

**MARINA BAY**  
MARINA RESORT



**Docklines**  
www. MarinaBay-FL.com

News from  
the Marina  
at Marina Bay

## June / July 2013 Issue

**2525 Marina Bay Dr West - Ft Lauderdale, FL 33312 - (866) 986-6361**  
**Marina Resort and Luxury Apartment Rentals**

### **Father's Day is June 16th**

People seem to underestimate the value a loving father adds to a child's life.

Children that have an involved father/father figure have a greater likelihood of completing their education, are less likely to get involved with high risk behaviors involving drugs, alcohol or criminal behavior. Therefore, it's important to show appreciation to your father/father figure on this day and everyday. Here is a short snippet of a poem that addresses some of that value...

Happy  
*Father's*  
Day



**Dad by Karen K. Boyer**

"... He's there...  
A firm foundation  
Through all our storms of life  
A sturdy hand to hold to  
In times of stress and strife  
A true friend we can turn to  
When times are good or bad  
One of our greatest blessings,  
The man that we call Dad."

**Let your Dad know  
how much you  
appreciate him  
this Father's Day.**



*Marina at Marina Bay Brunch*

**Marina at Marina Bay Brunch "On Us"**

Join us for the Fathers Day Brunch, June 8th, Saturday at 1:30.

*and July 6th for Fourth of July weekend Saturday Brunch.*


Last month Chef Dennese made her scrumptious cheesy grits, and shrimp along with ham and potatoes, roasted chicken wings and pasta. To top it all off we had fresh strawberry shortcake and of course many other sweets to choose from.

There were lots of people enjoying the outdoors around the pool.

Call us for your complimentary buffet "On Us" 1-866-986-6361.


Email Chef Dennese at [Chefdennese@hotmail.com](mailto:Chefdennese@hotmail.com) for the recipes...





*Fresh Popcorn All Day!*

*Sports Theater and Movie Listings*



*Come and join the fun in the Marina Bay clubhouse, watch Sports on Our big 12 ft Screen .*

The month of May saw the awards begin to trickle in for the Miami HEAT and their superstar LeBron James. This was one of the easiest MVP picks the NBA had in years. We had a player join the vaunted 50-40-90 shooting club - from the field, from three and from the free-throw line - while using nearly a third of his team's possessions and scoring 28 points a night. He improved across the board, notably in his defense and playmaking. James might also be the most improved player in the league and he added his fourth MVP of his career. The NBA also announced that Miami HEAT forward LeBron James has been named to the 2012-13 NBA All-Defensive First Team. This marks the fifth time in James' career that he has earned NBA All-Defensive First Team honors, all in consecutive seasons. He previously earned First Team honors during the 2011-12, 2010-11, 2009-10 and 2008-09 seasons. It also marks James' third All-Defensive First Team honor as a member of the HEAT, the most in franchise history, surpassing Alonzo Mourning who earned First Team honors twice. As HEAT fans we are lucky to "witness" what LeBron has done for us and our city. Hopefully he can bring HEAT nation a back to back Championship later this month.

### June Heat Schedule

2013 NBA Playoffs TBD  
 June Marlins Schedule  
 6/1-2 Mets 1:10  
 6/3-5 @ Phillies 7:05  
 6/7-8 @ Mets 7:10  
 6/10-12 Brewers 7:10  
 6/14-16 Cardinals 7:10  
 6/17-19 @ Diamondbacks 9:40  
 6/20-23 @ Giants 10:15  
 6/25-26 Twins 7:10  
 6/28-30 Padres 7:10



*Come and join the fun in Rocking Chair Theater Style Seats at the Marina at Marina Bay Clubhouse all day long, See movie favorites listed below:*

For Viewing Movie Theater After Clubhouse Hours call 954-214-9083

*Smell the fresh popped popcorn and enjoy the movies "On Us" ...*

6/1 Liar Liar-Jim Carrey  
 6/2 Sports Theater  
 6/3 Man on Fire-Morgan Freeman  
 6/4 Dirty Dancing-Patrick Swayze  
 6/5 Cape Fear-Robert DeNiro  
 6/6 Grease-John Travolta  
 6/7 Milk-Sean Penn  
 6/8 Precious-Mariah Carey  
 6/9 Sports Theater  
 6/10 Fantastic 4

