
Super Bowl Bonanza

SUNDAY, FEBRUARY 7 AT 5:30 PM

Kick off time is 6:25 for the big game, Colts vs. Saints on the big screen in the Bar. Come and partake of the game day buffet: chili, chicken wings, hotdogs and more. \$17 adults, \$10 kids (6 to 13) under 6, complimentary. Please make reservations.

Summer Camp Survey

FEBRUARY 5-26, 2010

If your children have attended summer camp, or plan on attending summer camp in this region, we need your input. Please spend five minutes to provide us with your feedback online at www.nhlawnclub.com. We will be providing an all-day summer program this year. See Family Committee article inside.

Winter Wine Dinner

THURSDAY, FEBRUARY 11 AT 6 PM

Enjoy this event with your Valentine! \$80 per person. See menu page 3. Due to the complexity of this menu, the Grill room will be closed for dinner on this evening.

Minimum Spending Period Ends

SATURDAY, FEBRUARY 27, 2010

February 27 is the last day to use your unspent food and beverage minimum in the Grill Room. Please come in, meet some fellow members and relax. Sorry, as always there will be no exceptions, so eat, drink and be merry.

News from our Catering Staff

There are many reasons to hold your event with NHLC Catering, Inc: our knowledgeable and attentive event planners, the marvelous food, our convenient downtown location and plentiful parking.

An often overlooked benefit for NHLC members, is the member discount for holding events in the newly refurbished events spaces. If an event, regardless of whether it's a company holiday party, corporate retreat, or social celebration, is member-booked, attended, and paid for, up to 50% of room rental fee, depending upon the room, is discounted.

For more information, or to book an appointment to discuss an upcoming event, please contact Devon MacKAY, Director of Sales and Events, at (203) 777-3494 x212 or email devon.mackay@nhlawnclub.com.

Welcome New Members

The Board of Governors and the Lawn Club staff would like to welcome the following new members to the Club: **Mr. John Stuart Gordon and Mr. Justin Scott Zaremby**

February 2010

Inside this Issue

- 2 President's Message
Board of Governors and Club Staff
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Executive Chef, Wine Dinner menu
 - 4 Squash Pro
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Birthday Bonanza
-

Upcoming Events

- FEB 7** Super Bowl Party
- 5 Family Night in the Grill Room
 - 11 Wine Dinner
 - 12 Family Night in the Grill Room
 - 18 Birthday Bonanza
 - 19 Family Night in the Grill Room
Bridge Night
 - 26 Family Night in the Grill Room
Kids Movie Night
 - 27 Minimum spending period ends

Kids Movie Night

FRIDAY, FEBRUARY 26 AT 6:30
PM IN THE GRILL ROOM
ROTUNDA

Children can eat dinner from the Grill Room buffet before heading off to the Rotunda. Our experienced staff will supervise, so parents can have a quiet dinner while the children are busy watching the movie.

NEW HAVEN LAWN CLUB

193 Whitney Avenue
New Haven, Connecticut 06511
203.777.3494 tel
203.777.5657 fax
www.nhlawnclub.com

BOARD OF GOVERNORS

Jim Alexander *President*
Chris Royston *Vice President*
Karin Render Pham *Treasurer*
Bill Doyle *Secretary*
Heidi Brooks *Governor*
Barry Nalebuff *Governor*
Thomas Dembinski *Governor*
David Cook *Governor*
Christin Sandweiss *Governor*

CLUB STAFF

Chet Chicosky <i>General Manager</i> chet.chicosky@nhlawnclub.com	x220
Devon MacKay <i>Event and Sales Manager</i> devon.mackay@nhlawnclub.com	x212
John Ruggiero <i>Banquet Manager</i> john.ruggiero@nhlawnclub.com	x224
Alicia Whalen <i>Controller</i> alicia.whelen@nhlawnclub.com	x213
Gerri Oddo <i>Assistant to the Controller</i> <i>Guest Room Reservations</i> gerri.oddo@nhlawnclub.com	x218
Adam Soliwoda <i>Executive Chef</i> adam.soliwoda@nhlawnclub.com	x209
Wayne Nuhn <i>Grill Room Manager</i>	x222
Bernie FitzSimons <i>Facilities Manager</i>	x216
Scott Butler <i>Pool Director</i> Redsox98@sbcglobal.net	x248
Jim Cole <i>Tennis Pro</i> Jimcoletennis@cs.com	x232 787.3681
Lynn Leong <i>Squash Pro</i> lynnleong81@mac.com	x253
Scott Tenney <i>Personal Trainer</i> tenney66@msn.com	376.3356

President's Message

Dear Fellow Members:

