



MARINA BAY
MARINA RESORT



Docklines
[www. MarinaBay-FL.com](http://www.MarinaBay-FL.com)

*News from
the Marina
at Marina Bay*

AUGUST 2013

2525 MARINA BAY DR WEST - FT LAUDERDALE, FL 33312 - (866) 986-6361

Marina Resort and Luxury Apartment Rentals

Racquetball Excitement

FEELING THE URGE TO BEAT THE HEAT AND BURN CALORIES WHILE HAVING FUN?

Then racquetball is the sport for you. According to LIVESTRONG.com, an average racquetball game takes about 20 minutes. During this time, the player runs approximately 3,650 feet, according to U.S. Olympic training center. In one hour of play, the player runs more than two miles and burns between 600 to 800 calories. Playing racquetball regularly will decrease body fat levels and maintain healthy weight.

Furthermore, we are excited to announce our new doubles racquetball tournament organized by our Marina Bay Marina Activities Coordinator Kenneth Fullwood. Whether you are a novice or advanced player, feel free to grab your racquets, partner up and prepare to display your skills. The tournament will last 8 weeks including one week of playoffs. It will consist of 4 teams with two players per team. This is a great opportunity to meet new people and learn a great game.



CALL FOR MORE INFO- *Kenneth* (954) 868-0975



Feeling Lucky...

MARINA AT MARINA BAY *Brunch "ON Us"*
Miss Mary, BRUNCH SOCIAL DIRECTOR.

COME BY AND JOIN EVERYONE SATURDAY AUGUST 10TH AT 1:30 FOR THE FAMOUS MARINA AT MARINA BAY BRUNCH. GREAT FOOD WILL BE SERVED AND YOU COULD BE ONE OF MARINA BAYS' LUCKY RAFFLE WINNERS AT THE BRUNCH.

Chef Dennese served one of her favorite crowd pleaser last month, An outdoor cookout by the lagoon style pool.

We had burgers and dogs, roasted chicken wings and all the yummy fixings for a summer weekend gathering.

Top it all off with fresh fruit or one of the many delicious cakes and other sweets to choose from.

CALL US FOR YOUR COMPLIMENTARY BUFFET "ON Us" 1-866-986-6361. EMAIL CHEF DENNESE AT CHEFDENNESE@HOTMAIL.COM FOR THE RECIPES...

Fishing off Ft. Lauderdale



Great Grouper Fishing - July 2, 2013 by Captain Andy

Big warsaw grouper caught deep dropping in 265ft of water off Ft Lauderdale. We caught a monster warsaw grouper while deep dropping on a wreck we call the "Bill Boyds" in 265ft of water. Groupers and jacks are biting good around the wrecks this week, some of them extremely large. With the good action everyone is getting while trolling the reefs, many have left the wrecks alone. Some big fish are starting to gather there including groupers, amberjacks, cobia, snappers and sharks! This grouper, a warsaw grouper, weighed over 50 pounds. Some incredible fish are being caught off the shipwrecks this week. We caught a few really big amberjacks this week, and 2 nice cobias. We're also fishing a lot of chicken rigs baited with squid to catch the small snappers and tilefish, both of which are biting well. We're also getting plenty of action trolling the reef for bonitos and kingfish, occasionally catching a wahoo or blackfin tuna in the process. Action in general is very good this month.

TIGHT LINES, CAPT. ANDY ROYDHOUSE, 754-214-7863, FISHHEADQUARTERS.COM

Ask about Our New Boat for our Marina Bay Fishing Team!
Call 954-791-7600



Fitness, "On Us"

Derek

MARINA BAY

Marina Bays' personal Trainer "On Us", See you in the gym!



Join Derek for your complimentary fitness training on Tuesdays and Thursdays from 6 to 8 p.m.

and Saturdays from 11 a.m. to 1 p.m.

NO MORE EXCUSES!!!

Time to get in shape!

Drinking tea regularly may reduce your risk of developing Alzheimer's disease, diabetes and some cancers. Tea is full of flavonoids, a type of antioxidant. It is best to drink the tea freshly brewed.

