World Class Judo
at the NYAC
- See page 25

Intra Club Expo 2011
The American Legion hosts “Chosin”
And details of all that is happening at the NYAC
### MEMBER RATES

<table>
<thead>
<tr>
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<th>WEEKDAY</th>
<th>WEEKEND</th>
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<tbody>
<tr>
<td>SINGLE DELUXE</td>
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All rates are subject to change. All rates are subject to New York State and City Taxes. Rates are for one or two persons. Cancellations made less than 48 hours prior to the time of scheduled arrival will be subject to a one night charge. The same charge will apply for members and guests who fail to arrive.
IT’S STORAGE TIME.

**PETER DUFFY FURS**

231 West 29th Street (Ground Level), New York, NY 10001 ◆ Tel: 212-695-6161

**READY TO WEAR AND CUSTOM MADE**

**DESIGNER CASHMERE RAINWEAR AND ACCESSORIES**

**STORAGE, CLEANING AND REPAIRS ◆ RE-STYLING, ALTERATIONS AND TRADE-INS**

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A vacation isn’t an Irish vacation without a detour or two.

Take in the classic Irish works of W.B. Yeats or the more colorful tales of Danny Shea down at O’Connell’s Pub. Stand atop the Cliffs of Moher or wander around the Ring of Kerry. In Ireland, the people you meet and places you go will grab hold of your imagination at every corner.

See what else is waiting for you. For great deals and vacation offers, visit discoverireland.com
The New York Athletic Club

The Winged Foot

Vol. 130, No 5 May 2011

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Are You Dressed?
The NYAC’s Dress Code is a fundamental part of the Club’s character.
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On the cover: Travis Stevens contests the NYC Open Team Judo Championship, held in the City House gymnasium on Sunday, March 6th. Photo by Tiago Rohsetzer.
A jacket and tie are required for gentlemen,
Comparable attire for ladies.

$115 per person, plus tax and gratuity.

To make reservations, please call
(914) 740-1100

Note: Reservations cancelled after 5pm
on Thursday, May 26th will be charged
a $55 cancellation fee.

Enjoy an elegant cocktail reception,
followed by dinner and dancing.

SATURDAY, MAY 28 * 6:30PM

TRAVERS ISLAND
SUMMER OPENING
Celebration

A Travers Island tradition continues with
the Memorial Day Barbecue. Welcome the
start of summer by bringing your family
and friends to TI for the day. Enjoy an
all-you-can-eat BBQ, plus family
entertainment and activities, as we kick
off another great summer season.

MEMORIAL DAY

MONDAY, MAY 30TH · 12PM

LUNCH 12PM – 3PM
$18 PER ADULT, $9 PER CHILD UNDER EIGHT

DINNER 4:30PM – 8:30PM
$26 PER ADULT, $13 PER CHILD UNDER EIGHT

ALL DAY BBQ
$34 PER ADULT, $17 PER CHILD UNDER EIGHT

Prices are plus tax and gratuity.
Althought the accomplishments of our athletes and the innumerable happenings in and around the NYAC have been featured countless times in this column, to the best of my recollection this is the first occasion on which I have written about an element of Club life that is fundamental, not to mention popular. By name, that element is our guest room operation, a function of the NYAC that offers members and guests overnight accommodations that are all but irresistible. No less significant, our guest rooms play a major role in ensuring the Club’s continuing financial stability.

Those who have enjoyed our guest rooms will understand the singular charm that they offer. (By the way: they are never referred to as “hotel” rooms). Their comfortable elegance, coupled with highly competitive rates and the finest location in the City, means that, for a Club member or a reciprocal club member, there should be no other choice when it comes to reserving an overnight room in New York.

If you’d like to learn more about the Club’s rooms, rates and amenities, call the front desk at (212) 767-7130. You can also see more photos at www.nyac.org.

Be it for a fun weekend in New York City, a romantic getaway or a mid-week business trip, the NYAC’s rooms - plus the Club’s many other first class facilities - will exceed your expectations. Which is, of course, what you’d expect from an institution that always goes first class all the way.

NYAC Dress Code

When visiting the New York Athletic Club, please ensure that you comply with the Dress Code. Thank you for your cooperation.

City House

Public Areas (Monday to Friday). Business casual, with jacket and collared shirt, at all times. Comparable attire for ladies.

Public Areas (Weekends: 5pm Friday to Sunday). Business casual attire, with collared shirt, at all times. A jacket is not required, though always appropriate. Comparable attire for ladies.

Main Dining Room

Dinner - Gentlemen must always wear a jacket, collared shirt and tie. Comparable attire is required for ladies.

Breakfast & Brunch - Jackets and business casual attire with collared shirt are required for gentlemen. Comparable attire is required for ladies.

The following are never appropriate:
- jeans and other denim wear; sneakers; shorts; T-shirts and athletic wear. Ladies may not wear halter tops; leggings; clothing that reveals bare midriffs.

Athletic attire may only be worn in athletic areas of the building.

Travers Island

Appropriate casual attire for both ladies and gentlemen.

Formal Dining Room

Jacket and collared shirt at all times. Comparable attire for ladies.

Ballroom

For events in the Ballroom, please make sure to check the dress code associated with the event.

Please note: while a tie is not compulsory in the Club House for gentlemen, it is always appropriate.

The following are never appropriate:
- jeans and other denim wear; sneakers; shorts; T-shirts and athletic wear. Ladies may not wear halter tops; leggings; clothing that reveals bare midriffs.

Athletic attire may only be worn in athletic areas of the building.

Your Monthly Statements

Did you know that your monthly statement is available for you to review on-line at www.nyac.org? This convenient and secure option allows you to monitor your account. Be aware, however, that your on-line statement may not represent the full amount due. When paying your account, therefore, please refer only to the statement that you receive in the mail.

Should you wish, you can now receive your monthly statement via e-mail. Go to www.nyac.org for details of how to enroll.

It may be convenient for you to pay your bill using direct debit or electronic funds transfer. For details of how to use these options, go to “Paperless Bill Payment” under “The Club” at www.nyac.org. Or, you can call the Controller’s Office at (212) 767-7050.

NYAC Garages - Special Notice

Following are parking garages at which your membership card will be honored.

Central Parking, 888 7th Ave. Enter on 56th Street, between Broadway and 7th Ave, on the north side of the street. Or enter on 7th Ave. between 56th St. and 57th St.

Central Parking, 145 West 56th St: Between 6th Avenue and 7th Avenue.

Quik Park, 125 West 58th Street: Between 6th Avenue and 7th Avenue.

200 Central Park South: Enter on 58th St. between Broadway and 7th Avenue.

NB: These garages are not owned or managed by the NYAC.
NEW YORK ATHLETIC CLUB

FORUM

MARY and CAROL HIGGINS CLARK

Monday, May 9th
Ninth Floor

11:45am Welcome Reception
12:30pm Lunch
1pm The writers discuss their latest books, *I'll Walk Alone* and *Mobbed*

Come to the City House for a special lunchtime Forum with best-selling authors, Mary Higgins Clark and Carol Higgins Clark

Dress Code: Gentlemen: A jacket and collared shirt are required.
Ladies: Comparable business attire

For additional information and reservations, please call Carol Sofia at (212) 767-7608 or e-mail carols@nyac.org

Visit www.nyac.org

$45* per person, plus tax and gratuities

*Includes a copy of both books
Top Class Athletics

As Chairman of Athletics, I tend to get involved with many sports-related areas of the NYAC. In all of these enterprises, I work very closely with Chris Cassell, our Captain, and Cedric Jones, our Athletic Director. We try to ensure that our Club members can avail of the finest facilities and events. We attend to just about everything in the Club that relates to sports, be it funding for our teams, equipment for our facilities, the Day Camp at Travers Island, or arrangements for the All Sports Dinner. The NYAC has a peerless reputation in the world of athletics, and our job is to preserve and enhance that reputation.

Our Olympic caliber athletes are busy preparing for London 2012. In rowing, wrestling, track and field, water polo, fencing, swimming and judo we have potential medalists. These superb athletes have a great Club tradition to uphold and we are making sure they are getting all the support they need to be successful.

The sport of fencing has a rich history at the NYAC. It was first introduced to the United States by Club members in the late 1800s. Since then, the NYAC has had one of the most successful programs in the US, with over 100 Olympic team members having competed in the modern Games. In addition, NYAC members have won over 100 individual US titles and over 100 US team championships. In the 1960s, 1970s and 1980s, the NYAC was the location of the famous Martini & Rossi Sabre World Cup.

World Cup events are used for individual and team world rankings and qualification to world championships and Olympic Games. From June 24th to the 26th, the Club will host a sabre Fencing World Cup Olympic qualifying event at the City House. The top fencers from around the world will be taking part. Of the eight World Cups for sabre, this will be the only one to be held in the United States. Despite our rich Olympic tradition, this is the first time that the NYAC will host an Olympic qualifying event. I strongly recommend that you come see this spectacular event and support our NYAC fencers.

In September of last year at Travers Island, the Club hosted the inaugural Humphrey-Thompson Cup. This event is a competition between the Olympic Club of San Francisco and the New York Athletic Club. The events contested were rugby, lacrosse, men’s and women’s water polo and men’s and women’s soccer. The intent is to hold this event every two years, alternating between San Francisco and New York; however, in order not to have the event in the same year as an Olympic Games, we are bringing the Humphrey-Thompson Cup forward to this year. It will be held on October 21st and 22nd in San Francisco, with basketball added to the mix. The NYAC won the inaugural event but we expect stiff competition from the Olympic Club as they try to take the Cup from us. - Brian Healy

Spring is in the Air at TI

Springtime at Travers Island is a welcome time of year for those making use of TI’s athletic and dining facilities. For its 124th season - Travers Island was purchased by the Club in 1888 - the TI Committee has worked diligently to offer a wide range of opportunities for fun and relaxation. Whether your preferred venue is the Yacht House, the Tennis House, the all-weather athletic field, the salt water swimming pool, the Fitness Center, or the Club House, with its dining rooms and patio terraces, Travers Island has it all.

Friday through Sunday dining service resumed on April 15th, dining service on Wednesdays and Thursdays will resume after Memorial Day. The Island’s formal opening will take place on May 28th with a gala dinner dance. There will again be regular shuttle service between Travers Island and the City House, allowing all members to enjoy the full schedule of dining events that TI Manager Bill Lopez and Chef Andrew Ladd have prepared - Friday night Seafood Buffets, Saturday night Family Dinners, holiday weekend barbecues, and many other evenings of fantastic events.

The rowing season was kicked off by the annual Valentine Day’s Massacre in February. A regular schedule of team sports (soccer, rugby and lacrosse) resumed on the athletic field in March, with a spectator seating area slated for completion in May. The year-round Fitness Center completed a major renovation in April, and new, top of the line exercise equipment has been installed. The tennis courts opened on April 16th, with a season that extends into mid-October. The Tennis House, dating from 1916, was completely remodeled in the spring. The swimming pool and cabanas open on May 28th, offering exercise and relaxation throughout the summer months. Use of the Fitness Center, swimming pool, and tennis courts, is available with annual or daily passes.