I am pleased to announce that the following individuals have agreed to become (Co)-Chairs of the Club's committees:

Audit Committee: Rick Antle
Family Committee: Allyx Schiavone
Flower Committee: Bushie Estabrook
and Peg Hamilton
Food Committee: Sue Frew
House and Grounds Committee:
Tom Dembinski
Membership Committee: Sue Devine
Pool Committee: Rob Berman
Squash Committee: Tim Nolan
Tennis Committee: Todd Rofuth

All of these Chairs and those committee members who diligently help them are absolutely vital to maintaining a healthy, cohesive club. However, even if you can't make it to any meetings of, let alone join, any of these committees, your help can be vital to them. All you have to do is let any of these people know of any problems, issues or compliments regarding any aspect of the Club within the intuitively likely purview of any of these Committees. Please cc Chet (chet.Chicosky@nhlawnclub.com) and me (jmalexander@comcast.net) as well. Speaking just for myself, I would emphasize two obvious points: I can't solve problems unless I know they exist, and problems that may be obvious to everyone else sometimes aren't obvious at all to me (for corroboration of the latter point, just ask Martha). Every question, bit of feedback and piece of advice will be taken seriously.

In order to insure better communications among the Board, committees, and membership, I've asked the chair of each relevant committee to do a few things to help. First, I've asked each to let me know what he or she wants the scope of authority and responsibility of the committee to be, and also ideally to give me a preliminary sense of the Chair's short-term and long-term goals for the area. I've emphasized that these preferred committee responsibilities and goals will naturally reflect each Chair's

personal priorities and certainly need not be incised in stone. In fact, they may very well change with each new Chair. My main concern is that I know what the Chair wants the work of the Committee to be, so that everyone is clear who shoulders what responsibilities.

Second, as part of the process of binding the Club together more effectively through information sharing, I've also asked for a few changes in our approach to committee meetings. I've asked each Chair to inform not only committee members but also the broader membership regarding upcoming committee meetings, including the expected general topic(s) of discussion. Next, I've asked each Chair to provide Chet and me a brief summary of each meeting after it was held - eg, major points of discussion, committee votes, decisions on actions to be taken, etc. - so that the summary could be included in *Clippings*. Finally, I've asked Chairs to have at least two publicly scheduled meetings each year. The timing would be for the Chair to decide; however, for many committees the timing would logically correspond to the seasonal nature of the Club's relevant activities and would tie into the completion of the survey related to the activity of the committee.

My hope is that the results of these changes will include some of the following benefits. First, both the committees and I will be clear on what they do and do not want to do, and what responsibilities must remain with the board. Second, important debate, votes, decisions and committee recommendations to the board will be clear to everyone virtually immediately. Third, the members at large will be able to communicate directly with the Chairs, through either intrastate commerce or by attending meetings (albeit on a non-voting basis until/unless they are accepted as committee members).

Please never hesitate to direct complaints (or compliments) or questions to me about anything at all - I do care.

Jim Alexander

Club Manager's Message

Please join us for our Winter Wine Dinner on Thursday, February 11, and bring along your Valentine. Scott Randall, our resident wine expert and member, and Adam Soliwoda, our Executive Chef, have a wonderful evening planned for you. See menu at right. Seating is limited, so call for your reservation today. If wings and beer are your preference, join us for the Super Bowl Party on February 7!

February 27 is the last day to use your unspent food and beverage minimum in the Grill Room. Please come in, meet some fellow members and relax. Sorry as always there will be no exceptions, so eat, drink and be merry.

Any comments or questions, please contact me directly.

Chet Chicosky

News from the Executive Chef

We hope you enjoyed our wild game specials week. Based on the orders, the oxtail soup, rabbit ravioli and venison steak were our best sellers. You can look for these specials on the menu occasionally in the future. To celebrate Mardi Gras, beginning February 16, Fat Tuesday, we will offer Southern Creole all week as specials.

We hope you will also take part in the many events we have scheduled for the month of February. To kick off the month, on February 7 we will hold our annual Super Bowl party. Enjoy the game with friends as well as fantastic food and beverages.

On February 11 we will be holding a Winter Wine Dinner (this will also be our Valentines dinner). Due to the complexity of this meal, the Grill Room will be closed for dinner on this night. See menu at right.

The entire kitchen staff would like to thank you for your patronage.

Adam Soliwoda

winter wine dinner

February 11, 2010

"Study In Apple"

*Granny Smith Macaroon, Torchon
Sunchoke, Cider Gelée
Shrimp, Calamari, Apple, Pancetta Dust*
...

