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## Saint Patrick's Day/Week Specials

Enjoy Happy Hour (5:30-7 pm) specials all week at the bar and Irish themed lunch and dinner specials all week.

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## Easter Buffet and Annual Easter Egg Hunt

**SUNDAY, APRIL 4, SEATINGS AT NOON AND 2:15 PM**

Come and join us for this extremely popular Lawn Club buffet. We will have two seatings – the first at noon and the second at 2:15 pm. The Easter bunny arrives at 1:45 pm, and the Easter Egg hunt will be held promptly at 2 pm. Cost: Adults \$37, children (age 6-13) \$15, under 6 complimentary; limited seating. Call early – reservations are a must!

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## News from the Executive Chef

Greetings,

Speak and your voices will be heard! During the month of February, I had the opportunity to meet with the new food committee and listen to your thoughts, concerns and suggestions. We discussed menu options being offered, including incorporating a Heart Healthy, Vegetarian and/or Vegan selections in our specials. The new menu format should be fully implemented on March 30.

Some ingredients that we use and their source:

- Garlic from California
- La Baleine, a Mediterranean sea salt from Aigues-Mortes saltworks, in Camargue, France.
- All-natural poultry, predominantly Murray's Chicken
- Black Pearl Natural Choice Salmon, [www.blackpearlseafood.com](http://www.blackpearlseafood.com)

In February, I was able to attend a course on gluten free cooking at the Natural Gourmet Institute in NYC. We can now make this option available to those of you with a sensitivity to wheat and other ingredients that contain gluten. Please be aware, if you have celiac disease, our kitchen is not gluten free, and trace amounts may be present in the preparation of dishes.

During the week of St. Patrick's Day, the featured luncheon selections and Friday night buffet will reflect an Irish theme with daily happy hour (5:30-7 pm) bar specials as well.

Please join us for our Easter Buffet on Sunday, April 4 (see menu on page 3) .

Thank you from the entire kitchen staff for your patronage.

**-Adam Soliwoda**

## March 2010

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Birthday Bonanza

**insert** Calendar

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### Upcoming Events

- MAR 5** Family Night in the Grill Room
- 12** Family Night in the Grill Room  
Kids Movie Night
- 17** St. Patrick's Day
- 18** Birthday Bonanza
- 19** Family Night in the Grill Room  
Bridge Night 8 pm
- 26** Family Night in the Grill Room
- APR 4** Easter Buffet and Egg Hunt

### Kids Movie Night

**FRIDAY, MARCH 12 AT 6 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](http://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

<b>Chet Chicosky</b> <i>General Manager</i> <a href="mailto:chet.chicosky@nhlawnclub.com">chet.chicosky@nhlawnclub.com</a>	<b>x220</b>
<b>Devon MacKay</b> <i>Event and Sales Manager</i> <a href="mailto:devon.mackay@nhlawnclub.com">devon.mackay@nhlawnclub.com</a>	<b>x212</b>
<b>John Ruggiero</b> <i>Banquet Manager</i> <a href="mailto:john.ruggiero@nhlawnclub.com">john.ruggiero@nhlawnclub.com</a>	<b>x224</b>
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<b>Gerri Oddo</b> <i>Assistant to the Controller</i> <a href="mailto:gerri.oddo@nhlawnclub.com">gerri.oddo@nhlawnclub.com</a>	<b>x218</b>
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<b>Wayne Nuhn</b> <i>Grill Room Manager</i>	<b>x222</b>
<b>Bernie FitzSimons</b> <i>Facilities Manager</i>	<b>x216</b>
<b>Scott Butler</b> <i>Pool Director</i> <a href="mailto:Redsox98@sbcglobal.net">Redsox98@sbcglobal.net</a>	<b>x248</b>
<b>Jim Cole</b> <i>Master Teaching Professional</i> <a href="mailto:Jimcoletennis@cs.com">Jimcoletennis@cs.com</a>	<b>203.605.7529</b>
<b>Lynn Leong</b> <i>Squash Pro</i> <a href="mailto:lynnleong81@mac.com">lynnleong81@mac.com</a>	<b>x253</b>
<b>Scott Tenney</b> <i>Personal Trainer</i> <a href="mailto:tenney66@msn.com">tenney66@msn.com</a>	<b>203.376.3356</b>

## President's Message

Dear Fellow Members:

Why have committees? It's probably obvious to everyone, but I believe there are four good reasons.