6/11 Election-Reese Witherspoon  
 6/12 Ali-Will Smith  
 6/13 Crazy Heart-Jeff Bridges  
 6/14 Four Christmas's-Vince Vaughn  
 6/15 Philadelphia-Tom Hanks  
 6/16 Sports Theater  
 6/17 The Descendents  
 6/18 Hangover-Bradley Cooper  
 6/19 K-Pax-Kevin Spacey  
 6/20 The Fog-Maggie Grace

6/21 Old Dogs-John Travolta  
 6/22 The Informant-Matt Damon  
 6/23 Sports Theater  
 6/24 Seven Pounds- Will Smith  
 6/25 Frailty-Bill Paxton  
 6/26 Twister-Helen Hunt  
 6/27 Jane Doe-Rob Lowe  
 6/28 Date Night-Steve Correll  
 6/29 Wedding Planner-J.Lo  
 6/30 Sports Theater



*Fitness, "On Us"*

*Derek*

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





### Deal of the Month

Need sports equipment or workout gear? June is the time to buy it. Camping, baseball and golf equipment in particular will be discounted this month. Athletic shoes will also be a good buy, with current models marked down as new styles are released.

**"Enjoy All great sports at the Marina at Marina Bay "On Us"... tennis, racquetball, fitness center, mile vital course, roller bladeing, biking, paddle boarding, fishing, boating, or tarpon watching".**

### Staying Hydrated During the Summer

Adequate hydration is an important issue for the human body 365 days per year. Activities performed in the summer heat and humidity require special attention to fluid intake and replacement.

Dehydration increases the likelihood of heat injury. We sweat to cool our bodies. Humidity, especially when combined with high temperatures, reduces the evaporation of sweat from the skin thus reducing the effectiveness of sweating to cool the body. This



causes us to sweat more in a further attempt to cool the body. The more humidity, the more you sweat, the more you dehydrate! You can effectively reduce your chances for injury by consuming the proper amounts of fluid before, during and after exercise. Here are some guidelines to follow: Prehydrate: Start hydrating four hours before activity by drinking two to three cups (16-24 ounces) of fluid, preferably water. Weigh yourself. Watch for signs: If signs of dehydration are present, such as not needing to urinate or urine dark in color, drink another one or two cups (8-16 ounces) two hours before activity. Hydrate: Drink 6-12 ounces for every 15-20 minutes of activity. Recover: After activity, weigh again and drink three cups (24 ounces) for each pound lost. These are just a few tips to help you stay safe during your workouts. Keep working hard and enjoy those hot summer bodies as a result.

**Derek**, Marina at Marina Bays' personal Trainer "On Us"

## *Marina at Marina Bays' Massage Therapy ... A Powerful Ally*

There's no denying the power of bodywork. Regardless of the adjectives we assign to it (pampering, rejuvenating, therapeutic) or the reasons we seek it out (a luxurious treat, stress relief, pain management), massage therapy can be a powerful ally in your healthcare regimen.

Experts estimate that upwards of ninety percent of disease is stress related. And perhaps nothing ages us faster, internally and externally, than high stress. While eliminating anxiety and pressure altogether in this fast-paced world may be idealistic, massage can, without a doubt, help manage stress. This translates into:

- **Enhanced sleep quality.**
- **Greater energy.**
- **Improved concentration.**
- **Decreased anxiety.**
- **Increased circulation.**
- **Reduced fatigue.**



Many of Our guests at the Marina at Marina Bay enjoy the convenience of Our massage Therapist right on the premises. What a way to relax and get pampered.

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.

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



Visit Our Famous  
**MARINA BAY**  
 Waterfront Restaurant

*Fathers Day is June 16th, make your reservations now.*

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

We have some great appetizers to get the party started. Try our smoked fish dip or Our Maryland Crab cakes, they are so delicious! Check out some of our famous Marina Bay Special dinner choices. We had a large turn out for Mothers Day, the weather was so great, many sat outside eating overlooking the water. Remember Wednesdays our BBQ nights, Ricks own private recipe for over 35 years.