Herbed Brioche French Toast

*Fried Farm Egg, Wild Mushroom Ragout,
Caramelized Artisanal Beets, Sage Mouseline
Château Moulinet,
Pomerol, Bordeaux, France*
...

Squab Ballotine

*Truffle Celery Root Puree,
Maple Jus, Pickled Chanterelles
Quinta do Côa, Touriga Nacional~Tinta Fina~Tinta Roriz,
Douro Valley, Portugal*
...

Tuna and Foie Gras Terrine

*Watercress, Mint, Citrus
Waterbrook Vineyard,
Melange White, Walla Walla, Washington State*
...

Seared Scallop, Pear-Butternut Puree

*Lobster-Carrot-Vanilla Nage, Candied Chestnuts
Finca Flichman 'Tupungato Reserva',
Cabernet Sauvignon~Malbec, Mendoza, Argentina*
...

Intermezzo

Lychee Orb, Durian, Wasabi Flakes
...

Veal with Artisanal Goat Cheese

*Winter Root Bread Pudding, Balsamic Pearl Onions,
Applewood Bacon Espuma, Fig-Cherry Reduction
De Martino 'Alto de Piedras'
Gran Reserva Carmenere, Maipo Valle, Chile*
...

Dessert

*Chocolate, Tangerine, Caramel and Cognac
Quinta do Crasto, 2004 Late Bottled Vintage Port*

\$80.00 Per Person

Reception at 6 pm, Dinner at 6:30 pm

Limited Seating, reservations a MUST.

Call: 203.777.3494

News from the **Squash Pro**

Congratulations to our two Lawn Club juniors who did very well recently in the respective tournaments. Spencer Lovejoy won the Boys Under 13 Westchester Junior Open at the Westchester Club, in Rye, New York. Richard Soper came in 5th place in the JCT Princeton tournament in January. Spencer is now currently ranked 15th in the country and Richard's ranking has moved up into the top 10.

On another note, our NHLC League team is now currently ranked 3rd behind the two Yale teams; there are currently seven teams in the Connecticut League. We have just completed our first round of team matches and await our play-off matches, which will begin within the next week or two. Congratulations to all our team members, Matt Munich (squash assistant), TJ Dembinski, Yiming King, Richard Soper, Pam Anckermann (squash assistant) and Ted Lovejoy. Everyone showed great effort and support in every single team match we had. And thank you to all our members and NHLC for showing their support during our home matches. We look forward to seeing everyone at our upcoming home matches!

New Haven Lawn Club version of Power Lunch. A Squash clinic on Wednesdays from noon to 1 pm. This clinic is a high-power workout that will be sure to get your heart rate going. Players will partner up to work on footwork, drills, conditioning games and get tips on how to improve their squash game. This clinic is included in the Unlimited and the Part Time packages. Members can also choose to sign up for this session for just \$20. Space is limited for each class, and sign up is required. This class is only open to good intermediate and advance level players. This class needs a minimum of three players.

If you are an intermediate level player and would like to improve your technique, skills, drills, strategies and footwork in a group environment, you can

now take advantage of the **Men's Clinic** offered three times a week. Sign up is required, and spaces are limited for each class. Clinic cost is \$20 per session.

Women's Clinics are now offered three times a week and are open to beginners and intermediate players. Join in to learn more about the game, improve your squash skills and have fun at the same time. It is a great morning work out that is sure to brighten up your day. Sign up is required. Clinic cost is \$20 per session.

If you are a fairly new player or a complete beginner and would like to learn more about the game in a group environment, then the **Men's Beginner class** is a great way to start. These classes will cover the such basics of squash as the rules, grip, swing technique, footwork and basic skill shots. Sign up is required. Please email the squash pro for more specific details. Men's beginner class is currently not on the active schedule, but classes will begin based on interest. Must have a minimum of three players.

If you would like one-on-one attention, you can schedule a private lesson with the Head Pro or the Assistant Pro. Private lessons are available by appointment. The Squash Pro runs a very busy schedule; please call at least 3 days in advance to set up your lesson.

To learn more about the junior program, please email the squash pro directly for more details.

SQUASH COURTS

I would like to stress to all members that having the proper shoes on the squash court is crucial. The Lawn Club has put a tremendous effort into redoing the courts. We have had a few recent incidents, with marks being left all over the court by members wearing inappropriate footwear.

- All members must have squash shoes. Absolutely **NO BLACK SOLE** shoes are allowed on the court, even if they claim to be non-marking.

- Members who are caught with non squash shoes and leaving marks on the floor will be charge with a penalty fee. No exceptions.
- Members must be aware that no children are allowed on in the squash court area without adult supervision.
- Children are not allowed to use the squash courts as a playground space.
- Adults and children are not allowed on the squash court without proper squash shoes and sports attire.

