAGES ARE AVAILABLE AT THE SPA USING STRICT GUIDELINES FOR SCREENING, SANITIZING, AND ACCOMMODATING ONE PERSON OR PARTY AT A TIME, MAKING SCHEDULING MORE OF A CHALLENGE - SO BOOK EARLY! EVERYONE IS WEARING MASKS DURING THE SERVICES OFFERED. WE ARE HOPING TO BE ALLOWED TO DO FACIALS SOON, BUT IF WEARING A MASK IS CAUSING YOU TO NEED A FACIAL YET BECAUSE YOU MUST WEAR A MASK, YOU CANNOT HAVE A FACIAL - HERE ARE SOME TIPS ON THE NEW TERM MASKNE (AKA ACNE FROM WEARING A MASK)

WHY IS IT HAPPENING? ACNE HAPPENS FOR MULTIPLE REASONS. INFLAMMATION, IRRITATION, OIL PRODUCTION, OVERGROWTH OF BACTERIA ALL CONTRIBUTE. WHY DOES WEARING A MASK FOR LONG PERIODS CAUSE MASKNE? WEARING A BARRIER OVER YOUR NOSE AND MOUTH CREATES FRICTION AND PRESSURE THAT CAUSES INFLAMMATION AND OIL PRODUCTION, WHILE A DARK, MOIST, AND OXYGEN-DEPLETED SKIN SURFACE ENCOURAGES BACTERIA, YEAST, AND MICROBES TO FLOURISH. HOW CAN YOU PREVENT IT? - PRACTICE A GENTLE SKINCARE REGIME. USE PRODUCTS WITH CALMING AGENTS LIKE CBD OIL THAT ARE ANTI-INFLAMMATORY AND EVEN BALANCE OIL PRODUCTION. WEAR A SUNSCREEN WITH ZINC OR A MINERAL POWDER. TOPICAL ZINC HELPS REDUCE INFLAMMATION AND IS HEALING TO THE SKIN. DO NOT WEAR LIPSTICKS OR GLOSSES THAT CONTAIN MINERAL OIL OR PETROLEUM AS THEY CAN SPREAD AND CLOG YOUR SKIN. USE A WAXY LIP BALM OR TREATMENTS THAT DON'T SMEAR. WEAR A MASK THAT FEELS COMFORTABLE ON YOUR FACE TO AVOID ADDED FRICTION AND IRRITATION. IF YOU ARE ACNE-PRONE, A COPPER-INFUSED MASK IS NATURALLY ANTI-MICROBIAL. OR YOU CAN USE A COLLOIDAL SILVER SPRAY ON A REGULAR MASK. IT IS GENTLE AND ANTI-MICROBIAL. TAKE BREATHING BREAKS! ALLOW YOUR SKIN TO BREATHE, THE HUMIDITY TO EVAPORATE, AND REPLENISH YOUR OXYGEN SUPPLY. TAKE PROBIOTICS AND OR A TOPICAL GEL CRÈME WITH THEM! WITH PROBIOTICS, YOU WILL BUILD A DEFENSE AGAINST PATHOGENIC MICROBES. AND REMEMBER TO BREATHE! JUST NOT ON EACH OTHER... ;)

FOR THESE SUGGESTED PRODUCTS OR ADVICE, THAT WILL HELP. CONTACT MAURA - LICENSED SKINCARE THERAPIST

FOR INFORMATION ON ADDED SANITARY AND SCREENING PROCEDURES OR SERVICE AND APPOINTMENTS, CONTACT MAURA BY EMAIL: SPA@MONTAUKLAKECLUB.COM CALL THE MONTAUK LAKE CLUB AT 631.668.5705 EXT. 109 IF YOU PREFER TO TEXT - MAURA AT 772.925.9058



TROPICAL STORM/HURRICANE SEASON IS UPON US. DOS AND DON'TS

DO :

HAVE A FULL SET OF EXTRA DOCK LINES AND MAKE THEM EASILY ACCESSIBLE. WE TRY OUR BEST TO KEEP EVERY BOAT SAFE AND SECURE. BUT THE RESPONSIBILITY RESTS WITH YOU. IN CASE THAT THE SPARE SET IS INSTALLED, AFTER THE WEATHER HAS PASSED PLEASE KEEP THEM IN PLACE SO THAT IF THEY ARE NEEDED AGAIN YOU'RE READY TO GO.

HAVE A RELATIONSHIP WITH A LOCAL MARINA/BOAT DEALERSHIP IN THE EVENT THAT YOU WANT TO HAUL YOUR BOAT OUT OF THE WATER OR IF A MANDATORY EVACUATION OF THE MARINA IS REQUIRED.

CHECK WITH YOUR INSURANCE COMPANY. SOME WILL PAY FOR YOUR HAUL OUT.

TURN OFF ALL NON-ESSENTIAL DOCKSIDE AND 12/24V SYSTEMS. ONE OF THE BIGGEST DRAIN ON YOUR BATTERIES IS IF YOU HAVE A 12V/110V REFRIGERATOR. IF THE UNIT LOSES 110V POWER IT AUTOMATICALLY MAY SWITCH TO YOUR BATTERY SYSTEM, THEREBY DRAINING YOUR BATTERIES AND RENDERING YOUR BILGE PUMP(S) USELESS. THE DOCKSIDE POWER MAY HAVE TO BE SHUT DOWN OR THE UTILITY MAY SHUT OFF THE POWER TO OUR AREA.

CHECK YOUR AUTOMATIC BILGE PUMP SYSTEM. MAKE SURE THERE IS NO DEBRIS PREVENTING THE PUMP FROM ACTIVATING.