1. Members who know and care very much about a given club activity can influence its day-to-day operations and long-term development without having to join the board.
2. The committee can access and integrate diverse opinions of the principal consumers of the club service.
3. Members become more involved emotionally in the club activity, and ideally become proud of its success as the committee's work bears fruit.
4. The board need not micro-manage all of the activities of the club, reducing board burn-out and allowing it to spend more time actually thinking about higher-level club policies.

What can go wrong in committees? Again, I see four possible problems.

1. The very people who are most knowledgeable and even concerned about a club activity don't participate.
2. The committee doesn't know what it's supposed to do.
3. One or two members of the committee can essentially take it over and push an idiosyncratic agenda.
4. The committee is unable to make decisions, either due to the perceived need for absolute consensus or a weak Chair.

How are we trying to reduce these risks? Number 1 is probably the hardest to deal with, but I've tried to handle it by emphasizing in general how important a properly functioning committee system is to Chet, me and the board, and specifically how important committee views are to the board's assessment of long-term plans for the activity in question. If people realize how much we value these committees, they will, I hope, pitch in as members even if they do not have the time to be the Chair.

As for number 2, as I indicated last month, we have tried to let the committee chairs design, within certain constraints, the purview of their committees, so that they not only

know what they were supposed to do, but thoroughly embrace the committee missions they are responsible for! In further pursuit of this aim, I will be asking the various committee chairs to sit down with me at their convenience to go over their thoughts on what the committee should-and equally important, should *not*-be responsible for.

The "certain constraints" I mentioned above run to the issue in number 3. A committee can go wrong in this area by any one of two ways: 1, it may not meet *officially* at crucial times (e.g., when a contractor or other service provider is giving advice or defending his work) or even, in extreme circumstances, at all. 2, it may well officially meet but not in any meaningful way – input from the committee members that happens to diverge from the (hypothetical) committee cabal is effectively suppressed by manipulation of the committee decision-making and reporting processes.

I've tried to handle these potential problems by asking each chair to meet at least twice a year, by scheduling all meetings with enough notice to allow committee members the realistic opportunity of attending each meeting, and by providing a summary of each meeting – where consensus was achieved, where not, and the votes taken. Thinking of these sorts of issues, I was gratified to hear from Chet that the Food Committee was going to meet as a group with Adam each month. I agree with Chet that for Adam to meet merely with a very small sub-group within the Food Committee – say, Chet and Sue Frew (the committee Chair) – would be completely contrary to these principles. Allowing all of the members of the Food Committee to have their say with Adam on a regular basis is quite important to all of us, I'm sure.

Number 4 can be, and at times has been, a problem, but with the very strong-minded chairs we now have in place, I don't think it will happen at this time! It can be difficult at times to avoid either suppressing reasonable dissenting views or requiring absolute unanimity, but I'm sure with these chairs, good leaders all, we can manage it!

–Jim Alexander

## Club Manager's Message

Thanks to all who have participated in the membership surveys online. Up next is the pool survey; I expect it to be online in mid March at [www.nhlawnclub.com](http://www.nhlawnclub.com).

The results of the past surveys have been very helpful to me, the Board and their respective committees. I will send an email to notify members when the next survey is available. If you have not received an email from me in the recent past, I do not have your email address. If you are interested in receiving occasional emails from me regarding Club events, send me a note at [chet.chicosky@nhlawnclub.com](mailto:chet.chicosky@nhlawnclub.com) and include your email address.