***Dine inside or outside overlooking our Mega Yacht Marina.***

***Enjoy great food here at the famous Marina Bay Waterfront Restaurant ...***

***Bring the gang, come by boat.***

***Live music and dancing on the weekends!***

***Happy Hour Monday - Friday from 12-7pm***

*Open Monday - Saturday 11:30am - 11pm Sunday 11:30am - 10 pm*  
 2525 Marina Bay Drive West \* Fort Lauderdale, FL 33312  
**954.797.0054 \* [www.TheRendezvousBarAndGrill.com](http://www.TheRendezvousBarAndGrill.com)**

**Join us for coffee at Marina Bays' Bernie's Coffee Cafe, located in the Marina Clubhouse and at the Marina Dockmasters Office.**

*Coffee has great you benefits... We offer Cappuccino with a variety of 6 Flavors of Bernie's Gourmet Coffee "On Us", Choose from Regular, Decafe, Vanilla, German Chocolate, Hazelnut and Colombian Flavors.*



***Just one of the perks to being a guest at the Marina at Marina Bay!***

- Coffee is the greatest source of antioxidants in the American diet.<sup>3,4</sup> And the good news is that sound scientific studies have found that the common fears about excess coffee consumption are invalid, and higher intake means bigger benefits.
- An impressive number of studies have shown a strong association between higher consumption of coffee and a significantly reduced risk of most chronic diseases, including diabetes, cardiovascular disease, cancer, Alzheimer's disease, and others.
- With over 1,000 phytochemicals, coffee's unparalleled antioxidant punch no doubt plays a role in its protection against disease. But a multitude of direct biological actions on the body are suspected, such as an improvement in intracellular signaling,<sup>95,96</sup> which may help prevent cancer, diabetes and more.
- Drinking just **one cup of coffee a day** - caffeinated or decaffeinated - can decrease the risk of developing diabetes by 13%.<sup>24</sup> But at **12 cups a day**, the risk of getting diabetes is slashed by **67%**.<sup>21</sup>
- Far from being a risky habit, coffee has now been shown to provide powerful protection against an epidemic of diabetes and a rising tide of other age-related diseases. It's an all-natural and inexpensive elixir - to go!



***Marina at Marina Bay Celebrates 35 Years!***

In the 1970's - 80's, Marina Bay was the playground of the rich and famous with Michael Hurst, Doug Danziger, Alfred Bloomingdale and Bill McComas heading a private club with a roster of 6,000 names including such famous members as Bob Hope, Debbie Reynolds, Ronald Reagan, Burt Reynolds, Paul Newman, Kenny Rogers, Evil Knievel to name a few. With a 10,000 square foot restaurant called the New River Storehouse, 40 exotic floating houseboat hotel rooms docked at the edge of Marina Bay's famous 200 slip marina. Marina Bay personified the glamorous, luxurious South Florida lifestyle. In addition to being a favorite haunt of celebrities, Marina Bay was home to the Surfside 6 floating houseboats that were seen on the TV series Flipper. If you stop by the Famous New River Storehouse you could expect an hour-long wait at the restaurant, a wait that occurred every night of the week. In addition you could find the Samoan Subway playing in the public club. The private club had a beautiful pool and deck, patio bars and a nightclub hosting amazing and unique "members only" parties.. Today, the Marina at Marina Bay is still regarded as one of the finest marina's in Fort Lauderdale.

***Marina Bay as it looked in this picture in the 1970's.***





## AMERICA'S WATERWAY WATCH

UNITED STATES COAST GUARD

When traveling the waterways we want you to be safe.....

Watch for suspicious activities of vessels and individuals in locations such as:

Under and around bridges, tunnels, or overpasses

Near commercial areas or services like ports, fuel docks, cruise ships, or marinas.

Near industrial facilities like power plants and oil, chemical, or water intake facilities.

Near military bases and vessels, other government facilities, or security zones

In and around passenger terminals, ferries, and day cruise lines

Near railroad lines serving any of the above listed facilities.