The annual Commissioning Ceremony at the Yacht House takes place on May 14th, marking the opening of the boating season. Notably, the Board of Governors recently authorized the purchase of additional sailing dinghies for the Junior Sailing Program, which is for children aged eight to 14 at beginner and intermediate levels, and which runs in two-week segments from June 17th to August 19th. The Winged Foot Day Camp offers golf, rugby, sailing, soccer, swimming and tennis, for children from ages five to 14, from June 17th to August 19th. The Junior Tennis Academy offers basic instruction for youngsters from late June to late August. There is a Quick Start tennis instruction program for younger children. There are also children’s swimming, diving and tennis teams that compete in inter-club leagues.

Travers Island is for the enjoyment of all members. So add some of the exciting upcoming activities at TI to your calendar. You won’t be disappointed.

- Peter Corritori
Winged Foot Day Camp

BOYS AND GIRLS AGES 5 TO 14

June 27th to August 19th, 2011
Eight Weeks
Monday - Friday
Arrival: 9:30am
Departure: 3:15pm

TRAVERS ISLAND
Day Camp

TRAVERS ISLAND Junior
SAILING PROGRAM
FOR CHILDREN of NYAC MEMBERS, 8 to 14 YEARS of AGE.

JUNE 27TH – AUGUST 19TH, 2011
TWO-WEEK PROGRAMS

MONDAY - FRIDAY
AM SESSION 9:30AM – 12:30PM
PM SESSION 1:30PM – 4:30PM

For more information please contact
Liana Iglesias at (212) 767-7160
or email lianai@nyac.org
On Saturday, March 19th, the 115th season of the New York Athletic Club’s Saturday Morning Program came to a celebratory conclusion at the annual closing luncheon and Awards Ceremony on the ninth floor of the City House. An overflow crowd of some 250 children, coaches, counselors, parents, and friends packed the room and enjoyed a tasty lunch followed by an exciting awards ceremony.

SMP chairman, Rich Garbarino, presided over the event, along with vice chair, Alexis Fogarty. Joining them on the dais were NYAC President Colin Neill, former presidents, plus current and former governors and committee chairs, including Jim O’Brien, Jack Johnson, Brian Healy, Kevin Earls, Cedric Jones and Noel Thompson. Rounding out the table were Saturday Morning Parents’ Club president, Stuart Patchen, and past presidents Kevin Corbett, Ronald DiPrinzio, and Robert Folks.

Leading off the award presentation were the five major awards recognizing meritorious SMP boys and girls in various categories. The Jim O’Brien Award for the outstanding SMP athlete, named for NYAC past president James W. O’Brien, was presented to Amirah Snead. The Jack Johnson Award for the girl who most represents the spirit of the SMP was presented to Elizabeth Brewer. The award honors Mr. Johnson, who spearheaded the effort to enroll girls in the Program in the early ’90s. Named for former SMP chairman, the Tom Hamm Award for sportsmanship was presented to Paul Hansel and Suneil Jeter. The John McCann Award, which recognizes SMP counselor McCann, who passed away suddenly in 2003, was garnered by SMP counselors Jessica Maldonado and Chris Panagakis for their outstanding contributions and work ethic. Finally, a new award, the Ronald McDonald Award for the SMP participant who raised the most money for the Ronald McDonald House in connection with the Charity Fun Run went to Love Acevedo.

Individual athletic awards were presented to SMP boys and girls in the 12 sports taught by SMP coaches during the 115th season. Winners received plaques for “Best In Sport” and “Most Improved.” For the 2010-2011 season, the recipients are:

- Basketball - Steve Acconti and Amirah Snead (Best In Sport), and Michael Juzeniw and Lola Stout Antognini (Most Improved);
- Boxing - George Eustice and Lola Stout Antognini (Best In Sport), and John Gjini and Noa Gilad (Most Improved);
- Fencing - Alfredo Roselli and Elizabeth Brewer (Best In Sport), Dylan Friedman and Nilsamarie Rodriguez (Most Improved);
- Handball - Robert Duggen and Pearl Eustice (Best In Sport), and Declan Duggen and Lola Stout Antognini (Most Improved);
- Judo - George Eustice and Alesandra Cavallaro (Best In Sport), and Steven Attorri and Kathryn Haggerty (Most Improved);
- Physical Fitness - James Murphy and Pattie Haggerty (Best In Sport), and Gavin Woods and Elizabeth Brewer (Most Improved);
- Soccer - Jack Woods and Alesandra Cavallaro (Best In Sport), and Gavin Woods and Juliet LaSala (Most Improved);
- Swimming - Adam Brown and Lola Stout Antognini (Best In Sport), and Michael Pena and Daniela Morel (Most Improved);
- Tae Kwon Do - Sebastien Cutler and Annie Brewer (Best In Sport), and Andre Cutler and Noa Gilad (Most Improved);
- Water Polo - James Murphy and Elizabeth Brewer (Best In Sport), and Harry Murphy and Honare Hodnet (Most Improved);
- Wrestling - Sean Scanlon and Annelisa Rodriguez (Best in Sport), and Kevin Juzeniw and Renata Burnett (Most Improved);
- Track - Brandon Mirabella and Lola Stout Antognini (Best In Sport), and Steven Attorri and Juliet LaSala (Most Improved).

Congratulations to the above recipients and to the more than one hundred girls and boys who participated in the successful 115th season.
The Battle of Chosin

On Tuesday, March 8th, American Legion Post 754, with the cooperation of the United States Marine Corps, presented the award winning documentary “Chosin,” a film recognizing and honoring the 15,000 Allied soldiers who fought in one of the key battles of the Korean War. This was the 60th anniversary of this historic battle, which was fought in the winter of 1950.

The American Legion held a reception, followed by a screening, with some 300 NYAC members, veterans, soldiers and guests attending. The guest of honor was retired Admiral J. Robert Lunney, who was on the US Naval ship that successfully orchestrated one of the largest evacuations of military and Korean refugees involving a single ship.

The two Marine Corps captains, Brian Iglesias and Anton Sattler, producers of the documentary, were on hand to relate their experience of interviewing dozens of soldiers who survived the Chosin campaign. This American Legion event had one of the largest turnouts at the NYAC since the end of World War II.

- Douglas Sinsel
The 12th Annual NYAC Athlete’s Fund Golf Tournament will take place on Monday, August 22nd, at Winged Foot Golf Club in Mamaroneck, NY. Winged Foot is one of the most celebrated courses in the USA, having played host to the US Open and having seen competition from some of the world’s most accomplished players.

Though spring is only starting to make its presence felt, it’s not too soon to reserve your spot for this year’s Athlete’s Fund Tournament. Places fill very quickly, so now is the time to claim your spot at the tee.

Two 11 am sessions will be held, one on the East Course and one on the West Course. Individual spots are priced at $1850 ($800 of which is tax-deductible); but there is more. How about availing of one of these special sponsorship opportunities?

**Birdie Sponsorship**, comprising one foursome priced at $7400 (of which $3200 is tax-deductible)

**Eagle Sponsorship**, comprising one foursome, allowing nine extra holes plus other benefits, priced at $11,000 (of which $6800 is tax-deductible).

**Platinum Sponsorship**, comprising three foursomes with nine extra holes and many extras, costing $25,000 ($11,200 of which is tax-deductible).

Not to be forgotten is that proceeds from the Tournament support the Athlete’s Fund in its mission to provide funding for the NYAC’s top class athletes and for sports programs for boys and girls in the inner city.

If you are interested in playing in this year’s Tournament, please contact the Athlete’s Fund Office at (212) 767-7042 to receive full details and a registration form. You may also e-mail carolinav@nyac.org.

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**NYAC Alcohol Consumption Policy**

New York State law prohibits the sale of alcoholic beverages to those under 21 years of age and to any individual who is, or who appears to be, intoxicated. All staff who are responsible for serving alcohol at the City House and at Travers Island have been instructed in the appropriate procedures and will enforce these policies politely, but firmly.

At the New York Athletic Club, we are committed to ensuring a safe and comfortable environment for all members and guests to enjoy. These regulations are, therefore, of the utmost importance. Your cooperation is expected and appreciated.

*Please note: it is prohibited to take alcohol from NYAC premises.*
16th Annual
NEW YORK ATHLETIC CLUB
THE WINGED FOOT AWARD

HONORING

Jim Calhoun
NCAA Men’s Champions
University of Connecticut

Gary Blair
NCAA Women’s Champions
Texas A&M University

Wednesday, May 18th
Reception: 6 pm
Dinner: 7 pm
Ninth Floor

Master of Ceremonies
Billy Packer, College Basketball Analyst

Dress Code:
Jacket & tie required
Ladies - comparable attire

To make reservations and for information, please call Pat Downey at (212) 767-7043 or e-mail Patd@nyac.org.
The title Mr. and/or Ms. Big Shot was on the line once again this April 1st on the newly installed hardwood of the Raymond G. Lumpp Gymnasium's basketball courts. The early favorite, former Providence College shooting star, Bert Brady, suddenly cooled off at the three-point line after a torrid start, leaving Ed Swain and Bobby Anastasia in a tie for the title.

With anticipation of a head-to-head shoot-out for the championship, most of the field finished up and gathered at court side for well-deserved libation. Marathoner Jim Rafferty and former track and field Olympian, Gary Morgan, endured early cold spells at the free throw line, but eventually found their stroke during the two-minute jump shot drill. A growing number of participants recognized that the Swain/Anastasia duel for the title would be usurped, as their lead gave way to former Occidental College hoop star, Patrick Eng. Eng’s jumpers hit only net on all but two shots to close the door on the rest of the field.

Tim Foxen, Dan Smith, Jason Walsh, Paul Fitzsimmons, Henry Burnett and his son, as well as many others wound down the clock on the three-point line while Bridget Boyle dropped enough jumpers to break the women’s shot record set by Elizabeth Grace in 2010.

The Big Shot Shoot-Out is sponsored by the All Around Athlete program and was one of 15 events contested in the AAA competition held on April 15th, 16th and 17th. See the next issue of The Winged Foot for the full results.

- Dan Smith

SD26 Restaurant & WineBar

"SD26 Combines Fabulous Food with probably the snazziest contemporary interior you’ve seen in a long time."

*Forbes Magazine, 12/09

19 East 26th Street New York
T. 212 265 5959
www.SD26ny.com
reservations@SD26ny.com

Did you know that you can now choose to receive your monthly NYAC bill via e-mail? If you’d like to take advantage of this new Club initiative, all you need to do is go to www.nyac.org where you’ll find a link that will take you to the enrollment form. In that area, just provide your name, audit number and e-mail address. That’s it. Thereafter, you’ll receive every monthly statement right to your computer. If you’ve got questions, or would like further information, please call (212) 767-7025 or e-mail membershipservices@nyac.org.

NB: if you select to receive your statement via e-mail, you will no longer receive one via the USPS.
Make the New York Athletic Club your home away from home the next time you stay in New York City.

**Gorgeous Rooms & Suites** – Beautiful modern accommodations with a full complement of old world charm, many overlooking Central Park.