Easter is coming early this year, so please make your reservations with the front desk for one of the most popular holiday events of the year.

-Chet Chicosky

### **Tennis News from the General Manager**

I am pleased to announce that Jim Cole will be returning to the Club this spring as our Master Teaching Professional. After serving for 13 years as our Tennis Director, Jim has decided to focus exclusively on teaching. We are presently in the process of hiring a successor Tennis Director, who will oversee our various tennis programs, and hope to have that process completed in early March. We are all grateful to Jim for his many years of dedicated service to our members, and more importantly look forward to seeing him on the courts this spring.

## *Easter*

**APRIL 4, 2010**

### **STARTERS**

Bakery Basket

*Hot Cross Buns, Braided Easter Breads, and Assorted Danish*

Artichoke-Tomato Bisque

Display of Atlantic Salmon

*Ginger Beet Cured, Chilled Chardonnay Poached, Smoked, Pastrami, with Warm Potato Latkes*

Shrimp Cake, Cucumber-Pineapple Salad

Roast Sliced Duck Breast with a Hazelnut Madeleine-Fig Cream

Blood Orange Gastric, Artisanal Beet-Mandarin Orange Salad

Duck Sausage, Acorn Squash Cake, Port-Cranberry Chutney

Artisanal Cheese Display

Lamb Merguez Sausage, Crispy Polenta Cake

Balsamic Port Pearl Onions, Pickled Chanterelles

Seared Tuna, Caramelized Sweet Plantains, Papaya-Mango Chutney

Crispy Green Apple-Jalapeno Salad, Tamarind-Cilantro Cream.

Chorizo Brioche French Toast, Thyme-Maple Chevre

Grand Marnier Glazed Shrimp, Spicy Pistachios, Aged Rum Emulsion

Banana-Chai Crouton, Green Apple, Grilled Calamari

Sweet Garlic-Chili Sauce, Toasted Coconut

Maple Lacquered Pork Belly, Dried Cherry Crisp

Lemon Verbena Mascarpone, Spicy Pecan Clusters

Watercress, Spinach and Shrimp Salad *with Peas, Avocado, Citrus Chili Dressing*

Shrimp-Chevre-Oyster Mushroom Tart

### **MAIN COURSE**

Roast Herb-Olive Stuffed Leg of Lamb, *Rosemary-Roasted Garlic Sauce*

Roast Prime Rib of Black Angus Beef, *Mushroom Sauce*

Glazed Easter Ham *with Riesling-Apple-Rhubarb Chutney,*

*Herbed Ramp-Morel Brioche Pan Dressing*

Cauliflower "Croquette" Citrus Marinated Asparagus, Sunchoke, Black Garlic

*Warmed Minted Spring Pea Veloute*

Chilean Sea Bass, *Banana Leaf Purple Sticky Rice,*

*Carmelized Meyer Lemon Leeks, Spring Lobster Salad,*

*Ginger Carrot Sauce, Chive Oil*

### **Accompaniments**

Minted Peas with Spring Onions

Yukon Gold Potato and Spring Pea Croquette with Herbed Cream

Asparagus Maitaise

Roasted New Potatoes with Cipollini Onions, Balsamic and Pancetta

Ginger Glazed Baby Carrots

### **DISPLAY of DESSERTS**

Seatings at noon and 2:30 pm

Adults \$37, Children (age 6-13) \$15, under 6 complimentary

**Call front desk for reservations; seating is limited**

# News from the Squash Pro

**Congratulations are due for our first Connecticut League 2010 win! Thanks to our players – they fought hard and showed great team spirit and effort. We are looking forward to adding a second team next season. Players must be able to commit to Thursday evening play. I would also like to add, that our Club's two hardball players, Richard Lamere and Eric Berger, are still actively involved in tournaments. They recently played a tournament in Philadelphia and did pretty well. Richard played in the 40+ division and came in second in the consolation finals.**

## JUNIORS

We will be running our regular Junior Clinic schedule through the end of March, with a slight time change during private school spring break (March 15-26). As the date draws closer, I will update everyone regarding the changes. We will be offering a March Spring Break Camp for those players who would like to use this time to enjoy some squash and work on their game.