For more squash court rules and policies, please read the **Squash Courts Policy**.

HOPKINS SQUASH SCHEDULE

All squash courts will be closed for the Hopkins Squash Team practice during these times:

Monday, Tuesday, Thursday, Friday:
3 - 4 pm

Wednesday: 2 - 3:30 pm

Hopkins school finish their season practices at the end of February.

HOPKINS HOME MATCH SCHEDULE

All courts will be closed from 3 - 6 pm on February 20 for a Hopkins School home match.

ADULT ROUND ROBIN

The weekly Sunday Round Robin is a social squash event and an opportunity to encourage all squash players to participate in a friendly challenge. This is a free event and takes place every Sunday from 2 - 4 pm (times may change). Please contact Ted Lovejoy, Round Robin Captain, at ewlovejoy@yahoo.com for more details.

ADULT SQUASH LADDER

The Adult Squash Ladder is now available. To be included in the ladder, please email the Squash Pro with your name and phone number. Ladder rules are posted next to the Squash Ladder at the courts, or you can email the Squash Pro for more information.

NHLC Squash Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Men's Clinic		5:30–6:30 pm	Power Lunch* noon- 1 pm	5:30–6:30 pm		1–2 pm
Women's Clinic						10–11 am
Junior A Group 1	4:15–5:15 pm		4:15–5:15 pm		4:15–5:15 pm	
Junior A Group 2	5:30–6:30 pm		5:30–6:30 pm		5:30–6:30 pm	
Junior B	4:30–5:30 pm		4:30–5:30 pm		4:30–5:30 pm	
Young Junior		4–4:45 pm		4–4:45 pm		

SQUASH EVENTS

February:

NHLC Juniors and Squash Haven at NHLC, February 6, 2010, 10 am – Noon
 Family Handicap Challenge, Saturday and Sunday, February 20 and 21

March:

Spring Break Junior Mini Squash Camp, March 22 – 26. If interested, please contact Head Pro for more details.

April:

Easter Junior Challenge, April 11, 2:30 – 5:30 pm
 Annual Club Championship, Adult and Juniors, April 16 – 19. Sign up is available now.

CLINIC PACKAGES

Junior Squash – Unlimited Package

\$160 per month, your monthly package begins from the date you begin your first class. No restrictions.

This package is only available for the Junior Clinics (age 8 and up)

Junior Squash – Part time package

\$100 per month, your monthly package begins from the date you begin your first class. 6 classes, limited

This package is only available for the Junior Clinics (age 8 and up).

Individual Junior Clinic

\$18 per class

Young Junior Package (ages 6 and 7)

\$140 per student

10 classes

Must use within 6 weeks from the start of the first class

Young Junior individual clinic

\$17 per class

SQUASH WEBSITE

Please check our squash website for up-to-date information and other details about our squash program at www.lynnleong.com.

SQUASH GROUP EMAIL LIST

To be included in our Squash Group email list, please email squash pro Lynn Leong

HEAD PRO CONTACT

Lynn Leong

Email: lynnleong81@mac.com

Web: www.lynnleong.com

News from the Personal Trainer

THE HIDDEN BENEFITS OF EXERCISE

As the new year kicks off, I am proud and elated to report that we have more participants in this year's Winter Meltdown than last year. Bravo!! I thought I might encourage those resolutioners who generally drop off the face of the earth by mid February to continue their quest for good health. I recently read an article in the Wall Street Journal of Health regarding the hidden benefits of exercise.

According to this article, medical experts found that regular workouts may help fight off colds and flu, reduce the risk of certain cancers and chronic diseases and slow the process of aging. (What????? Include me in just for the reduced aging part!!) Research is also showing that regular exercise—as simple as a brisk 30- to 45-minute walk five times a week—can boost the body's immune system and increase the circulation of natural killer cells that fight off viruses and bacteria. And exercise has been shown to improve the body's response to the flu vaccine, making it more effective.

If that wasn't enough, studies also report that regular exercise has been shown to combat the ongoing damage done to cells, tissues and organs that are the underlying factors to many chronic conditions. Studies have found that exercise can lower blood pressure, reduce bad cholesterol and cut the incidence of type 2 diabetes.

Now for those of you who say "But I don't have time" How much time can you afford being in bed sick? You could replace a half hour of television a day with a 30-minute brisk walk. Need I say more?? Please consider your health as the best investment you could ever make. If you treat your bodies well, they will do the same in return.

Here's to your health!!