**Superb Location** – On Central Park, just minutes to Carnegie Hall, Lincoln Center, Broadway, Fifth Avenue, Radio City Music Hall & New York’s finest restaurants. Enjoy Free Amenities.

**Gymnasium** – Cardiovascular equipment and running track, plus free weights and an extensive range of exercises machines.

**Aquatic Center** – The Aquatic Center offers state-of-the-art equipment. You can swim, enjoy a soothing whirlpool and sauna, or make use of the hydrotherapy and massage facilities.

**Wireless Network** – Take advantage of our high-speed wireless network in all guest rooms.

**So much to enjoy:**

1. The Juilliard School
2. Lincoln Center
3. Time Warner Center
4. Metropolitan Museum of Art
5. Wollman Memorial Rink
6. Central Park Zoo
7. Carnegie Hall
8. Tiffany & Company
9. Theatre District
10. Radio City Music Hall
11. Rockefeller Center

New York Athletic Club
180 Central Park South
New York, NY 10019
www.nyac.org

For overnight accommodations, call: (212) 767-7135 – Fax (212) 767-7137
email: reservation@nyac.org
Intra Club Expo 2011

On Wednesday, March 30th, the ninth floor of the City House was a hive of activity as the NYAC’s Intra Clubs displayed all that they have to offer.

Knights of the Green Table

Pistol Club

Backgammon Club

Dance Club

Nantucket Artist
FREDERICK COLLORD

Please join us for an Opening Reception
New York Athletic Club ~ Olympic Suite
10th Floor ~ 180 Central Park South
Thursday, May 19, 2011 ~ Cocktails 5-9pm
RSVP • 508.221.6744 or frederick.collord@comcast.net

McCLELLAN SOTHEBY’S INTERNATIONAL REALTY
Pelham’s #1 Real Estate Agency. Locally Owned & Operated for 125 years

PELHAM’S BEST RENTAL. This distinctive home in Pelham Manor is just a short walk to NYAC and features a magnificent 5,500 sf Victorian set on 3 park-like acres including an in ground pool, cabana w/bth., children’s play house and 6 bedrooms and 4.2 baths. It is classically elegant and beautifully renovated for today’s lifestyle. $13,000 per month. Camille Romita, Listing Broker

207 Wolfs Lane, Pelham, NY 10803
Tel: (914) 738-5150
www.mcclellansir.com
Ireland comes to New York City each March 17th and, outside of Fifth Avenue and the Parade, there are few places where the day is celebrated more enthusiastically than the New York Athletic Club. On the Parade route, too, the NYAC is powerfully in evidence, with some Club members serving on the judging committee, a body chaired by past Club Board member, Gene Culligan (pictured center with Club president, Colin Neill, to his right).

It is said that everybody is Irish on St. Patrick’s Day, a fact for which there is ample evidence in every hallway of the City House. The tradition of a truly enjoyable St. Patrick’s Day celebration was upheld once again this year - although we never doubted that it would be.

**In Memoriam**

The NYAC offers condolences to the families and friends of the following members, recently deceased, who will be sadly missed.

James J. Cassidy, Senior member, elected 1969, deceased, March 20th, 2011.

Lawrence F. Hickey, Special member, elected 1946, deceased March 28th, 2011.

Albert Law, Jr., Non-Resident member, elected 1946 and 2009, deceased January 30th, 2011.

George C. Lock, Resident member, elected 1989, deceased April 1st, 2011.

Ronald N. Stewart, Special member, elected 1980, deceased February 14th, 2011.

Joseph L. Torrisi, Senior member, elected 1969, deceased February 28th, 2011.

Sylvia Wright, Non-Resident member, elected 1996, deceased January 30th, 2011.
MOTHER’S DAY
in the Main Dining Room

SUNDAY, MAY 8TH
Seatings at 12:30pm, 1pm, 1:30pm, 4:30pm, 5pm and 5:30pm

$44-$55 adults,
$21 for children aged eight and under, plus tax and gratuity.

To make reservations and for more information, please call the Main Dining Room at (212) 767-7080 or e-mail CHDining@nyac.org


MOTHER’S DAY
at Travers Island

SUNDAY, MAY 8TH
Brunch 11am to 3:30pm

Treat your mother to an elegant brunch at Travers Island. The menu includes eggs, omelets, seafood, chicken and much more. Could there be any better way to celebrate Mother’s Day?

$39.95 per adult, $19.95 per child under eight, plus tax and gratuity

Jacket and collared shirt for men
Comparable attire for ladies

To make reservations, please call (914) 738-2700 x1280

Are You Dressed?

The NYAC’s Dress Code is an integral part of the character of the Club. How do you measure up?

Business attire. Always appropriate.

There was a time when it was considered less than genteel for ladies to wear slacks and pant suits - but those days are gone.

The attire is fine, but how you wear it is just as important.

And the sneakers? The iPod? They’ve got to go.

You’d never try to sneak across the Lobby dressed like this, would you?

Special thanks to our superb models, Club track and field competitors, Lesley Higgins and Chris Ellis-Ferrara. Lesley was a 2008 Olympic Trials qualifier in the 3000m steeplechase. Chris ran a 2:37:00 marathon in New York in 2010.

Athletic pants are fine - for athletics. They’re meant for the gym, not for the Tap Room.
The Dress Code is a fundamental element of your membership at the NYAC. At times, though - and especially in summer - it can be tricky to know what’s appropriate and what’s not, especially when it comes to what is stated in the Dress Code and what is also implied. These pages provide some guidance. If you still have questions, any member of our Security staff and our Membership Services staff will be happy to assist.

How Compliant Are You?

1. When entering the City House, you:
   a) Come in at 59th Street wearing business attire, check your bag and coat at the Coat Check, and proceed to your destination.
   b) Come in at 58th Street, hope your coat will conceal your jeans, and head for the elevators as fast as you can.
   c) Come in at 58th Street in your workout gear, turn your headphones to full volume and pretend you can’t hear the security guard calling your name.
   Answer a) = 5 points. Answer b) = 3 points. Answer c) = 1 point

2. In the locker room, if your cell phone rings, you:
   a) Quickly mute it.
   b) Answer, but hurriedly whisper, “Yo, dude! I’m at the Club. Can’t talk.”
   c) Answer, and have a five minute conversation at the top of your voice.
   Answer a) = 5 points. Answer b) = 3 points. Answer c) = 1 point

3. Dressed in athletic attire waiting for the Athletic Elevator, you:
   a) Wait patiently
   b) Wait for a couple of minutes, then call the regular elevator and hope that there’s nobody there.
   c) Wait for a couple of minutes, then call the regular elevator, pretend you don’t speak English and get in whether there’s somebody there or not.
   Answer a) = 5 points. Answer b) = 3 points. Answer c) = 1 point

How did you score?
15 points - You’re the perfect member.
9 points - Some improvement is called for.
3 points - Seriously, we need to talk.

You can find full details of the NYAC Dress Code on page seven of this issue and at www.nyac.org.

The medium is the message; but, sorry to say, you can’t deliver it - at least, not on a T-shirt - in the Club.

Sorry - the cap, the T-shirt, the jeans, the sneakers - all have to go. And the cell phone? You can use it, but only in our phone booths.
Join Chef Andrew Ladd in the Ballroom for a culinary experience showcasing tasting plates from the Formal Dining Room menu. All selections will be complemented by wines from our extensive wine list.

A CABARET SHOW WILL FOLLOW.

Jacket and collared shirt required for gentlemen, Comparable attire for ladies.

To make reservations please call (914) 738-2700 x1280

Friday, June 10th • 7pm

$58 per person, plus tax and gratuity.
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LATIN AMERICA
Master Class with Chef Agostino von Hasell
at the New York Athletic Club

Location – President’s Room
$58 per person
Classes begin at 7pm
Cancellation Policy: 48 hours prior to class.

Additional Class
June 16th
The Balkans

For additional information and reservations, please call (212) 767-7043 or e-mail patd@nyac.org.
The Junior Tennis Academy is the New York Athletic Club’s popular summer tennis program at Travers Island for members’ children ages 5 to 16 years of age.

Participants of all skill levels are welcome.

Monday, June 20th to Friday, August 26th
Monday through Friday, 11:30am to 3pm

$65 per day
$290 per week
$550 for two weeks
$1,000 for four weeks
Includes all fees and lunch

Junior Tennis Night

Starts May 20th
Fridays - 6:15pm to 7:45pm

$15 for children
$10 for adults
Tennis members free

For more information, please call the Travers Island Tennis House at (917) 740-1112

Friday Family Tennis Night

A friendly Round Robin for the adults, while the children receive tennis instruction and play games organized by the pros.
On Sunday March 6th, the New York Athletic Club hosted the first ever New York Open Team Championships. Team judo competitions are very popular in Europe and Asia, drawing thousands of fans. It was just as popular at the City House. The NYAC took a bold step forward by joining with Francesco Rulli of Film Annex to create its first Team Championship, while continuing its tradition of setting a high standard of judo excellence.

As always, the Tournament committee of Arthur Canario, John Walla and Mel Appelbaum did an outstanding job of organizing the event, arranging with the NYAC for use of the facilities, bringing in world class officials appropriate to the level of the competition, and providing an exciting and competitor-friendly environment.

The event featured powerhouse teams from Italy, Germany, Canada and the United States. The teams were all vying for a $2000 cash prize that came along with the gold medals. The athletes competed in front of a very vocal New York crowd, as many judo fans showed up to watch the action. DJ Mark LaRush rocked the house throughout the event, pumping the crowd up with a wide variety of music. Five-time national champion, Carrie Chandler, was on the microphone providing live commentary during the matches, energizing fans and competitors alike. The entire event was filmed by a large production crew from Film Annex, which will be airing the event on its web site.

Tennis legend Billie Jean King made a special appearance during the event to give a speech and award a $5000 check on behalf of the Women’s Sports Foundation and Rusty Kanokogi Endowment Fund to world champion and NYAC athlete, Kayla Harrison. King also awarded a $2500 check to US Open champion Hana Carmichael, another NYAC member. King commented that, although a close friend of Rusty Kanokogi, the driving force in women’s judo, this was her first judo competition and she was very excited to watch the matches.

The action was fast and furious right from the start, with Team Germany defeating Team Canada and Team USA defeating Team Italy. In the semi-finals, Team Germany defeated Team Italy and Team USA defeated Team Canada, setting up a gold medal showdown of the Americans versus the Germans. In the final, Team Germany sported white Judogi tops with black gi pants and Team USA debuted Blue Judogi tops with Red Judogi pants. Two time NY Open champion, Toni Lettner, was the German coach, while the Americans were coached by none other than NYAC Hall of Famer and world champion, Jimmy Pedro.

Toni Lettner and his German team, consisting of Danny Wallich, Stefan Kneitinger, Rene Kirsten, Robert Gess and Dominick Gerzer
got into a huddle and chanted “Deutschland! Deutschland! Deutschland!” before the gold medal match. Across the mat, Jimmy Pedro and the Americans were also in a huddle chanting “U-S-A! U-S-A! U-S-A!” With the music blaring, the energy built and was at its peak as the first two athletes walked out onto the tatami.