Easy Way to Cut Calories, When whipping up summer salads, replacing 2 tablespoons of regular mayonnaise with the reduced-fat variety will save you 100 calories.

OUR NEW RESIDENT ACTIVITY DIRECTOR -

Kenneth Fullwood

SEE WHAT EVENTS HE HAS IN STORE FOR OUR RESIDENTS AND BOATERS.

WE OFFER A FULFILLED ACTIVITY

PROGRAM HERE AT THE

MARINA AT MARINA BAY.

ANY SUGGESTIONS, CALL *Kenneth* (954) 868-0975



MARINA BAY
MARINA RESORT

Smell the Fresh Popped Popcorn All Day!

*Sports Theater
and Movie Listings*



SPORTS THEATER

As Baseball in South Florida comes to a close the smell of the pigskin is in the air as football season is upon us. South Florida Football has taken a backseat to basketball as of late with our back to back HEAT Championships but the love for Football has not gone anywhere. You can feel real excitement as quarterback Ryan Tannehill looks to be more of a leader both on and off the field in his second season under center. Coach Philbin and the football community feel the Dolphins will be one of the most improved teams in the NFL.

At the same time our Miami Hurricanes also start of another season sharing Dolphin stadium for what plans to be a breakout Al Golden led team. The Canes were young last year but the youth has turned into experience youth. That makes for a dynamic combination which should lead to on field success.

August Preseason Dolphins Schedule

08/04 @ Cowboys 8:00 p.m.
08/09 @ Jaguars 7:40 p.m.
08/17 @ Texans 8:00 p.m.
08/24 Buccaneers 7:30 p.m.
08/29 Saints 7:30

August Marlins Schedule

8/1 Mets 12:40 p.m.
8/2-4 Indians 7:10 p.m.
6/6-8 at Pirates 7:05 p.m.
8/9-11 @ Braves 7:10 p.m.
8/12-14 @ Royals 8:10 p.m.
8/16-18 Giants 7:40 p.m.
8/19-22 Dodgers 7:10 p.m.
8/23-25 Rockies 7:10 p.m.
8/27-29 @ Nationals 7:05 p.m.
8/30-31 @ Braves 7:05
August Hurricanes Schedule
08/30 FAU 8:00 p.m.

If the Sports don't interest you, there are also many movies to watch in our Marina at Marina Bay movie theater.

"Movie theater has rocking chair seats". "You can watch 5 games at one time during the play offs"

Marina at Marina Bay Movie Listings

8/1 Mall Cop
8/2 Analyze That
8/3 Bird On a Wire
8/4 Sports Theater
8/5 Catch Me if You Can
8/6 Fantastic 4
8/7 New in Town
8/8 Crazy Heart
8/9 Four Christmases
8/10 Australia
8/11 Sports Theater
8/12 Freddy Got Fingered
8/13 Runaway Bride
8/14 The Hangover
8/15 Twister
8/16 Simply Irresistible
8/17 Date Night
8/18 Sports Theater
8/19 Liar Liar
8/20 Milk
8/21 Childs Play
8/22 Driven
8/23 The Informant
8/24 Pirates of the Caribbean
8/25 Sports Theater
8/26 Minority Report
8/27 Gran Torino
8/28 Ladder 49
8/29 Old Dogs
8/30 Avatar
8/31 Tomb Raider



Massage Therapy... Wellness at its best...

MARINA BAY

Call *Lisa* Marina at Marina Bay's massage therapist - 754-245-2479

Deep Tissue Massage focuses on realigning deeper layers of muscles and connective tissue as well as alleviating adhesions or muscle congestion. It is especially helpful for chronically tense and contracted areas such as stiff necks, low back tightness and sore shoulders. Utilizing a slower movement with varied pressure with a deeper concentration on tense areas is the hallmark to this ancient practice and further assists the client in relieving tension and pain Lisa Cubellis is a wonderful massage therapist for our residents and boaters here at Marina at Marina Bay. Enjoy a Swedish, Deep Tissue or Sports related therapy in a relaxing room inside our 10,000 square foot club house.