Michele Tenney

Certified Personal Trainer

News from the **Family Committee**

Dear Families,

We would like to update you on some exciting news with regard to the redesign plan for the NHLC playground and pool area. We are thrilled, honored and delighted to have George Knight, from Knight Architecture, LLC, on board to help us design our children's 'playhouse.' Most impressively, George has agreed to support our redesign efforts by offering his thoughtful insights and humble talents to us for FREE. If you run into George please express your gratitude. Also be sure to offer thanks to Aaron Pine and Steuart Gray. Both members also offered their services for this project. As you may know, we have managed to gather the insights of many club members through two planning sessions. Some of these members are: Ann Pingoud, Anne Wareck, Alison Illick, Belinda Chan, MaryNell Wagner, Nancy Clayton, Christin Sandweiss, Robin Saureteig, Shel Swanson, Sue Wildridge, Sarah Boone, Maura Visconsi, Shannon Callaway, Joanne Curtis and Martha Alexander.

In addition, we received over 100 surveys from other senior and junior members. We have also had the guidance of experienced Landscape Designer, Chris Ozyck. Now, with George's support, we have all of the planning pieces in place. We are currently identifying the financial elements of the plan and will present our findings to the BOG at the February meeting. We are offering multiple cost estimates for each element of the plan. This allows us to both make choices based on importance and cost and also

gives us the opportunity to complete the project in phases. We are excited to share our results with you in March. Be on the lookout for more information.

In tandem to the playground redesign, we are hoping to enhance the NHLC Summer Program. We want to do this by utilizing the wonderful assets that the NHLC has to offer our junior members. We envision a summer program that serves as a touchstone for all junior members by offering a supervised daily schedule which, as an example, would include;

8:30-9:00 Early Childcare Option

9:00-9:30 Arrival

9:30-11:00 Specialty Session

11:00-11:30 Swimming

11:30-12:30

Changing/Lunch/Supervised Free Play (board games)

12:30-1:15 Outdoor Activity

1:15-2:15 Specialty Session

2:15-2:45 Tennis

2:45-3:00 Changing/Dismissal

3:00 Pick Up

3:00-5:30 After Care Option

Junior members would choose from a variety of specialty session options such as: tennis, squash, swimming, computer, book publishing, lego building and dinosaur study.

We hope that this change in programming will allow our junior members to

have the opportunity to both enjoy daily supervised summer program activities while also allowing for concentrated exposure to one sport or content area. We also hope that these programmatic changes will offer better support for families at a fee that is dramatically lower than non-NHLC camp options. (DON'T MAKE OTHER PLANS UNTIL YOU REVIEW OUR PROGRAM.)

We would like to hear from you before we make adjustments to the program. Please help us as we redesign this aspect of our programming. Your opinion is imperative! Fill out the NHLC Summer Program survey especially if you have never used the NHLC Summer Program. We want to hear from all of our families. You can contact us via email at: Allyxs@msn.com, through the club manager, Chet Chicosky, or via our Summer Camp Survey, which will be available on the Club website home page www.nhlawnclub.com for members through survey monkey between February 5 and February 26, 2010.

As always, let us know if you have any other suggestions or questions.

Best,

Allyx Schiavone, Maura Visconsi and Ann Pingoud

FEBRUARY 2010
New Haven Lawn Club SOCIAL CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Pilates 6 pm	3	4	5 Family Night Buffet	6 Dinner in the Grill Room
7 Super Bowl Party	8	9 Pilates 6 pm	10	11 Wine Dinner: Reception 6 pm Dinner 6:30 pm	12 Family Night Buffet	13 Dinner in the Grill Room
14	15	16 Pilates 6 pm	17	18 Birthday Bonanza	19 Family Night Buffet Bridge Night 8 pm	20 Dinner in the Grill Room
21	22	23 Pilates 6 pm	24	25	26 Family Night Buffet Kids Movie Night 6:30 pm	27 Dinner in the Grill Room
28						

Grill Room Hours

Continental Breakfast Buffet

Saturday, Sunday and
Monday mornings
8-11 am

Continental Breakfast

Tuesday through Friday
7:30-9:30 am

Lunch

Tuesday through Saturday
12 noon-2 pm

Dinner

Tuesday through Thursday
5:30-8:30 pm
Friday and Saturday
6-9 pm

Pilates

Pilates classes take place on Tuesdays at 6 pm. Open to all levels. Come and enjoy the stretch!

Birthday Bonanza

THURSDAY, FEBRUARY 18

In honor of your birthday, the Club will provide you with a complimentary birthday meal and table decorations. You bring the guests! Reservations are necessary. *Please, members' birthdays only.*