

MARINA BAY
MARINA RESORT

Docklines
www. MarinaBay-FL.com

*News from
the Marina
at Marina Bay*

MAY 2013 Issue

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



We got a new look stop by the office and see us!

 Forward to a Friend

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



FALLS AT
MARINA BAY

LIVE WORK PLAY

LUXURY RENTAL APARTMENTS

Famous Marina Bay Waterfront Restaurant & Bar

OFFERING RESORT STYLE AMENITIES

CENTRALLY LOCATED ON THE NEW RIVER IN FT LAUDERDALE



WE LOVE CAPTAINS, CREWS & LIVE-BOARDS

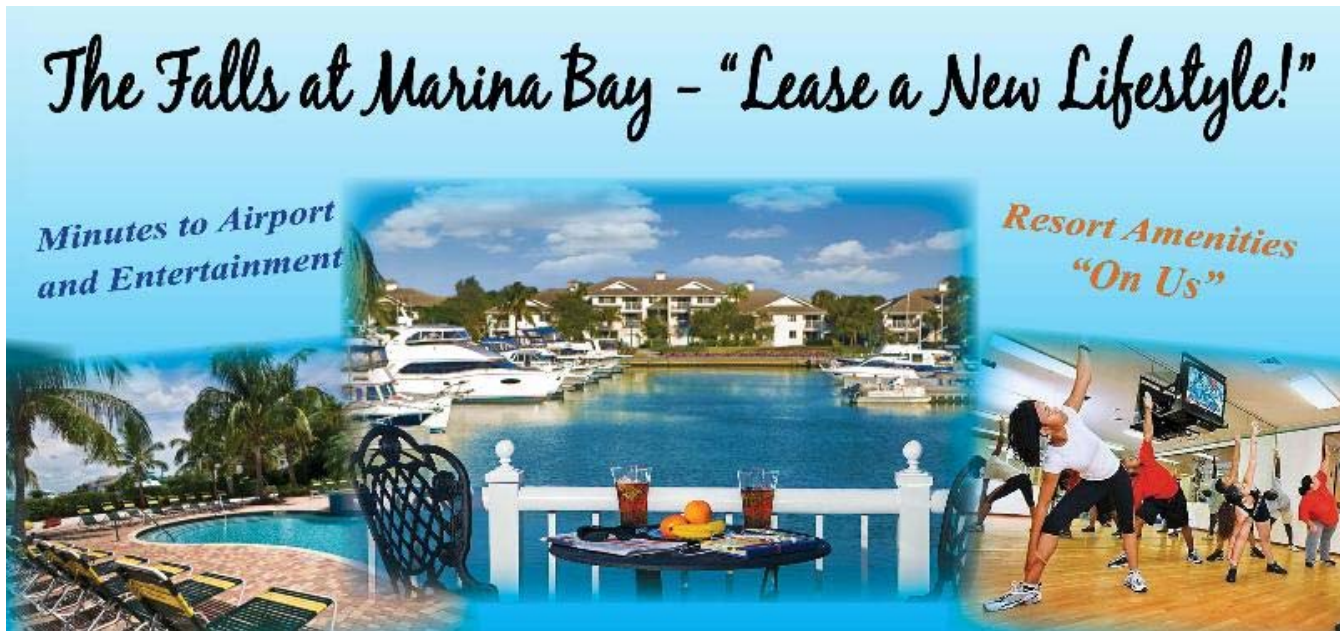
- ⇒ GREAT LOCATION - Minutes to Work Yards, Marine Vendors, Airport, Shopping, Casinos, Beaches, Restaurants and Entertainment
- ⇒ 10,000 sq ft clubhouse with many amenities "On Us"
- ⇒ Luxury Apartments for Captains and Crew
- ⇒ Competitive pricing
- ⇒ Wi-Fi, Computer center with fax, copiers
- ⇒ 12 ft Sports Screen Theater
- ⇒ Floating docks, Deep Water



Luxury Apartment Rentals and Boat Dockage

1-866-722-1226 - FALLSATMARINABAY.COM
2600 MARINA BAY DR E - FORT LAUDERDALE, FL 33312

FREE WIRELESS INTERNET CAFE - WATERFRONT RESTAURANT AND BAR - FREE BARNIES COFFEE HOUSE - POOL ON US NAUTILUS GYM & TRAINERS - TENNIS - RACQUETBALL - POOL TABLE - JACUZZI - SAUNA - THEATER REST ROOMS AND SHOWERS - WASHERS - DRYERS - GATED RESORT WITH 24 HOUR SECURITY



Live music on the weekends

Happy Hour During The Week from 12-7

*Wednesday's enjoy Ricks own BBQ recipes for Ribs and more,
a 30 year old tradition here at Marina Bay.*

Dine inside or outside overlooking the water and mega yachts. Look out over our Mega Yacht Marina and enjoy great food here at the famous Marina Bay Waterfront Restaurant and Marina... bring the gang, come by boat.