### Junior Intensive Spring Break Camp March 22-26

- Junior A Group: 10 am-4 pm  
Coaching fees: \$400 per week  
Maximum number of students: 8
- Junior B Group: 4-5:30 pm  
Coaching fees: \$150 per week  
Maximum number of students: 8

Please sign up soon. Spots are limited.

## PRIVATE LESSONS

Private lessons are available by appointment. Please email the squash pro if you are interested in signing up for a lesson/s.

## UPCOMING CLUB TOURNAMENTS

### April Easter Junior Challenge

**April 11, 2:30-5:30 pm**

Sign up now available.

### Junior and Adult Club Championships 2010

**April 23-25**

Mens: A division/B division

Womens

Junior: A division/B division/C division

*You must be available to play on the evening of April 23. No time change allowed for this year's club championship.* Sign up is now available. Entry closing date is April 3, 2010.

## 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. Every Sunday 1-4 pm; this event is free. For more information, please contact Round Robin Captain, Ted Lovejoy (ewlovejoy@yahoo.com).

## ADULT SQUASH LADDER

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 email lynnleong81@mac.com for more information.

## SQUASH WEBSITE

Please check for up to date information and other details about our squash program at [www.lynnleong.com](http://www.lynnleong.com).

## SQUASH GROUP EMAIL LIST

To be included in our Squash Group email list, please email squash pro Lynn Leong (lynnleong81@mac.com).

## NHLC Squash Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Adult Clinic</b>		<b>5:30-6:30 pm</b>	<b>Power Lunch* noon- 1 pm</b>	<b>5:30-6:30 pm</b>		<b>1-2 pm</b>
<b>Junior A Group 1</b>	<b>4:15-5:15 pm</b>		<b>4:15-5:15 pm</b>		<b>4:15-5:15 pm</b>	
<b>Junior A Group 2</b>	<b>5:30-6:30 pm</b>		<b>5:30-6:30 pm</b>		<b>5:30-6:30 pm</b>	
<b>Junior B</b>	<b>4:30-5:30 pm</b>		<b>4:30-5:30 pm</b>		<b>4:30-5:30 pm</b>	
<b>Young Junior</b>		<b>4-4:45 pm</b>		<b>4-4:45 pm</b>		

## News from the **Personal Trainer**

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### **9 TIPS FOR KNEE-FRIENDLY SQUATS AND LUNGES:**

#### **How to Perform These Butt-sculpting Moves Without Hurting Your Knees**

If you workout in the gym, you certainly have seen nearly all of our clients doing squats and lunges. The reason being is because they are one of the best exercises you can do, if done correctly. Squats and lunges are functional moves that can help you develop power and strength. They target all your lower body muscles including glutes, quads, hamstrings and inner thighs. They also target the core muscles in your abs and back. However, done incorrectly can wreak havoc on your knees and also your lower back. It's very easy to squat or lunge incorrectly, since the actions require the coordination, balance and exact alignment of several body parts simultaneously.

Here are 9 tips for knee-friendly squats and lunges:

#### **Rule 1: Squat and lunge SLOWLY.**

You must move slowly—lowering and lifting—to perfect your technique. Don't perform these moves quickly until you have mastered the movements and you have no signs of wobbly knees or a rounded back.

#### **Rule 2: During a squat, keep your legs parallel.**

Start with your feet exactly hip-width apart—hips over knees over ankles. Never squat with your feet touching. Save the wider squats until you are strong and stable.