2010 Pan American champion Brad Bolen (66kg) started the Americans off strong, earning a 10 point lead by pinning Danny Wallich, which drew whistles and cheers from the crowd and earned him a standing ovation. Rising star in the 73kg division, Nick Delpopolo, was held scoreless by tough German Stefan Knettinger and, after five minutes the match ended in a draw, Score: 10-0 to the Americans.

Moving into the third round, 2008 Olympian Travis Stevens (81kg) defeated Robert Gess by wazari and moved the Americans into a comfortable 2-0, 17-0 lead. With their backs against the wall, the Germans sent out Rene Kirsten (90kg) to take on Garry St. Leger of the US. Garry was the crowd favorite all day as he hails from New York City. The crowd couldn’t will their man to victory though, as the powerful German slammed Garry with uchimata, making the score 2-1, 17-10 in favor of the Americans going into the fifth and final match.

American Kyle Vashkulot (+90kg) had sustained an injury earlier in the day against an Italian opponent; but, with no alternate in his division to replace him, he decided to gut it out and try to secure the gold for the Americans. In what became the match of the tournament, the crowd was thrilled as Vashkulot and Dominik Gerzer laid it all on the line at 1:05:32 personal best. Both corner judges called ippon for Vashkulot; but, after consultation with the jury (two international A level referees), it was deemed that the throw started in bounds. The referee called ippon, giving the win and the gold medal to the German team. A stunned American team had to watch as the Germans swarmed the mat lifting their man high into the air in celebration. The German cheering section in the crowd went wild with excitement and cheers could be heard throughout the building.

Although both teams were tied with two wins a piece, because the Germans won both of their matches by ippon and the Americans only had one ippon and one wazari, the German team was declared the winner by a score of 20-17. Team Canada defeated Team Italy to take the bronze medal.

The event was followed by a banquet in the Tap Room, where all players and coaches were invited to join in a post match celebration that included good food and drink, along with the traditional lies, boasting and friendly challenges for upcoming competitions.

The NYAC and Film Annex are to be commended for bringing a new and exciting format for judo competition to the US. By all measures, the experiment was a success; innumerable competitors expressed their appreciation and stated that they were looking forward to another competition next year.

On the Monday following the Tournament, the German and Italian teams visited our workout, run by Aziz Bendriss, and at which each of the visiting players was invited to demonstrate and share his favorite techniques.

- Andy Blumenthal
Championship Play

The NYAC Platform Tennis Men’s Club Championship was held on March 30th, a clear, crisp Wednesday evening. Over a dozen teams competed in two flights to form a very competitive and extremely enjoyable evening. In the main draw, Sean Corridon and Kelly Durcan lost a close match in the semi-finals to Bill Taubner and Sean O’Neil by the scores of 6-4, 6-4. In the other semi-final, Andy Ward teamed with Eric Cruz to fight a great battle with Chip Zabatta and Joe Urbiniati before going down by the score of 6-3, 6-3.

The final that night drew many boisterous spectators due to absolutely fabulous play on both sides of the net. The 2011 NYAC champions are Chip Zabatta and Joe Urbiniati by the score of 7-6 (4), 6-1 over Bill Taubner and Sean O’Neil in the final.

In the ‘A’ Flight consolation draw, Jamie Capello and Carlos Garcia-Tunon defeated John Canella and Tom Fear by the score of 6-1, 6-3. In the ‘B’ Flight main draw, Brian Woods and Chris Laurentani defeated Josh Conroy and Martin Holter in a one set final, 7-5. The ‘B’ Flight consolation winner was Bill Foxx and Jim Brewer in a walkover of teammates Joe Argento and Bill Barbera.

Our thanks to Marco Grangeiro for officiating a wonderful evening for this large, diverse group of eager players to help complete a very successful competition. We should all be very thankful for having Marco as our club platform professional this season, both on and off the court. Please join me in showing him our appreciation by thanking him for helping to make 2010-2011 a wonderful platform season.

The WPTL season ended on a high note for our men’s team in the top division, as Captain Eric Cruz led his squad to the 2011 Division One League Championship. Our boys finished the regular season in third place, which meant they entered the season ending tournament as one of the top four teams. In the semi-finals, the squad defeated Greenburg 3-2, and then played the final that same evening, defeating Flint Park 5-0. Players that competed on “The Cruzers” this season were Mike (1500m, Great Britain) are other NYAC athletes with serious World Championship prospects. Please be sure to track their progress on the web site and via our monthly submissions to The Winged Foot.

- John Hricay

Reilly Kiernan, Gian Caccia and Matt Forys meet the press following their Olympic Marathon Trials qualifying performances.
ended with the team missing by the smallest of margins. Although they will start off in Division Five next fall, we know they will be back in Division Four in the spring. Members who played alongside Fortune this season include Steve Alexiou, James Cappello, Carlos-Garcia Tunon, Julian Raniero, James Grandefeld, Bill Barbera, Elia Clemente, John Draghi, Tom Davidson, Tom Fear, John Canella, Jim Morris, Joe Ruggiero, Larry Sturgis, Eric Sundrin, David Meyers and Gabe Uzunian.

Bill Gerken captained the Division Six team to a sixth place finish and a great time on the courts, with teammates Joe Argento, Jerry Delgrosso, PJ Denning, Fred Leone, Brian Woods, Josh Conroy, Martin Hofer, Joe Ruggiero, Larry Sturgis and John Canella. Bill Foxx led the Division Seven team to a fifth place finish with a squad that included Jim Brewer, Jamie Hupprich, Tom Spana, Chris Laurentani, Rob Anzilotti, Bob Tracy, Ed Smith, Paul Mottola, Ed Petti, Miles Denison, Mark Sobolak, Sam Battaglia, John Leonard, Chris Epes and CJ Papa. - Chris Tully

Seeking Perfection

Perfection is unattainable; but, if you chase perfection you can catch excellence. Adeline Gray (67kg) reached that standard on February 26th, capturing a gold medal at the Dan Kolov International in Bourgas, Bulgaria. Adeline defeated Adina Popescu of Romania and Burcu Orskaya of Turkey en route to the final, where she pinned Rlitsa Vanova of Bulgaria. Sara Fulp-Alan (48kg) also took home some hardware for the NYAC, earning a silver medal in defeating Nadine Tokar (Switzerland), 3-3, 2-0 and Melek Atakol (Turkey), 1-0, 6-0.

Ellis Coleman (66kg Greco Roman) took home a gold medal in Austria, winning the Austrian Greco Roman Cup in Gotzis, on March 5th. Ellis defeated Philippe Hausle (France), 4-0, 7-, Benedikt Puffer (Austria), 4-0, 8-0, Petv Jonda (Czech Republic), pin 1:58, Andre Kogler (Austria), 6-0, 5-0, Murbizter Matous (Switzerland), 5-0, 3-0. In the final he dominated Verni Varekoski (Finland), 2-1, 4-0.

Our #1 ranked American and 2010 World Championships member Brent Metcalf (66kg) traveled to Kish Island, Iran and won a silver medal at the Tahkli Cup on February 26th. Brent defeated Mohson Aghajani (Iran), Sobhan Mohammed Zadeh (Iran) and Hojat Fallah (Iran) to earn his silver medal. Metcalf also went to the Cerro Pelado International in Havana Cuba, earning a bronze medal by defeating Ghandi Marques (Mexico), 6-0, 4-0, Yoan Blanco (Ecuador), 1-0, 5-1, and Sascha Buechner (Germany), 3-1, 3-0, the latter in the bronze medal bout. Brent's only loss was to four-time World Championships medalist Geandry Garzon from Cuba.

In Slovenia, Justin Ruiz won a silver medal at the Grand Prix of Slovenia, held in Murska Sobota on February 19th and 20th. The NYAC wrestling team also had two female representatives, Helen Maroulis and Veronica Carlson, on team USA at the World Cup in Lievin, France on March 6th. The US team won a silver medal.

Jenna Burkert, the youngest member of the NYAC team at 17 years of age, won a bronze medal at the Klippan Lady Open in Klippan, Sweden on March 5th. Jenna opened the day by pinning 2007 European Championships bronze medalist Emese Barka of Hungary, in 1:24 in the repechage round. In the bronze medal bout, she defeated two-time World Championships medalist, Agata Pietryzk of Poland, 1-0, 1-0.

Our world class team continues to represent the NYAC on medal podiums around the world. On behalf of NYAC Wrestling, I would like to thank our Officers, Governors and Athlete's Fund leadership for their continued support. - Noel Thompson

New Season, New Players

The gymnasium is not the only part of the NYAC exuding a youthful sparkle. In an effort to get younger and more athletic, the men’s basketball team has added five new faces to the 2011 roster.

The most decorated newcomer is former captain of the Bucknell Bison, Charles Lee. Charles is a 6’5” shooting guard who led the Bison to two straight Patriot League titles and two straight NCAA Tournament second
round appearances, including Bucknell’s 2005 upset of #3 seed Kansas. Charles was the 2006 Patriot League Player of the Year. After college, Charles played with the San Antonio Spurs summer league team and then continued his professional career in Israel, Belgium and Germany. Charles moved to NYC in 2010 to work for Bank of America. He opines “I’m really excited to carry on the winning tradition of NYAC basketball. I think we can take it to another level.”

Joining Charles in the starting line-up are Colin Cunningham and Pawel Buczak (BOO-Chak). Colin is a 6’6” small forward, a jack of all trades with great length, allowing him to defend multiple positions. Colin boasts, “I can take charges better than anyone!” Colin was captain of Holy Cross’ basketball team in 2009 and moved to NY to work for Morgan Keegan. Pawel is a 6’10” center with NBA range and a great ability to run the court. He graduated Princeton in 2010, where he learned to use the skyhook with either hand. Pawel moved to the area in 2010 and works for Prudential. He is a man of few words and declined a quote for this story.

Coming off the bench are newcomers Mark McAndrew and Jeron Smith. Mark is a 6’3” combo guard who led the Ivy League in scoring for two straight seasons. He was captain of the Brown Bears in 2008. He was a two time Academic All-American and twice named First Team All-Ivy. After college, Mark played professionally in Spain and Germany. He moved to NY in 2010 and works for BNP Paribas. Jeron is a 6’4” swingman with extra-terrestrial athletic ability. He has quickly built a name for himself with jaw-dropping dunks and rocket ship acceleration. Jeron is a 2008 graduate of Howard University and moved to NY to attend Columbia University graduate school and work for Nike.

The team will miss both the size and veteran leadership of retired players like Jesse Rosenfeld and James Mastaglio who were on the roster for 10 years. Adding to that are the injuries suffered by Nate Brown and Ed Lacayo; but, there is an eager anticipation to see how the new pieces fit in.

Coach Lee opines, “We are definitely more athletic, but we’re a bit smaller and this is a sport where size matters, it could go either way.”

The team looks to reclaim the NACAD National Championship title this spring in Detroit, MI. - Paul Vitelli

Tennis
The Season Begins
The NYAC Tennis Program has the most comprehensive package of activities geared solely to women of any tennis club in the area. The Ladies’ Tennis Committee is enthusiastically planning another wonderful season at Travers Island. We invite all members, beginners through advanced, to take advantage of the many planned activities.