Marina Bay's famous Marina Bay Waterfront Restaurant

*Happy Hour
Mon-Fri 12-7*

*Famous BBQ
Wednesdays*



MARINA BAY
MARINA RESORT

Marina Bay Brunch-



One of our raffle winners shown here on lower far right, Eileen, has been docking with us for over 6 years, she and her family comes here from Canada as often they can because they love "Our Resort style of life."

A great feast of food serve at the Marina Bay Resort clubhouse prepared by Chef Dennese.

Chicken Wings, Pasta with sausage,.. Yummy... 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 for a BBQ Saturday, May 18th, 1:30 for Our "On Us" Brunch!

Let's thank the wonderful people at Marina Bay for hosting this event every month so we can all get together and have some fun.

Call for your complimentary reservation (866) 986-8542 to our buffet.

Email Chef Dennese at Chefdennese@gmail.com for the recipes to these delicious brunches.



MARINA BAY
MARINA RESORT

Movie Times at the clubhouse.



Watch Sports with us too!

5/1 The Edge of Reason	5/17 Driven
5/2 Monster in Law	5/18 The Pianist
5/3 Cape Fear	5/19 Sports
5/4 Jane Doe	5/20 Bird on a Wire
5/5 Sports	5/21 K-Pax
5/6 Old Dogs	5/22 Driving Ms. Daisy
5/7 The Hangover	5/23 Courage Under Fire
5/8 Duplicity	5/24 Frailty
5/9 A Knights' Tale	5/25 Crazy Heart
5/10 Quiz Show	5/26 Sports
5/11 Date Night	5/27 Grand Torino
5/12 Sports	5/28 Man on Fire
5/13 Total Recall	5/29 Fantastic 4
5/14 Out of Sight	5/30 Dirty Dancing
5/15 Mary Poppins	5/31 Men in Black 3
5/16 Simply Irresistible	See you at the Movie, Majela

Easy Tilapia Piccata Recipe --

How to Make Tilapia with Lemon Caper Sauce - From [Doug DuCap](#), former About.com Guide

This is a simple dish that looks quite elegant, so it's ideal for those holiday, birthday, and special occasion dinners when you want to spend more time with your guests than with your stove. The trick is to have everything pre-measured and ready to go before you begin, as this comes together quickly.

Freshly squeezed lemon juice is a must. The shallots, while not strictly traditional, add a bit of sweetness to the lemony sauce. You can add chopped fresh parsley to the sauce at the end, or just garnish with a few small leaves.

You can serve other white fish, such as flounder, sole, or whiting, with this delicious sauce.

Prep Time: 15 minutes, Cook Time: 15 minutes. Total Time: 30 minutes

Ingredients:

- 4 large (6-7 oz) tilapia fillets (or 8 small fillets)
- Salt and pepper
- 1 cup all-purpose flour
- 2 Tbsps olive oil
- 2 Tbsps butter, divided
- 3/4 cup white wine
- 1 Tbsp finely chopped shallots (optional)
- 2 Tbsps fresh lemon juice
- 1 Tbsp (or more) small capers
- Parsley leaves or chopped parsley



Preparation: Dry the fillets with plain paper towels and sprinkle both sides with salt and pepper. Spread the flour out on a plate.

Heat the olive oil and 1 tablespoon of the butter over Medium heat until the butter sizzles. Lightly dredge the fillets in the flour, shake off the excess, and lay them in the pan.

Pan fry the fillets until lightly browned on both sides (about 2-3 minutes per side). Remove the fish from the pan and keep warm. Raise the heat to Medium High and add the wine to the pan, stirring up any browned bits of flour. Add the shallots and cook for 1-2 minutes until shallots are softened.

Stir in the lemon juice and capers and cook 1 minute. Turn off the heat and stir in the remaining tablespoon of butter.

Spoon the sauce over the fish and sprinkle with parsley.

Makes 4 servings of Easy Tilapia Piccata

(Great Gift Idea) Happy Mother Day, Moms, from Marina Bay...



Call Lisa Cubellis, she is our wonderful massage therapist for Marina Bay. Mom can enjoy our Swedish, Deep Tissue massage in a special therapy room inside our Resort clubhouse.

Give a gift all Mom's need! Call Lisa 754.245.2479



Summer Slim Down

Summer is fast approaching and I know everyone is ready to hit the beach and show off that beach body!

Not quite there yet? No worries, I have a few tips for you that will help you to shed your last few pounds and be ready in time for summer. You need to create a deficit of 3,500 calories for every pound of unsightly fat you are trying to lose. You can achieve this deficit by eating 500 fewer calories every day, burning 500 more calories everyday, or a combination of both. Losing weight is even easier when you try a combination of the following calorie-cutting tricks, which can get you on your way to a bikini body in time for your summer vacation.