#### **Rule 3: Keep your knees stable, especially at the lowest part of the squat or lunge.**

Your knees should never wobble. Position yourself in front of a mirror with your knees facing the mirror and watch yourself. Remain stable.

#### **Rule 4: Point your knees and toes in the same direction.**

When you start, point your feet forward. Then, as the knee bends, follow in that direction.

#### **Rule 5: Work up to harder lunge styles gradually.**

There are different variations of the stationary lunge, including a step up and step back lunge and a forward lunge that is similar to a back lunge but instead of stepping backward with one leg and then lunging, you step forward with one leg and then lower into the lunge. Start with a stationary lunge, then do a step-up, then do a back lunge, and finally do a forward lunge.

#### **Rule 6: When lunging, shift your body weight up and down, not forward and back.**

During any lunge variation, avoid shoving your body weight into your bending knees. When you bend your front knee, avoid adding sliding stress in the joint by dropping your body weight straight down and keeping your weight on the heel of the front leg. Move your entire body weight up and down instead of shifting back and forth. Use the back leg as a balance aid, but not as a support. Keep your back heel lifted at the lowest point of the lunge to encourage your body weight to stay on the front leg.

#### **Rule 7: Avoid letting your knees move toward or past your toes.**

When you do a semi-squat, known as “ready” position in sports such as tennis or baseball, you hold your body weight in an entirely different way than you would when doing deeper squats. As your knee bends, push your hips back to keep the knee over the ankle as you lower your hips. To push your butt back, your torso needs to lean forward slightly. Keep the spine straight and tall and avoid overcompensating with your back.

#### **Rule 8: Maintain a 90-degree knee bend, but keep the calves perpendicular, not slanted.**

Almost every exerciser has heard the 90-degree rule. But just forming a 90-degree angle is not automatic protection if you've shifted your weight forward to the balls of your feet so that you are pushing into your knee joints. The quick fix is to push your hips back a little to straighten out the lower leg and to drive weight into your heels.

#### **Rule 9: Straighten your back leg slightly if lunging strains the back knee.**

A lunge can be performed in two ways: with both knees bent or with the front leg bent and the back leg extended farther back. Bending the back knee of this lunge requires flexible thighs. If you feel any strain, step the back foot farther away and lower with a straighter back leg, such as in the second position of this lunge.

As always, please feel free to contact Scott or myself if you have any questions. To those contestants of the Winter Meltdown, only a few weeks are left. I personally DARE you to kick it up a notch and finish STRONG!!

Here's to your health,

**Michele Tenney** *Certified Personal Trainer*

## **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

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## **Pilates**

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

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## **Birthday Bonanza**

**THURSDAY, MARCH 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.*

MARCH 2010  
**New Haven Lawn Club SOCIAL CALENDAR**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b>	<b>2</b> Pilates 6 pm	<b>3</b>	<b>4</b>	<b>5</b> Family Night Buffet	<b>6</b> Dinner in the Grill Room
<b>7</b>	<b>8</b>	<b>9</b> Pilates 6 pm	<b>10</b>	<b>11</b>	<b>12</b> Family Night Buffet Kids Movie Night 6 pm	<b>13</b> Dinner in the Grill Room
<b>14</b>	<b>15</b>	<b>16</b> Pilates 6 pm	<b>17</b> St. Patrick's Day Specials at the bar and Grill Room this week.	<b>18</b> Birthday Bonanza	<b>19</b> Family Night Buffet Bridge Night 8 pm	<b>20</b> Dinner in the Grill Room
<b>21</b>	<b>22</b>	<b>23</b> Pilates 6 pm	<b>24</b>	<b>25</b>	<b>26</b> Family Night Buffet	<b>27</b> Dinner in the Grill Room
<b>28</b>						

*Save the Date:*  
**Easter Buffet and Annual Easter Eggs Hunt**  
 SUNDAY, APRIL 4, SEATINGS AT NOON AND 2:15 PM