To kick off the Ladies’ season, a tennis
Advertise Your Business in The Winged Foot

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Or contact Catherine Becker at (212) 767-7060
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George Masin Inducted into NYAC Hall of Fame

On April 30th, NYAC fencer George Masin was inducted into the NYAC Hall of Fame. George has been a member of the NYAC since 1969. A two time Olympian, five time world championships team member and 12 time national team champion while representing the NYAC, George has accomplished what every fencer only dreams.

In 1986 he was inducted into the NYU Sports Hall of Fame and, in 2001, he joined the United States Fencing Association Hall of Fame. The August 13th, 2001 issue of Sports Illustrated featured George in its “Faces in the Crowd” section as the only competitor to win a medal at the fencing national championships in five consecutive decades.

George Masin helped introduce me to the NYAC fencing program in 1989. It is an honor to see him join all the other NYAC greats in our Hall of Fame. - Michael Aufrichtig

George Masin highlights while representing the NYAC: NCAA champion, men’s epee (1967); Pan-American Games epee team (gold 1971, silver 1987); individual national champion, men’s epee (1976); national epee team champion with the NYAC (12 times); World Championships team member (five times); Olympian (1972, 1976).
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The Commodore’s Ball

A good time was had by all at the Commodore’s Ball on Saturday, March 26th. Travers Island was transformed into a seafaring escape. Nautical decorations of lighthouses, anchors and sailboat tea lights, life rings and many other adornments were placed in and around each room to promote a maritime ambiance. Cocktails and appetizers were served, looking over the western end of the Long Island Sound and then attendees moved into the ballroom for the main event.

The 113 attendees included members and their guests along with officers and governors of the New York Athletic Club. Commodore Danielle Florio paid tribute to the past six Commodores’ service and accomplishments. She thanked each one personally for the honor and privilege of serving with them as she presented each with an engraved Weems and Plath Octagonal Clock.

Past Commodores recognized were: Thomas Delaney, James DiCicco, Joseph Cesariano, Jr., John Doonan, Lawrence Loacono and Steven Skalicky. Their biographies can be found on the NYAC web site. Fleet Chaplain Reverend David Marcotte, S.J. delivered an invocation. President Colin Neill and Travers Island Chair, Peter Corritori, both shared a few words acknowledging the Yacht Club’s contributions and accomplishments throughout the 120 year history.

The members extend their thanks to Commodore Danielle Florio along with the flag and entertainment committee of the Yacht Club and Travers Island staff for reinstigating this event making it a memorable evening for all.

While members may take a break during the winter months, our faithful yard crew works diligently on our behalf throughout the winter. Floats 1 and 4 underwent a makeover, resurfacing the float planks with Trex Accents, and new water, power and electric stanchions will be installed by Commissioning. All moorings were hauled, inspected and serviced with replacement shackles, chain links or eye bolts as needed. Our thanks and appreciation to Caleb Froatz, Robert Denigris, Peter Zvara, Ricardo Cruz, and Emilio Figuero for their hard work.

The Junior Sailing Program continues to develop. The Club purchased three new 420 boats, another chase boat and a trailer to transport boats to competitive events around the Long Island Sound. To accommodate the expanding program, the Yacht Club yard crew built a second float to attach to the existing float and moved the launch ramp to maximize and address additional space requirements.

March 22nd marked the first boat launching of the year. Ashley, a Parker 28’ owned by member James Sayegh, unseating Vice Commodore Guido Celio, who had held the first launch record for the past four years.

We would like to acknowledge the new members who have joined during the past year. New non-mooring members include: Anthony Calenda, Bill Brody, (Off the Hook), Stephen Toner, (Edgewater), Dan Costin, (Ibex), Robert Lella, (True Blue), Anthony Orlando, (Wakemaker), Robert Ruocco, (Edgewater), Patrick Perdue, (Blue October), Catherine Miller, (Tocmat), Daniel Baron, (Runner Runner), Kevin Madden, (Lady Lynn), Gary Weinshank, (Five Gems). New social members include: Richard Robilliott and Eugene Culligan. The flag and membership of the Yacht Club welcome you all. Get ready for the spring unveiling of boats and associated maintenance and for the American Yacht Club spring series scheduled for the last weekend in April and first weekend in May.

Upcoming NYACYC events are the annual Commissioning on May 14th and the 102nd Distance race to Stratford Shoal on May 21st. We hope to see you at one or more of these events. - Mary Healy

NYACKERS

The Season Begins

On Tuesday, April 12th, the NYACKERS held its Spring Get Together, celebrating the coming golf season and the beginning of the 101st year of organized golf at the NYAC. Attendees enjoyed some great food, beverage and great conversation. We were happy to welcome a number of new members, who eagerly socialized with some of the veteran golfers. Of course, we held putting contests on our well-manicured green. In addition, there were a number of door prizes, including a gift certificate to one of our outings. It was a great day to open the season.

On Thursday, April 28th, we kicked off the local season with a return to The Creek in Locust Valley, Long Island, NY for our third year. We will review the day and give you the winners in the June issue. On Thursday, May 12th, the NYACKERS return to Sleepy Hollow in Scarborough-on Hudson, NY for our fourth season there. Sleepy Hollow is a championship-level course that offers breath-taking views of the Hudson River and the Hudson Valley. This is a very popular venue and we already have many reservations. So don’t wait until the last minute to make your reservation - you could be disappointed. In
addition, we will play the first matches in the season-long Net Match Play Championship series.

On May 24h, we will move to New Rochelle to play a new course on our tour - Wykagyl Country Club. Wykagyl used to be a regular stop on the NYACKERS’ tour, many years ago. When John O’Donnell and I played the course last fall, we were genuinely pleased with every aspect of our visit. This should be a truly great day on a spectacular golf course.

Even if you missed the deadline to sign up to play in the Net Match Play tournament, you can still compete for the President’s Cup, Trakis Cup and Franklin Cup, this year returning to Knickerbocker Country Club on July 21st. To qualify, you must be a NYACKER and have played in at least two previous NYACKERS’ outings.

On a different matter, the handicap season in the New York Metropolitan area became active on April 1st. All rounds played - whether good or bad - must be posted for handicap purposes. Before posting, please remember to apply the Equitable Stroke Control (ESC) rules before posting. Please go to www.usga.org for more information about ESC.

If you liked what you have just read, why not make the NYACKERS your golf club? Whether you already belong to a private club or not, NYACKERS membership makes sense. There are no initiation fees, bonds, minimums or assessments; you only pay when you play. There is no obligation or pressure to play in a certain number of outings. Our 2011 schedule can be found on the NYAC web site, under NYACKERS in the Intra Club tab.

If NYACKERS’ membership interests you, contact Helen Pairazamin, the Intra Club Coordinator, at (212) 767-7168 or helenp@nyac.org. Even better, check us out on the NYAC web site. - Richard Cini

If the Walls Could Talk

But they don’t (at least during the hours the room is open), so we need your help. Along the walls of the Billiards Room are plaques dedicated to former members of the Knights of the Green Table who had made major contributions to the Knights and the New York Athletic Club while they were alive.

Only one dedication has been made to a living Knight - Richard R. Brunn. This is only fitting because “Big Daddy” has done more for the Knights, the Billiards Room and the NYAC than any other KGT member in history. We need your help in tracking down any information and pictures that might be available regarding the following Knights who have been memorialized with plaques on the wall. They were all KGT members when they passed away. The information we have has been collected from over 25 years of past issues of The Winged Foot. Following is a list of the contests and the Knights that have been honored. They are in the same order as they are on the walls starting on the west wall of the room:

GD Glenn Memorial Three Cushion Championship; CC Cullen Memorial Three Way Handicap Singles; Ed L. Lee Handicap Three Cushion Singles; Wm J. Hoey Memorial Handicap 3 Cushion Doubles; ER Walsh Memorial Handicap Snooker Singles; Cl. Falkiewicz Memorial Eight Ball Championship; RA Brunn Nine Ball Championship; 18.2 Balkline Billiard Championship; DS Corcoran Memorial Snooker Doubles; Pool Championship New York Athletic Club; Snooker Championship New York Athletic Club; Alfred E. Smith, Jr. Memorial Handicap Pocket Billiard Singles.

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18 Bloomer Road, North Salem , NY 10560
www.salemgolfclub.org
Any information or pictures you might have concerning the Knights who have been honored with these plaques or about the participants in these events will be greatly appreciated. The NYAC is working on a booklet regarding the history of the Billiards Room and is looking for as much information as possible. Please drop off anything you might have with Isa Ismaili in the Billiards Room on the 10th floor.

The Billiards Room is open to all NYAC members and their guests. In addition it is the home of the Knights of the Green Table and the International Snooker League. It hosts five annual events of the New York Club Billiards Association. The NYCBA is made up of private clubs in New York that have active pocket billiards programs. The NYAC is the only facility with enough tables for the opening round. The Club has two two-man teams in the Association. One is the official entry of the KGT and the other is the NYAC Billiards Room team that is open to any member of the NYAC. The next NYCBA event is a relatively new contest, “61 Rotation,” that has really caught the imagination of the players. It will be on June 15th. Anyone interested in participating, see Isa Ismaili.

- Warren Boorom

March 5th - Experience and the draw control strength of Ashby Kaestner thwarted the Pioneers of C.W. Post from catching the NYAC women’s lacrosse team in a 10-9 match that has traditionally been a hotly contested start to the spring season.

Perennial national power, C.W. Post, jumped out to a 4-0 lead, necessitating a response with goals by Kaestner, Kaitlin Leggio, Caitlin McKinney, Whitney Douthett, and Christine Casaceli, all finding the back of the net for the NYAC on exceptional individual efforts. The half time strategy change by goalie Sarah Hughes called for a pressure defense on the Post attack, led by defenders Lauren Vance, Katie Cox, Caitlin Connolly, Marie McKenna, Kerin Boghosian, Alison Murray and Sarah Fudin - forcing turnovers that tuned into goals and assists from Inneke Carmola, Kaity Gardner, Jillian Maricondo, Jess Weigand, and Chelsea Kocis.

The final minutes of the game became a nail-biter, as Hughes shut the door on repeated Post shots from free positions and breaks. Kaestner and Leggio proved to be the difference as they controlled the critical final draws and possessions, holding off the Post advance.

As Katie Cox’s clear from the defending end ran out the remaining seconds of the game, the NYAC ladies again proved resilient, and humble, in their victory over a team whose skills they rightfully respect.

Please check the NYAC web site for future NYAC women’s lacrosse games.

- Marvin German

The Cycling Club kicked off its season on March 29th with its first weekly Tuesday evening Central Park ride. The group successfully navigated cool temperatures, a course crowded with runners, cars and other cyclists, as well as the newly enforced red light restrictions, to complete two loops in just under one hour.

A busy week continued on March 30th, with President Rob Jaeger and Club Officer Suzanne Kaicher representing the Cycling Club at the Intra Club Expo. Our table displaying our club jerseys and DVDs from Racing VP John Eustice provided the backdrop for an interesting presentation to NYAC members who might want to get involved with cycling this year.