TURN OFF YOUR DOCKSIDE WATER CONNECTION WHENEVER YOU ARE AWAY FROM YOUR BOAT FOR ANY PERIOD OF TIME.

REMOVE/SECURE ALL LOOSE ITEMS AND CANVAS.

DON'T :

DON'T REMAIN ON BOARD BY YOURSELF. ONE OF THE HARDEST THINGS TO DO IN A HEAVY BLOW IS TO GET OFF YOUR BOAT WITHOUT ASSISTANCE. BETWEEN THE BOAT ROCKING AND ROLLING AND THE DOCK SLIPPERY FROM RAIN AND SPRAY, IT'S A DANGEROUS SITUATION.

DON'T COUNT ON YOUR NEIGHBOR TO KEEP AN EYE ON YOUR BOAT AND/OR KEEP IT SECURE. IF THEY ARE AT THE MARINA THEY'LL LIKELY HAVE THEIR HANDS FULL KEEPING THEIR BOAT SAFE.

THANK YOU - RICH

FOOD + EVENTS



TEXT TO ORDER OPTION

WHETHER YOU WANT TO ORDER FOOD TO GO, OR JUST ORDER FROM YOUR SAFE SPACE AT THE CLUB, TEXT US AT

631.536.6262

DINING MASK POLICY

WE ASK THAT YOU HAVE YOUR MASK WITH YOU AT ALL TIMES, AND PLEASE WEAR IT OVER YOUR FACE COVERING YOUR NOSE AND MOUTH WHEN WITHIN 6' OF OTHERS. WHEN YOU ARE SITTING AT YOUR TABLE TO ORDER, DRINK, OR EAT YOU CAN REMOVE IT FROM YOUR FACE. WHEN YOU GET UP FROM THE TABLE FOR ANY REASON, WE ASK THAT YOU PLEASE PUT YOUR MASK OVER YOUR FACE AGAIN. WE APPRECIATE YOUR COOPERATION DURING THIS TIME.



THE MENU

SEPTEMBER IS ONE OF OUR FAVORITE MONTHS IN THE KITCHEN BECAUSE IT'S PEAK SEASON FOR MANY SUMMER VEGETABLES BEFORE THEY DISAPPEAR FOR THE REMAINDER OF THE YEAR AND ALL OUR FAVORITE AUTUMN VEGETABLES BEGIN TO COME TO MARKET. TOMATOES AND CORN WILL BE AT THEIR BEST THE FIRST FEW WEEKS OF THE MONTH, SO YOU CAN EXPECT TO SEE PLENTY OF THESE IN PLAY ON THE MENU FOR THE FIRST FEW WEEKS OF SEPTEMBER. WE WILL ALSO BEGIN OUR **AUTUMN PRIX FIXE MENU** JUST AFTER LABOR DAY, THIS YEAR OFFERING TWO OPTIONS, TWO COURSES FOR \$39 AND THREE COURSES FOR \$45. THE PRIX FIXE MENU WILL BE A GREAT WAY TO EXPERIENCE THE RESTAURANT THIS FALL.

- CHEF DAVE

FROM NESHA, YOUR F&B MANAGER!

WELCOME TO THE SEPTEMBER! WHAT AN AMAZING SUMMER WE HAD. WITH THE COOLER TEMPERATURES AND THE AMAZING SUNSETS, WE ARE REALLY EXCITED TO ANNOUNCE THAT THE PRIX FIXE DINNER AND WINE PAIRING STARTING MONDAY AND GOING THROUGHOUT THE WEEKEND! WE WILL BE FEATURING SOME REALLY GREAT WINES FROM EXCITING PRODUCERS ALL OVER THE WORLD! THE STAFF AND I CANNOT WAIT TO SEE YOU, AND REMEMBER TO KEEP YOUR MASK ON WHILE INDOORS (AND NOT SEATED) AT ALL TIMES! -NESHA

SCHEDULE

RESTAURANT OPEN HOURS

DATES	OPEN DAYS	HOURS
5/1 - 5/20	FRI, SAT, SUN	11AM - 9PM
5/21 - 6/16	THURS - MON	11AM - 9PM
6/17 - 9/07	WED - MON	11AM - 10PM
	TUESDAY	11AM - 3PM
9/08 - 10/12	THURS - MON	11AM - 9PM
10/13 - 11/28	FRI, SAT, SUN	11AM - 9PM

HOT BREAKFAST (SAT & SUN) 8AM - 10AM
SUNDAY BRUNCH 10AM - 3PM

POOL OPEN HOURS

DATES	OPEN DAYS	HOURS
9/8 - 10/12	THURS - MON	10AM - 6PM
10/13	POOL CLOSED FOR THE SEASON	

THE POOL WILL BE CLOSED TUES + WED STARTING SEPT 8TH

DAY SPECIALS EVERY WEEK

THURSDAYS
STEAKHOUSE NIGHT

FRIDAYS
HAPPY HOUR 5:30PM-7PM



CLUB PARTIES

SEPTEMBER

SUN 9-06 LABOR DAY BBQ

OCTOBER

SUN 10-11 COLUMBUS DAY BBQ
SAT 10-31 HALLOWEEN PARTY

NOVEMBER

THURS 11-26 THANKSGIVING DINNER
SUN 11-29 MEMBERS BRUNCH

SEPTEMBER

ISSUE 03 | AUGUST 2020 | VOLUME IX

LABOR DAY BBQ

SUNDAY, SEPT 6TH | 12-3PM

MONTAUK LAKE CLUB

& Marina

P.O. Box 760

211 East Lake Drive

Montauk, New York 11954

