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# March 2013 Issue

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



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John Workman, Dock Master Connie Schoen, Marina Manager

#### Welcome You to Marina Bay

Contact the Marina Bay Dock Master's Office Visit us at Our Marina Web site! The Falls of Marina Bay Newsletter

Visitors by water at the Marina Bay Resort...

## Manatee's were seen from the Marina Bay Restaurant last week...

(Guess they know where the good food is!) Two manatee's were seen playing at the bay. We have had sightings of marine life as well...You never know who will drop by... Boaters please be careful, the New River is full of these protected mammals.

Florida's state marine mammal, is a large aquatic relative of the elephant. They are grayish brown in color and have thick, wrinkled skin on which there is often a growth of algae. Their front flippers help them steer or sometimes crawl through shallow water. They also have powerful flat tails that help propel them through the water. Despite their small eyes and lack of outer ears, manatees are thought to see and hear quite well. © Brian Skerry / National Geographic Stock



According to the Broward Manatee Survey 2/20/13 there are approximately 128 known manatees, 12 along the New River, in Broward County. Manatees take up residence primarily in Florida's coastal waters during winter. Some individuals migrate as far north as the Carolinas or as far west as Louisiana in summer. Manatees have swum as far north as Cape Cod, Massachusetts in recent years!

Manatees can be found in the warm waters of shallow rivers, bays, estuaries and coastal waters. Rarely do individuals venture into waters that are below 68 degrees Fahrenheit.

Manatees only breathe through their nostrils, since while they are underwater their mouths are occupied with eating! A manatee's

lungs are 2/3 the length of its body. Well known for their gentle, slow-moving nature, manatees have also been known to body surf or barrel roll when playing. They normally rest and feed often. Manatees communicate by squealing under water to demonstrate fear, stress or excitement.

West Indian manatees in the United States are protected under federal law by the Marine Mammal Protection Act of 1972, and the Endangered Species Act of 1973, which make it illegal to harass, hunt, capture, or kill any marine mammal.

# The Famous Waterfront Marina Bay Restaurant

Live music on the weekends Wednesdays join us for our famous Ricks own BBQ recipe, a 30 year old tradition.





out over our Mega Yacht Marina and enjoy great food and fun times here at Marina Bay.

Dine in or out. Look

For more information call 954.797.0054 www.TheRendezvousBarAndGrill.com

# Marina Bay Buffet "On Us" - Good Times!



Enjoy a great feast of food served at the **Marina Bay Resort** clubhouse. Our magnificent buffet is prepared by Chef Dennese and our hostess who makes this event fun, Miss Mary... We always look forward to the great food, good times and new friends at our brunches. A drawing with prizes is given to many residents, maybe next month it could be you. Join us **March 23rd** for Our "On Us" Brunch!

Call for your complimentary reservation (866) 986-8542 to our buffet. Email Chef Dennese at <u>Chefdennese@gmail.com</u> for the recipes to these delicious brunches.



## Where living and Yachting is like a vacation!

Call Lisa Cubellis, she is wonderful massage therapist for our

Marina Bay residents and boaters.

Enjoy a Swedish, Deep Tissue massage or Sports related therapy in a special therapy room inside our Resort clubhouse.

Get Pampered! Call Lisa at 754-245-2479.



## Our Trainer, Derek, at Marina Bay... "On Us"

One of the many great benefits to being here at the Marina Bay Resort.

Why not Tone Up on the Treadmill ... "Save time at the gym with this 10-minute cardio/sculpt session: Hop on a treadmill holding a three- to five-pound dumbbell in each hand, and set the speed to a brisk walk. Do a one-minute set each of shoulder presses, biceps curls, triceps extensions, side laterals, front laterals and standing triceps kickbacks one after another as you walk. I's an amazing upper-body challenge that also gets your heart pumping. Do this series two or three times each week. As you improve, work up to doing four-minute sets

. --Michael George, trainer and owner of Integrated Motivational Fitness in Los Angeles



# *Tennis at Marina Bay...It doesn't get much better than this!* Now that the weather is cool take advantage of our courts.



# Looking for a Luxury Apartments with boat dockage.

We have short term rentals. Where else can you look out over a mega yacht marina, walk to the famous Marina Bay Restaurant to have a few drinks and great food and watch sports. Lounge by the tropical pool or go inside and enjoy our large clubhouse and get a



great workout with a personal trainer in our fitness center while enjoying a cup of Barnie's Coffee all "US". Call (866) 986-6361 or visit <u>Falls at Marina Bay</u>! Corporate and short term rentals available.

# Live! From South Florida... It's Saturday Night!

Date: Saturday, March 16, 2013 Time: 6:30 pm - 10:30 pm Venue: Signature Grand, 6900 W. State Road 84, Davie, FL



#### Gilda's Club will host its 18th Annual "Live from South Florida...

*It's Saturday Night!"* Come see stars from your own backyard at this hilarious comedy cabaret held to benefit Gilda's Club South Florida. Click <u>here</u> for information on sponsorship opportunities. To donate an auction item, contact Kim Kohl at 954-763-6776 or at kim@gildasclubsouthflorida.org. <u>Tickets</u> are now available for purchase online.

#### What's happening on your boat when your not here?

FLORIDA SECURITY PROTECTION, Marine Division, is now located in the **Marina Bay Offices overlooking the Marina**. Watch you boat docked at Marina Bay from anywhere in the world. In addition to all of this we have a security guard and our community is gated.

Fla Protection Services located in Marina Bay Offices (954-583-0725)



#### Marina Bay. Where living is a year round vacation.

You think you're renting a boat slip at Marina Bay, you're not, you're renting a lifestyle...

Mornings at Barnie's House of Coffee,

Wi-Fi cafe and conference room with 12 ft video screen for your presentations, Movie and Sports viewing on 5 screens, rocking chair theater-style seats fresh popcorn workout with trainer in our Fitness Gym, swimming, racquet ball, tennis...

## All on us!

# *Hope to see you soon ! Sincerely, Connie and John*

### 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) Marina Yacht Surveillance- Omar Zioui (754) 214-6490 Chief Safety Officer- Nedy Rosario (954) 394-0210

Contact the Marina Bay Dock Master's Office

Please remember to register your guests vehicle that stays overnight. Parking Network Guest Auto Registration: On call 24 hours (954) 485-9392 Dockmaster Office (866) 986-6361 Hours: Monday-Friday 8am-5pm Saturday call 9am-4pm, Sunday

#### Marina Bay. Where Living and Yachting is a year round vacation.

You think you're renting a boat slip at Marina Bay, you're not, you're renting a lifestyle... Mornings at Barnie's House of Coffee " On Us", a computer cafe with Wi-Fi " On Us", workout with trainer " On Us", get a massage, Florida sports viewing on 5 screens " On Us", rocking chair theater-style seats" On Us"with the smell of fresh popcorn, swimming, racquet ball, tennis lessons... *All on us!* 

### Hope to see you soon ! Sincerely, Connie and John

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The Falls at Marina Bay

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