On Thursday, March 31st, the Cycling Club co-hosted the Casino and Scotch Tasting event with the Socialites Intra Club. The event was

The 2011 St Patrick’s Day Basketball Tournament was won by the father/son team of Bob and Jimmy Burke. Led by a scrappy Mike Dalpra and cagey Mike Regan, the Burke boys rode their coattails to another championship. Bob Burke brought home the MVP honors as high scorer of his team. Not bad for 77 years of age.
Runners Club members laugh in the face of Old Man Winter (albeit sometimes from an indoor treadmill). Despite weather conditions, the Runners Club was active, athletically and socially. One recent race event was a combination of both.

March marked the 13th annual Salsa, Blues & Shamrocks 5K Run in Washington Heights, a celebration of the cultural diversity of northern Manhattan that includes roadside performances by 20+ musical groups including gospel, bagpipes, salsa and brass bands. Sponsor Coogan’s Pub also hosts an Irish breakfast and beer following the race. This year’s event was a rainy one, but the NYAC tallied a remarkable 46 finishers, including a large contingent of our Runner’s Club ranks who also bonded at the post-race festivities.

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As the weather warms, the Runner’s Club will be out in force in Central Park and at local races and fun runs. Come to one of our Wednesday 7pm group runs that leave from the City House to get current on the calendar of events. And what better way to celebrate the thaw than with margaritas and the NYAC’s own brand of salsa music at the annual Margarita Party, hosted by the Runner’s Club at the City House? This year’s event was held on April 28th and, as always, was expected to sell out. A great time was assured.

For more information about the NYAC Runner’s Club, contact nyacrunners@gmail.com. - Chris Kearns

Exercise of the Month

Dumbbell Bench Press

Degree of difficulty: Intermediate
Muscles worked: Pectoralis major, anterior delts, triceps

Begin seated on the end of a flat bench with two dumbbells resting on each thigh. Slowly roll back, using your knees to position the weights until they are on either side of your rib cage. Place your feet on the end of the bench. Push your arms until the two dumbbells meet each other directly above your sternum, arms fully extended. Lower them back down to each side of your rib cage and repeat.

Tips: Positioning your feet at the end of the bench elevates your knees and focuses more of the exercise on your chest and core. It also assists those with lower back problems. Make sure not to bring the dumbbells wider than your rib cage on the way down. This will produce extra stress on the shoulder.

- Rebecca Markiewicz and Andrew Page

This exercise will be all the more effective - and easier on your back - if you place your feet on the bench.

Sombreros were en vogue for Runner’s Club members at the Intra Club Expo.

Back on the Roads

The Cycling Club was well represented at the Intra Club Expo on March 30th. L to R: Tom Sheridan, Suzanne Kaicher, Rob Jaeger, David Gellman and Jeanette Anderson.

well-attended, with members enjoying a selection of fine scotches, friendly blackjack and craps tables and a busy dance floor.

At time of writing, the club was looking forward to its first weekend ride of the season on April 2nd, a three-loop training ride around Central Park to be led by Touring VP Bill Ryan. The Cycling Club was also planning to be well-represented at this year’s All-Around Athlete competition, to be held on April 15th-17th. Other events on the calendar include a 25 mile excursion on May 7th from the City House up and over the GW Bridge led by Club Officer David Gellman and the Montauk Century, in which, on May 15th, Rob Jaeger will lead a team of Cycling Club members from Patchogue on a 65 mile ride east.

With the season still in its early stages, now is the perfect time to consider joining the NYAC Cycling Intra Club. We’ll be riding every Tuesday night in Central Park during the season, into September, and we plan to have two weekend rides per month. The Cycling Club also plans to be involved with various club events over the course of the year, in many cases coordinating with other Intra Clubs. Please contact Helen Pairazaman in the Intra Club office (Helenp@nyac.org), or e-mail NYACBIKE@gmail.com, should you have more interest in becoming a member.

- Robert Jaeger

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The muscles worked:

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A well rounded seniors’ exercise program must provide safe movements and involve as many basic components of fitness as possible. Always weigh the risks against the benefits of each type of exercise. Choose smooth rather than jerky arm movements and “completed” movements rather than choppy or jerky starts and stops. Also use low impact movements that keep at least one foot in contact with the floor at all times.

Some of the components of a well-rounded seniors’ exercise program include warm-ups, aerobics and determining intensity, flexibility, strength, coordination, and balance.

1) **Warm-ups** should provide continuous movement with a gentle range of motion and easy strengthening work. Never begin with stretching, as tight tendons can become strained or torn. A proper warm up can include walking to promote and increase circulation to cold muscles.

2) **Aerobics and determining intensity.** Make sure you receive medical clearance from your doctor before engaging in an aerobic exercise program. Due to the high incidence of cardiovascular dysfunction in the older population, different methods of cardiovascular exercise must be employed and exercise intensity must be gauged. This can be done by figuring out target heart rates using the Karvonen formula. Subtract your age from 220. This gives your estimated maximum heart rate. Take that number and subtract your resting heart rate. Take that number and multiply by the percentage of maximum effort that you want to achieve during your workout. Clearly, this will be based on many factors and can be imprecise; so, always monitor how you are feeling, even though you’re reaching your target heart rate. If you are feeling overworked at anytime, stop the workout or decrease the intensity.

3) **Flexibility.** It is important to maintain flexibility. It is critical to functional fitness, which is the level of fitness needed to address your personal needs and maintain an independent lifestyle. Think about the many different bending and stretching movements that are necessary in even the most rudimentary activities. As seniors, the upper back, neck and shoulders, lower back and hamstrings are troublesome spots. Gentle, slow stretches are the best way to proceed.

4) **Strength.** Many seniors have diminished levels of strength. This especially holds true for older women. Research shows that women ages 55 and over cannot successfully lift and carry over 10 pounds. Strength helps to prevent injury to the joints, to maintain balance and prevent falls. This is of critical importance as falls are listed as the third highest cause of accidental death among seniors. Strength work should be slow, smooth, and comprise simple movements for both lower and upper body. Whenever possible, incorporate strength work that includes bands, small weights and water resistance. Light weight and many repetitions should be used for best results.

5) **Coordination and balance.** These are two very important factors in maintaining functional fitness. They both play a large role in the prevention of falls and can deteriorate rapidly with age. Exercises that transfer weight from one foot to another and that use sequences of movements in an endless variety of arm and leg combinations are best.

There are also social and emotional benefits that come from getting on an exercise program, especially for seniors. There is a feeling of camaraderie from the social interaction that can take place at the gym and at classes. Success and enjoyment in movement in a non-competitive environment can significantly contribute to increased self-esteem, as well.

This is part one of a two-part article focusing on exercise programming for older adults. The Club also holds a senior fitness class in the gymnasium studio each Tuesday and Friday at 10am. - Chuck Metzger
Chess at the Club

Working with the Kasparov Chess Foundation, the Chess Club will hold its second US Chess Federation-rated “quad” tournament on Sunday, May 15th, in the ninth floor Card Room. In a quad tournament, we group four players of relatively equal ability to play one another over three matches. This strategy avoids the mis-matching of stronger and weaker opponents.

Participants play a round robin tournament - three games against other players of similar strength. Time control is 45 minutes per player for each round, or about 1.5 hours total. Matches begin at 9:30am, with the final round ending by 3pm. A buffet lunch will be served between the second and third rounds.

Players who do not have a USCF rating will play in a quad for unrated players. Unrated players can obtain a provisional rating in this tournament by joining the USCF. The membership fee is $41. With the assistance of Michael Khodarkovsky, president of the Kasparov Chess Foundation, the NYAC will hold many more rated tournaments over the next two years. Provisional USCF ratings become official after 20 tournaments are played.

A cash prize will be awarded to the winner of each quad. The entry fee for this event is $50, which includes participation and lunch. Feel free to invite friends from the NYAC as well as non-members. Everyone is welcome.

Master Conquers Chess Club

Results from The Great Chess Challenge XIII: 25-0-0. “Educational” was the watchword of the evening, when International Grand Master Lev Alburt vanquished 25 opponents at once. Although the chess chairman coyly socialized with IM Alburt before the match - plying him with two ample glasses of red wine; just being courteous, of course - Lev leveled all 25 challengers, offering congratulatory comments along the way as his opponents surrendered one by one. “You had a strong game, until [you blundered] three moves back. You should have played…” Not only does Lev vanquish opponents playing 25 games, he also remembers each and every move.

A gentleman to the last, Lev Alburt signed his latest book, “Chess Training Pocket Book,” for members. Everyone had great fun, and we look forward to Lev returning soon. Next time, however, we will make sure the tournament doesn’t conflict with spring vacation for 10-year old Reva Singh, NYAC member and international 2009 bronze medalist for the United States junior team.

The Chess Club meets every Tuesday evening at 7:30pm in the ninth floor Card Room or the Main Dining Room on the 11th floor. For questions and to join the Chess Club, please call Alec Diacou, (718) 432-9129. - Alec Diacou

Dance Club

A Disco Inferno?

The 1960s and the ‘70s gave us the “mod” look from England. Boy, did I think that was great. I looked at some of the pictures taken in those days and all I could think was “What the heck was I thinking?” At the time, I thought that bell bottoms, those loud sport jackets (think lapels wide enough for a 747 and ties that looked like an umpire’s chest protector) and platform shoes (two inches taller; hot dog) were stylish. Big hair, sideburns and shirts opened way down - off to the races. Just so you know, I have been chastened and, now, the only thing I miss from that era (besides my hair) is the music and the dancing.

We were a long way from free form dancing - just do it, there are no rules here, if it makes you feel good, etc. We had rhythms, never mind if it was the Beatles or the Stones. For those who loved to boogie on down, there was the Hustle. Here was music that you could really dance to. Once John Travolta did his thing in “Saturday Night Fever,” there was “Ain’t no stopping us now” all over the country. If you couldn’t sing the words to any Bee Gees’ song - well, you were just too straight. The music hit like a ton of bricks. Everyone was dancing - or trying to.

OK, the Hustle. If any readers dance swing, you know (or should know) that the beat is: step, step, back step. For those of you who are confused about this, please call us and we will arrange a swing lesson. The Hustle starts: back step, step, step. How hard can that be? For some, it is like writing with the opposite hand. You can do it, but it gets a little raggedy. The steps can be longer and very convoluted (smooth and sweet, but takes a lot of practice). Once you get the basic step down and get to feel the rhythm, adding steps is relatively easy.

This is a dance that will not date you because, whether you believe it or not, there are Hustle clubs all over the city and younger people are rediscovering the dance and the music. So, I appeal to all of you who would like to learn to dance a dance that will make you feel good. (James Brown sang “I Feel Good,” though, maybe not just now. Ole James, gone but not forgotten).

I hope that, somehow, I have struck a
chord. Maybe you are young enough to want to see what the social life was all about in the olden days. Or, maybe you were around and never really learned the Hustle, but loved the music. Or, foolish you, maybe you never got rid of the jackets and the pants because you thought that they would still fit - after you lose the weight. Well, the NYAC Dance Club has got a place for all of you.