- 1) Snooze to lose -Research shows that the less you sleep, the more likely you are to be overweight. Experts recommend getting at least seven hours of sleep.
- 2) Eat off smaller plates It may sound silly, but studies show that swapping your big plate for a smaller one tricks you into eating as much as 25 percent less. Plus, you'll find you won't even miss the extra food.
- 3) Keep the coffee simple Like salad, coffee is virtually calorie free -- until you start piling things in and on top of it. Sure, ordering a fancy latte may sound like fun, but you can add enough calories to rival half a day's calorie intake. Black or with a dash of sweetener and skim milk saves you hundreds of muffin-top-inducing calories.
- 4) Read the Restaurant nutritional guide Most restaurants now provide calorie and fat counts with their menus. Instead of pushing it aside, look for light, low-fat, tasty alternate choices. It will be worth it when you step on the scale at the end of the week.

Get a boost at Marina Bay... Get a trainer workout "On Us"

One of the many great benefits to being here at the Marina Bay Resort is our amazing trainer Dereck..



**FALLS AT
MARINA BAY
Apartment Homes**

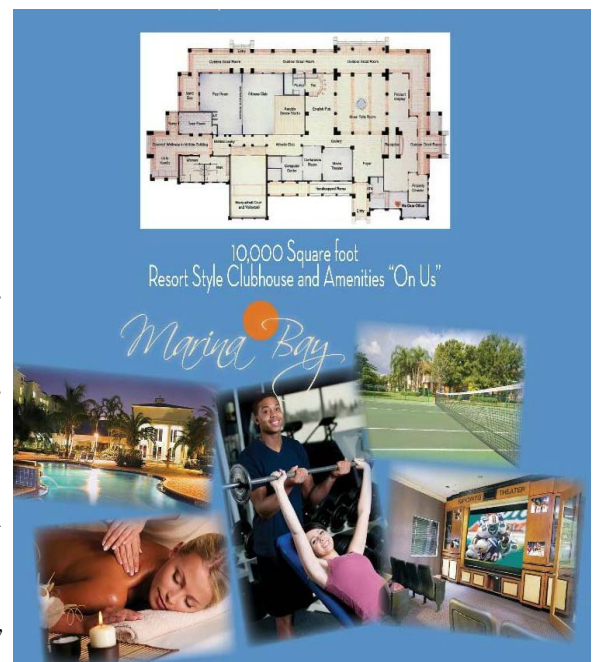
"Where Living and Yachting is a lifestyle"

Minutes to the Beach, Airport, Casinos, Shopping...

So many "On Us" perks if your Rent... What a Life!

Great move in prices at the Falls at Marina Bay!

Where else can you look out over one of the top 10 mega yacht marinas, 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 Falls at Marina Bay.com

Memorial Day



Memorial Day is a United States federal holiday which occurs every year on the final Monday of May. Memorial Day is a day of remembering the men and women who died while serving in the United States Armed Forces. Formerly known as *Decoration Day*, it originated after the American Civil War to commemorate the Union and Confederate soldiers who died in the Civil War. By the 20th century Memorial Day had been extended to honor all Americans who have died in all wars. It typically marks the start of the summer vacation season, while Labor Day marks its end. Many people visit cemeteries and memorials, particularly to honor those who have died in military service. Many volunteers place an American flag on each grave in national cemeteries. By the early 20th century, Memorial Day was an occasion for more general expressions of memory, as people visited the graves of their deceased relatives in church cemeteries, whether they had served in the military or not. It also became a long weekend increasingly devoted to shopping, family gatherings, fireworks, trips to the beach, and national media events. Annual Decoration Days for particular cemeteries are held on a Sunday in late spring or early summer in some rural areas of the American South, notably in the mountains. In cases involving a family graveyard where remote ancestors as well as those who were deceased more recently are buried, this may take on the character of an extended family reunion to which some people travel hundreds of miles. People gather on the designated day and put flowers on graves and renew contacts with kinfolk and others. There often is a religious service and a "dinner on the ground," the traditional term for a potluck meal in which people used to spread the dishes out on sheets or tablecloths on the grass. It is believed that this practice began before the American Civil War and thus may reflect the real origin of the "memorial day" idea. Memorial Day is a day of remembering the men and women who died while serving, while Veterans Day celebrates the service of all U.S. military veterans, living or dead.

Come by Marina Bay, Marina and celebrate with us, why not reserve dockage for the weekend!



*The Famous 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 Bernie's House of Coffee, Saturday Brunch,
Wi-Fi cafe and conference room with 12 ft video screen for your
presentations, Movie and Sports viewing on 5 screens with rocking chair
theater-style seats and 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)

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



[Visit Our Website!](#)

QUICK LINKS

[The Falls at Marina Bay](#)

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