Cutting back on bug invasions

With summer in full swing, you may be planning to go out doors more often; it's inevitable that you will come into contact with bugs. The best way to keep bugs from biting is to use an insect repellent relevant to the type of activity and amount of time you will be spending outdoors. The Center for Disease Control and Prevention suggests using products containing DEET, picaridin, IR3535 or the plant-based oils of lemon eucalyptus. You will protect against West Nile virus and other diseases that insects carry. What you wear also makes a difference. Clothing items such as long sleeves and pants, during the peak hours of dawn and dusk are a great line of defense.

WELLNESS MAMA BUG SPRAY INGREDIENTS:

Essential oils: choose from Citronella, Clove, Lemon grass, Rosemary, Tea Tree, Cajeput, Eucalyptus, Cedar, Catnip, Lavender, Mint, Natural Witch Hazel, Distilled or boiled Water, Vegetable glycerin (optional)

HOW TO MAKE HOMEMADE BUG SPRAY:

Fill spray bottle (I used 8 ounce) 1/2 full with distilled or boiled water
Add witch hazel to fill almost to the top
Add 1/2 tsp vegetable glycerin if using
Add 30-50 drops of essential oils to desired scent. The more oils you use, the stronger the spray will be. My personal favorite mix is: Rosemary, Clove, Cajeput, Lavender, Cinnamon and Eucalyptus... it works great and smells good too!

Simple Steps for a Perfect Smoothie

With plenty of nutrients and a sweet, creamy taste, smoothies are perfect for breakfast or anytime. To make your own great-tasting smoothie, review the basic building blocks below:

Liquid base. Milk—whether it's dairy, soy, almond or coconut—makes an ideal base, as its neutral taste won't interfere with the rest of your ingredients. Fruit juices contain extra flavor and vitamins, but beware of additional calories and sugar. Other good base options are plain yogurt, tea, coffee or water.

Fruits and vegetables. Aim for a combination of creamy fruits—such as bananas, peaches and mangoes— and fruits with more water content, such as berries. Smoothies are also a great way to sneak in a serving or two of veggies; try adding mild, leafy greens, such as spinach or kale.

Extras. Various additional ingredients will help your smoothie have more flavor, thickness and nutrition. Make your smoothie a meal on its own by adding protein powder or peanut butter. Oats provide long-lasting energy, and chia and flax seeds contain omega-3 fatty acids and fiber. For an extra dash of sweetness, add honey, cinnamon or vanilla extract.

Ice. If you have used mostly fresh fruits and vegetables, you'll need a few cubes of ice for a thick, chilled smoothie. With frozen ingredients, you may not need any ice at all.



THE FALLS
AT MARINA BAY

Live - Work - Play

CENTRALLY LOCATED ON THE NEW RIVER IN FT LAUDERDALE

1-866-986-6361

Luxury Rental Apartments

Get down to business...

Luxury Apartments and Villas on the water and Marina...

Where living and yachting is a year round vacation!

WIRELESS INTERNET CAFE, BUSINESS CENTER AND CONFERENCE ROOM "ON US"

Barnies Coffee House "On Us"- Theater with fresh popcorn "On Us"

Minutes to Airport, Beaches and Shopping - Gated Resort

"On Us" Nautilus Gym & Trainers -Tennis - Racquetball - Pool Table

Massage Therapist - Jacuzzi - Pool - Sauna





Visit Our Famous

MARINA BAY
 Waterfront Restaurant

*Rendezvous with us this weekend
 & join in the fun!*

**COME BY BOAT,
 FREE DOCKAGE**



BBQ Wednesday Nights

Ricks own private BBQ Sauce recipe for over 35 years.
 Dine inside or outside overlooking our Mega Yacht Marina.

ENJOY GREAT FOOD, MUSIC AND FUN

Live music and dancing on the weekends!