The Dance Club has experienced dancers to help you with all of your dance problems (Dance problems fixed free; all other problems are referred out). You do not need a partner and we encourage all ages. No one is too “senior.” Lynn, our instructor, is here to get you going so that, with a few lessons, you will feel the confidence to get on the dance floor. So, when Donna Summer starts to sing “Last Dance,” you will know that it is really the first dance in a long line of dances.

We, in the Dance Club, look forward to seeing you on the floor. We meet twice a month, on Mondays (look in The Winged Foot for the schedule) and you can call Lynn at (212) 838-1666 to answer any questions. Until I see you there, put some love in your life; try dancing.

- Richard Pitz

Wine & Food

Tragedy in Japan

On March 11th, an earthquake measuring 9.0 on the Richter Scale struck Japan, causing immeasurable damage to the northeastern region of the country. Many coastal towns in Iwate, Miyagi and Fukushima prefectures were devastated due to the ensuing tsunami. Furthermore, a breach in the nuclear power plant in Fukushima resulted in widespread disruption in utility services, as well as the release of radioactive particles, compounding the severity of the disaster.

During what should have been the darkest hour, we witnessed hope as survivors dispersed dignity, order, and compassion where one might have expected chaos and disorder. In a way, this is not surprising, as the spirit of community and consideration for others is deeply rooted in the Japanese culture, evident even in places like the dining table.

For example, when dining out with a group of friends, it is very common to order many small plates for everyone to share, rather than ordering individualized appetizers, salads and entrees. Towards the end of the meal, it is not unusual to see small leftovers on serving plates (“enryo no kata-mari”), a gesture of individuals exercising self-restraint while showing consideration towards the other members of the group.

Consideration for others also extends to serving beverages. Within the company of the Japanese, it would be considered bad form if one is made to pour oneself a drink. In such cases, the other members of the table would feel embarrassment for failing to take notice that the glass of their fellow tablemate was allowed to become empty. The road to recovery in Japan will be long and arduous; but, there is strong hope that, with so deeply ingrained a spirit of community and teamwork, Japan and its people will rise above this tragedy, stronger than before.

Not surprisingly, the consequences from events of this magnitude are not contained locally, and we are beginning to feel the ripple effect across the Pacific Ocean. One of the hardest hit industries is seafood. As the tsunami destroyed ships and rendered ports useless, it took over two weeks for the first ship from northeastern towns to resume fishing activities. Lack of electricity and destroyed roadways continue to pose challenges in storage and delivery.

Compounding the matter is a growing fear of seafood contamination from the nuclear power plant accident, causing many restaurants in Japan to switch to using fish caught in the southern and western Japanese waters.

In New York, many have opened up their hearts by visiting Japanese restaurants to offer financial and moral support. At the same time, the restaurants are facing reduced demand for popular sushi and sashimi dishes, due to the contamination concerns. To alleviate this fear, many restaurants are beginning to use seafood caught outside of Japanese waters.

Another hard-hit industry is the sake industry. Many of the major sake breweries familiar to American consumers have suffered at least some structural damage, leading to disruption in their production.

Those affected breweries include Nanbu Bijin, Ichinokura, Urakasumi, Okunomatsu, Hitori Musume, and Wataribune. Structurally, Daishichi Brewery, Aiyu Brewery and Sudo Honke were largely unaffected, but still face delivery challenges stemming from the damages to the infrastructure. Fortunately, no brewery familiar to American consumers suffered total loss.

It may take until the end of the year before New York based Japanese restaurants and retailers can experience a semblance of normalcy. To them, the phrase “business as usual” will never have sounded any sweeter. - Kiyoshi Shinozaki

Fine Arts Club

Hellhound on Your Trail

On May 12th at 6pm, the Fine Arts Club will host an author’s reception at the City House. It will feature Michael Perino, Dean George W. Matheson Professor of Law, St. John’s University School of Law. Professor Marino is the author of the The Hellbound of Wall Street, a book describing efforts to clean up corrupt trading practices that occurred prior to the Great Crash of 1929. It has been described as a “page-turning history” (Business Week) and a “crackerjack legal drama” (Publishers Weekly). Bloomberg and the Library Journal both named The Hellbound of Wall Street to their best books of 2010 lists.

“The Economist” says that it “deftly sets the drama of the Senate hearings within the wider cultural and political ferment” and “is potent testimony to the way in which one person can help crystallize the interpretation of an event.” The book has also been favorably reviewed by, among others, Reuters (“Perino plots Ferdinand Pecora’s...
improbable rise via the 1933 investigation into Wall Street abuses by the Senate Committee on Banking and Currency, to stardom like a Hollywood screenwriter.”

and Concurring Opinions (“Perino writes with spellbinding elegance.”) The Financial Times calls it a “superb story” of “a hero, a villain and a million victims.”

Michael Parino has given speeches on the events that led to the Wall Street Crash of 1929 at the National Archives in Washington, Stanford Law School, the New York Court of Appeals, Michigan State University, Chapman Law School and Hamline University Law School. He has talks upcoming at George Washington Law School and the University of Tennessee Law School. After the address at the NYAC, attendees may purchase a signed copy of the book from the author.

Save the date: Friday, June 10th, for our Annual Patio/Terrace Party with cocktails and hors d’oeuvres on the 12th floor, at 6:30pm. In the event of rain, the Party will be held in the adjacent Colonial Room. As the accompanying photo shows, our view of Central Park will be superb, an ideal setting. We hope all of the Fine Arts Club members will attend. Music will be supplied by the female a cappella group, the Metropoli-Tones. We have an up to date hotline of events, that can also take messages, at (212) 767-7174. To RSVP for these events, e-mail Helen Pairazaman at Helenp@nyac.org or call (212) 767-7168. The FAC e-mail address is fine.arts.club@live.com. - Alex Boyle

A Full Social Schedule

The SOCIALites and the Cycling Club co-hosted the second annual “Casino Night and Scotch Tasting” on Thursday, March 31st. Members and their guests indulged in casino-style games and liquor. The jazz-like atmosphere with the smooth sounds of Frank Sinatra and dance mixes to the beat of Lady Gaga set the tone for everyone to enjoy blackjack, roulette and the favorite standby - craps. This extravagant evening also included sumptuous cuisine and raffle prizes.

No feature of the night met with greater enthusiasm than the Scotch whisky tasting, conducted by Skip McClure, Senior Master of Whisky for Atlantic Wine & Spirits. Skip provided novices and veterans with a compelling description of the production and appreciation of Scotch whisky. We were guided through a tasting so versatile and tantalizing that it cast scotch in an exciting new light.

The different scotches started with a gentle blend, ideal for beginners, and moved on to single malt, and full-bodied blends. The selection, which included non-traditional names and tastes, might persuade even the most resistant non-whisky drinkers to explore the delights of Scotch.

Events for May include: Monday, May 9th, 6:30pm - Guests of the Ballroom Dance Club. Learn the Hustle/disco. Signature bar. Tuesday, May 10th, 6:30pm to 8pm - Free table time for billiards. Tuesday, May 17th, 7pm - Guests of the Chess Club, Committee Room, 2nd Floor.

Don’t forget to join us every month for First Tuesdays in the Tap Room. There is conversation and cocktails and a great opportunity to meet other NYAC members. For more information on the SOCIALites or to join our Intra Club, e-mail nyacsocialites@gmail.com.

- Patricia Hoffman

Explorer’s Club

On the evening of February 9th, the Explorers Club kicked off its 2011 activities with a guest lecture by famed mountain climber, Dan Mazur. Dan is best known for leading Greg Mortenson’s 1993 K2 expedition that was featured in “Three Cups of Tea” and for his 2006 rescue of Australian climber, Lincoln Hall, near the summit of Mt. Everest, ending his own ambitions of making it to the top himself.

Dan’s lecture was moving and inspirational as he retold the story of his first trek to the summit of Mt. Everest. An engaging and humorous speaker, Dan captivated the Explorers’ Club’s members and their guests who were in attendance. This first event is the start of a revitalized Explorers’ Club. We have many more fun and exciting events planned for the coming year, including hiking in upstate New York, introductory scuba diving lessons, sky diving, indoor rock climbing and our fifth Annual Summer Sail aboard the Pioneer, an old schooner preserved by the South Street Seaport Museum. - Daniel Radmanovic

A summer’s evening on the terrace, a few refreshing cocktails, some enlightening conversation. What could be better? Join the FAC for its Terrace Party on June 10th.

Celebrated mountaineer, Dan Mazur (standing, center), proved an entrancing speaker when he visited the NYAC on February 9th.
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John La Rosa, NYAC member

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You have the power to outrun light. The all-new California is reflective from heel to toe. Run brighter and fearless. You my friend, are gonzo.
Night of Swing
Saturday, May 7th 5:30pm
An elegant dinner in the MDR, followed by the sounds of Swing and Sinatra. Plus, a chance to see jazz legend, Bucky Pizzarelli, live. Call (212) 767-7080 for reservations and more information.
$59 per person, plus tax and gratuity.

Mother’s Day at the NYAC
Sunday, May 8th
Enjoy Mother’s Day at the City House or at Travers Island. Seatings at the City House are from 12:30pm to 5:30pm. To make reservations, please call (212) 767-7080 or e-mail CHDining@nyac.org. A la carte service: $44 to $55 per adult; $21 per child under eight, plus tax and gratuity. At Travers Island, brunch will be served from 11am to 3:30pm. For reservations, please call (914) 738-2700 x1280. $39.95 for adults, $19.95 for children under eight, plus tax and gratuity.

Don’t Miss the Next Forum
Monday, May 9th 11:45am
Come to the City House for a special lunchtime Forum with best-selling authors, Mary Higgins Clark and Carol Higgins Clark. For more information and to make reservations, please call Carol Sofia at (212) 767-7008 or e-mail CarolS@nyac.org. $45 per person, plus tax and gratuity. (includes a copy of both books)

Stay at the NYAC
For business or pleasure, there’s no finer location in New York City than the New York Athletic Club. Many of our guest rooms have been renovated; and if sight-seeing is on your to-do list, you’ll find an abundance of Manhattan attractions very close at hand. For reservations and rates, please call (212) 767-7135.

World of Cheeses
Thursday, May 19th 7pm
Matched with fine wines and beers, a world of cheeses awaits you in the President’s Room. This month, discover the cheeses of Latin America. For reservations and more information contact Pat Downey at (212) 767-7043 or e-mail PatD@nyac.org.
$58 per person, plus tax and gratuity.

Travers Island Opening
Saturday, May 28th 6:30pm - 11pm
Come to the TI Club House for our annual celebration of the opening of the Travers Island summer season. Enjoy a cocktail reception followed by an evening of dinner and dancing. Call (914) 738-2700 X1100 to make reservations. $115 per person, plus tax and gratuity.

Memorial Day BBQ
Monday, May 30th 12pm-8:30pm
Begin the summer with an all-you-can-eat barbecue on the Patio, while spending the day pool-side in the sun. For more information, please call (914) 738-2700 X1280. Prices vary depending on arrival time. All day adult $34; all day child $17, plus tax and gratuity.