**What do we mean by suspicious activity?** Suspicious Activity is a pattern of behavior that arouses a "gut feeling" that something is not right. Trust your intuition, but remember it is the behavior of individuals that is suspicious, not their ethnic, religious, or national origin. For example, suppose you see people of an obviously different ethnic or national background fishing off a pier or near a secure facility. The mere fact that they are "different" is not important. People fishing near the water by itself is obviously not a suspicious activity. In fact, if they weren't fishing that might be a trigger to alert you they were engaging in Suspicious Activity. Here are some situational examples of behaviors and activities that may help you determine what is suspicious and, thus, what should be reported:

**Unusual Operation of a Small Boat, Accompanied by Videotaping/Still Photography, People Taking Still Photographs or Videotaping from the Shore, Person Running Away/Fleeing, Person(s) Engaged in Surveillance, Person(s) Asking Unusual Questions, Suspicious Conditions -- Physical Breaches of Security, Person Renting a Boat -- Examine the Totality of Conduct**



**THE FALLS**  
AT MARINA BAY

1-866-986-6361

*Lease a New Lifestyle!*

CENTRALLY LOCATED ON THE NEW RIVER IN FT LAUDERDALE

*Luxury Rental Apartments*

**Where can you Rent an Apartment, an Office Space  
and have Dockage for your Boat in your Back Yard.**

*At Marina Bay, you can live, work and play with many amenities "On Us."*

[www.fallsatmarinabay.com](http://www.fallsatmarinabay.com)



*Resort Amenities "On Us"*  
10,000 sq ft of

Wireless Internet Cafe "On Us" -

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

Minutes to Airport and Shopping - Gated Resort - 24 hour Security

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

Massage Therapist - Jacuzzi - Pool - Sauna



## **Marina at Marina Bay's Fishing Team....**

Check out the new Fountain Marina Bay fishing team triple Yamahas with 20-rod holders. We had our first Tournament Sat. June 1, for Big Brothers, Big Sisters of Broward



*County it was a great success. Despite the fact some of the kids got sea sick, they had a great time and caught fish anyway. For more information so you can be part of it call Jason T. at the Dock-master office, (954) 791-7600. If you want to be part of the special tournament lets us know we will do anything as along as we catch fish and have fun, winning is always a bonus.*

**Jason,**

Marina at Marina Bays' "Captain" of the fishing team



**MARINA BAY**  
MARINA RESORT

*Events*

Great Events around town near the Marina at Marina Bay Resort.

**Events around Town....** In addition to Marina at Marina Bay being close to Las Olas, The Galleria, Hard Rock Casino, the beaches, shopping, entertainment and more...

**Jazz on the Square** on going Concerts - Lauderdale by the Sea 6:30 pm call 954-776-5092 for more information.



**Riverwalk Sunday Arts-** 11am-2pm, 954-468-1541

Along the New River and at Esplanade Park, Ft Lauderdale

Vendors will demonstrate their crafts and products including performances, dance, drawing, photography, sculpting



**Sun Trust Sunday Brunch** 11am-2pm

Riverwalk, Downtown Fort Lauderdale 954-828-5363

First Sunday of every month. An ideal way to relax and enjoy Fort Lauderdale's scenic Riverwalk.

**Economy Marina 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*

### *Important Numbers*

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 Social Director- Mary Timothee (26 yrs) (954) 775-5506  
 Groundskeeper- Ducasse Luc (24 years)  
 Chief Safety Officer- Nedy Rosario (954) 394-0210  
 Apartment Home Leasing Director (866) 986-6361  
 Movie Theater Viewing After Hours call 954-214-9083

***Please remember to register your guests  
 vehicle that stays overnight.***

***Guest Auto Registration: 24 hours (954) 485-9392***



**Dockmaster Office (954) 240-0605**

Hours: Monday-Friday 8am-5pm Saturday call 9am-4pm, Sunday, dockmaster office is on call.

You think you're renting a boat slip at Marina Bay, you're not, you're renting a lifestyle...  
 6 Flavors of Coffee at Bernie's House Cafe, Computer Cafe with Wi-Fi, Workout with our Trainer,  
 Swimming, Vita Course, Fitness Center, Racquet Ball, Tennis, Weekend Brunches "On Us"  
 Sports and Movie Viewing on 5 screens, rocking chair theater-style seats, smell the fresh popcorn !

***All on us!***



***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 Bay Marina Manager*

*and **Jahn**, Marina Bay Dockmaster*

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## QUICK LINKS

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