Happy Hour Monday - Friday from 12-7pm
 Monday - Saturday 11:30am - 11pm Sunday 11:30am - 10 pm

2525 MARINA BAY DRIVE W. * FORT LAUDERDALE, FL
954.797.0054
 WWW.THEREZENDEZVOUSBARANDGRILL.COM



Economy Marine Service
 Engines- Diesel - Gasoline - Generators - Electrical - Plumbing
Servicing Marina Bay for over 30 Years
We can be at your boat in 15 minutes.
Ask for Ted - 954-655-2947
Free Advice

Marina Team Members/Office Hours
 Marina Manager- Connie Schoen (866) 986-6361
 Dockmaster- John Workman (866) 986-6361 or (954) 240-0605
 Asst. Dockmaster- Roosevelt Gilbert (866) 986-6361 or (954) 240-0605
 Marina Maint.- Juan Hernandez (25 yrs) (954) 796-0897
 Marina Bay Brunch Social Director- Mary Timothee (26 yrs) (954) 775-5506
 Grounds Keeper- Ducasse Luc (24 years)
 Chief Safety Officer- Nedy Rosario (954) 394-0210
 Apartment Home Leasing Director 1-866-986-6361
 Activity Coordinator Kenneth Fullwood, (954) 868-0975
 Movie Theater Viewing After Hours call 954-214-9083
 Dockmaster Office Hours: Monday-Friday 8am-5pm
 Saturday 9am-4pm, Sunday - for Dockmaster Call 954-240-0605

Thai Chicken w/ Carrot-Ginger Salad

Serves 4

Courtesy Food Network Magazine

| | | |
|----------------------------|----------|---------------|
| Prep Time: | 15 min | Level: |
| Inactive Prep Time: | 1 hr min | Easy |
| Cook Time: | 25 min | |



Ingredients

- 2 tablespoons unsalted butter, softened
- 3 garlic cloves; 2 chopped, 1 crushed
- 4 teaspoons Thai green curry paste (available in the international aisle)
- 4 teaspoons finely chopped peeled ginger
- Grated zest and juice of 3 limes
- 4 skin-on, bone-in chicken breasts (2 to 2 1/2 pounds)

Kosher salt

- 1 tablespoon vegetable oil
- 1 pound carrots
- 2 tablespoons chopped fresh cilantro

Directions

Preheat the oven to 450 degrees F. Place a rack in a roasting pan. Mix the butter, chopped garlic, curry paste, 3 teaspoons ginger, the zest of 2 limes and the juice of 1 lime in a bowl.

Season the chicken with salt. Loosen the skin and rub the curry butter underneath. Place skin-side up on the rack and pour about 1/2 cup water into the pan. Roast until the chicken is cooked through and the skin is crisp, 20 to 25 minutes.

Meanwhile, mix the crushed garlic with the remaining 1 teaspoon ginger, the zest of 1 lime and juice of 2 limes. Whisk in the vegetable oil. Shave the carrots into ribbons with a vegetable peeler and toss with the dressing. Add the cilantro and 1/2 teaspoon salt and toss. Serve the chicken with the carrot-ginger salad.

Per serving: Calories 407; Fat 20 g (Saturated 7 g); Cholesterol 126 mg; Sodium 235 mg; Carbohydrate 16 g; Fiber 4 g; Protein 41 g

Protect Yourself from Sun Exposure

Did you know that protection from sun exposure is important all year round, not just during the summer or at the beach?

Ultraviolet (UV) rays can reach you on cloudy and hazy days, as well as bright and sunny days. UV rays also reflect off of surfaces like water, cement, sand, and snow. The hours between 10 a.m. and 4 p.m. daylight savings time are the most hazardous for UV exposure.

UV rays are the greatest during the late spring and early summer in North America.

CDC recommends easy options for sun protection

- Use sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.
 - Wear clothing to protect exposed skin.
 - Wear a hat with a wide brim to shade the face, head, ears, and neck.
 - Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
 - Seek shade, especially during midday hours.
- Remember, sun sense is important all year round.

Please remember to register your guests overnight vehicle :



Guest Auto Registration:
 24 hours Parking Network
 (954) 485-9392 On call 24 hours

The Famous Marina Bay.
Where living and yachting is a year round vacation.
Join us for some summer fun. Dock here for long weekends, sun by the pool, and enjoy all the resort style benefits.
Hope to see you soon !
Sincerely,
Connie, Marina Manager; and John, Marina Dockmaster