Don’t forget
Winged Foot Day Camp
June 27th to August 19th 9:30am - 3:15pm
It’s time to enroll your children in the Day Camp. Held over eight weeks at beautiful Travers Island, our experienced counselors provide instruction and supervision in programs such as basketball, soccer, softball, track and field, dance, arts and crafts and swimming. For more information and to register, please call (212) 767-7160.

NYAC Gift Certificates
Surprise your relatives, friends or business associates with a gift certificate to stay at the NYAC. Call (212) 767-7009 and a personalized gift certificate will be prepared for the room type of your choice.

Go to www.nyac.org for further details of all that’s happening at the NYAC.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday 2nd</td>
<td>Badminton</td>
<td>Gymnasium</td>
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<td>Judo Workout</td>
<td>Judo Room, 7th floor</td>
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<td>Tuesday 3rd</td>
<td>Billiards Room - Free Table Time</td>
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<td>Wednesday 4th</td>
<td>Judo Workout</td>
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<td>Runners’ Club</td>
<td>Central Park Run, 58th St. Entrance</td>
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<td>Quarter Century Club</td>
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<td>Thursday 5th</td>
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<td>Badminton</td>
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<td>Knights of the Green Table</td>
<td>Snooker Singles Championship Tournament, Billiard Room</td>
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<td>Friday 6th</td>
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<td>Sounds of Swing and Sinatra</td>
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<td></td>
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<td>Monday 9th</td>
<td>Forum: Mary and Carol Higgins Clark</td>
<td>City House, 9th floor</td>
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<td>Dance Club</td>
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<td>Wednesday 11th</td>
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<td>Knights of the Green Table</td>
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<td>Dodgeball</td>
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<td>Monday 16th</td>
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<td>Tuesday 17th</td>
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<td>Wednesday 18th</td>
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<td>Knights of the Bath</td>
<td>Collation</td>
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<td>World of Cheeses</td>
<td>Latin America, President’s Room</td>
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<td>Friday 20th</td>
<td>Badminton</td>
<td>Gymnasium</td>
<td>5:30pm - 7pm</td>
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</table>
Saturday 21st
Boxing Conditioning Class - Boxing Room, 7th floor, 12pm - 2pm
American Legion - Cabaret Night with Miss USO, 6:30pm

Monday 23rd
Badminton - Gymnasium, 5:30pm - 9pm
Judo Workout - Judo Room, 7th floor, 6:30pm - 8:30pm
Dance Club - Hustle/Disco, City House, 6:30pm

Tuesday 24th
Billiards Room - Free Table Time, 6pm - 8pm
Badminton - Gymnasium, 5:30pm - 9pm
Chess Club - 9th floor, Card Room, 7:30pm
Backgammon Club - 2nd floor Committee Room, 7pm

Wednesday 25th
Judo Workout - Judo Room, 7th floor, 6:30pm - 8:30pm
Boxing Conditioning Class - Boxing Room, 7th floor, 6pm - 8pm
Runners' Club - Central Park Run, 58th St. Entrance, 7pm
Badminton - Gymnasium, 5:30pm - 7pm
Table Tennis - Gymnasium, 7pm - 9pm

Thursday 26th
Badminton - Gymnasium, 5:30pm - 9pm

Friday 27th
Badminton - Gymnasium, 5:30pm - 9pm
American Legion - Memorial Day Service/luncheon, City House, 11am

Saturday 28th
Boxing Conditioning Class - Boxing Room, 7th floor, 12pm - 2pm
TI Summer Opening Dinner and Dance - Club House, 6:30pm - 11pm

Monday 30th
Badminton - Gymnasium, 5:30pm - 9pm
Judo Workout - Judo Room, 7th floor, 6:30pm - 8:30pm
Memorial Day BBQ - Travers Island Patio, 12pm

Tuesday 31st
Billiards Room - Free Table Time, 6pm - 8pm
NYAC Basketball League - Gymnasium, 6:30pm - 9pm
Badminton - Gymnasium, 5:30pm - 9pm
Chess Club - 9th floor, Card Room, 7:30pm
Backgammon Club - 2nd floor Committee Room, 7pm

June

Wednesday 1st
Judo Workout - Judo Room, 7th floor, 6:30pm - 8:30pm
Boxing Conditioning Class - Boxing Room, 7th floor, 6pm - 8pm
Runners' Club - Central Park Run, 58th St. Entrance, 7pm
Badminton - Gymnasium, 5:30pm - 7pm
Table Tennis - Gymnasium, 7pm - 9pm

Thursday 2nd
Badminton - Gymnasium, 5:30pm - 9pm

Friday 3rd
Badminton - Gymnasium, 5:30pm - 7pm

Saturday 4th
Boxing Conditioning Class - Boxing Room, 7th floor, 12pm - 2pm

Monday 6th
Badminton - Gymnasium, 5:30pm - 9pm
Judo Workout - Judo Room, 7th floor, 6:30pm - 8:30pm
Dance Club - Review, 6:30pm

Tuesday 7th
Billiards Room - Free Table Time, 6pm - 8pm
Badminton - Gymnasium, 5:30pm - 9pm
Chess Club - 9th floor, Card Room, 7:30pm
Backgammon Club - 2nd floor Committee Room, 7pm

Wednesday 8th
Judo Workout - Judo Room, 7th floor, 6:30pm - 8:30pm
Boxing Conditioning Class - Boxing Room, 7th floor, 6pm - 8pm
Runners' Club - Central Park Run, 58th St. Entrance, 7pm
Badminton - Gymnasium, 5:30pm - 7pm
Table Tennis - Gymnasium, 7pm - 9pm
Bridge Club - Harmonie Duplicates, 12pm

Thursday 9th
Badminton - Gymnasium, 5:30pm - 9pm
Quarter Century Club - Collation, Travers, Island, 6:30pm

Friday 10th
Badminton - Gymnasium, 5:30pm - 7pm

Monday 13th
Dance Club - Year End Party, 6:30pm

Tuesday 14th
American Legion - Monthly Meeting
Bridge Club - University Club Duplicates & Lessons, 5:15pm

For more details of all that is happening at the NYAC, go to www.nyac.org.
Pocket Guide
NYAC Facilities Directory
Aquatic Center - 3rd Floor (212) 247-5100 x7353/5
Monday - Friday 6am - 8:45pm
Saturday 7am - 6:45pm
Sunday 9am - 5:45pm

Billiards Room - 10th Floor
Monday - Friday 3:30 - 11pm
Free Table Time: Tuesdays, 6pm - 8pm

Boxing Room - 7th Floor
Monday - Saturday 8am - 8pm
Sunday 9am - 6:30pm
Free Lessons: Monday and Wednesday 6pm - 8pm
Saturdays 12pm - 2pm

Card Room
Monday - Friday 3pm - 10pm

Fitness Center - 4th Floor (212) 767-7110/1
Fitness Management: x7112
Monday - Thursday 6am - 9pm
Friday 6am - 8pm
Saturday and Sunday 9am - 6pm

Gift Shop (Lobby) (212) 767-7138
Monday - Friday 8am - 8pm
Saturday 10am - 6:30pm

Gymnasium - 6th Floor (212) 247-5100 x7342
Monday - Thursday 6am-10pm
Friday 6am - 9pm
Saturday 8am - 8pm
Sunday 9am - 6:30pm

Handball/Racquetball - 21st Floor (212) 767-7145
Monday - Friday 9:30am - 8pm
Saturday 8am - 8pm
Sunday 9am - 7pm
Attendant on Duty: Monday to Friday 12pm - 8pm

Library - 9th Floor
Monday - Saturday 8am - 11pm
Sunday 9am - 7pm

Ladies’ Locker Suite - 4th Floor
(212) 247-5100, Cage x7343, Lounge x7341

Men’s Locker Floor - 5th Floor
(212) 247-5100, Cage x7345, Lounge x7346
Monday - Thursday 6am - 10:30pm
Friday 6am - 9:30pm
Saturday 7am - 8:30pm
Sunday 9am - 7pm

Squash Courts - 7th Floor (212) 767-7105/6
Monday - Friday 6:30am - 9:30pm
Saturday - Sunday 9am - 3pm

Fitness Classes
City House

Monday
7am Total Body Cycle (Boxing Room)
5:30pm Indoor Sport Training (Gymnasium studio)
6:30pm Pilates (Studio)

Tuesday
7am Kickboxing (Studio)
10am Senior Fitness (Studio)
1pm WORK (Studio)
5:30pm Boot Camp (Boxing Room)
6:15pm Vinyasa Yoga (Judo Room)
6:45pm Spin (Boxing Room)
7:15pm Pilates Mat (Judo Room)

Wednesday
6:15pm S&C (Studio)

Thursday
7am Cycling Boot Camp (Boxing Room)
1pm WORK (Studio)
6:15pm TRX/Boot Camp (Boxing Room)
6:15pm Yoga (Judo Room)
6:30pm ZUMBA (Studio)
7:15pm Pilates (Judo Room)

Friday
7:30am Stretch/Abs (Studio)
10am Senior Fitness (Studio)

Saturday
8am Vinyasa Yoga (Judo Room)
9:15am Basic/Iyengar Yoga (Studio)

Travers Island

Monday
9:30am Sculpt and Tone
9:30am Boot Camp

Wednesday
11am Cross Country Run
5:30pm Cross Country Run

Saturday
8am Kickboxing

Restaurant Services
City House

Main Dining Room (11th Flr): Dinner - Fri & Sat 5:30pm-9:30pm
Brunch - Sun: 11am-3pm

Tap Room (212) 767-7166:
Breakfast - Mon-Fri 7am-10:30am
Sat & Sun 7:30am-11am
All Day Dining - Mon-Fri 12pm-9:30pm
Lunch - Sat 12pm-2:30pm
Sun 12pm-5pm
Dinner - Sat 5:30pm-9:30pm
Bar Service - Mon-Fri 12pm-12am
Sat 11am-7pm
Sun 12pm-9:30pm
Room Service (Ext. 7310): Breakfast - Mon-Fri 7am-10:30am
Sat & Sun 7:30am-11am
All Day Dining - Sun: 12pm - 9pm

Cocktail Lounge (Lobby, 212-247-5100 x7380): Tues-Sat: 4pm-2am

Travers Island

(Effective May 28th. For current hours, go to www.nyac.org)
Dining Room: Dinner - Mon-Sat 5:30pm-9:30pm. Sun 5:30pm-8:30pm
Patio/Grill Room: Lunch - Wed-Sat 12pm-3pm.
Dinner - Wed-Sat 5:30pm-9:30pm. Sun 5:30-8:30pm
Brunch - Sun 11am-2:30pm
Cocktail Lounge: Wed-Sat 5pm-10pm. Sun 12pm-10pm
Grill Room Bar: Wed-Sat 12pm-10pm. Sun 11am-9pm
Lawn Bar: Sun-Sat 12pm-dusk (weather permitting)
Pool Snack Bar: Sun-Sat 10am-6pm
Tennis Snack Bar: Sun-Sat 8am-7pm